



Public Health & Guatemala Service Project

2024-2025

Introduction

The 2024-2025 State Officer Team would like to introduce you to the Public Health & Guatemala Service Project! Our aim this year is to promote public health at the local and international level. Public health focuses on protecting and improving the health of communities through education, promotion of healthy lifestyles, and disease prevention.

We selected Guatemala for this initiative due to its critical need: the country ranks the highest in Central America and third in the world for malnutrition and global health challenges. Through raising awareness and providing essential resources, we aim to support improvements in health practices and lifestyles in Guatemala.
<https://www.usphs.gov/>

2024-2025 Initiatives

The State Officer Team, in coordination with other chartered associations, will be hosting virtual workshops in which they will be educating on various public health topics. The virtual workshops must include community resources and information to teach public health to local communities.

Topics

- Dental
- Water Sanitation
- Pharmacy
- Mental Health
- Hygiene
- Nutrition

In addition, the State Officer Team will assist local chapters to host public health drives, based on the 6 workshop topics.

- At least 50% of all drive items must be donated locally. The remaining items will be donated internationally to Guatemala through coordination with Medical Brigades, our industry partner.

Guatemala Service Project Partners

Global Medical Squads, an esteemed international non-profit partner, is dedicated to delivering healthcare to vulnerable communities across the globe. Their service projects involve setting up mobile medical clinics in regions such as Panama, Belize, Guatemala, Greece, and Ghana. Participants in these projects gain over 30 hours of hands-on experience in patient care including intake, triage, and pharmacy operations, while engaging in enriching cultural activities. Global Medical Squads manages all logistics, including food, lodging, and transportation, ensuring a seamless and impactful experience for all (www.squads.org/medical-squads)

Additional Partners

- International HOSA (<https://hosa.org/>)
- Medical Brigades (<https://medical.globalbrigades.org/>)
- California HOSA (<https://www.cal-hosa.org/>)
- Colorado HOSA (<https://www.coloradohosa.org/>)
- District of Columbia HOSA (<https://sites.google.com/view/dchosafhp/home>)
- U.S. Public Health Service (<https://www.usphs.gov/>)
- Commissioned Corps of the U.S. Public Health Service (usphs.gov)

We would like to thank our partners for their contributions, collaboration, and support on the Guatemala Service Project. Their dedication to promoting public health awareness and encouragement for young leaders to create change is truly remarkable!

Donated Liquids must be 100mls or less

Topic Breakdown

Dental- September

- Supplies Needed:
 - Toothbrush
 - Toothpaste
 - Floss
 - Mouth wash
 - Fluoride
- Additional Resources:
 - [Oral Health Information](#)

Pharmacy- November

- Supplies Needed:
 - Saline
 - Tylenol (individual packets)
 - Advil (individual packets)
 - Aspirin (individual packets)
 - Cough Drops
 - Vitamins
 - Herbal teas (chamomile, mint, peppermint, green tea, lemon ginger, lemongrass and cinnamon)
- Additional Resources:
 - [Pharmacy Information](#)

Water Sanitation- October

- Supplies Needed:
 - LIFE filters
 - Water bottles
 - Soap
 - Chlorine tablets
 - Lift filters
- Additional Resources:
 - [Water Sanitation Information](#)

Mental Health- December

- Supplies Needed:
 - Books
 - Oils
 - Headphones
 - Lotion
 - Candles
 - Coloring books
 - Journals
 - Coloring Pencils
 - Arts & Crafts
 - Sports Equipment
 - Games/Puzzles
- Additional Resources:
 - [Mental Health Information](#)

Hygiene- January

- Supplies Needed:
 - Shampoo
 - Deodorant
 - Soap
 - Fingernail Kits
 - Sunscreen
 - Q-tips
 - Tissues
 - Wipes
- Additional Resources:
 - [Hygiene Information](#)

Nutrition-February

- Supplies Needed:
 - Seeds
 - Gardening Tools
 - Recipe Cards
- Additional Resources:
 - [Nutrition Information](#)

How Can You Get Involved?

Chapter/State Officers

Educate and promote public health to your members and community through various initiatives such as hosting workshops and drives, organizing volunteering opportunities, and using interactive features through social media to spread awareness.

Advisors

Support your chapter/state officers with their initiatives and assist them in the organization and promotion of their events.

Members

Participate and engage with the different initiatives and events your chapter officers/state officers host. It is important to educate oneself and find various ways to create a difference, no matter how big or small!

Global Medical Academy

The Global Medical Academy (Guatemala) is open to qualified high school health students and faculty to gain valuable skills and experience working alongside local doctors to deliver medical services and public health campaigns in rural under-resourced communities in Guatemala. Students will gain 30+ hours of medical service working alongside our medical team in triage, shadow physicians, provide education workshops, and help to distribute medicine in the pharmacy.

Dates: June 7-14, 2025

Guatemala Point System

To have an efficient donation system and instill healthy competition between local chapters, the State Officer Team has put together a point system, specific to the Guatemala Service Project! Each item available to be donated has a quantity associated with it, which determines the amount of points the item is worth. All donation items are listed below with their associated quantity and point value. The top 3 chapters that achieve the highest point to membership ratio will receive recognition at the State Leadership Conference. **Items donated that are not listed below may receive additional points, up to discretion of the State Officer Team.

*All fluid items must be travel sized (100mls or less)

DENTAL

- Toothbrush (x2) = 1 point
- Toothpaste (x1) = 1 point
- String Floss (x2) = 1 point
- Mouthwash (x1) = 1 points
- Fluoride (x1) = 1 points

PHARMACY

- Saline (x1) = 1 point
- Tylenol- individual packets (x1) = 2 points
- Advil- individual packets (x1)= 2 points
- Aspirin- individual packets (x1) = 2 points
- Cough Drops (x1) = 2 points
- Vitamins (x1) = 2 points
- Herbal teas- chamomile, mint, peppermint, green tea, lemon ginger, lemongrass and cinnamon (x1) = 2 points

WATER SANITATION

- LIFE filters (x1) = 10 points
- Water bottles (x1) = 5 points
- Hand Soap (x2)= 1 point
- Chlorine tablets (x1)= 5 point

MENTAL HEALTH

- Books (x1) = 2 points
- Oils (x1) = 1 point
- Headphones (x1) = 10 points
- Candles (x1) = 2 points
- Coloring books (x1) = 2 points
- Journal (x1)= 1 point
- Coloring Pencils (x1) = 2 points
- Arts & Crafts (x1) = up to 5 points
- Sports Equipment (x1) = up to 5 points
- Games/Puzzles (x1) = up to 5 points

HYGIENE

- Shampoo (x1) = 1 point
- Deodorant (x1) = 1 point
- Soap (x2) = 1 point
- Fingernail Kits (x1) = 2 points
- Sunscreen (x1) = 1 point
- Q-tips (x1) = 1 point
- Tissues (x1) = 1 point
- Wipes (x1) = 1 point

NUTRITION

- Seeds (x1) = 1 point
- Gardening Tools (x1) = 2 points
- Recipe Cards (x1)= 1 point