



Ciudad de México, July 8, 2019

REINER JAHN  
PROJECT COORDINATOR MEXICO

Roger Sims  
Project Coordinator H2H

Here with we request and express the intention to be considered in Project 100 x 100.

1) APPLICANT INFORMATION:

Rotary Club  
 Rotaract Club (sponsor Rotary club \_\_\_\_\_ )  
 Interact Club (sponsor Rotary club \_\_\_\_\_ )

Name Club Rotario de Guadalajara

Address \_\_\_\_\_

District and Club Number 4140 / 6991

2) NAME OF THE PROJECT

"TAKING CARE OF A HEART WITH DIABETES"

3) OBJECTIVES OF THE PROJECT

"Prevent the cardiovascular complications resulting from diabetes type 2 on adults."

4) DESCRIPTION OF THE PROJECT, SHORT AND LONG-TERM BREAK DOWN

Achieve diabetes' self-control through education, care and nutritional treatment, which is fundamental in the prevention and attention of diabetes. Through care, patients can avoid medical events requiring hospitalization due to complications, including, among others, cardiovascular damage. Lipid profile tests (full colesterol, triglycerides, LDL and HDL colesterol) are essential to carry out a cardiological and nutritional follow up.

The project's TAKING CARE OF A HEART WITH DIABETES objective is "... to increase the cardiological supervision in 200 adults with type 2 diabetes, through medical examinations and nutritional counsel to avoid cardiovascular complications."



The project would cover 2 groups of 100 patients that Will receive education, care and treatment for a period of 3 months each.

Long run, at the end of the 3-month period of cardiovascular care of each 100 adult group, they are invited to continue their follow up in our association, and get involved in additional workshops of care and education. The fees to exclusively defray are low, and they get additional benefits due to their determination and recurrence. Also, as they become recurrent users, they can also have access to a special benefits card.

5) EXPLANATION OF THE PROJECT'S SUSTAINABILITY (AS APPLICABLE)

In Jalisco it is estimated that aproximately 600,000 persons live with diabetes. The "Asociación Mexicana de Diabetes en Jalisco, A.C.(AMDJ)" provide more than 23.000 annual services to patients and general public.

The projects's sustentability recides in that at the end of the 3 month cardiovascular monitoring period to the 100 adult groups, they are invited to keep their follow up process in the association (AMDJ), to get involved in additional workshops of care and education, and to keep receiving recurring users' benefits. And, furthermore, they have the possibility to become spokespersons and advisers for the diabetes cause as they move forward in their educational process of self-care and complication prevention.

6) DIRECT AND INDIRECT BENEFICIARIES BREAKING DOWN ITS VULNERABLE SITUATION, ATTACHING IMAGES.

The project is directed to adults living in the metropolitan area of Guadalajara in Jalisco that turn to AMDJ to request for support in this program. It is projected that the beneficiaries could be made up of about Women: 25 - 45 years old (10), 46 - 60 years old (60), over 60 years old (50); Men: 25 - 45 years old (10), 46 - 60 years old (50), over 60 years old (20). These persons are people with very low income levels that have great difficulties to get medical treatment, medication, and medical analysis for the adequate control and care of their conditions, and for the prevention of DIABETES CARDIOVASCULAR COMPLICATIONS.

7) LOCATION OF THE PROJECT

Olivo 1439, Del Fresno  
Guadalajara, Jalisco 44900

8) AREA OF FOCUS

- Peace and conflict resolution
- Disease prevention and treatment
- Water, sanitation, and hygiene



**PROYECTO 100 X 100 MÉXICO**



**FURMEX**  
Fondo Unido Rotario de México, A C

\_\_\_\_\_ Maternal and childhealth  
 \_\_\_\_\_ Literacy and basiceducation  
 \_\_\_\_\_ Communityeconomicdevelopment  
 \_\_\_\_\_ Other (pleasespecify \_\_\_\_\_)

8) PROJECT BUDGET

The budget of the projects is \$182,030 pesos, with the following proposed funding:

SOURCE	AMOUNT IN PESOS
Mexico commitment from applicant	\$20,000
Proposed support from other Mexico sources FURMEX Other (please specify _____ )	
Proposed US Heart 2 Heart support	\$162,030
<b>TOTAL</b>	<b>\$182,030</b>

Note: The mimimum commitments from applicants are as follows:

	<u>Project Size (pesos)</u>	<u>Minimum Commitment (pesos)</u>
Rotary clubs	10,000 – 100,000	20% of total project budget
Rotary clubs	100,000 – 200,000	20,000
Rotaract and Interact clubs	10,000 – 200,000	10% of total project budget

1) The project detailed expenditures are as follows:

DESCRIPTION	PRICE & QUANTITY	TOTAL
Reactive strips for lipid profile	\$30,015	\$60,030
Asistant	\$9,000	\$18,000
Nutriologist	\$12,000	\$12,000
Cardiologist Appointments	\$40,000	\$80,000
	<b>TOTAL</b>	<b>\$182,030</b>



**FIRMAS**

APPLICANT NAME: CLUB ROTARIO DE GUADALJARA A.C.

ROTARY CLUB PRESIDENT 2019 - 2020, NAME AND SIGNATURE, E-Mail and Phone

\_\_\_\_\_  
Genoveva Rubio ([grubio@rotarygdl.mx](mailto:grubio@rotarygdl.mx) / 3333693826

ROTARY CLUB PRESIDENT 2020 - 2021, NAME AND SIGNATURE

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Javier Silva ([silvaarana@prodigy.net.mx](mailto:silvaarana@prodigy.net.mx) /3336779731)

PROJECT LEADERS DURING PROJECT DURATION – NAMES AND SIGNATURES

LEADER 1

LEADER 2

Maria Elena Mota Oropeza / directora

Ruth Sánchez Rivero / Coordinadora

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