

Binational Health Week 2015

Health Workshops Featuring Trainers from Communities of Origin

An important component of Binational Health Week (*BHW*) is health related workshops featuring experts from participants' communities of origin. The target participants for BHW activities are the most vulnerable and difficult to reach segments of the population. Very frequently, this population has origins in rural regions of Latin America, and outreach efforts geared towards them often involve cultural and linguistic challenges. Therefore, it is essential to deliver health related educational messages in an appropriate context through expert trainers and speakers whom they can understand and relate to.

Topics for Workshops

We recommend that workshop topics address the main health issues this population faces, including:

- Mental Health
- Reproductive Health
- Nutrition, Diabetes, and Obesity
- Occupational Health and Safety
- Sexually Transmitted Diseases (with a special emphasis on HIV/AIDS)
- Oral/Dental Health
- Training of Culturally Competent Healthcare
- Traditional and Herbal Medicine (including indigenous traditions)
- Health for People with Disabilities and Autism
- Emergency Preparedness

Program of Activities

The experts should limit their engagements to one or two regions at the most. The local taskforce will coordinate a program of activities for the trainer. Among the suggested activities are the following:

- Workshops geared towards outreach and community workers
- Sessions with health care professionals who frequently work with and provide services for the target population
- Interviews with local media outlets
- Workshops held in agriculture and labor camps
- Workshops geared towards teachers and/or health presentations for children
- Participation in local health fairs and other venues

Request of Trainers

We recommend that taskforces request trainers based in the communities of origin where the target population migrated from. Coordinators should prioritize what health topics they want to be addressed and for which audiences.

Budget Considerations

The travel, lodging and meals expenses will be paid with the funds raised by the local taskforce, unless arranged otherwise.

Considerations for Trainers

- Invitation to trainers should specify that they are expected to conduct workshops and activities targeting diverse types of audiences, including health outreach workers, health care providers, and the Latino migrant community in general.
- Trainers must have a current visa to travel to the United States at the time of the activities.
- Lodging could be in either a hotel or the house of taskforce members.
- There will be 3 meals per day provided to each trainer.

Considerations for Coordinators

- The local taskforce coordinator will be the main host in charge of coordinating trainers' activities in their locality.
- The local taskforce will be responsible of providing accommodation, meals, transportation, economic compensation, and a program of activities to the trainer.
- The host coordinator will send the trainer the program of activities in advance and will have conversations with the trainer prior to that person's visit to discuss details of planned activities.
- The host coordinator will consider appropriate breaks and rest periods for the trainer in the program of activities.
- The host coordinator should communicate with regional coordinators who will host the trainer before and after that person's visit to arrange transportation.