

2025 ANNUAL REPORT

Maya Health Alliance

Wuqu' Kawoq



FROM OUR CHIEF EXECUTIVE OFFICER

Dear Friends,

This year opened with the global health infrastructure unraveling and health equity pushed to the margins of funding conversations.

But thanks to the grit and talent of our team, and the commitment of supporters like you, we not only protected essential healthcare services, but continued to innovate and expand our reach.

A few highlights from 2025:



Helping children thrive. We developed a new approach to preventing and treating malnutrition that nurtures both physical and cognitive development, giving children the strongest possible start in life.

Enhancing women's healthcare. We were an awardee of Action for Women's Health, an open call funded by Pivotal that drew more than 4,000 applications from 119 countries. This award will meaningfully advance our preventive care work with women in rural communities across Guatemala's Central Highlands.

Strengthening maternal and newborn care. We doubled our work with midwives and care navigators and added neonatal technicians to help ensure that pregnant mothers and newborns receive life-saving care when it matters most.

Advancing cervical cancer elimination. We adopted a more efficient and affordable screening technology for cervical cancer and uncovered important findings about the specific strains of HPV present in Guatemala, with important implications for prevention strategies.

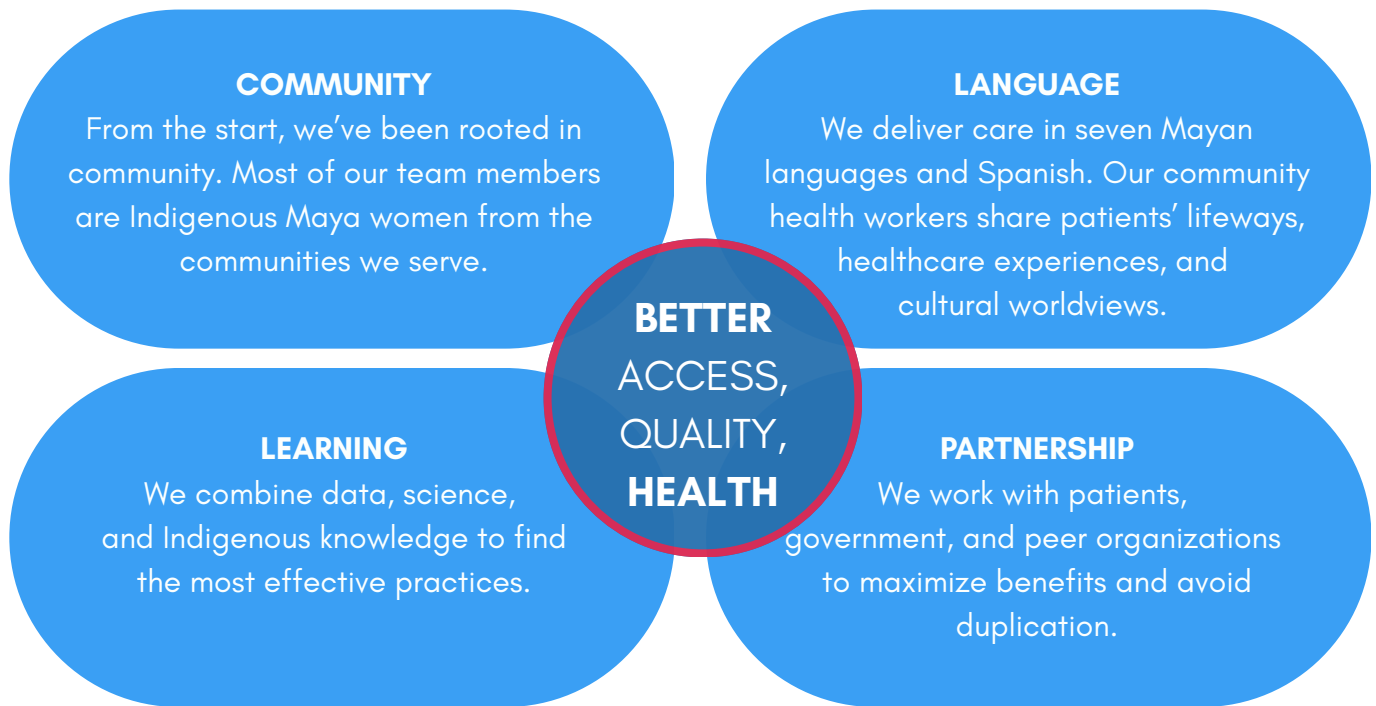
We closed the year on a note of inspiration and connection, hosting more than 400 participants from 40 countries, including Guatemala's Vice President and Minister of Health, for the International Developmental Pediatrics Association Congress. It was a tremendous opportunity to learn from the world and to share what nearly 20 years of work transforming health in rural Guatemala has taught us.

I extend my sincere gratitude for standing with us in these challenging times — your support makes all the difference.

Warmest Regards, *Anne Kraemer, CEO*

Maya Health Alliance | Wuqu' Kawoq
2025 Annual Report

OUR WORK



We provide high-quality care across the lifespan for families in rural Guatemala who otherwise have little or no access to health services. Focus areas include women's health (reproductive care, cancer prevention, maternal health), child nutrition & development, primary care, and care for complex and chronic conditions such as diabetes and hypertension.

