

# Reassessing the Medical Needs and Concerns of the Community of Cerro Azul

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## INTRODUCTION

- The Latino Student Health Project (LSHP), established in 1978, is committed to providing free health services and health education in medically underserved communities both in Los Angeles County and Mexico in order to reduce the risk of debilitating diseases that are prevalent in the Latino population.
- For the past 10 years, LSHP at UCLA, along with UCLA undergraduates, Harbor-UCLA Family Medicine Residents, and recently, students from the UCLA School of Nursing, has organized quarterly trips to the small town of Cerro Azul in Tecate, Mexico to provide the community with a small medical clinic.



Group photo take after 2013 Summer Health Clinic

- Faced by socioeconomic barriers, such as limited transportation, many lack a regular primary care provider or access to seek medical services outside of the community.
- Since diabetes, high cholesterol, hypertension and obesity are the most prevalent chronic conditions found among the Latino communities, we screen for these illnesses as a means to reduce the rates of these conditions in the community.
- Patients have access to physicians on-site who further explain their results to them and speak with them about the steps they can take towards a healthier lifestyle as well as attend our health education workshops led by trained undergraduate volunteers.



Image shows on-site physicians consultations with medical residents from Harbor UCLA Medical Center

## METHODS

### Sample

Residents of the town of Cerro Azul and individuals from neighboring towns go through each station of the clinic and afterwards complete a “Needs Assessment” survey.

### Procedure

- Before consulting with a physician, service recipients complete family history forms which includes basic information about the recipients’ age, sex, height, glucose levels, etc. All of these measurements are taken by our trained volunteers and UCLA nurses.
- Once the service recipients have gone through each station, including physician consultations and health education workshops, we conduct surveys to acquire a more general understanding of issues that the community may face, specifically in regards to their health or state of living.
- The data collected for our surveys and family history forms is initially written in a hardcopy of the forms are later entered into an online private google form.

## METHODS Cont.

### Material

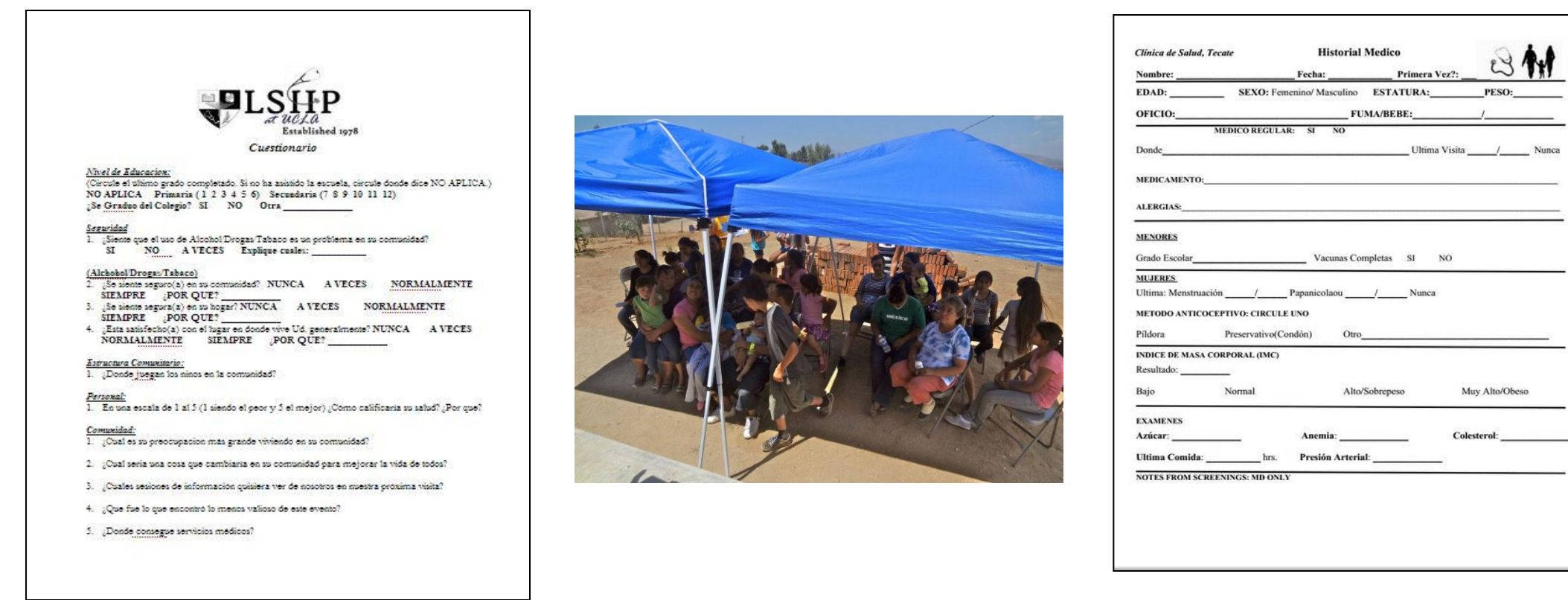


Image on left is of Family History Form used to record background information and vitals. Image on right is of surveys completed by service recipients and facilitated by volunteers after visiting every station available.

