Mission Statement

Wuqu’ Kawoq | Maya Health Alliance is a non-governmental organization committed to facilitating excellence and linguistic competence in medical care delivery in indigenous Guatemala. We believe that providing first language services is the first step toward excellent care. We cultivate partnerships and build programs at the intersection of indigenous language rights, literacy and medicine.
Chupan konojel ri nimatiningit e k’o pa re runik’ajal ruwachulew re’, yalan k’ayew rub’anon wakamin Iximulew. Pa k’iy jun’ xya’on pe ri lab’al, ri kamisanik, ri eleq’anik. Roma ri’ janila e meb’a’i’ ri qawinaqi’, majun k’o ta kik’uqub’ab’al k’u’x. Stape’ yech’o’n pa ri taq Mayab’ chab’al, majun e k’o ta ye’aq’oman pa kich’ab’al.

Wuqu’ Kawoq jun molój xtikir pa ri 12 B’aqtun, 19 K’atun, 13 Tun, 16 Winäq, 19 Q’ij (chupan ri cholq’ij ri Wuqu’ Kawoq). Yojnojin chi ruk’aslemal ri Mayab’ winaqi’ janila k’atzinel. Nqajo’ yojto’on apo chike ri aq’omanela’ chuqa’ k’exeloma’ rije’ yesamaj pa kich’ab’al. Chuqa’ nqakasöj ri ojer na’oj pa ruwi’ ri k’aslem chuqa’ ri aq’om.

Wuqu’ Kawoq es una institución sin fines de lucro que trabaja para brindar servicios de cuidado médico con un enfoque en la cultura y idiomas indígenas de Guatemala. Creemos que el uso de los idiomas maternos de nuestros pacientes es un marcador importante de calidad. Cultivamos alianzas entre los sectores de medicina, derecho de idiomas, y literacia.
Dear Friends,

A year of change, 2012 provided us with great insight about our programs and services. As an organization deeply rooted in our communities, we found it especially important to listen to our communities and collaborate with them in order to understand their needs. We are using that knowledge to create innovative solutions and strategies for long term transparency and sustainability.

Our complex care program, which provides help to patients with serious illnesses like advanced cancer, has been extremely successful at integrating care for individuals in rural communities with medical facilities in Guatemala City. Just as important is our network of dedicated volunteers that has been vital in raising specific funds for complex patients. For example, through our Steps for Health program, volunteers raised money to help save lives. This past year we were fortunate to partner with two groundbreaking nutrition organizations, Edesia and Nutriset, to undertake a large community based study on child nutrition in Guatemala, which will impact the direction of our nutrition programming in 2013. We also welcomed Jillian Moore as our intern, and she will conduct new research on environmental health impacts.

We are excited to welcome several new board members who bring great talent and motivation to our team: Patrick Jennings, Michelle McCarthy and Tom Melvin. We are also extremely thankful to our co-founder and board president, Emily Tummons, for her many years of incredible service since 2007. Emily is transitioning from her board role and taking a place on our Advisory Board.

Thank you for your incredible, selfless support. Your support changes lives and communities in Guatemala.

Anne Kraemer Díaz, Executive Director

Dear Friends,

The year 2012 was our best year so far. The pages that follow will spotlight some exciting developments in our communities in Guatemala. I invite you especially to read Robert Henderson’s article on community-based cancer care, as I believe it encapsulates one of the things Wuqu’ Kawoq does best: treating every illness we find, in every community we work in, with every resource we have.

The year also saw much growth for the Board of Directors. My six years as Board Chair came to completion, and I have now transitioned to the Advisory Board. It has been so gratifying over this past year to see Brent Henderson, one of our original board members, transition towards his new role as Board Chair in 2013. I am confident that our Board of Directors, under Brent’s leadership, will continue to provide the deep expertise and care needed to sustain Wuqu’ Kawoq’s mission. One of the most important Board accomplishments of 2012, shared by our three newest members, was the creation of more structural support for our Directors, Anne Kraemer Díaz and Peter Rohloff. As a part of shoring up leadership roles, we are excited to send Anne and her family to Guatemala more permanently in Fall 2013 so that she can focus more directly on growing and improving our programs.

