Dear Wuqu’ Kawaq supporters,

Thank you for your support and kindness in 2011! This has been an a landmark year of growth, collaboration and transformation. Due to your help and support we were able to reach out to more patients than ever before, hire new staff and build infrastructure for our programs. Wuqu’ Kawaq is growing in many exciting areas!

Our language program blossomed in 2011. With our partner Comunidad Lingüística Kaqchikel, we developed 3,000 new Kaqchikel words in critical concepts in medicine and technology, and we continue to shore up the presence of Mayan languages on the web, all of course with an eye to strengthening the use of these languages in everyday life.

Our clinical programs have expanded tremendously with women’s health classes and direct patient care. We are proud to partner with multiple organizations in Guatemala in a patient referral program that finds treatment for the sickest patients. This year we have successfully managed five heart surgery cases and provided many patients with cancer treatments. At the same time we began an exciting new series of health education classes for women in several communities in the highlands. Furthermore, the phenomenal energy generated by the coverage of our child nutrition programs on ABC’s 20/20 launched our child nutrition work into five new communities.

The new construction of Clinic Lola in the Bocacosta greatly augments the scope of medical services that we can offer in the area. And our clean water initiative provided Biosand water filters for 150 more families in 2011.

In October, 2011, we hosted the second “Collective Futures” conference in Patzún, Guatemala. This conference brought together 80 organizations and 500 participants to strengthen collaborative efforts.

2012 is going to be a year of exciting beginnings! Already, we have started the year by kicking off in January our USAID-funded child nutrition program. In this program we will expand our nutrition work to 5,000 additional children! We are excited to see what our staff, partners, local communities and supporters will accomplish in 2012!

Sincerely,

Emily Tummons     Anne Kraemer Díaz
Board Chair       Executive Director
Mission Statement

Wuqu’ Kawoq is committed to facilitating excellence and linguistic competence in medical care delivery in the indigenous highlands of Guatemala. There are currently few medical programs in Guatemala that provide care or education in indigenous Mayan languages. We believe that the provision of first language services is the first step toward excellent care.

As an organization, we cultivate partnerships and fund targeted projects at the intersection of indigenous language rights, literacy and the provision of medical care. Such projects include primary care systems development, support for indigenous community health workers, dissemination of written medical resources in indigenous Mayan languages and literacy and continuing education training for community health practitioners.

Wuqu’ Kawoq tiene el compromiso de facilitar servicios de atención médica de alta calidad y en los idiomas indígenas del altiplano de Guatemala. Actualmente hay pocas organizaciones trabajando en los idiomas Mayas. Creemos que el uso del idioma materno es el primer paso en el desarrollo de servicios de salud.

Cultivamos colaboraciones y fundamos proyectos que se tratan de las relaciones entre los idiomas indígenas, la literacia indígena, y el cuidado médico. Dichos proyectos incluyen: desarrollar sistemas de atención primaria, apoyar a promotores de salud, publicar recursos médicos escritos en idiomas Mayas, y capacitar a proveedores de salud comunitaria.
Biosand Filters - *potable water for rural communities*

Access to clean drinking water is a serious health problem for many families in Guatemala. Poor infrastructure in rural areas puts an additional burden on families to find clean, safe water sources since most water comes from unclean rivers or contaminated wells. In 2009, Wuqu’ Kawoq, in collaboration with the Rotary Club of Sylvan Lake, Alberta, Canada; Engineers without Borders Chapter at the University of Illinois; and the Centre for Affordable Water and Sanitation Technology began a clean water initiative. We began by placing biosand filters in every home in Socorro, our first community in the Bocacosta region of Guatemala, and our first experience with water filter installation. In 2011, we expanded this project to include many additional small communities in the surrounding region. In total, we have provided biosand filters to 230 families and two schools (more than 1,000 people).

In 2011, we also expanded our efforts into the highlands, due partly to funding from AR-CAID, as well as the work of our volunteers Cody Bowers and Omar Al-Shafie. These efforts have resulted in the provision of water filters to an additional 240 families.

A biosand filter is a point of use systems that takes up about one square foot of space. Its compact size means that it can easily fit into a family’s home and provide easy access to potable water. Furthermore, the filter is high capacity, producing up to 40 liters of water per day—sufficient drinking and cooking water for an average-sized family. The filters remove microbes from the water through the action of a biological layer that forms on top of a gradient of sand and rocks. They typically last for 10-15 years with no additional cost after the initial implementation. Filter maintenance is simple, and Wuqu’ Kawoq staff provide education to each family on how to keep theirs working properly. This year, we will focus on expanding filter implementation further into additional highland communities.