## RESULTS

Figure 1 – Age Demographics of 2013 Tecate Health Clinic

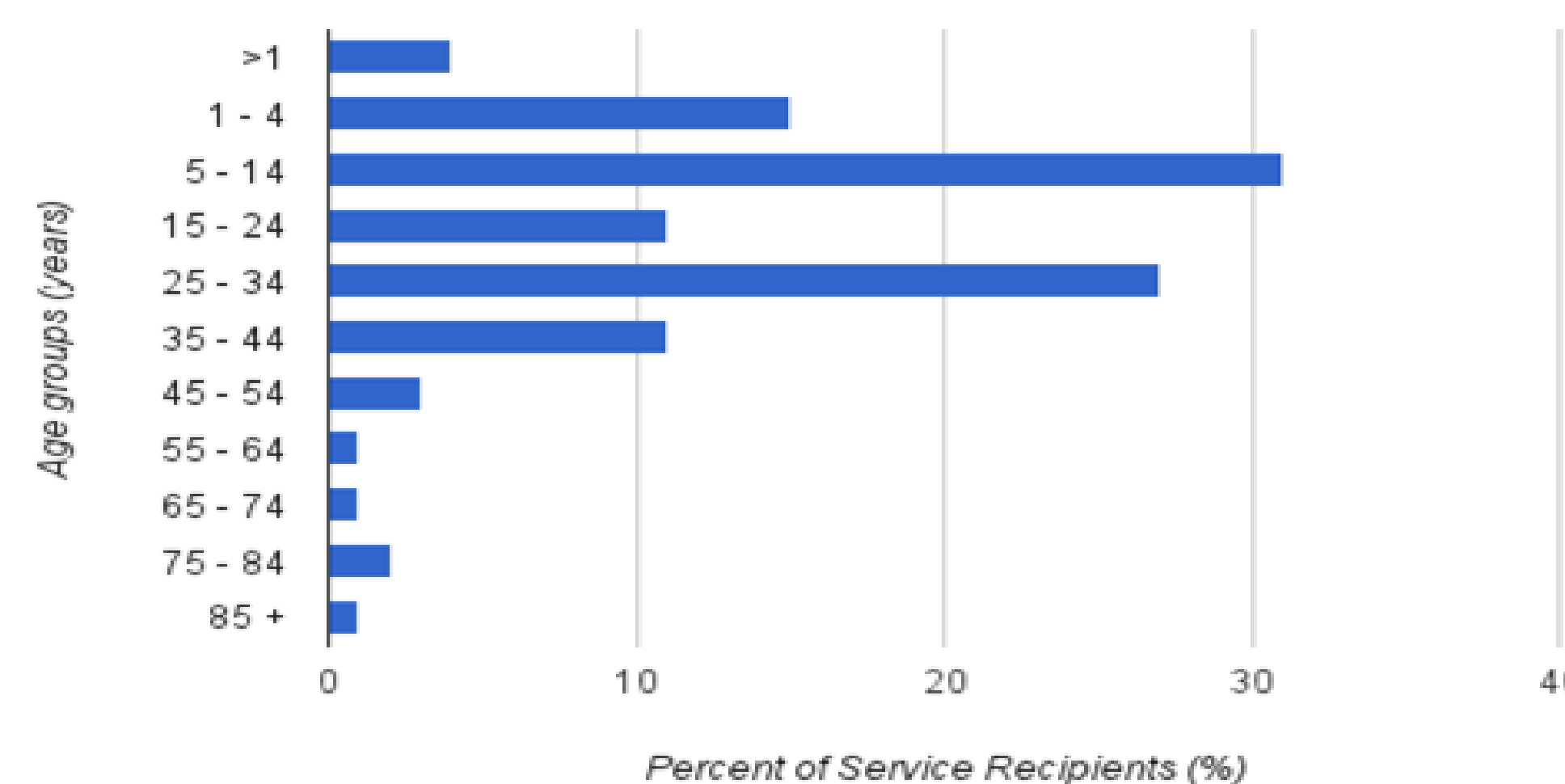
