



(Information gathered by Katie O'Connell, Public Health volunteer April 2011)

Ponte En Forma 2011
Hypertension and Diabetes screening exams March-April 2011

Description:

For one month (March 21 to April 22) Galapagos ICE has performed free screenings for Hypertension and Diabetes. On Wednesday, Thursday, and Friday we perform them at Municipal Clinic from 7am to 11am. On Saturday we perform the screenings at the local farmers market from 7 am to 10 am. How this clinic was advertised was the director of Galapagos ICE, Emily, went onto television and announced the clinic. The Municipal clinic is the most structured, we are able to see patients in a timely manner and give the patients proper attention. It is set up first to see one person with the health surveys for them to fill out, then after that they get the exam done where their glucose, blood pressure, height, weight, and BMI are collected. After those results are documented the patient waits to speak to a professional about their health and what they can do to improve it. Privacy is the only problem since most all of this is done in essentially the waiting room of the clinic, where people's medical information can be viewed or heard from everyone who is around. However, due to the culture here many of the individuals do not seem to be bothered by this, and do not act like it invades their privacy.

In the farmers market on Saturday this is much more hectic, however it is also where the most people are at one time in this town and this is where we see the most patients. How this has been structured is we set up a tent next to the fair and place a table where the professionals who take the glucose and who will be giving the patients a short talk will sit. The scale is placed slightly in front of them and the chairs going away from the table for the waiting patients. The people are structured that one person is at the front passing out numbers and health surveys. One person will go around checking blood pressure while the patient is sitting waiting and filling out the surveys. When they are done with that, by number they will have their height and weight recorded. Once all of this is completed they are able to see the professionals that will take their glucose and a brief talking to.

Location:

Puerto Ayora, Santa Cruz Island, Galapagos, Ecuador

Time frame:

March 22-April 20, 2011

Targeted Population:

The target population was individuals who were concerned with their blood pressure, blood sugar, or overall health.

Project Objective:

To provide a free screening for the general public for hypertension and diabetes and to better inform the patients about healthy choices

Research Objective:

To better find out what kind of healthy lifestyle the people of Puerto Ayora live and see how their physical health really is.

Possible errors:

Research

Some possible errors are that not everyone filled out the health surveys correctly. There could have been some confusion about what the question was asking therefore they marked a different answer than what they typically would have chosen. Another error would be that the people did not fill out the survey completely, this weakens the data strength. Also, the recordings of the glucose could be off, the strips could be bad or the individual's may have eaten before which would make their results higher. We did ask if the patient was fasting however, some people here do not take into account their drinks as well.

Project

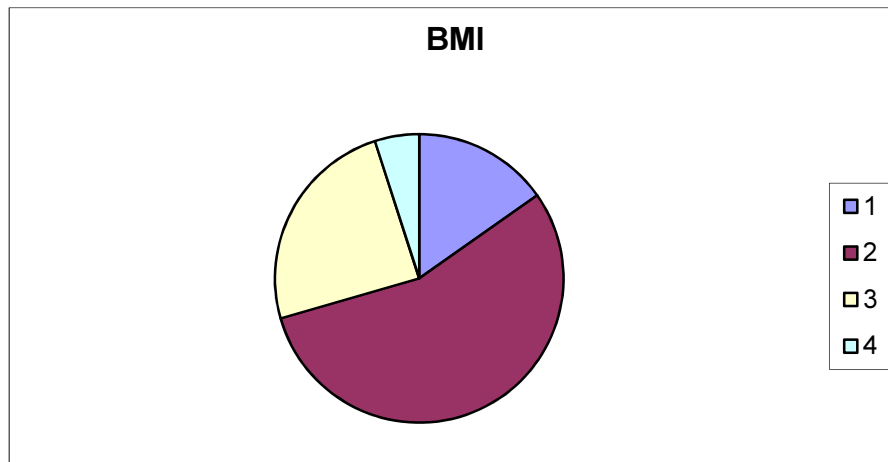
People may have come to the clinic, but they did not listen to the health advice that the professionals had made. People who were in danger and needed to fix their health never came back to the clinic to check their health progress.