Mission

Building equity and transforming health in rural Guatemala.

Vision

Everyone has access to high-quality care, no matter where they were born or what language they speak.

I have been consistently impressed with the sustainability and efficacy of Wuqu' Kawoq, something which is rare in non-governmental organizations in Guatemala. Their leadership, primarily consisting of Mayan women, has fostered trustworthy partnerships with both academic institutions as well as the local communities in which they serve.

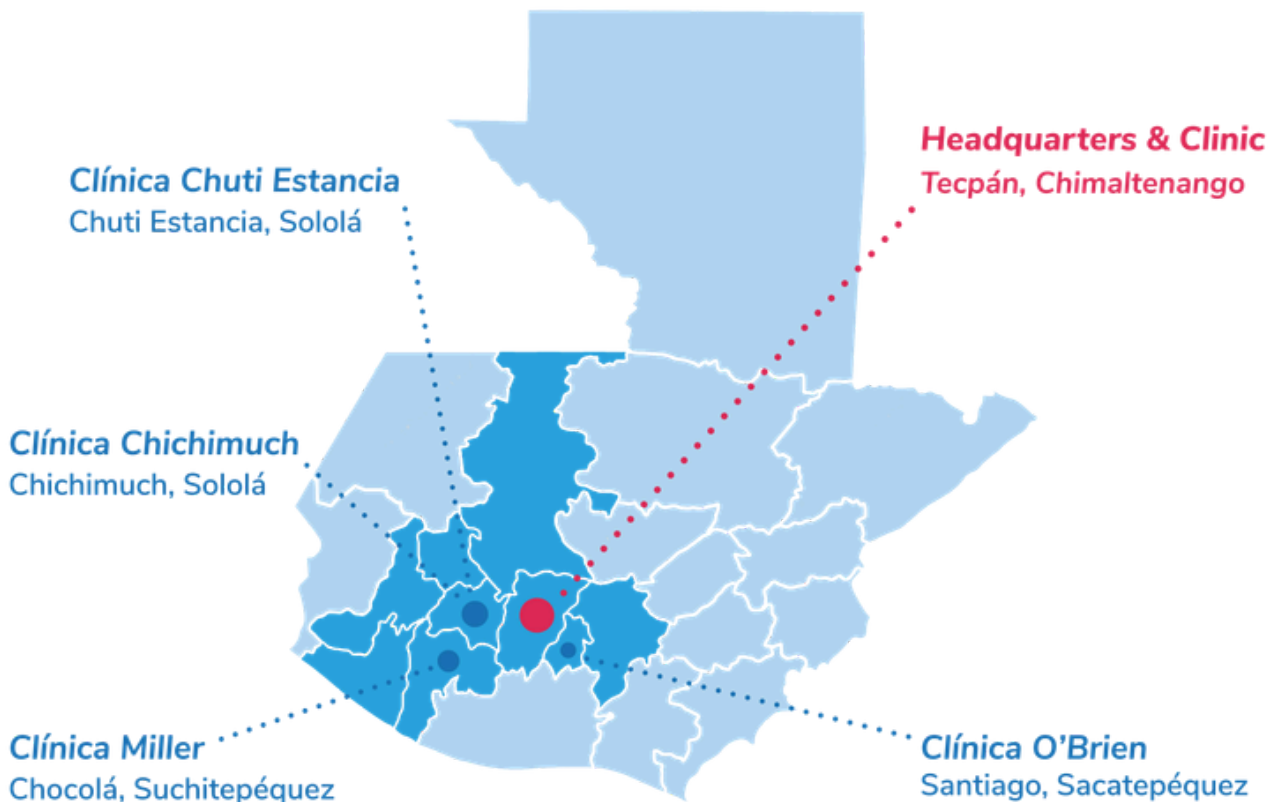
-Dr. Emily Kim, University of Cincinnati West Chester Family Medicine

WHERE WE WORK

Maya Health Alliance launched in 2007 with leaders in the Kaqchikel Mayan town of Santiago, Sacatepéquez who had a vision of making high-quality, affordable healthcare accessible in their community.

Today, we provide care in seven Mayan languages in hundreds of small villages in nine departments across Guatemala's Central Highlands: Chimaltenango, Guatemala, Quetzaltenango, Quiché, Retalhuleu, Sacatepéquez, Sololá, Suchitepéquez, and Totonicapán.

Many of the communities where we work historically have faced an array of barriers to quality healthcare, including cost, distance, and discrimination. As a result, these communities see high rates of child malnutrition and stunting and other preventable diseases such as cervical and breast cancer. Our highly trained community health workers are helping to change this reality by bringing culturally rooted, quality care directly into homes and community gathering spaces. We also provide primary care through five stationary clinics.



2025 IMPACT

We are continually expanding and enhancing our services for the best possible health outcomes. In 2025, in addition to improving care in all service areas, we focused on extending life-saving care for newborns and increasing access to screening for cervical cancer.

We saved dozens of lives through timely detection and treatment of high-risk conditions, including 21 pregnant mothers, 31 newborns, and 6 patients with advanced stage cervical cancer.