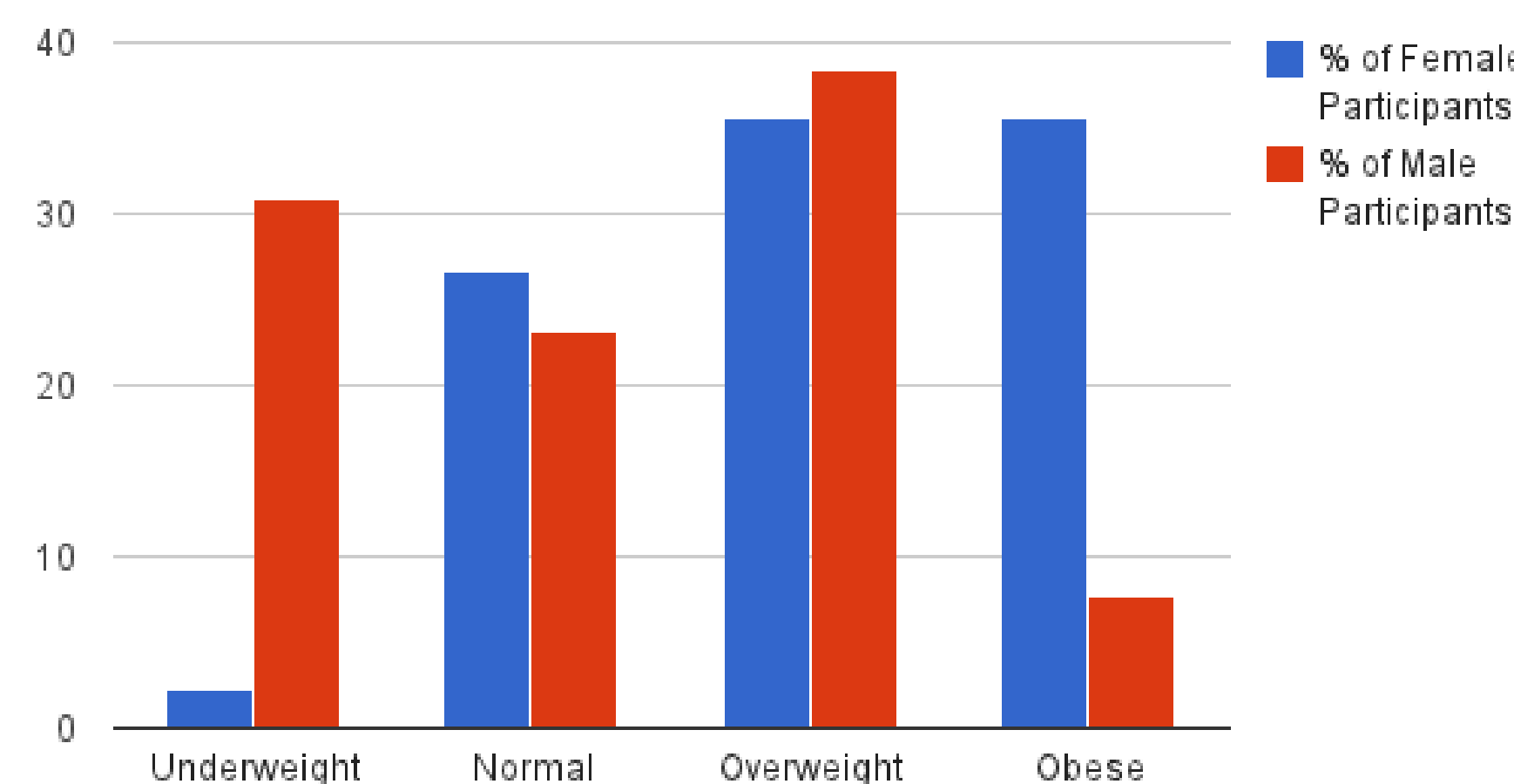
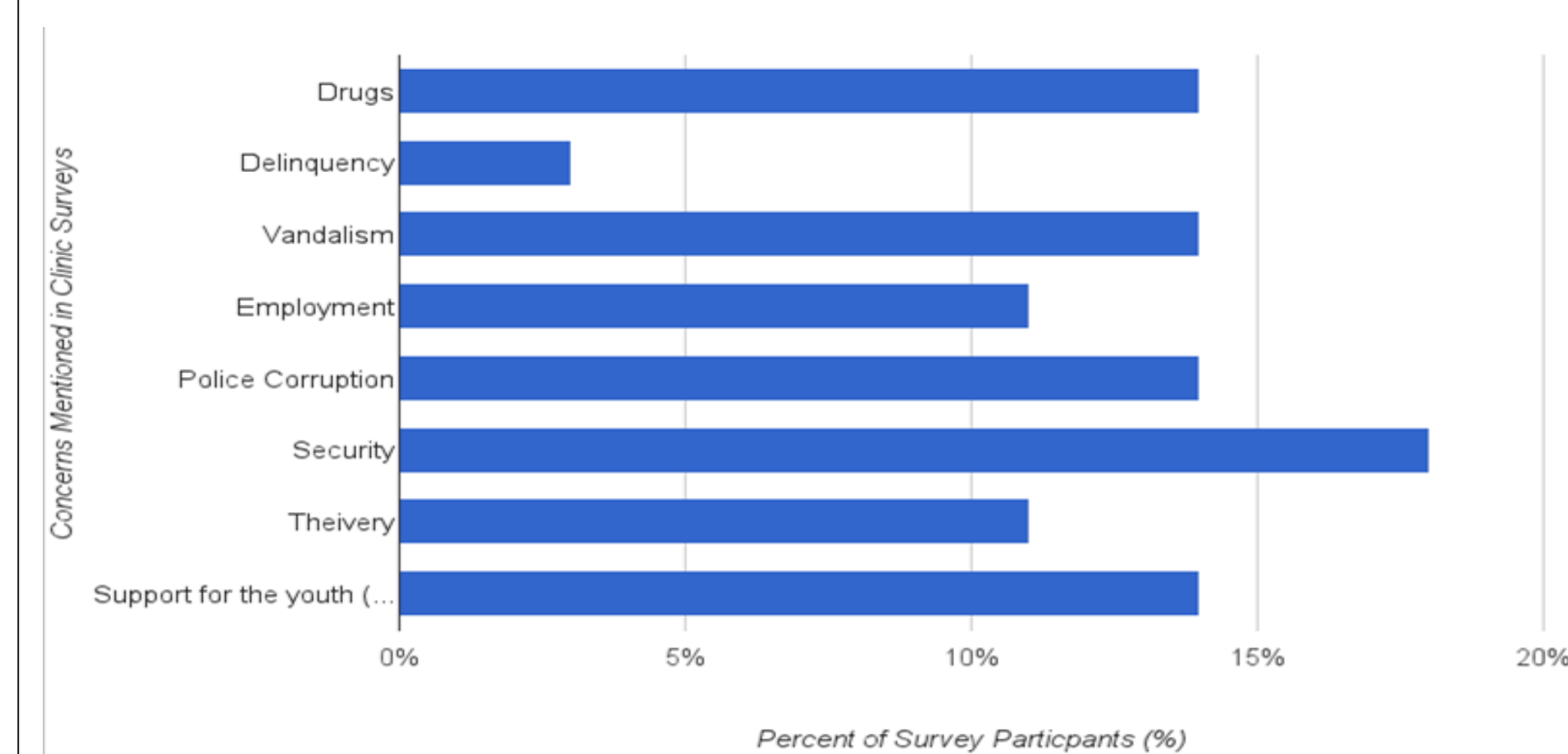


