



Primeros  
Pasos

# 2009 Reporte Anual

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### ***Nuestra Misión***

***La misión de Primeros Pasos es mejorar la calidad de la vida de las comunidades rurales del Valle de Palajunoj de Quetzaltenango, Guatemala, a través de programas integrados educativos de salud y acceso a servicios médicos, trabajando hacia una definición más integral y sustentable al cuidado de salud. Nosotros incorporamos y combinamos cuidado clínico, educación de salud y programas comunitarios como los pasos críticos que van a trazar a nuestra meta de las escuelas de salud y vidas saludables.***

*Primeros Pasos aims to improve the quality of life of the rural communities of the Palajunoj Valley of Quetzaltenango, Guatemala, through integrated health education programs and access to medical services, working towards a more sustainable, integrated definition of healthcare. We incorporate and combine clinical care, health education and community outreach programs as the critical steps that will lead us to our goal of healthy schools and healthy lives.*



*El acceso de el cuidado de salud y educacion de salud es algo que mucho de nosotros tomamos como el normal. Aun con los malas cosas en el systema de salud de el “primero mundo”, tenemos un sentido de seguridad que nuestras escuelas ofrecen educacion de salud preventative y que podemos acceder cuidado de salud primaria para nosotros y nuestras familias. Desafortunadamente*

*Access to healthcare and health education is something that many of us take for granted. Even with the downfalls of the “1st World” healthcare system, we have security in knowing that our school systems offer preventative health education and that we can access primary healthcare for ourselves and our families. Unfortunately, not everyone living in rural Guatemala has that luxury. We are dedicated to reaching the under-served people of the Palajunoj Valley by providing them with the comprehensive healthcare and health education they need to live healthy lives and make informed decisions about the health of their families.*

*Primeros Pasos is a medical clinic located in Tierra Colorada Baja, one of the ten communities of the Palajunoj Valley, a primarily Mayan Quiche community located just outside of Quetzaltenango, Guatemala. The clinic works with the surrounding schools to offer free primary healthcare, dental care, lab work, medicines and health education classes to all students. We offer these same services to everyone in the Valley not enrolled in school for a very low fee. We have developed a three-year health education program targeted at the women and family caretakers of the ten communities, empowering women and encouraging them to become community leaders. Our newest program focuses on women specific health related issues, and provides women with safe access to gynecological and obstetric consults– for many, this is their first time receiving this type of care.*

*The Primeros Pasos Clinic, as the only service learning site of it’s kind in Quetzaltenango, provides a unique environment for our patients, staff and volunteers. We host both local and foreign 4th-Year Medical Students in the clinic as well as volunteer health professionals and community health educators. We rely heavily on volunteers to give their time, energy and hearts to Primeros Pasos each year and we couldn’t do it without them!*

*Primeros Pasos appreciates your support and interest in our work– together we can support the health and wellbeing of the under-served indigenous people living in the Palajunoj Valley.*



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*Primeros Pasos Director*



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Gabriela  
Ariana Dixon

*Development Director/IAHA Liaison*