HEALTH SERVICES PROVIDED IN 2025

12,719 patients

39,567 visits

Including:

NUTRITION & DEVELOPMENT



554 patients
11,112 visits
54 workshop graduates

PRIMARY CARE



462 patients
2,168 visits

WOMEN'S HEALTH



10,756 patients
24,530 home visits
5,314 family planning methods provided
2,398 cervical cancer screenings

DIABETES



118 patients
1,1081 visits
58% A1c (blood sugar levels) controlled

MATERNAL HEALTH



783 births attended
455 newborn visits

COMPLEX CARE



66 patients
221 visits

IDPA CONGRESS



In December, we hosted the International Developmental Pediatrics Association (IDPA) Congress in Guatemala City. The Congress, meeting for the first time in the Americas, centered science and equity for all children, with particular attention to Indigenous and minority communities. We were thrilled to have more than 400 people from 40 countries participate!



Research Team

RESEARCH & LEARNING

Our Center for Indigenous Health Research is an essential part of our success. We study everything we do so we can find ways to do it better. Then we share the results so others can benefit from what we've learned. We are proud to be one of the leading contributors of medical research publications in Guatemala.

In 2025, our research team investigated:

- Predominant strains of HPV, the virus that causes cervical cancer, in Guatemala, providing critical information for developing effective preventive vaccines.
- How to blend cutting-edge technology and Indigenous traditions to improve care for newborns, and
- Best practices for adapting evidence-based care for patients with heart disease and diabetes so that they work effectively in rural Guatemala.

Wuqu' Kawoq | Maya Health Alliance is an organization that truly lives out its values in everything it does. From their unwavering commitment to local voices and community to their thoughtful approach to health, research, and development, they remain deeply rooted in the populations they serve.

-Rebecca Sanborn, Nonprofit Strategic & Organizational Advisor, Antigua, Guatemala

2025 PUBLICATIONS

Castro Aragón E, Villalobos Morales C, Reyna Gutiérrez E, Aguilar Ferro AI, Rohloff P. **Prevalence and distribution of high-risk HPV genotypes in Indigenous Maya women in Guatemala.** Int J Gynecol Obstet. 2025; 00: 1-2.

Venzor Strader, A., Castro Aragón, E., Coyote, E., Aguilar Ferro, A. I., & Rohloff, P. **Integrating Indigenous Maya practices and digital health tools to improve outcomes for Indigenous newborns in Guatemala: A community-based initiative.** Global Health Action, 18.

Alajajian S, Strader Venzor A, Juarez MY, Scott C, Rohloff P. **Women from rural Guatemala who speak Mayan languages have reduced odds of diabetes, hypertension and obesity.** Frontiers in Public Health, Volume 13 - 2025.

Raines NH, Avellan M, Candanedo J, Sam B, Scammell MK, Wesseling C, Wijkstrom J, Venugopal V, González-Quiroz M, Rohloff P. **Ethical considerations for research in chronic kidney disease of unknown etiology: Reflections from an ethics panel at the 4th International Workshop on CKDu.** Kidney International Reports.

Moore, J. **Field Notes on Fluid Illness.** Medicine Anthropology Theory, 12(2), 1-8.

Wellmann IA, Ayala LF, Valley TM, Irazola V, Huffman MD, Heisler M, Rohloff P, Donis R, Palacios E, Ramírez-Zea M, Flood D. **Evaluating the World Health Organization's Hearts Model for Hypertension and Diabetes Management: A Pilot Implementation Study in Guatemala.** Glob Heart. 2025 Jan 31;20(1):9.

Tanveer H, Glesener H, Su B, Bolsinger B, Krajmalnik-Brown R, Voth-Gaeddert LE. **Evaluating Methods for Aflatoxin B1 Monitoring in Selected Food Crops Within Decentralized Agricultural Systems.** Toxins (Basel). 2025 Jan 14;17(1):37.

Rutter CE, Njoroge M, Cooper PJ, et al; DEGREE Study Group. **International prevalence patterns of low eGFR in adults aged 18-60 without traditional risk factors from a population-based cross-sectional disadvantaged populations eGFR epidemiology (DEGREE) study.** Kidney Int. 2025 Mar;107(3):541-557.

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Marvin González-Quiroz, Anna Aceituno, Shuchi Anand, et al; **Environmental exposure assessment in the international prospective study of Chronic Kidney Disease of Uncertain Etiology (CKDu) in Agricultural Communities (CURE) research consortium: Design and protocol development.** Science of The Total Environment, Volume 983, 2025



