



**Delivery of Prenatal
Vitamin Phase 2,Nic 2020**

In July 2020, Wisconsin/ Nicaragua Partners donated 62 boxes of prenatal vitamins containing 1,860 capsules per box to Silais Granada (the capital of Nicaraguan tourism) to be distributed in rural areas of much need of the vitamin.



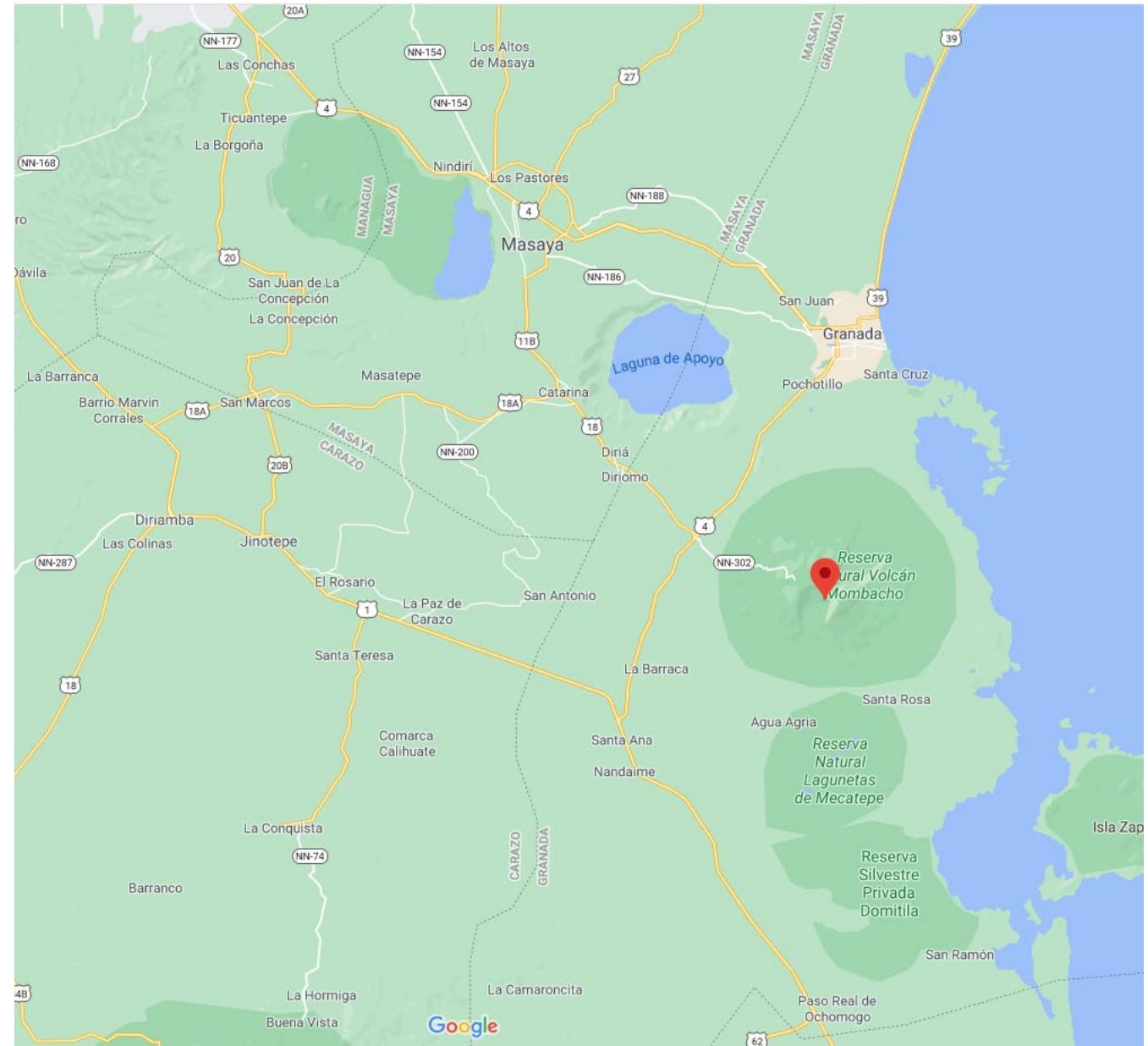


In the rural sectors, the benefit was provided to vulnerable pregnant women for the first trimester to the third, thus covering until the postnatal period.

