Universidad Nacional Autonoma de Mexico
Facultad de Estudios Superiores Zaragoza
(UNAM FES Zaragoza)

Project: Public health and health promotion in an east Mexico City community

According to the intervention, the student’s participation in this program is of a multidisciplinary nature, interacting with undergraduate students from different degrees such as medicine, psychology, dental surgery, nursing, and nutrition, with supporting activities in the community in east Mexico City with actions in health promotion, health education and prevention of chronic degenerative diseases.

Student Responsibilities:

• Carry out community dx on morbidity and the relationship with food and its habits.
• Implement health education workshops for groups with cardiovascular and metabolic risk.
• Personally guide people in healthy lifestyles.
• Implement health promotion actions for the community.
• Participate in self-care and health promotion fairs.
• Community support activities.
• Carry out health promotion and education activities through social marketing and development of permanent campaigns.
• Participate in the processes of organization, planning and evaluation of activities.
• Intervene in administrative activities in the University Health Promotion Department.

Student Characteristics and Eligibility:

Open to Undergraduate students who possess teamwork skills, conflict management skills, and development of critical thinking, with training in health promotion and health education.

Language Proficiency
B2 Spanish Language Proficiency

Length of Program:
Approximately 4-6 weeks during May/June 2024

### Tentative Budget

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost (USD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing &amp; Meals</td>
<td>$1170</td>
</tr>
<tr>
<td>UA Placement Fees</td>
<td>$500</td>
</tr>
<tr>
<td>Flight</td>
<td>$700</td>
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<tr>
<td>Health Insurance</td>
<td>$130</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$2,500</strong></td>
</tr>
</tbody>
</table>

Please note these are estimated costs, program costs are subject to change.