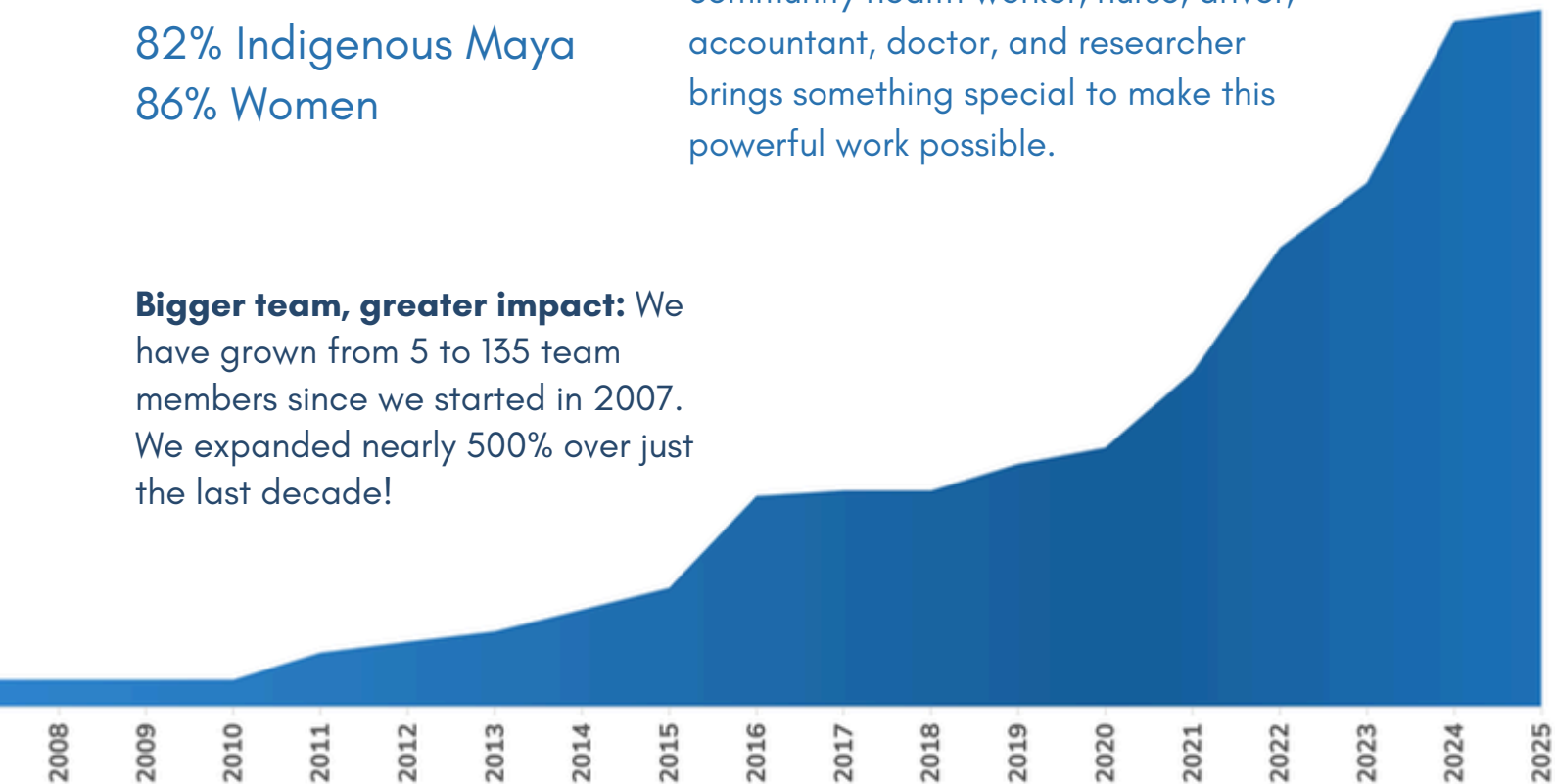


OUR TEAM

94% Guatemalan
82% Indigenous Maya
86% Women

We are 135 people strong. Every community health worker, nurse, driver, accountant, doctor, and researcher brings something special to make this powerful work possible.

Bigger team, greater impact: We have grown from 5 to 135 team members since we started in 2007. We expanded nearly 500% over just the last decade!





Board and team members, 2025 Retreat, Antigua, Guatemala

Our dedicated board members help fuel our work, bringing expert guidance, resources, and encouragement throughout the year. In the fall, the Board comes together in Guatemala to spend time with the team and help map out the year ahead.



BOARD OF DIRECTORS

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Anthropologist
Antigua, Guatemala



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Agriculture Worker
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Chimaltenango



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Health Committee
Volunteer
Guatemala



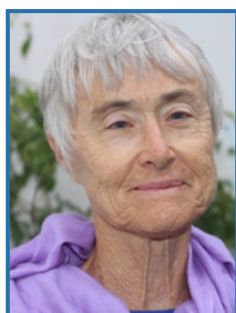
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International
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Consultant
San Francisco, CA



CAROLYN PURCELL

US Board Member
Retired Family Nurse
Mountain View, CA



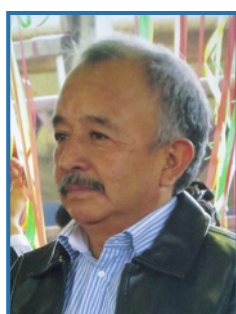
HEIDY ROQUEL

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Community Volunteer
Tecpán,
Chimaltenango



ANTONIO SIMAJ

Guatemala Board Secretary
Retired Firefighter,
Community Volunteer
Nahualá, Sololá



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US Board Treasurer
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US Board Member
Information
Technology Consultant
Rehoboth Beach, DE



THANK YOU, BRENT!



Brent (right) takes time out of his work as a linguistics professor to help share our story.

At the end of 2025, after 15 years of service, Brent Henderson, Maya Health's first Board President, handed over the leadership to Sarah Kho. CEO Anne Kraemer offers this tribute.

