

# JUNTOS SALUDABLE



Juntos Saludable is a program made possible through a gift of love by Annie Stephens in the last days of her life. Annie loved people and believed we should all watch out for each other. Now the children of Guatemala have a sweet angel watching over them.



**Juntos Saludables**, Healthy Together, is a collaborative preventive health program in and around the San Martin, Guatemala area in partnership with Shared Beat, People for Guatemala, area schools and established community groups.

The first program Health Coordinator is Ruth Orden. Ruth is a recent Shared Beat Scholarship Program nursing school graduate, a former teacher and resident in San Martin.

## Mission

To promote healthy behaviors through preventive health programs and education while connecting people, ideas and resources.

## Vision

A preventive health model is used in all communities.

## Goals

- Promote healthy lifestyles
- Improve overall community health
- Increase the number of people engaging in healthy lifestyles
- Enhance quality of life
- Prevent disease and injury
- Decrease healthcare cost
- Increase the number of schools involved each year

## I. Healthy School

In communities and populations with limited resources, a school preventive health program provides a first line of defense against disease and illness. Through early detection, illness can be addressed in a timely manner. Research shows the health of students is linked to academic achievement.

**Participating Schools in 2018:** El Sargento, Santa Rosa II, San Barth, Santo Domingo San Miguel Milpas Alta

## Health Services Include:

- Personal Health Record
- Annual physical exam- physician visit, height and weight, Vision & Hearing Screening Every February, Shared Beat's Medical Outreach Team of doctors, nurses, translators, vision & hearing specialists and caring volunteers take part in the annual student screening process. Each child receives a physical exam, vision screen and hearing test. Students with health issues are further screened as decided by the Outreach Team. If students fail the eye exam, they are referred to a local optometrist and glasses are provided at no cost. Students who are hearing challenged are followed closely by the team and receive hearing aids through the help of Dawn Bledsoe and hearing aid donation by ReSound.
- Biannual fluoride treatments with new toothbrushes for home & school
- Biannual parasite prevention per the World Health Protocol
- Student referral and follow-up for illness

## Health Education-Teach the Teacher

Teach the Teacher workshops with a total of 20 lessons per year will be conducted by the Health Coordinator. The teachers take their lesson plans and use them in the classroom.

Content will cover:

- Nutrition & Physical Activity
- Hygiene (to include oral health)
- Illness & Injury Prevention
- First Aid- All schools receive a first aid kit

## II. Healthy Communities

### Community Health Lessons

The Health Coordinator will identify established community groups in each community where we have School Health Programs and set up times for Health for Life lessons at least 6 times per year. Lessons will include topics of interest to the community groups as well as:

- Maternal & Child Health, Nutrition
- Illness Prevention
- Hygiene

### Annual health fair

The Health Coordinator will set up community health fairs in conjunction with the July Shared Beat Medical Outreach Team.

### Community Liaison

The Health Coordinator will be a community resource for preventive health issues.



**Ruth Orden**  
**Juntos Saludable**  
**Health Coordinator**

**This is just the beginning for Juntos Saludable. Through growth together and watching out for each other the possibilities are endless.**