El Diamante corresponds to the rural part of the population that lives on the shore of Lake Nicaragua. This population is characterized by having fishing as its main means of subsistence, living in a place with difficult access and low telephone signal. It currently has 38 pregnant women.



Mombacho corresponds to the population area located on the slopes of the volcano that has the same name. It is a place of difficult access, transportation is available once a day, it lacks telephone signal and drinking water permanently. It currently has 18 pregnant women in its census, most of which are engaged in agricultural and fishing activities.



....additional prenatal vitamin
reports from Nicaragua

A blurred background image of a medical professional, likely a doctor, wearing a white coat and a stethoscope. The doctor is looking down, possibly at a patient or a chart.

Prenatal Vitamin Report

Granada, Nic 2020



Granada, the Nicaraguan tourism capital, has a population of over 200,000 inhabitants, distributed in 34 rural and urban sectors. Despite being a city with cultural and historical heritage with a high influx of foreigners and prosperous businesses, high rates of low socioeconomic and educational levels are evident, with a higher incidence in the rural sectors and suburbs of this department.

In these sectors the benefit was provided to seventy vulnerable pregnant women from the first trimester to the third, thus covering up to the postnatal period in sectors of Granada.





A rural sector where approximately 2,500 people live, according to the Ministry of Health (MINSA) 2019 data, which characterizes the distant access to the city center, humble homes and informal economic activity. According to the registration of pregnant women for the month of March, there were 26 users.





Some of the suburbs of Granada are characterized by high social risk of gangs, drug consumption and sale, poverty, overcrowding, unemployment and informal work for the majority of the population. The population is around 4200 inhabitants according to the records of MINSA 2019. And the registration of pregnant women was 47 for the month of March 2020.



The pregnant women were gathered for distribution at a single point, the donation was reported by Wisconsin Nicaragua Partners, and group photography was requested after giving an educational talk on diet and birth plan. Emphasis was placed on personal and adequate consumption of multivitamins and the prohibition of their sale.



Gratefulness

Representing SILAIS Granada and as head of the southern sector of the Granada Municipality, our deepest thanks to Wisconsin/Nicaragua Partners for the donation of 7,000 Medox Prenatal tablets and for demonstrate solidarity during this difficult situation of the health system, by selfless support to our patients during the pregnancy period and to our unborn Nicaraguans, who will surely have a better development, less risk of diseases in addition to a good perinatal result.

Our most sincere expressions of gratitude, we wish you are healthy and safe during this global emergency.



Managua

September 4, 2018

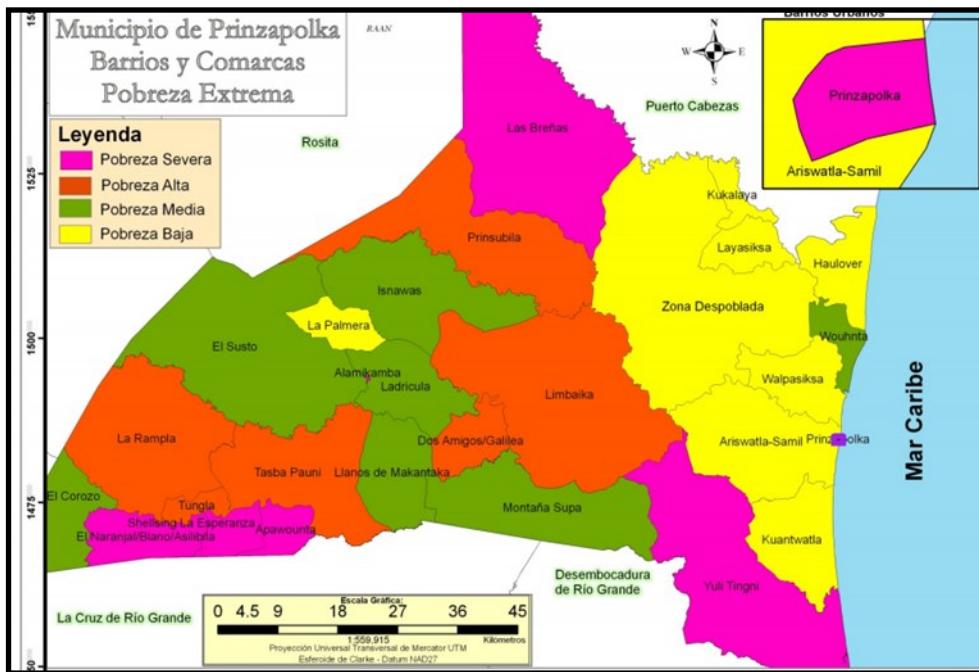
Esteemed Wisconsin Lions and Wisconsin-Nicaragua Partners Volunteers:

I would like to earnestly show my eternal thanks for the help that you have offered to the expectant women of the communities of Prinzapolka, municipality of the Autonomous North Atlantic Region (R.A.A.N.).



The county of Prinzapolka is located in the Autonomous North Atlantic Region (RAAN) and its municipal seat is Alamikamba. It has a population of 39,663 inhabitants, and a population density of 5.64 inhabitants per square kilometer. 51% of the population is male, and 54.2% is younger than 20 years of age. It is one of the regions with most severe poverty in the country, according to data from the most recent 2018 census (INIDE).

The county is divided in three sectors: Caribbean coastal communities; the region south of the Prinzapolka river, and that north of the Prinzapolka, with a total of 32 communities. This is the municipality that has benefitted from you, our Wisconsin friends, with Prenatal vitamins given to 152 pregnant women. Each mother received 30 tablets, with the exception of those with iron and folic acid deficiencies, in which case we doubled the amount.



The communities receiving the prenatal vitamins were: La Palmera, El Naranjal, El Corozo, Sarao, La Agrícola, Silibila, Tungla, Tasba Pauni, Kukalaya, Tungla, Dos Amigos, Alamikamba, Garnacha, Haulover, Tuburos, Klarinda.

It is worth noting how important this collaboration is to expectant mothers, this population have scarce economic resources, which keeps them from being able to buy these nutritional supplements that are so important for the development of the new baby. The lack of these elements in the diet produces nutritional anemia, a frequent problem in expecting women and one with serious implications for the health of the mother and child. These are demonstrated in the mother with reduced capacity for work, diminishing physical activity and mobility, greater risk for premature birth and hemorrhages. In the fetus, the probability increases for these micronutrient deficiencies and anemia, low birth weight, and changes to the central nervous system through insufficient myelination and synthesis of neurotransmitters.

In Prinzapolka, the second cause of hospitalization is the risk of low birth weight, due to the lack of good nutrition, lack of micronutrients, economic scarcity, and age (as the majority of those pregnant are adolescents).

The distribution took place in the urban area in the Alamikamba Health Center, and in the aforementioned rural areas.



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The visit to these communities was an arduous task. We traveled by horse and by river to transport these medications and the vitamins, but we were able to offer the medical assistance in conjunction with nutrition and health education.

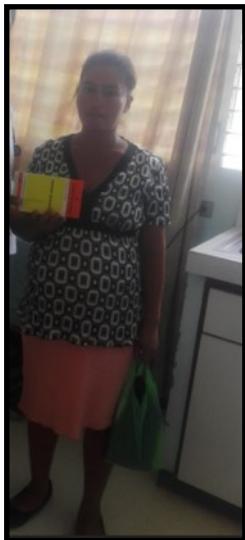


We were only able to take group pictures in two communities, as the majority of these places lack electricity and my phone died. The importance of taking the supplement was emphasized, as well as the assistance available at the nearest healthcare center should either mother or child be threatened. It is important to note that these communities are made up of *mestizos* and *miskitos*.



The pregnant women who were given prenatal vitamins were classified in the following ages:

Age	# of Women	Percentage
12 to 15 years	6	4%
16 to 20 years	90	59%
20 to 30 years	40	26%
30 + years	16	11%
TOTAL	152	100%



I hope that this report serves to effectively inform you all of health care difficulties endured by the most vulnerable parts of the Nicaraguan population. It is especially appreciated, particularly in these challenging moments due to our country's socio-political crisis; a high unemployment rate as a consequence results in hunger and poverty; your help is highly valued and opportune in order to lessen the issues that the pregnant women present.

Hoping to provide an accurate reference, I greet you.

Sincerely,

**Dr. Harvy Soza Zamora.
Hospital de Alamikamba**