As we celebrate this season of expansion in 2012, I am reminded that without the steadfast support of your time, talents and financial resources, we would never have accomplished everything we have in past years, nor would we be walking forward to such exciting prospects in the future. Thank you for helping us make the lives of so many Mayan families better every single year.

Emily Tummons, Board Chair
### Wuqu’ Kawoq’s Impact
#### 2012 HIGHLIGHTS

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Number</th>
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<tbody>
<tr>
<td>1,676 children enrolled in nutrition programs</td>
<td></td>
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<tr>
<td>7 community health centers operated</td>
<td></td>
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<tr>
<td>97 community groups trained in child nutrition</td>
<td></td>
</tr>
<tr>
<td>203 participants in women’s health training sessions</td>
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<tr>
<td>106 participants in midwife training sessions</td>
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<tr>
<td>100 patients enrolled in complex illness program</td>
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<tr>
<td>7 heart surgeries performed</td>
<td></td>
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<tr>
<td>4 patients able to receive chemotherapy</td>
<td></td>
</tr>
<tr>
<td>152 patients in diabetes care program</td>
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<tr>
<td>1,350 home-based clean water filters installed</td>
<td></td>
</tr>
<tr>
<td>12,433 patient visits</td>
<td></td>
</tr>
<tr>
<td>3,000 Kaqchikel words created for medical concepts</td>
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My academic and practical experiences have allowed me to interact with ill and impoverished patients and, as a result, have helped me to realize to what extent suffering is caused by poverty and injustice. As an undergraduate, I studied molecular biology and Latin American studies at the University of Arizona. At the same time, I gained a practical interest in development work helping to facilitate free health clinics in Agua Prieta, a rural border town in northern Mexico. Simultaneously witnessing how profoundly medicine could improve life, I decided I wanted to study to be a physician.

While planning to apply to medical school, I was looking for an opportunity first to contribute through meaningful service work in Latin America. In 2011, I found the Wuqu’ Kawoq | Maya Health Alliance (WK) website, and I contacted them about the internship program. I shared my interests in environmental health, an area which is also an important area for WK’s own programs. Just a few weeks later, I flew to Guatemala for the first time to study Kaqchikel with WK’s Mayan language field school. This past June, after graduating from college, I began my internship. After studying Kaqchikel with Kab’lajuj Ey for one more session, and assisting with child nutrition research, I spent the summer living with a family in Santa Catarina Palopó, a Kaqchikel municipality on the shore of Lake Atitlán, to learn about life in the community.

Before arriving in Santa Catarina, I had only vague ideas about how communities could be empowered to tackle environmental health problems, such as through the distribution of new cooking stoves or water filters. Once I began to live in rural Guatemala, however, I soon found things to be much more complex than I had initially thought. For example, I met families who had already received “improved” cooking stoves but soon abandoned them when they found the stoves could not adequately warm their homes. I met women who were aware their families should drink clean water but who had enough trouble obtaining any water at all to worry much about its quality.

Living in this community for a sustained period of time was a humbling experience. First, I gained a full realization for how important proficiency in Kaqchikel really was for gaining trust and establishing friendships. Second, I began to realize how complex health care issues in the community really were, and how there are no “simple solutions” to any problems. Rather, long-term understanding and collaboration are essential to the success of any sort of development work. This past summer, a community graciously welcomed me and taught me about life, and for that I am truly thankful.
Guatemala has one of the highest rates of child malnutrition in the western hemisphere. Since its inception, one of Wuqu’ Kawoq | Maya Health Alliance’s (WK) central goals has been improving child health through nutrition programming. Studies have repeatedly proven that early nutritional intervention can make a world of difference in socioeconomic and health outcomes as a child grows up. For this reason WK emphasizes nutritional supplementation and growth monitoring within our comprehensive primary care programs for children. Our child nutrition programming reaches thousands of Maya families in the highlands and on the coast, and we are dedicated to continually adapting and improving the services we offer to meet the needs of these communities.

