



June 19th, 2017

Self-development strategies in health for rural Mexico

The Tia Foundation

Summer Newsletter

What's new with Tia? We now have 553 community health workers serving over 172,000 people with sustainable healthcare. **Tia has 2 new board members:** Kate Bartholomeusz and Mike Lofton; both of them are talented, experienced and will greatly benefit the direction of the Foundation.

The **Tia** Foundation has just **completed a project near Poncitlán**. This region of Mexico was found in March to have the 2nd highest rate of kidney failure in the world. This is due to a poisonous water supply caused by industrial dumping. Ironically, many of the residents of this



Thank
you
Poncitlán

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region are working in the factories that do the dumping. Many parents are forced to live close to the factories and send money back to the small town of San Pedro Itzicán where their kids live (often unsupervised). **San Pedro Itzicán has a population that is 2/3 children** and due to a frequent lack of adult supervision and prepared food available, like tacos, many kids often eat only junk food and soda. In addition, the toxic water is causing hair loss and a mental decline along with health problems in elementary school aged kids (drawings: top 1st grade bottom 3rd grade). Barry and Carmen Libman donated a Spectrophotometer to Tia and it was put to good use on this project, testing local tap water as well as blood and urine samples.

The results unmasked rampant kidney failure across the municipality.

In our community health workers courses, they are taught to make homemade water filters. It was



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amazing to see the difference in water quality after it had passed through the filter, the chemical odor was gone and the discoloration was replaced by clean, clear, sediment-free water. After analysis of the filtered water was complete, it was determined to be completely potable, using nothing but a plastic coke bottle, cotton, charcoal, sand and gravel (easy to find materials in rural communities). In addition, Tia and UVM held free public health consultations everyday. In small communities, diabetes is common and is now the number one cause of death in Mexico. In one of our health consultations, we interviewed a **19 year old boy with type one diabetes who had never met a doctor**. He was very very thin, joints bulged around stringy muscles and he completely unaware of what had been causing his severe health problems. The doctors talked at length with him about how to manage his illness and save his life. After the project is over, he is able to get help from Tia's



Promotoras learning homemade water filters



Now potable water with no smell



Diabetes is the #1 cause of death in Mexico

community health workers, whose **medical kits are equipped with an abundance of items for managing diabetes.** The community health workers are the cornerstone of what makes these projects sustainable. Their hard work to master the material, continued education and altruism, is an inspiration to their children and the community.

Thank you as always for reading and supporting Tia. Thank you on behalf of the families and whole communities that have a chance at a better life. Thanks to you, they have the hand up they needed to change the trajectory of their life. **Your generosity makes the world a better place.**



Tia now has a YouTube channel for refreshing skills



Thank you so much supporting TIA