Some people shape an organization simply by showing up — with consistency, conviction, and care. Brent Henderson is that kind of person, and for fifteen years he has been exactly that for Maya Health Alliance | Wuqu' Kawoq.

Fifteen years as Board President means fifteen years of board meetings, careful deliberation, and strategic decisions made in the best interest of the Maya communities we serve. It means championing a mission and vision — quality health care for Maya communities in Guatemala — through the hard years and the hopeful ones alike.

When Brent joined our board, we were a small circle of committed family members and friends who believed we could build something meaningful. Under his leadership, that circle grew into a diverse and distinguished group of professionals who bring real expertise, networks, and resources to this work. He was deliberate about that growth — always looking for people who understood not just the complexity of global health, but the weight of responsibility that comes with serving indigenous communities in Guatemala.

He was especially steady during our hardest moments. When financial pressures worried us, when the pandemic disrupted everything, when difficult decisions needed to be made with incomplete information — Brent was there. Grounded. Calm. Principled.

What has always set Brent apart is how personal this mission is to him. As a linguistics professor, he has spent his career studying the power of language — not just as communication, but as culture, identity, and belonging. From the beginning, he understood something that much of global health still struggles to get right: that providing care in the language of the patient is not a logistical detail. It is an act of respect. It is the foundation of trust. It is what turns a clinical encounter into a moment of genuine human connection.

That conviction is present in everything we do — in every visit conducted in Kaqchikel or K'iché, in every community health worker speaking with a family in their first language, in every video voiced in a language our patients may never have heard in a health care setting before. That is Brent's lasting impact on this organization. It will endure long after this chapter of his service closes.

Over 19 years, Maya Health Alliance | Wuqu' Kawoq has delivered more than 385,000 clinical visits to over 50,000 patients, reduced chronic child malnutrition by 30-50% in the communities where we work, and become one of Guatemala's most respected health and research organizations, with a team portfolio of over 130 peer-reviewed publications. None of this would have happened without the governance, guidance, and generosity Brent brought to his role as Board President.



On behalf of our team of healthcare professionals, researchers, and community health workers, our midwife partners, and the tens of thousands of patients and families whose lives have been positively changed by this work — we want to say, simply: “Thank you, Brent!”

Thank you for your steadiness, your generosity, your vision, and your heart. Thank you for fifteen years of showing up for the communities of Guatemala's Highlands with the same dedication and humility you brought on day one. Maya Health is what it is today in no small part because of you — and that is a legacy that will live in every patient seen, every life improved, and every community strengthened for generations to come.



PROGRAM UPDATES

In 2025, we made exciting progress in our work fighting malnutrition, supporting healthy births, and bringing life-saving care to women in rural communities.

Fostering Nurturing Care

Guatemala has the highest rate of child malnutrition in Latin America and one of the highest in the world. Malnutrition and stunting increase risks for immediate and life-long health and development issues, from illness to poor performance in school and at work. We are working continuously to interrupt the intergenerational cycles of malnutrition and poverty.



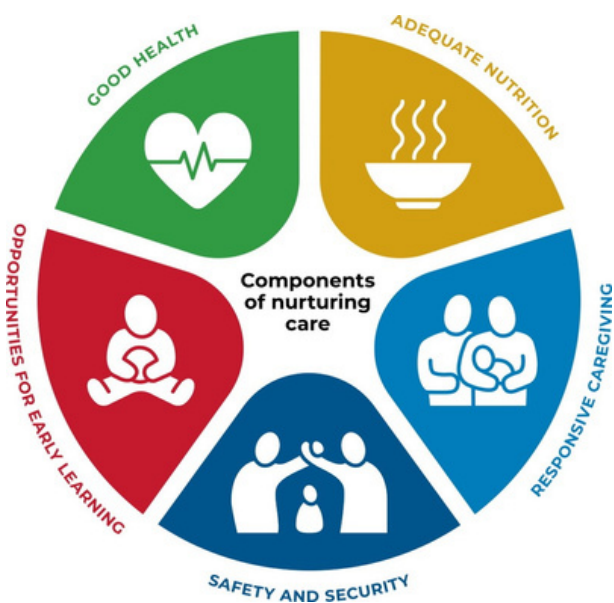
Early Childhood Family Visit

In 2025, the Family-Centered Nutrition Program team developed a new approach for helping families with children suffering from stunting and malnutrition. The model, IJ'ATZ (seed in Kaqchikel), focuses on both physical growth and brain development, areas that we have previously addressed separately. This approach is adapted from the Nurturing Care Framework for Early Childhood Development endorsed by the World Health Organization, World Bank Group, and UNICEF. It emphasizes five components of nurturing care: good health, adequate nutrition, opportunities for early learning, safety and security, and responsive caregiving.

Stunting takes generations to overcome, but brain development can be improved in a single generation. By addressing physical growth and brain development together, we're providing children in rural communities the best possible opportunity to thrive throughout their lifetimes.



Early Childhood Family Visit



The Nurturing Care Framework was developed by WHO, UNICEF, and the World Bank Group in collaboration with the Partnership for Maternal, Newborn & Child Health the Early Childhood Development Action Network.