In order to evaluate and further develop our child nutrition programs, this year, WK partnered with Edesia, Inc. and Nutriset to study caregivers’ knowledge, attitudes, and practices concerning infant and young children's feeding. We gained significant insights into local understandings of vitamins and fortified foods, social dynamics affecting dietary diversity, and experiences of food security through focus groups and structured interviews.

We also developed an appreciation for food purchasing behaviors and local food availability through conducting interviews and food inventories with owners of small stores. One of the most valuable parts of this project involved formal interviews with our local field staff and community leaders, who provided us with important feedback about our programs as well as strategies for offering nutritional education through community meetings, women’s group discussions, and household visits.

We are pleased to announce that data analysis for this project is complete, and a detailed report will be available on our website shortly. Key findings included significant differences between men’s and women’s understandings of child malnutrition and community-wide desires for educational home visits, among many others. Accordingly, WK is planning for a major expansion of its nutritional education programs in 2013 in order to address these needs and to better empower parents to care for their children.
In 2012 Wuqu’ Kawoq | Maya Health Alliance began giving its volunteers a new way to give back and support the people of Guatemala through the Steps to Health. People all over the country gave their time to train, fundraise and run to support a specific patient in need of care in Guatemala. Volunteers were completing 5k, 10k, half-marathon and full marathon races all in support of quality patient care. Sponsored patients included children and adults in need of treatment and financial support for anything from organ failure to cancer. In 2012 there were a total of eight Steps to Health runners who raised over 3,000 dollars by running seventy-five miles in support of our patients!

When I first heard of the Steps to Health program, I admired the commitment of the volunteer runners. When I was first asked to participate in an upcoming race myself, I felt simultaneously excited and nervous. However, when I heard about Billy, the patient we were going to be sponsoring, I knew training for a race was the least I could do. Billy was a toddler with Down syndrome that was in need of heart surgery for a heart murmur he had since birth. Money raised from the race would help pay for his surgery and care afterward.

I started my training about a month before the race. I took pictures of myself after my runs and posted them to all of my social media sites, hoping to inspire my friends to donate. I also included a little information about Billy and information on how to donate. One donor wrote me to say that the Steps to Health program is “a generous and meaningful way to put positive energy into the world.” On the day of the race, my friends and I were all able to complete the race in support of Billy after raising more than our $500 goal. The race was an amazing success, just like the many others completed by other Steps to Health runners.

Most importantly, we are happy to report that Billy was able to have his heart surgery and is recovering wonderfully. He is gaining weight and his cardiologist is very pleased with his progress. I would encourage any person that is interested in volunteering to make the commitment to race for a patient. Not only is the Steps for Health Program an amazing way to raise awareness about WK and the patients they serve, it is unique way to connect and commit yourself to a person whose life could be changed with your help.
Wuqu’ Kawoq | Maya Health Alliance (WK) has focused this year on improving our capacity to treat cancer. Treating cancer in a Guatemalan context often involves facing the same challenges that act as a barrier to clean water, early childhood nutrition and basic acute medical care. Patients do not have the financial resources nor the trust of the medical establishment required to catch cancer early and effectively treat it. Moreover, once diagnosed, complex cancer treatments are difficult to arrange, given linguistic and cultural barriers, and often traumatic to undergo due to the discriminatory practices of some healthcare providers. It’s these factors that underlie the fact that more than 50 percent of indigenous cancer patients in Guatemala never continue past their first treatment visit. By acting as a liaison between the communities in which we work and the wider medical establishment, WK has been able to improve access to cancer care.

Emily is an example of the kind of patient we are able to help: A 50 year old K’iche’-speaking woman from the community of Santa Lucia Utatlán, she was diagnosed over the summer with a diffuse lymphoma. Working with her throughout the year, we have witnessed huge gains. Even after the first two rounds of chemotherapy, her swollen glands shrunk significantly, reducing much of the pain associated with the disease. Now, after eight rounds of chemotherapy we are expecting a full recovery. This is a great result, especially after a scare during the first half of her treatment, when Emily developed an infection due to her weakened immune system. Because we follow our patients closely during treatment, we were able to catch it early and get it treated in the hospital. This just illustrates how important a role WK staff play in supporting our patients’ cancer treatment.

