



PROYECTO
100 años, 100 acciones por México



Ciudad de Cuernavaca, Morelos a 16 de agosto de 2019

LIC. REINER JAHN
COORDINADOR DEL PROYECTO
100 X 100 MÉXICO
P R E S E N T S

LIC. ROGER SIMS
COORDINADOR DEL PROYECTO
100 X 100 HEART TO HEART

Next, we request and express the intention to be considered in the 100 x 100 Project.

APPLICANT INFORMATION.

Rotary Club Jardines de Cuernavaca

Name: Cuernavaca Gardens

Address: Los Vikingos Restaurant. Oaxaca Street # 02. Colonia Las Palmas Sur. CP 62050, Cuernavaca, Morelos.

District and Club Number: District 4185. Club 63334

NAME OF THE PROJECT

HUMANITARIAN PROJECT: PEACE, SECURITY AND PREVENTIVE HEALTH IN MEXICO.

OBJECTIVE OF THE PROJECT

Conduct research protocol through epidemiological study applying modern technology, experience and knowledge in health, in order to carry out preventive actions with indigenous and rural women in Mexico to diagnose and detect Fibromyalgia disease and thereby improve quality of life, with prevention and treatment of diseases in the field of maternal health.

DESCRIPTION OF THE PROJECT, SHORT AND LONG TERM DEGLOZED

If we consider that Health is the state of physical, psychic and social balance; the absence of it refers to illness. The diversity of stressors that life itself brings with it entails a series of little known conditions that demand immediate attention; as is the Fibromyalgia disease, caused by the Distrés.

We are aware that the quality of life of the population in some cases has been improved in the face of the development of technology, however, physical, chemical, social, biological and psychosocial risks are a reality that is dichotomically present in the health sector and in the presence of diseases.

The Social Impact of the Humanitarian Project "Peace, Security and Preventive Health in Mexico", is immediate, qualitative and quantitative, since its main focus is the health of the most vulnerable population living in areas of high, very high marginalization and social lag, that is, indigenous and rural women; that, due to lack of adequate education, the lack of knowledge of some health service providers and the failed application of public health policies in Mexico, as is the case with Fibromyalgia that is not considered in the Universal



Catalog of Diseases of the Health Sector, the disease is not diagnosed and much less treated.

The scope considered in the project lies in the importance of carrying out the research protocol through an epidemiological study applying modern technology to a random sample of indigenous and rural women; based on experience and knowledge in health; It will allow preventive actions with indigenous and rural women in Mexico to diagnose and detect Fibromyalgia disease and thereby improve the quality of life, with prevention and treatment of diseases in the field of maternal health.

Thanks to the support of Rotary International and FURMEX, based on the lines of action Prevention and treatment of diseases, Maternal Health; With this humanitarian project, indigenous and rural women from different communities will be able to conserve and promote peace, thereby preventing social conflicts due to the lack of adequate and timely attention to fibromyalgia disease.

It is very important for the Rotary Club Jardines de Cuernavaca to carry out this project since we consider it a gender problem, since 10 patients are 9 women.

We are convinced that thanks to a timely diagnosis, through health prevention actions, education and teaching within the health sector in Mexico; We promote social development in peace and harmony, which leads to fostering economic and integral development in the communities served, that is, when a mother is healthy, the nucleus of the family is healthy; when a sick woman, the quality of life of the whole family suffers and permeates the community.

This project consists of 3 stages.

The first stage considers the determination (location, invitation, selection and participation) of indigenous and rural women who live in indigenous communities of the States of Morelos, Mexico, Puebla, Tlaxcala, Mexico City.

Having the random sample defined, the actions corresponding to the epidemiological study will be carried out to subsequently analyze the results and conform the proposals based on what was thrown and design and elaborate the protocol to deliver to Rotary International, FURMEX and the authorities of the three levels of government of these entities to be considered in the design of public policies of the health sector in Mexico.

IT is worth mentioning that although this research will only be applied to indigenous and rural women, it is neither limiting nor exclusive.

The second stage contemplates, based on the results and proposals of the epidemiological study, design, edition and publication of an "Information guide for the



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management of Fibromyalgia disease: Symptoms and causes” will be carried out; same that will be distributed in the Health Sector, among the social organizations whose mission is to promote health and the population in general.

The Information Guide for the management of Fibromyalgia disease: Symptoms and causes; It will be delivered to Rotary International and FURMEX, as further evidence of the project and the first edition includes 1000 color copies on couche paper.

At this same stage, it is considered to hold advice and training to service providers, society in general, to provide face-to-face preventive workshops on health (TPPS): Health as a Human Right and Health and Safety for a Mexico without conflicts and in peace .

The location of the workshops will be in the entities of Morelos, Mexico, Puebla, Tlaxcala and Mexico City.