Prenatal Home Visit

Supporting Healthy Births

Guatemala has one of the highest maternal mortality rates in Latin America, especially among Indigenous mothers in rural communities, and newborn deaths in these communities have been under-reported, poorly understood, and largely unaddressed. Most of these deaths can be prevented with timely diagnosis and hospital care. Our Maternal & Infant Health Program is saving lives by connecting mothers and newborns with the care they need, when and where they need it most.

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In 2025, we nearly doubled the number of midwife partners working with us in the Tecpán region to support healthy births. We added new patient navigators to accompany moms on hospital births. We continued to integrate AI to enhance the phone app that midwives use to detect and report pregnant women at risk. And we trained technicians to offer urgently needed support for newborns and their families in home visits. Together, these efforts saved dozens of mothers' and babies' lives by detecting high-risk conditions and making sure that moms and their babies received the care they needed when they needed it.

Through our new home newborn care program, we reached 455 babies and their mothers this year, bringing essential care directly to families in their communities during the critical first weeks of life. Twenty-five percent of the babies we served were born with low birth weight and received additional support through our program for small and vulnerable newborns, including growth monitoring, breastfeeding support, thermal care, early identification of danger signs, and frequent follow-up visits.

Our team also identified four babies with major congenital anomalies who were able to receive prompt, life-saving surgical care through timely referral and accompaniment.

In addition, we trained 25 more midwives in the WHO and American Academy of Pediatrics Essentials of Newborn Care curriculum, adding to the 25 midwives trained in 2024. These midwives now have the skills to recognize newborn danger signs and provide life-saving newborn resuscitation at birth.



Consultation with a mother and her newborn.



Newborn home visit training

“More than healthcare visits, our home visits create opportunities to build trust and meaningful relationships with mothers and families during one of the most vulnerable and important moments of life.”

— Dr. Anahí Venzor Strader

STORIES FROM THE FIELD

Building Trust



Blanca leads a conversation about healthy relationships

Late on a gray October afternoon, eight women circled around Women's Health Technician Blanca Chiroy on a chilly patio in the small village of Fe in the Department of Sololá. Blanca paced before the group, pausing to pose questions and note the day's topics written out on a poster taped on the wall: Human Rights, Domestic Violence, Machismo, Emergency Plan, Healthy Love. The women, all accustomed to negotiating daily hardships, appeared stumped by the particular challenge Blanca put forth. She asked each of them to express something positive about herself, to affirm her own value and beauty. At Blanca's request, the women stood and formed a line so each could practice speaking out about herself and her relationship with her partner. They leaned into one another, laughing and covering their faces, and shared their experiences, secure in the trusted circle.

The meeting with members of Mayan Hands weaving cooperative was part of a six-session Women's Health workshop covering essential health topics spanning birth to old age, from reproductive health, family planning, and cancer prevention, to sexual rights, mental health, and self-care. At the end of each workshop, participants have the option to access cancer screening tests and family planning methods. Beyond offering health services, we aim to build trust and confidence so women can choose the care that's right for them.

Building Understanding



A Women's Health technician explains the cervical cancer screening procedure to Doña Rosa.

After learning about cervical cancer in one of our Women's Health workshops, Doña Rosa, a 72-year-old widow living in a small village, opted for the free screening offered at the close of the classes. Several weeks later, a Maya Health nurse came to Doña Rosa's home to share the results: she had aggressive strains of the human papillomavirus (HPV), the virus that causes cervical cancer.

Thanks to what she had learned in the workshop, Doña Rosa had a clear understanding of what was happening in her body. She knew that she may have been infected years earlier when her husband was still alive and that she needed treatment to prevent cancer caused by the virus from progressing. But her sons, who knew little about the HPV virus and how it is transmitted, expressed anger and disgust.

Doña Rosa was reluctant to continue treatment without her sons' support. In an effort to get her the care she urgently needed, Women's Health program technician Glendy paid a visit to the family's home to speak with the sons. "I focused on building their confidence so they could understand and support their mother," she recalls. And it worked. With the family unified to support Doña Rosa's care, our team coordinated her treatment and surgery with our partners at HELPS International.

Today, Doña Rosa is healthy. Had it not been detected in time, her condition likely would have progressed to aggressive and potentially fatal cancer.

Building Knowledge



Maya Health nurse Irma Robles (left) and Dr. Romelia Velásquez (middle) were among the participants in the cervical cancer training in Petén

Maya Health nurse Irma Robles took her first plane ride this year, overcoming her jitters to board a flight from Guatemala City to Petén to attend a training on the VIA (Visual Inspection with Acetic Acid) diagnostic procedure for cervical cancer. It was the latest in a series of hard-fought milestones in Irma's quest for knowledge.

As a young girl, she worked picking coffee so she could afford to continue studying past primary school. Eventually, with her mother's encouragement and support, she realized her dream of graduating as a teacher. In 2015, while working as an educator for pregnant moms, she crossed paths with Maya Health CEO Anne Kraemer, who quickly saw her potential and invited her to join the team.

She started as a nutrition technician and has continued to learn and grow, working in a variety of positions across the organization, all the while studying for her Bachelor's degree in nursing, which she soon will complete. Recently, she joined our Women's Health team. At first she was daunted by the prospect of providing more hands-on care, like administering long-term birth control methods and conducting cervical cancer screenings. She gained confidence as she went through training and observed her teammates.

