



Sacred Valley Health



Who We Are and What We Do

About Sacred Valley Health

About SVH

Founded in 2012, Sacred Valley Health is a public health 501(c)(3) nonprofit organization based out of Ollantaytambo, Peru. Sacred Valley Health is dedicated to working with over fifty community health workers to improve health outcomes in thirteen indigenous communities throughout the Sacred Valley Region. The three pillars that guide our work are education, access, and empowerment.

Mission Statement:

To Promote Health in the Underserved Regions of Peru's Sacred Valley

The Need

Many of the Sacred Valley's villages are inaccessible by car and only traversed by foot, often located hours away from the nearest health clinic. Due to extreme geographical isolation, most of the region's inhabitants are susceptible to chronic, yet preventable, illnesses. Children under the age of 5 years old are the most vulnerable. According to the University of Washington's Institute for Health Metrics and Evaluation, lower respiratory infections are the leading cause of death for children under 5 in Peru. In part, high death rates are related to malnutrition. 40-70% of the children in our catchment area are stunted by World Health Organization standards and 40% are missing vaccines. Additionally, in 2008, UNICEF found that 38% of children under 5 living in the region were malnourished and 54% were anemic.



The Promotora and Docente Programs

In a region where health education and access are limited, community health workers, or *promotoras de salud*, are crucial to improving health outcomes. The Promotora and Docente Programs are designed to train promotoras to serve their communities and act as the official health liaison between their neighbors and local government clinics. Our promotoras are trained by Docentes. Docentes are advanced promotoras that have received additional training in leadership skills and education techniques. First, the promotoras are elected by their community. Then, the promotora receives monthly trainings from their docente that focus on high-priority health issues such as nutrition, safe water treatment, vaccines and more. Next, the promotora provides health presentations and advice to her community.



The Vitamin Program

Many of the Sacred Valley's youngest residents are at risk for stunting and anemia. Thanks to a grant provided by Vitamin Angels, the Vitamin Program allows promotoras, SVH staff, and volunteers to pair a nutritional curriculum with the distribution of vitamins to children who fall between the ages of 6 months and 5 years old. The program also helps staff identify and track high-risk children who are missing vaccines or displaying signs of malnutrition.

The Women's Health Program

For advanced promotoras interested in women's health, Sacred Valley Health provides additional trainings. These sessions focus on topics such as healthy relationships, family planning, healthy pregnancy, safe childbirth, and infant and child health. Once certified, promotoras can then provide guidance to women who live in their communities, they can weigh and measure children, and distribute prenatal vitamins. Our goal is to double the size of this program for next year.



51 promotoras currently work with SVH across 13 communities

3,377 community members have received health advice or education from promotoras



27% of children are stunted due to chronic malnutrition

63% of children lack Vitamin A



Promotoras have completed 1,694 house visits

4,497 people have been educated through secondary presentations



Diarrea

- Hygiene
- Vaccines
- Signs of Alarm

First Aid

- Injuries
- Burns

Respiratory Illnesses

- Indoor Smoke Inhalation
- Signs of Alarm

Malnutrition

- Anemia
- Vaccines
- Pregnancy
- Child growth

Your contribution will help shape the future of our work and improve health outcomes for communities in the Sacred Valley.

Vitamin A Supplementation

According to the World Health Organization, Vitamin A Supplementation is key to a child's growth and development and is an essential component of a functioning immune system. Over 40% of children under five who live in the Cusco region of Peru suffer from Vitamin A deficiency and are at high risk for blindness and preventable autoimmune diseases. Treatment is cost-effective and administered through the form of a pill. Our goal is to start Vitamin A supplementation programs in February of 2017.

Expansion into more isolated communities

Expansion into more isolated communities will allow Sacred Valley Health to work with populations that lack health access and health education. The most difficult to reach communities often have the worst health outcomes.

Expansion of the maternal and child health program

In an area where health access is restricted, maternal and child health programs are essential. According to the World Health Organization,, Peru has one of the highest maternal mortality rates in South America, with approximately 240 maternal deaths per 100,000 live births. Expansion of Sacred Valley Health's maternal and child health program would train promotoras that live in some of the most remote regions of Andean, Peru.

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Contact Us

For programming information,
contact Michelle Glatt at:
mglatt@sacredvalleyhealth.org



Make sure to check out our website:
<http://sacredvalleyhealth.org>

