



The Association of Health Promoters of San Pedro (APROS)

APROS is an organization of female health promoters from six rural, isolated coffee-growing communities around Lake Atitlán in Guatemala. Coffee Kids has been working with APROS since 1995.

Community Need

Guatemala suffers from the highest rate of chronic malnutrition in all of Central America. Access to professional medical help is severely limited in many communities.

Families, like those living around Lake Atitlán, are subject to easily preventable gastrointestinal and respiratory illnesses. Traditional and herbal medicines provide a safe and affordable alternative, but many people lack the knowledge for diagnosis and proper usage. Because many women are malnourished, and pre- and post-natal care is almost nonexistent, it is not uncommon for mother and/or child to die during birth.

Coffee Kids and APROS

APROS's health care project, which benefits indigenous women and their families, provides training to local volunteers, who teach women in their communities about basic health care and hygiene. Workshop topics include the use of medicinal plants, prevention of common ailments, the importance of a nutritious diet, and pre- and post-natal care.

In 2006, APROS introduced a project for widows with Coffee Kids help, offering medical check-ups, basic food supplies, recreational activities, emotional support and a sense of belonging for women who have lost their husbands to migration and years of civil war.

2009 Results

- Health promoters conducted six workshops in five communities and taught 75 pregnant women about the importance of maternal nutrition, pre- and post-natal care, breast-feeding and vaccines.
- Nutrition workshops benefited 300 children.
- The Widows Project provided 75 women with medical check-ups and nutritious food supplies, and social activities.



APROS creates healthy communities by conducting lessons in pre- and post-natal care, nutrition and the importance of vaccines.