During the training, Irma elected to undergo the same HPV screening that she was learning to perform on patients. She was surprised to learn that she tested positive for the virus, and that her condition had advanced to the point where she required treatment at INCAN, the national cancer hospital in Guatemala City. Like all of our patients who need advanced care, Irma had the chance to work with a Maya Health care navigator to help find her way in the complex national hospital system.

"If I hadn't been working at Wuqu' Kawoq [Maya Health], and hadn't had the opportunity to get the exam, I wonder: 'What would become of me, of my health, and how would I be doing?'" she reflected. "Thanks to the support, the accompaniment, and the follow-up. I actually feel good. I feel grateful and I feel certain that everything is going to be okay."

Irma's experience has motivated her to continue her nursing studies to support more patients.

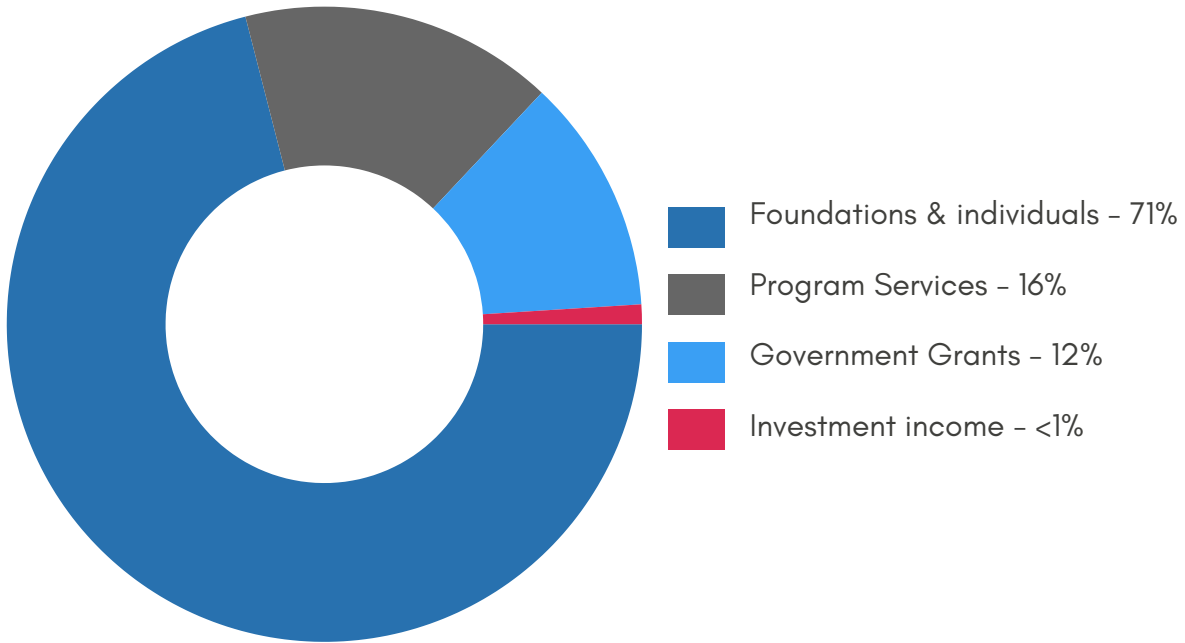


"Wuqu' Kawoq is part of my family, because it has cared for me, because it has given me the attention I need as a patient, as a person, and it also gives me the opportunity as a professional to keep preparing myself, to keep learning, and to be able to continue providing quality care, the kind of care our patients deserve."

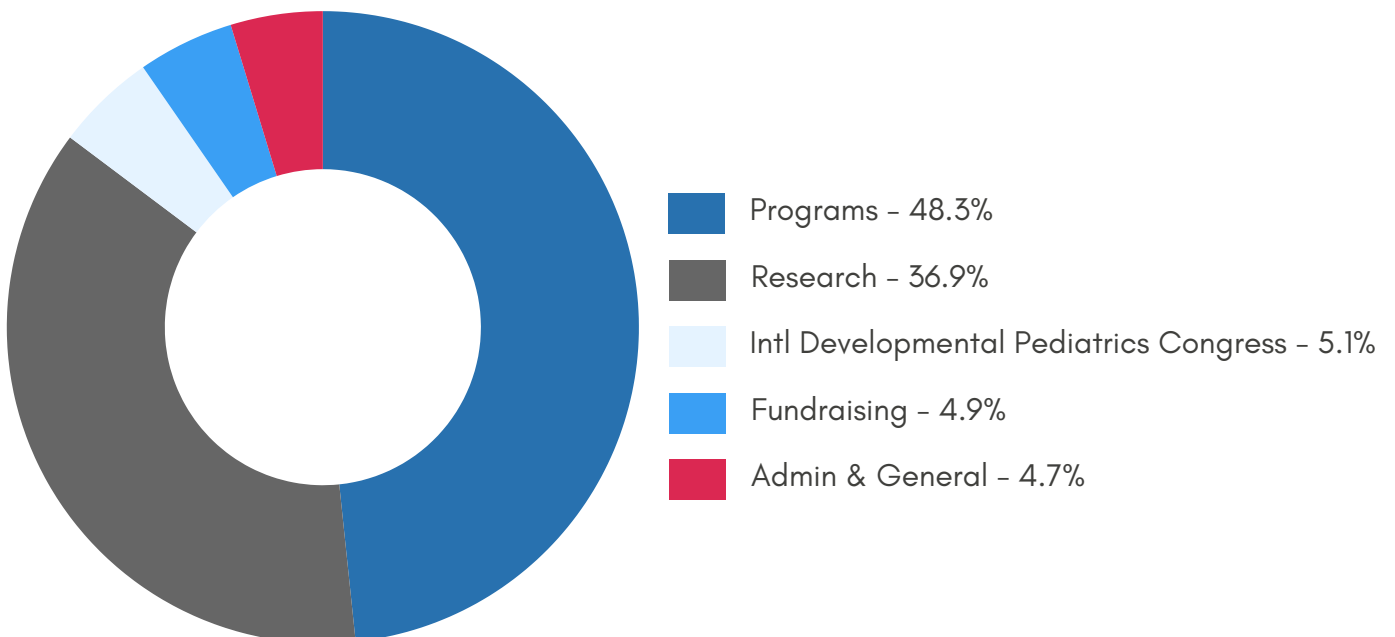
Irma (left) was accompanied through treatment in Guatemala City by Mérida Coj, then a navigator and now Maya Health human resources manager.