Construction of Clinica “Lola”

Due to generous donations in 2011, Wuqu’ Kawoq purchased a plot of land and constructed a new clinical building that currently serves over 400 children and their families in our Bocacosta programs. The clinic has storage space for supplies, nutritional supplements and medicine, and two large patient examination rooms—one of which will also house a small laboratory. The new building has plenty of natural light, ventilation and privacy for patients. We plan to begin phase two of the site development with the construction of a Community Center in 2012.

We are excited to have these new facilities for the Bocacosta programs, which are our longest-standing pediatric nutrition programs and have been shown to successfully reduce malnutrition. Our new space will allow Wuqu’ Kawoq to help approximately 1,250 children in the region over the next several years.
In 2011 Wuqu’ Kawoq expanded our longstanding work supporting midwives and women's health in Guatemala to include a series of general reproductive and sexual health classes for women in the communities we serve. Our first classes began in January, and we have now graduated approximately 100 participants!

Participants receive a thorough introduction to major topics in sexual and reproductive health in a welcoming and interactive format. For most of these women, this may be the first time they have had the opportunity to discuss these important topics, and the reception has been fantastic!

Furthermore, upon completing the series of classes, each participant gains access to the full range of Wuqu’ Kawoq’s medical services, including routine (and free) screening for sexually transmitted infections and cervical cancer, as well as access to contraceptive methods. We are excited that this program will continue to grow and expand to new communities in 2012!
Language and Health
- new partnerships

Language is a major barrier to health for Guatemala’s indigenous majority, because patients who speak mostly Mayan languages often cannot communicate well with medical providers. At the same time, Maya see their languages as an integral part of their culture. Part of Wuqu’ Kawoq’s mission is to ensure that Maya do not have to make a choice between speaking their language and receiving development services.

Kaqchikel-speaking community health promoters play a large role in Wuqu’ Kawoq’s work. These leaders sometimes have trouble with engaging communities, because Kaqchikel has only very basic medical vocabulary. Wuqu’ Kawoq, in partnership with the governing body of the Kaqchikel language, the Comunidad Lingüística Kaqchikel, finished a project in 2011 to develop 3,000 new words in the critical areas of medicine and technology. Many of these words are already in use, making medical communication between patients and clinicians easier.

The linguistics arm of Wuqu’ Kawoq already has a series of interesting projects laid out for 2012. We will continue to pursue our goal of increasing the presence of Kaqchikel on the web, which is important because it increases accessibility to vital information for speakers and communities. In this same vein of linguistics and technology, Wuqu’ Kawoq will be working with local partners to produce a series of public service announcements about health issues to air on Kaqchikel radio. Finally, we will act as local host to the Formal Approaches to Mayan Linguistics conference, which will help to introduce our community activists and leaders to international language experts.

Kab’lajuj Ey
- language instruction

Kab’lajuj Ey is an intensive Kaqchikel language immersion course sponsored by Wuqu’ Kawoq. The goal of Kab’lajuj Ey is to introduce Kaqchikel to volunteers, health care providers, and researchers collaborating with Wuqu’ Kawoq in a way that stresses oral fluency and medical and technical vocabulary.

The course ran for the second time in June 2011 with five students, and it will continue to run annually each summer.
Electronic Medical Records - improving data management

This year Wuqu’ Kawoq began using a powerful new tool for primary care, called OpenMRS. This free, open-source electronic medical records system can be tailored to fit specific needs. OpenMRS has already been widely used in many other developing countries for a diverse range of applications. However, it has never been used in Guatemala.

Using an electronic medical record like OpenMRS means that we can better track patient care. It also gives us tools to more accurately identify health trends and statistics, and it increases our ability to collaborate with other institutions through the sharing of medical data. We installed OpenMRS this year, and have since embarked on an extensive training process for our staff. We are happy to report that all of our providers and program managers are now using OpenMRS directly to enter patient data. We now have more than 3,000 of our patients entered in the system, and we are adding more every day.