One might think that the biggest barriers to cancer treatment in Guatemala are technological, and that adequate care is simply not available. Our experience is that cancer care is available, but simply extremely difficult for Maya to access. Our work has shown that effective cancer treatment is possible when patients have a supporting organization like WK that can provide information about a patient’s cancer and treatment options, while arranging the logistics of their care and supporting its administration. We’re looking forward to continuing and improving this work in 2013.
**Biosand Water Filters**

**Anne Kraemer Díaz**  
Executive Director

The continued success of our Biosand Water Filter program is based upon our amazing multi-disciplinary team. Through collaboration with the University of Illinois at Urbana-Champaign Engineers without Borders Chapter and the Centre for Affordable Water and Sanitation Technology, we have been able to provide thousands of people in the Bocacosta and Highlands with clean water for around $30 per filter. These filters last 10 to 15 years and provide 40 liters of drinking water per day.

In 2012, with funding from Environmental Resources Management, we installed 640 new filters. With support from private donors and Rotary International, we provided ongoing maintenance for more than 500 additional filters installed in previous years.

To date, a total of 10 communities with installed filters have also benefited greatly from the strong educational component that is part of our implementation model. In addition to educating primary users on the filter technology, we also provide educational sessions about clean water in local schools and to community leaders. After filter installation, our water educators work to make sure families understand how to use, clean and maintain their filters. Educators are also able to troubleshoot by directly communicating with our engineering advisors.

Based upon water quality tests collected by Engineers without Borders in June and October of 2012, we are happy to see that the water filters are performing well, with high levels of continued usage and excellent reductions in bacterial contamination of water samples.

**New Board Membership**

**Brent Henderson**  
Board Secretary

The Wuqu’ Kawoq Board of Directors has undergone a lot of changes in 2012 as our organization strives to further develop the Board’s strengths. This year we’ve welcomed three new Board members with new perspectives and expertise to help WK continue to thrive.

- **Patrick Jennings** was a senior executive and founding partner at Stockamp and Associates, a medical consulting firm. Over 12 years he helped build the firm from six employees to more than 275. Patrick brings expertise in systems management, strategic planning, and team development to the Board. He resides in the San Francisco area. His two children were adopted from Guatemala.
- **Tom Melvin**, CPA is an investment banking analyst at Young & Partners LLC in New York. He brings expertise in accounting and financial organization to the Board. The Melvin family, including Tom’s father and sister, have been strong supporters of WK’s work for years.
- **Michelle McCarthy** is a banking and investment manager with a specialization in risk management, currently Director of Risk Management at Nuveen Industries. She brings strong expertise in developing financial infrastructure and strategic financial planning.

Additionally, two Board members have transitioned to the Advisory Board.

- **Pedro Mateo Pedro**’s Board term concluded in early 2012, and he remains an active supporter and consultant for our language projects.
- **Emily Tummons**, founding board member, concluded her term at the end of 2012. For six years Emily has served in a number of important roles, including Board Chair from 2007 to 2012. She remains active in WK projects, including Kab’lajuj Ey, our summer Kaqchikel language school.
In 2011, Wuqu’ Kawoq purchased land and constructed a clinic building to serve our rapidly growing Bocacosta community health projects. The clinic has two large patient examination rooms as well as space for medication and a small diagnostic laboratory. This construction was made possible through the generosity of individual private donors.

In 2012, through the support of the Community Initiatives Program (Alberta, Canada), Rotary International District 5360, and the Rotary Club of Sylvan Lake, we are happy to announce that we have completed the second phase of our planned construction for this project. This second phase is an additional building which is freestanding from the clinic building. We wanted to construct this additional space in order to have a designated area for health classes and other community education projects that would not interfere with our clinical programs. In addition, we have made the space available to other organizations within our partner communities, who can now use it as a comfortable location for their own meetings and activities, at no cost.

In September 2012, the beneficiary communities organized an inaugural celebration for both the clinic and community building. This event united the entire community to mark the conclusion of the construction project. Officials from local government and public schools as well as hundreds of community members attended. There were speeches, traditional dances, food, and much good conversation.

