



Mérida Yucatán, November 2019

REINER JAHN  
PROJECT COORDINATOR MEXICO

Roger Sims  
Project Coordinator H2H

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

**1) APPLICANT INFORMATION:**

Rotaract Club Uinicob Itzáes (sponsor Rotary club Mérida Itzáes)

**Name:** Maria Paulina González Gamboa

**Address:** Calle 53 #635 por 72 y 72 a Real de Montejo, Mérida Yucatán.

**District and Club Number:** District 4195, ID80874

**2) NAME OF THE PROJECT:**

"Health for everyone"

**3) OBJECTIVES OF THE PROJECT:**

To implement humanitarian activities with the purpose of prevention, promotion and health care services in rural communities through the access of medical and dental services in order to contribute with the suitable development of the community.

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

Several rural communities have an alarming health care situation. Most of these communities suffer from poverty so getting sick is not an option because proper medical services don't reach them and if they do, they are not enough for the whole community. Not all communities have a health center and if they do, it is only available from Monday to Friday in a brief and specific timetable. In many of the



cases, the medical service is provided by an intern who is only fulfilling an internship of a short period of time which doesn't allow for a proper follow up of each case.

“Health for everyone” is a very complete project because it involves the participation of several professionals in the health area such as doctors, dentists, nutritionists, psychologists and nurses who offer the patient the chance to receive a full diagnosis. The project does not end by just giving a diagnosis but until the patient is given a proper medication in case of illness.

The main objective of the project is to sponsor one community during a whole year with one visit per month to ensure the proper follow up of the cases. The high rates of malnutrition and caries in children, apart from the many cases of adults with overweight and other related diseases is one of the main reasons why this project has been created; there has been more than 400 cases treated in this project. We have detected patients with a delicate situation on time and they have been urgently send to the nearest health care center where they are able to receive appropriate medical treatment.

People from these communities expect a program like “Health for everyone”. The plan is to offer services for 30 to 50 patients each monthly visit, depending on the population. During one year, the community will surely not worry about having to pay for a consultation or medical treatment and, in case of being necessary, even food supplements for all family members.

Salud para todos es un proyecto muy esperado por las personas de las comunidades, promete ofrecer un servicio de alrededor de 30-50 pacientes por visita dependiendo del número de habitantes.

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

“Health for everyone” offers to care for a priority need in a community such as health, it will improve the quality of life of the people through informative sessions directed to the specific need of each community aiming to provide not only a consultation but also interactive talks for health promotion. The plan is make women aware of the importance of taking care of the family health and educate women who are main family support, to make a difference in the life each and every member of their families, thus improving their future opportunities.



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

“Health for everyone” adopts a community for a year in medical, odontological, nutritional, psychological and nursing areas, supplying an average of 8 hours of service in monthly visits and cares for about 30-50 patients. More or less 40-50% odontology patients will come back on the next visit for a follow up because their full treatment takes a longer time to be completed, between 4 and 6 months depending on the case. In terms of money this means between \$4,000-\$5,000

Direct beneficiary: The patient, who has no economic possibilities to afford health treatment or medical consultations especially in case of illness with high rates such as Diabetes, High blood pressure, Dyslipidemias and cases of cavities (type 1 and 2) and injuries such as gingivitis.

Indirect beneficiary: The home's economy, outside this project people would need to pay for a medical and odontological consultation, in case they need both; this is apart from the cost of the medicines indicated in the treatment.





# PROYECTO 100 X 100 MÉXICO



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**7) LOCATION OF THE PROJECT :**

San Ignacio, a community of the municipality of Progreso, Yucatán, México.



**8) AREA OF FOCUS**

- Peace and conflict resolution
- Disease prevention and treatment
- Water, sanitation, and hygiene
- Maternal and child health
- Literacy and basic education
- Community economic development
- Other (please specify \_\_\_\_\_)

**8) PROJECT BUDGET**

Note: The minimum 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:

The budget of the projects is \$90,940 pesos, with the following proposed funding:

SOURCE	AMOUNT IN PESOS
Mexico commitment from applicant	\$9,094
Proposed support from other Mexico sources FURMEX Other (please specify)	\$0
Proposed US Heart 2 Heart support	\$81,946
<b>SUMA</b>	<b>\$90,940</b>
<b>TOTAL</b>	<b>\$90,940</b>



## 1) The project detailed expenditures are as follows:

DESCRIPTION	PRICE & QUANTITY	TOTAL
Taking glucose, hemoglobin and cures	USD 520	
<b>Dental material</b>	<b>USD 2,079</b>	
Toothbrush		
Anesthesia		
Toothpaste		
Gloves		
Mouth covers		
Resin		
Fillings		
Sterilizers		
Medicines	USD 783	
Doctor materials	USD 520	
Teaching material for health promotion	USD 260	
Stationery for Medical Records	USD 157	
Gasoline	USD 150	
Broadcast material	USD 78	
		<b>TOTAL, USD 4,536</b>

## FIRMAS

## APPLICANT NAME

ROTARY CLUB PRESIDENT 2019 - 2020, María Paulina González Gamboa

NAME AND SIGNATURE, E-Mail and Phone

[Ln\\_paulina@hotmail.com](mailto:Ln_paulina@hotmail.com)

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**PROYECTO 100 X 100 MÉXICO**



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**PROJECT LEADERS DURING PROJECT DURATION – NAMES AND SIGNATURES**

**LEADER 1**

**María Paulina González Gamboa**

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