Currently we are exploring collaborations with other members of the OpenMRS community to make the system even better suited for work in Guatemala. These will include ways to alert patients about their upcoming appointments by cell phone, and a more robust system for tracking data associated with some of our largest programs, such as our child malnutrition program. Our vision is to have an easy-to-use system that can be implemented widely in Guatemala.

Chispitas - treating anemia in children

Anemia is one of the major contributors to poor child growth and development in communities where Wuqu’ Kawoq works and can affect up to 75 percent of children under the age of five. In 2010 Wuqu’ Kawoq set out to reduce rates of anemia in our communities using a product called Chispitas or Sprinkles. Sprinkles are a flavorless, odorless, white powder iron supplement that can be added to food or beverages each day.

We started pilot programs in two different communities where local health organizers were educated about the causes of anemia and how to administer Sprinkles as a treatment. Results from these pilot studies have been very encouraging. In one of the communities, we reduced the rate of anemia by 50 percent and, in the other, by an astonishing 80 percent in just six months.

Based on these preliminary findings, in late 2010, we began using Sprinkles more widely in our programs, with the goal of reducing the burden of anemia throughout all the communities where we work. Parents continue to be happy about the quality of the product, and they report sustained improvements in the health of their children due to its use.
New Directions - better patient care through research

In order to make sustainable improvements in community healthcare we must do more than just simply treat patients. Careful research is required to identify the true causes of health deficits and the most effective ways to make a real, lasting difference. This is particularly true when it comes to chronic diseases like diabetes or malnutrition, two of WK’s main areas of focus.

This year we published a paper on breastfeeding habits, completed a pilot study for using the micronutrient powder Chispitas to fight iron deficiency and anemia in Guatemala, and sponsored the ‘Collective Futures’ conference, a meeting that focuses on converting research results into effective development solutions for Guatemala.

We have also begun working with the INCAP Chronic Disease Division to further address the issue of diabetes. Diabetes is a prevalent health issue amongst the rural poor in Guatemala since its chronic nature requires ongoing treatment for a population with little access to health care. In our partnership with INCAP, we explore the most effective ways to deliver high-quality care to rural diabetic patients.

We have also begun consolidating our evidence on the use of new nutritional supplements like Plumpy’doz* and Nutributter* in the treatment of childhood malnutrition. At the end of 2011, we completed a midpoint survey of caregivers, which demonstrated their overall satisfaction with these products, but also showed us areas where our educational programming needs improvement. In 2012, funding from USAID will allow us to apply these findings to some 5,000 new children. We anticipate that the data from this initiative will be compelling enough to influence the way other nonprofits and governmental programs approach nutrition.

Heart Surgery... and other miracles!

Clara was 35 years old when she began to feel shortness of breath and difficulty climbing hills. She went to multiple doctors who couldn’t figure out what was wrong. By the time she came to Wuqu’ Kawoq, she could hardly get out of bed.

We discovered that she was born with a large hole in her heart. In coordination with our surgery partners, Clara had open-heart surger in October, and she can now walk up a flight of stairs and is on her way to a full recovery.

Clara is just one of many patients with complex medical conditions who have been helped by Wuqu’ Kawoq this year. We make it our mission to provide comprehensive medical care for all our patients, especially for cases that have been turned away by others.
Mil Milagros - partner spotlight

In 2011 Wuqu’ Kawoq formed an exciting partnership with Mil Milagros, another excellent development organization working in central Guatemala. Mil Milagros partners with schools and families in Guatemala to improve the nutrition, health, education and life prospects of children. Wuqu’ Kawoq and Mil Milagros have joined forces to implement a supplemental infant and toddler feeding program to prevent the onset of chronic malnutrition in 120 young children in two of Mil Milagro’s partner communities.

Building Collaborations - better patient care through networking

Because networking and collaboration are key building blocks in our patient care strategies, we have formed solid partnerships in areas as diverse as citizen journalism, nutrition and language revitalization. Collaborations with other quality organizations allow us to reach more patients, and provide more comprehensive care than if we approached our work alone.

Because of these collaborations, we have had the opportunity to manage complicated patient cases, like the aforementioned heart surgery. As these partnerships have developed, we have gained a reputation as a “go-to” source for such cases. We are able to take further advantage of collaborations with specialists and surgical centers to secure and manage high quality interventions for life-threatening conditions.

