

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

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:

May 1st to June 10th, 2023

Tentative Budget

Item	Cost (USD)
Housing & Meals	\$900
UA Placement Fees	\$500
Flight	\$700
Local Transportation	\$100
Health Insurance	\$123
Total	\$2,323

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