EMBAJADORES DE SALUD

Goal: To promote healthier lifestyle, and cardiovascular disease and diabetes prevention by educating the community and supporting physical activity

Year of creation: 2013

Metrics:
# of participants - 65 registered
# of children - 18 - 24
average adults per session - 10 - 12
average age of adults - 32
meetings frequency - weekly

TESTIMONIOS

Goal: To provide mental health support to Spanish speaking uninsured adults. The program offers a support group for adults, and includes

Year of creation: 2014

Metrics:
# of participants - 165 registered
# of children - 12 - 18
average adults per session -
10 - 12 women, 6-8 men
average age of adults - 36
meetings frequency - 4 Tuesdays/mo

I don’t feel the knee pain I used to have for a long time. Exercising is helping me, and I also losing weight. - Raquel

Being part of this group has improved my life. Learning about Centro SOL is helping me and my family. - Participant of Testimonios
"Yo ahora utilizo lo que aprendo en el curso, y me ayuda bastante." (Now I use what I learned, and it helps me a lot)

Maribel was prediabetic and overweight, and was motivated to lose weight, but she did not know where to start and how to make it consistent.

Since she started the DPP program 7 months ago, she has lost almost 25 pounds, and now shares her healthy recipes with the group.

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**DIABETES PREVENTION**

Goal: To promote lifestyle change and prevent type 2 diabetes using the Center for Disease Control and Prevention curriculum. To

*Year of creation: 2015*

**Metrics:**
- # of participants - 8 registered
- average adults per session - 6-8
- average age of adults - 33
- meetings frequency - weekly

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**TEEN TESTIMONIOS**

Goal: To provide mental health support for newly arrived teenagers attending Baltimore City Public Schools. Teen Testimonios offered in Summer 2016 the first summer program for Spanish speaking teens, with 25 participants learning about culture, art, and education opportunities in the city.

*Year of creation: 2015*

**Metrics:**
- # of participants - 90 registered
- # of schools - 14
- frequency - support groups take place during school year
PARTNERSHIPS

Baltimore Corps
Baltimore City Public Schools
Latino Providers Network
Faith organizations
CASA of Maryland
Esperanza Center
Baltimore City Mayor’s Office of Multicultural and Immigration Affairs
U.S. Hispanic Youth Education and Entrepreneurship
Healthy Community Partnership
Johns Hopkins Medicine TAP
Urban Health Institute
Bienestar Students
LMSA
El Zol Radio Station
And more

COMMUNITY EVENTS

Goal: To create and reinforce community partnerships promoting health and creating opportunities for Latinos.

Centro SOL organizes and co-organized dozens of community events throughout the year.

The Annual Health Fair is the first health event that takes place in the Southeast area, serving more than 130 families, which translates more than 250 people

The Latino Health Conference is a gathering of experts and scholars in different topics that discuss current issues affecting Latinos. In 2016, the conference topic was Latino Youth and how their future is impacted by our support now. More than 15 organizations were represented at the conference, with 150 people attending.

Metrics:
# events - 59
estimated overall attendance - 4385
# people served - 2894
Todo lo que necesito para estar sano y vivo bien... yo, y un buen equipo.

Diabetes Prevention Program

Embajadores de Salud Reindeer Run 5K