The third stage constitutes the involvement of civil society through the selection of indigenous women, peasants with the interest of participating with us as “Maternal health promoters”, the aim is that they, after receiving our training, be the populli voice of your community in preventive actions in health matters, thereby informing about the possible causes and symptoms of Fibromyalgia disease, health as a Human Right and promoting peace actions.

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Whit this project:

Total people directly benefited
300 people with the 2 workshops,
50 promoters,
179,100 with the computer platform,
1000 people with the guides
A total of 183,150 people reached in a year directly.

If we consider that each person can impact 6 people around them, we are considering the indirect impact of 1,098,900 people

EXPLANATION OF THE SUSTAINABILITY OF THE PROJECT IF YOU HAVE IT

For this project, sustainable development has been considered synonymous with sustainable, a term that was coined in 1987, written for the United Nations Organization, by Dr. Gro Harlem Brundtland.

Based on this, the present project does comply with the terms of sustainability since it meets the needs of the present generations (indigenous women and peasants), without compromising the possibilities of those of the future to meet their own needs.

On the contrary, the present project, through the epistemological research protocol, the informative guide and the training of promoters, offers information and preventive actions in the matter of health for women in the present and in the future.

We believe that sustainability not only refers to satisfying the basic needs of the poorest to which priority should be given, but also to offer alternatives for the development and improvement of the quality of life from a humanitarian, economic, social and ecological perspective for present and future generations with gender equity and equal opportunities

This project is sustainable because it offers and proposes an improvement in the health sector's attention for Mexico, a progress in the application of Human Rights in Health, a change in the social construction in preventive actions in health, that is to say , in "disease prevention and treatment", as well as a positive affirmative transformation in "maternal health"; areas of interest in the sustainable projects of Rotary International.

Finally, this project is based on a real need and problem in Mexico and thanks to the completion of this project, they are satisfied with the rational and sustainable use of human and financial resources. The use of resources is based on experience, professionalism, commitment and technology; respecting cultural aspects, the



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environment and Human Rights. Generating knowledge, access to information, twinning, participatory society, services that generate growth, peace, respect and security.

Our project is sustainable because it promotes the conservation of knowledge through its dissemination, conservation in peace because a healthy society is a strong society, appropriate development with society in areas ranging from the marginalized and socially lagging to those of minor, that is, it is inclusive, it is an innovative and expandable project.

DIRECT AND INDIRECT BENEFICIARIES BREAKING UP YOUR VULNERABLE SITUATION ATTACHING IMAGES.

Indigenous Peasant Women of the entities of Morelos, Mexico, Puebla, Tlaxcala and Mexico City. According to the World Health Organization (WHO), Fibromyalgia disease is suffered by 2 to 4 percent of the population and does not know it. Of 10 patients suffering from Fibromyalgia disease, 9 are women.





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LOCATION OF THE PROJECT

Entities of Morelos, Mexico, Puebla, Tlaxcala and Mexico City. Indigenous and peasant communities.

AREA OF INTEREST:

- Peace and conflict resolution _____
- Health, foresight and treatment _____
- Water, treatment and hygiene _____
- Maternal and child health _____
- Literature and basic education _____
- Community economic development _____

PROJECT BUDGET

The project budget is 10,000 USD broken down as follows:

Contribution	Quantity
from the requesting club	1000.00
Support proposed by H2H	10000.00
SUMA	11000.00
TOTAL	11000.00

NOTE: The minimum commitments for requesting clubs are as follows:
 Tam. of the Project (Pesos) Minimum commitment of the applicant C. (Pesos)
 C Rotary 10,000 - 100,000 20% of the total project budget
 C Rotary 100,000 - 200,000 20,000
 C Rotaract or Interact 10,000 - 200,000 10% of the total project budget

INVESTMENT TO BE MADE IN THE PROJECT



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CONCEPT	UNITS	COST FURMEX, ROTARY INTERNATIONAL	TOTAL
FIRST STAGE			
Research and preparation of epidemiological study and protocol development			
Researcher's Fees	2	3285	3285
SECOND STAGE			
informative guides on health prevention			
Designer fees	1	1250	1250
Guide Production	1000	1.63	1630
In-person preventive workshops: Health as a Human Right			
Facilitator-Trainer Fees	2	425	850
Transport and food allowances of the facilitator	10	32.5	325
Face-to-face preventive workshops: Health and Safety for a Mexico without conflicts and in peace			
Facilitator-Trainer Fees	2	425	850
Transport and food allowances of the facilitator	10	32.5	325
Community preventive health promoters			
Facilitator-Trainer Fees	2	425	850
facilitator	10	32.5	325
THIRD STAGE			
IT platform			
Systems Engineer's Fees	1	1185	1185
Server and platform domain payment	1	125	125
TOTAL CONTRIBUTION OF FURMEX AND ROTARY			11000



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**FIRMS
APPLICANT NAME**

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LIDERES RESPONSABLES DEL PROYECTO, NOMBRE Y FIRMA

LIDER 1

LIDER 2

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