Since conclusion of the celebration, both the clinic building as well as the community center have seen sustained use. Maintenance and oversight of both buildings is provided by the local women’s action committee, which collaborates closely with us in the development and evaluation of all of our clinical programs and outreach activities in the region. We are looking forward to plans this year to implement new programs based out of this facility, especially in the area of improved women’s health care through access to family planning services, diagnosis and treatment of sexually transmitted infections and screening for cervical cancer.
2012 Funding and Partnerships

ACADEMIA DE LENGUAS MAYAS DE GUATEMALA
ANTIGUA Turística
ARCAID
ASSOCIACIÓN DE COMADRONAS TRADICIONALES DE CHIMALTENANGO
BRIGHAM AND Women’s Hospital
THE CARLE Foundation
CENTER FOR AFFORDABLE WATER AND SANITATION TECHNOLOGY
THE CONSERVATION, Food, and Health Foundation
CULTURAL SURVIVAL
edesia, llc
Engineers Without Borders - University of Illinois Chapter
Environmental Resources Management
Episcopal Diocese of Western Washington
Harvard University
Polinsky Language Processing Lab
Harvard Medical School
Hablaguate
Instituto de Cancerología
Instituto de Nutrición Centro América y Panamá
Lazy Angel, LLC
Mayan Families
Mil Milagros
Nutriset
Oxlajuj Aj
Programa de Ayuda a los Vecinos del Altiplano
Planned Parenthood Federation International
Rotary International
Rotary Club of Sylvan Lake, Alberta
Safe Homes for Children
San Lucas Tolimán Mission
Semillas para el Futuro
The Shalom Foundation
Stanford University
Program for Children in Crisis
UPrinting
Unidad de Cirugía Cardiovascular de Guatemala
United States Agency for International Development
University of Illinois
Center for Latin American and Caribbean Studies
College of Medicine
University of Kansas
Center of Latin American Studies
Vanderbilt University
Center for Latin American Studies
Institute for Global Health
Villa Academy (Seattle, Wa)
Watsi
# 2012 Staff and Volunteers

## Staff
- Anne Kraemer Díaz, MA
  - Executive Director
- Peter Rohloff, MD PhD
  - Medical Director
- German Ajquijay Guitz
  - Data Management
- Cody Bowers, MSN
  - Health Care Provider
- Florencio Calí Jiatz
  - Patient Care Coordinator
- Jose Calí Jiatz
  - Community Coordinator
- Anita Chary, MA
  - Research Coordinator
- Shom Dasgupta, MD
  - Health Care Provider
- Jose Luis Díaz
  - Water Programs
- Glenda Gomez
  - Water Programs
- Herlinda Ic
  - Nursing Coordinator
- Mayra Lacán
  - Social Work
- Waleska López Canu, MD
  - Health Care Provider
- Claire Melvin
  - Fundraising
- Jillian Moore
  - Intern
- Catarina Salas
  - Social Work
- Nery Son, MD
  - Health Care Provider
- Maria Luisa Quc
  - Diabetes Programs

## Volunteers
- Megan Allen
- Kara Andrade
- Caitlin Baird
- Kelley Brown
- Emily Bullard
- Victor Díaz Can
- Meghan Farley Webb
- Erich Hehn
- Brian Longfellow
- Ana López de Mateo
- Rachel Merrill
- Sarah Messmer
- Kate Moneymaker
- Andrea Mooney
- Sarah Nelson
- Rebecca Plummer Rohloff, PhD
- Liana Rubinoff
- Audrey Salem
- Samantha Steiner
- Erik Sundelof
- Heather Wehr

## Board of Advisors
- Juan Ajsivinac Sian
- Hunter Christophersen, JD
- Melinda Dabrowski, MD
- Robert Henderson, PhD
- Nicole Henretty, MS
- Malcolm Hill, MD
- Pedro Mateo Pedro, PhD
- Tyrone Melvin, MD
- Brent Metz, PhD
- Jane Streigel, MD
- Laura Welch
Financial Summary Jan-Dec 2012

Operating Revenue: $260,845

Program Expenditures: $338,815

Operating Expenses: $375,690

Cash on Hand (12/31/12): $91,576