Figure 2 – 2013 Weight status of adults that participated in 2013 Tecate Health Patients according to their Body Mass Index and Gender



## RESULTS Cont.

Figure 3 - Evaluation Question 1 of “Comunidad” section: “¿Cual es su preocupación más grande viviendo en su comunidad?” [Translation: “What is your greatest concern about living in your community?”]



## CONCLUSION

Digitizing the surveys and clinical intake forms from the 2013 Tecate Health Clinic has facilitated more critical assessments of the needs of the community. Furthermore, it has also identified areas in which LSHP can improve its clinic, such as the curriculum for the Health Education component, as well as management of the clinic (e.g. intake forms, family history forms, and supplies).

From the digitized intake forms, we have found that women compose the majority of the Service Recipients that attend the Tecate Health Clinic in 2013. Consequently, we are currently working with students of the UCLA School of Public Health to establish a workshop catered to Women’s Health.

In 2013, we organized various nutrition-focused curriculums for our workshops at each clinic. However, as is indicated by the Body Mass Index (BMI) of our service recipients, the majority of them are still either overweight or obese. Hence we are currently working on somehow integrating interactive exercise-focused workshops that would include using household products that are accessible to them.

Given the community’s concerns regarding their security and that of their children, we hope to establish a relationship with government officials that oversee the community of Cerro Azul where our clinic is located.

## ACKNOWLEDGEMENTS

- We would like to thank the UCLA Blum Center on Poverty and Health in Latin America for the opportunity to present our research.
- For further information, please contact the Latino Student Health Project at [lsph@cpo.ucla.edu](mailto:lsph@cpo.ucla.edu)