

Advocacy & Awareness: Project Restauración, Dominican Republic

Diabetes & Hypertension

Background: Restauración is a small town located in the second-poorest province of the Dominican Republic. It also shares a border with Haiti, creating an even larger strain on the fragile health care system. Diabetes and hypertension are two issues faced by a large percentage of the community. In response, the Diabetes and Hypertension Program was developed, providing weekly check ups and health education sessions to teach participants about their health. Local clinics and health representatives also track patients' blood pressure, fasting blood sugar, and weight.



Discussion Questions:

1. How does immigration affect healthcare systems, and what are ways to improve their effectiveness?
2. What are preventable diseases faced by your community?
3. Where are places in your community that could benefit from health education on leading a healthy lifestyle?

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