In spite of the presence of charitable surgical missions, there is still a significant cost to the surgical care. Pre-operative tests can cost patients more than $100—and what may seem like a reasonable cost in the States is prohibitively expensive for our patients in Guatemala. Wuqu’ Kawoq is committed to ensuring that every patient gets quality care, and our organization absorbs the expenses related to transportation, testing, medical follow-up and more.

Our Sustaining Donor program, developed this year, has provided us with steady, monthly funding to offset unpredictable patient expenses related to these complex cases. By pledging as little as $10 each month, our donors become true partners with us as we treat some of the most urgent, complex cases in Guatemala.
In October of this year, nearly 500 participants and 80 institutions interested in healthcare and economic development attended the three-day 2nd Biennial Futuros Colectivos Conference. While there, North American, European, and Guatemalan development professionals and community leaders were able to share ideas about how to work together more effectively for the good of communities throughout the country. A major portion of the conference was streamed live on our Futuros Colectivos website, increasing the reach even further.

The conference featured three major themes:

• One explored the effectiveness of community-based development, with a special emphasis on the work of midwives, community health promoters and other local actors.

• A second highlighted recent experiences in networking and inter-organizational collaboration, with special emphasis on the response to Tropical Storm Agatha.

• The third analyzed the interaction between Maya identity and development work.

In-depth discussions occurred in the areas of clean water technology, the development of effective surgical and medical referral networks, disaster relief coordination; and the empowerment of health promoter and lay midwife community initiatives. Very popular at this year’s conference was an exhibition space, which allowed manufacturers of clean water and other appropriate technologies to interact with conference attendees.

This conference is the only one specifically designed to connect development workers and academics with community leaders. “It was so great to hold the conference in a community where development actually is targeted,” said one attendee. Wuqu’ Kawoq is proud to have organized this project, along with our co-sponsors Link for Health and HablaGuate. The third biennial conference will be held in Patzún, Guatemala in October 2013.
Staff and Volunteer News

The heart and soul of our programs continues to be our dedicated team, who create an atmosphere where our patients feel comfortable and welcome. We are thankful to our volunteers Miranda Greiner and Claire Melvin for their year of service with us in Guatemala as well as our many professional medical providers who serve regularly. We are also excited about the new cadre of dedicated staff we hired in 2011. Cody Bowers, a nurse practitioner, is providing primary care services in several of our clinics. Herlinda Ic has joined our nursing staff, spearheading diabetes and women’s health initiatives, and Jose Calí has taken on logistics for our many nutrition programs.

This year, we are especially thankful to Florencio Calí, our executive administrator in Guatemala. Florencio began volunteering with Wuqu’ Kawoq in 2008 and quickly transitioned into a more permanent role. Florencio speaks Kaqchikel and Spanish and serves as liaison and caretaker for our sickest patients, as well as overseeing all of our medical networking efforts. Spending countless hours on the road and in hospital waiting rooms, Florencio continually ensures that patients get the best care. We look forward to Florencio’s continued leadership and innovation in the coming year.

Florencio Calí, WK’s executive administrator.
Child Nutrition
securing the future for Guatemala’s most vulnerable

Guatemala has the highest rates of chronic child malnutrition, or stunting, in the Western hemisphere. In rural areas, the rate of stunting often exceeds 70 percent. For a number of years, Wuqu’ Kawoq has been researching and developing effective methods for the treatment and prevention of child malnutrition.

Our programs expanded in early 2011, when FedEx and individual donors funded the distribution of four tons of the nutritional supplement Nutributter® in two communities in the Lake Atitlán region. Following this, the generous viewers of ABC’s 20/20 enabled us to import ten tons of another supplement, Plumpy’doz®, for our programs in Socorro, Las Guardianias, Pacacó, Chichimuch and Paquip. We will be able to expand our coverage even further in the coming year via a partnership with USAID, which will allow us to treat 5,000 malnourished children with Nutributter®.

In our nutrition programs, we provide high quality primary healthcare for children and health education for parents, in addition to the nutrition supplements. Our approach has resulted in rapid improvements both in rates of malnutrition, anemia, and chronic diarrhea and respiratory infections.

We look forward to reporting on our expanded program in the coming year!

Ready-to-Use Supplementary Foods

Ready to Use Supplemental Foods (RUSFs) are nutritional supplements that are fortified with micronutrients as a remedy for malnutrition, and they can be consumed without cooking or the addition of water. In our work in Guatemala, we use two of these products, which are supplied by our partner, Edesia LLC: Nutributter® and Plumpy’doz®.

