



 MAYA HEALTH ALLIANCE
WUQU' KAWOQ

Transforming Health in Rural Guatemala
community led, data-informed



Wuqu' Kawoq | Maya Health Essentials

Our mission is to transform health and build equity across Guatemala.

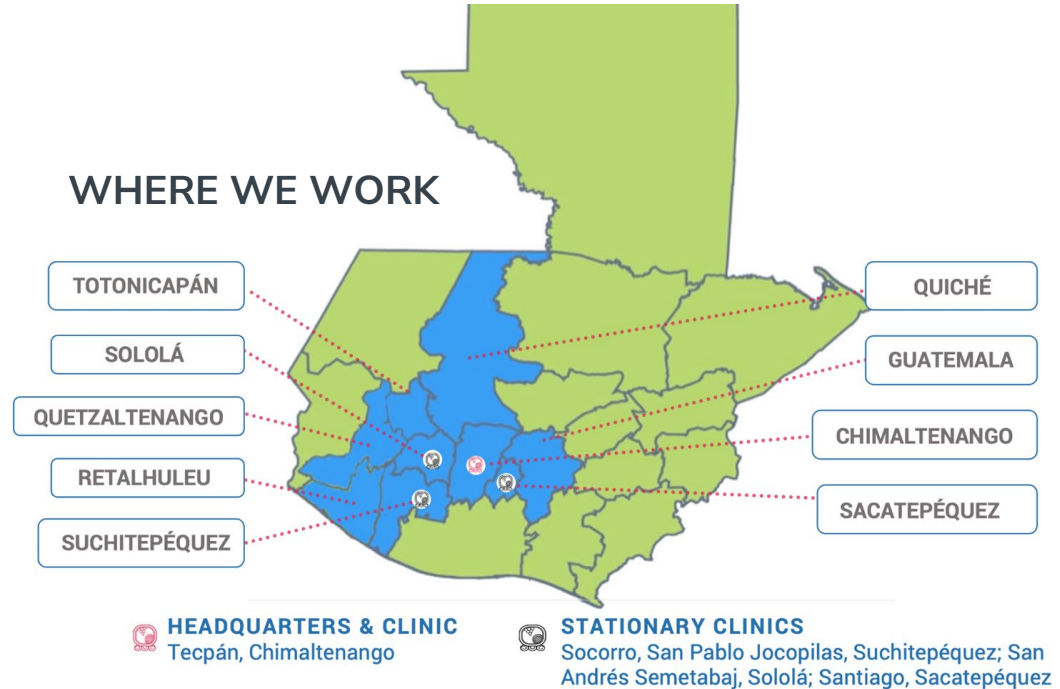
Our vision is for high-quality care, health, and well-being to be within reach for everyone, no matter where they were born or what language they speak.

Patients Served Annually: 10,000

Annual Visits: 34,000+

2023 Budget: USD \$2.4M

WHERE WE WORK





Founded in 2007

88 employees:

80% women

90% indigenous Maya

94% Guatemalan

The Challenge

Guatemala is one of the most unequal nations in the world. Indigenous Maya, especially women and children, shoulder the brunt of this inequality.

Barriers like language, distance, cost, and mistrust make health care inaccessible to many rural, indigenous Guatemalans.





Health Gaps

Nearly half of Guatemalans speak a Mayan language but most health care is delivered in Spanish.

47% of all children under five and 70% of children in rural, indigenous communities suffer from malnutrition.

Highest birth rates and rates of teen pregnancy in Latin America.

Mayan women are twice as likely as non-indigenous women in Guatemala to die as a result of preventable pregnancy-related deaths.



Maya Health Solution

We build capacity with community health workers, patients, and communities to foster health and well-being and prevent avoidable illnesses and death by providing culturally-relevant, high-quality health care.



Each of the communities where we work has invited our partnership. We engage the traditional leadership structure of the community while also creating new leadership roles for women.

Access, Support, Education



Our team of 30 nurses provide community-based family planning services in 6 languages.

Women can choose from the full range of methods, delivered in their homes at no cost. These include contraceptive implants (Jadelle/Femplant) and intrauterine devices—copper IUD (ParaGard) and progesterone IUD (Mirena), as well as short acting methods of Microgynon pills, depo provera shots and condoms.





La lactancia

UNIVERSIDAD DE SAN CARLOS

El embarazo

UNIVERSIDAD DE SAN CARLOS

AGENDA

Bienvenida, lectura de agenda y objetivos

Introducción

- * Métodos contraceptivos e infertilidad
- * Métodos contraceptivos / anticonceptivos
- * ¿Cómo hacer un test?
- * Abortos espontáneos
- * El embarazo
- * Las complicaciones
- * Lactancia
- * Cierre

Taller II

Las relaciones sexuales y el embarazo

Complicaciones durante el embarazo

Community Collaboration

Muni Sumpango
22 de junio a las 09:06 · 🌐

#SaludReproductiva

La Dirección Municipal de la Mujer y Wuqu' Kawoq - Maya Health Alliance, traen una jornada de planificación totalmente gratuita en donde pondrán a disposición diferentes métodos anticonceptivos la actividad se estará desarrollando el día de mañana jueves 23 de junio en la Casa de la Cultura en horario de 08.00 a 15:00 horas.

para ocupar cupo puede dirigirse a la Dirección Municipal de la Mujer o para mayor información puede comunicarse al 7957-6060 extensión 214.

¿Buscas métodos de planificación familiar?

- RUPIANTE ANTICONCEPTIVO: tiene una duración de 9 años.
- CONDONES MASCULINOS: en cada acto sexual.
- DIU: Protección para 10 años.
- OPERACIÓN DEL HOMBRE: Método permanente.
- INYECCIÓN DEPO-PROVERA: de aplicar cada 3 meses.
- PASTILLAS ANTICONCEPTIVAS: Una pastilla diaria.
- OPERACIÓN DE LA MUJER: Método permanente.

JUEVES • 23 • JUNIO
CASA DE LA CULTURA, SUMPANGO SAC
HORA: 8:00AM A 3:00PM

Mayor información: 7957-6060 EXT. 214 www.Munisumpango.gob.gt
VISITA NUESTRO SITIO

Sandy Xocop y 23 personas más · 5 veces compartido



Gender Equity and Inclusion



Guatemala has the worst gender equity gap in the Americas. (WEF)

We are involving Male Partners and Community Members in the process of human development and providing education.

Maternal Health: Detecting High Risk Pregnancies



Challenges: Reaching Indigenous Youth



Center for Indigenous Health Research

Maya Health Alliance has published more than 100 peer-reviewed articles and publications. This research informs our practices and allows us to continually assess if our approaches are as effective as possible.

Active research programs include those in:

- Child nutrition and development
- Adult diabetes treatment and education
- Preventing maternal and child mortality
- Women's reproductive health

Funders include: National Institutes of Health, Harvard University, Canada Grand Challenges, World Diabetes Foundation



Publications available at: <https://www.mayahealth.org/research>

Matyöx chiwe! Thank you! Gracias!

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