Outcome:

An outcome from this study and this research is the there were classes set up to help individuals who wanted to become more proactive in their health and their lifestyle. Galapagos ICE set up a program that had free classes for individuals from Monday to Friday. Monday and Friday at 5:30 there was meditation to help relieve stress and tension from the body and mind. On Tuesday and Thursdays at 5 there were fitness classes that the individual could go to and engage in physical activity. Wednesday nutrition classes were offered where proper nutrition was taught. Anyone from the public in Santa Cruz could come and participate in these classes.

Basic Data Results:

BMI



(1= healthy weight BMI 18-24; 2 = overweight BMI 25-30; 3= Obese BMI 31-39, 4= Morbidly Obese BMI 40-68)

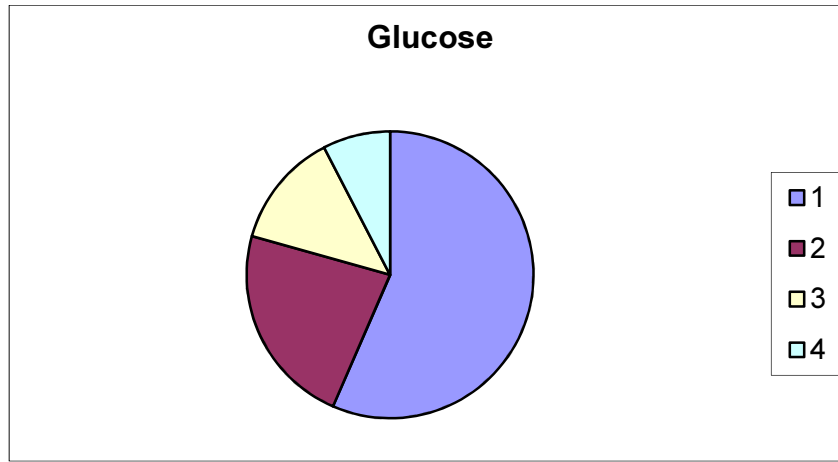
Healthy weight= 15%

Overweight= 55%

Obese= 25%

Morbidly Obese= 5%

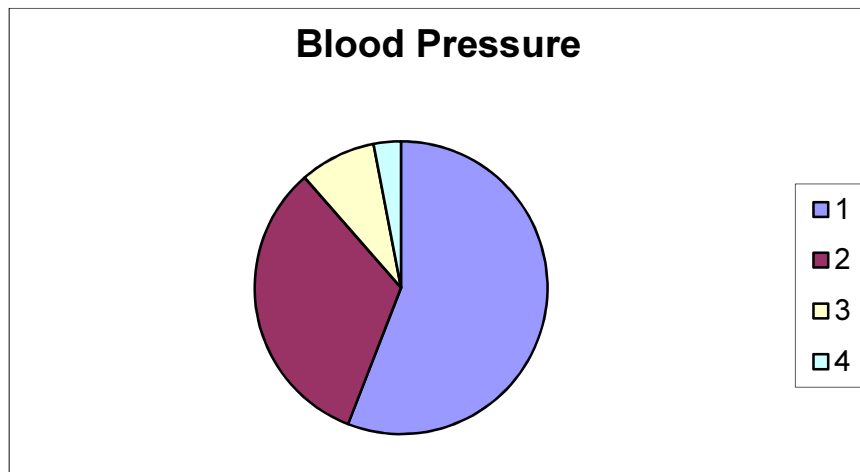
Glucose



(1=Normal, 105 or lower; 2= At Risk, 106-119; 3=Pre-diabetic, 120-150; 4=Diabetic, 151 +)

Normal= 57%
At Risk= 22%
Pre-Diabetic= 13%
Diabetic= 8%

Blood Pressure



(1=Normal, 120/80; 2= Pre-Hypertension, 120-139/80-89; 3=Type 1 Hypertension, 140-159/90-99; 4= Type 2 Hypertension, 160/100 +)

Normal= 55%
Pre-Hypertension= 33%
Type 1 Hypertension= 9%
Type 2 Hypertension= 3%