Both are ideally suited to the needs of our community-based nutrition programs, and they can also be used in emergency humanitarian situations. Intelligently designed to complement the calories and micronutrients provided by traditional foods and breast milk, the products are helpful for young children as we work to prevent and treat chronic malnutrition.
2011 Funding and Partnerships

ARCAID
Brigham and Women’s Hospital
The Carle Foundation
The Conservation, Food, and Health Foundation
Episcopal Diocese of Western Washington
FedEx Corporation
University of Kansas Center of Latin American Studies
Lazy Angel, LLC
Rotary International
Rotary Club of Sylvan Lake, Alberta
St. John’s Catholic Newman Center
UPrinting
USAID

Major and Sustaining Donors

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Tjy Melvin and Jane Striegel
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Katherine and Sean Peden
Caitlin Peterson
Russell and Kathy Rohloff
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Robert Shimmin
Faye Simon
Dan and Linda Tortorelli
Andrew Tsinikas
Karen Tsinikas
Emily Tummons
David Watterson
Celia Zahnner

Academia de Lenguas Mayas de Guatemala
Amigos de Santa Cruz
Antigua Turística
Asociación de Comadronas Tradicionales de Chimatenango
Asociación Guatemalteca para la Prevención de Enfermedades del Corazón
Center for Affordable Water and Sanitation Technology
Cultural Survival
Edesia, llc
Engineers without Border
University of Illinois Champaign-Urbana
Fundanier
Hablaguate
Harvard University
Polinsky Language Processing Lab
Instituto de Nutrición Centro América y Panamá
Link for Health
Mayan Families
Mending Kids International
Mil Milagros
Oxlajuj Aj
Pava
Planned Parenthood Federation International
Safe Homes for Children
San Lucas Tolimán Mission
Semillas para el Futuro
The Shalom Foundation
Stanford University
Program for Children in Crisis
Unicar
Universidad del Valle
Departamento de Psicología
University of Illinois
Center for Latin American and Caribbean Studies
College of Medicine
Vanderbilt University
Center for Latin American Studies
Institute for Global Health

Business Partners

Cafe Kopí
Crane Alley Bar and Restaurant
Escobar’s Restaurant
International Galleries
Mike ‘n’ Molly’s
Pygmalion Music Festival
Smile Politely Magazine
Strawberry Fields
2011 Staff and Employees

Anne Kraemer Díaz, MA
  Executive Director

Peter Rohloff, MD PhD
  Medical Director

Florencio Calí Jiatz
  Executive Administrator

Cody Bowers, MSN
  Health Care Provider

Jose Federico Calí Jiatz
  Nutrition Programming

Anita Chary
  Research Director

Shom Dasgupta, MD
  Staff Physician

Jose Luis Díaz
  Water Programs

Glenda Gomez
  Water Programs

Miranda Greiner
  Diabetes Programming

Herlinda Ic
  Nursing
    Women’s Health

Mayra Lacán
  Social Work
    Nutrition Programming

Claire Melvin
  Fundraising
    Women’s Health

Magda Sotz Mux
  Language Instruction

Catarina Salas
  Social Work
    Nutrition Programming

Maria Luisa Quc
  Diabetes Programming

2011 Advisory Board

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Tyrone Melvin MD
Brent Metz, PhD
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2011 Volunteers

Omar Al-Shafie
Kara Andrade
Caitlin Baird
Joyce Bennett
Tiffany Creegen Miller
Victor Díaz Can
Erich Hehn
Justin Henwood
Samantha Lie Tjauw
Ana Lopez de Mateo
Man Made Blast
Sarah Messmer
Midstress
Andrea Mooney
Neoga Blacksmith
Rebecca Plummer Rohloff, PhD
Catarino Sajvin Sajvin
Celestino Sajvin Sajvin
Eric Sorensen
Samantha Steiner
The Sugar Plums
Erik Sundelof
Take Care
Heather Wehr
Financial Summary – January-December 2011

Operating Revenue: $417,205

Program Expenditures: $209,587

Operating Expenses: $255,656

Cash on Hand (12/31/11): $207,436
Help Us Grow!

§ Donate Online at www.wuqukawoq.org

§ Send a Check to PO Box 91, Bethel VT 05032

§ Join us Online at www.facebook.org/wuqu.kawoq

§ Volunteer by inquiring at contact@wuqukawoq.org