2025 FINANCIALS

REVENUE: \$4,844,826

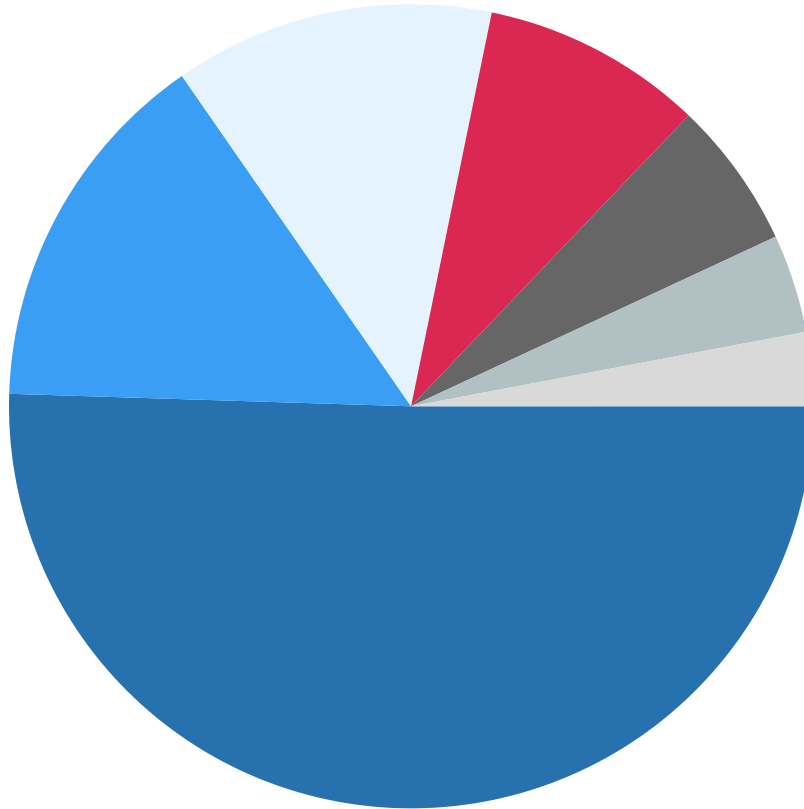


EXPENSES: \$4,333,084



PROGRAMS

\$2,094,590



- Women's Health - 51%
- Maternal & Infant Health - 15%
- Child Nutrition & Development - 13%
- Primary Care - 8%
- Complex Care - 6%
- Diabetes & Hypertension - 4%
- Community Clinics - 3%

2025 INSIGHT TRIP



On our annual Insight Trips, we get a chance to build understanding and connection with a small group of intrepid individuals who are keen to witness our work firsthand and learn more about what it takes to transform health in rural Guatemala. Our thanks to those of you who have taken the time to travel with our team, meet patients, and find out more about what it takes to build better health in rural Guatemala. If you have never attended an Insight Trip, we urge you to consider joining us in 2026 or beyond.

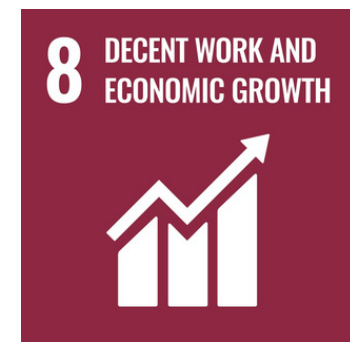


This journey with Maya Health Alliance, or Wuqu' Kawoq, was a powerful reminder that healthcare is as much about culture and compassion as it is about medicine.

-Bob Hermann, Rotary Club of San Francisco, 2025 Insight Trip Participant

SUSTAINABLE DEVELOPMENT

We are actively making progress to fulfill many of the 17 UN Sustainable Development Goals. In addition to improving health and well-being, we're advancing gender equality and reducing poverty by providing quality training and jobs for more than 100 women, many of whom are the primary wage earners in their families. Our work intersects with the following goals:



PARTNERS

Maximizing impact through collaboration
Our rich network of partnerships is key to our success!



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