

El Centro Central America Grant – Fall 2024

We just returned from Central America Thursday evening. I would like to thank you and everyone involved in the AWIN grant for allowing me the opportunity to serve in Central America while studying for my eating disorder certification. Here is the summary report:

My experience in Central America in both Honduras and El Salvador was wonderful. It was a great opportunity to grow in collaboration with other health professionals as well as in my skills for identifying chronic malnutrition and addressing the problem of the increase in eating disorders in the cities of Honduras. In El Salvador, we were able to put together over 100 food baskets for distribution in the community of San Carlos Lempa where malnutrition is prevalent. We also took MUAC measurements and food intake histories of some of the high risk children in the area and were able to take some sick children to the health clinic. In Honduras, I worked with the professors and presented on eating disorders and disordered eating and its increasing prevalence in Honduras. I plan to continue working with the professors to train their dietitians on how to identify and intervene for clients with eating disorders. While presenting, the professors and I discussed the challenges they are facing in this area and would like to continue collaborating in the future to address this form of malnutrition in their local people.

Thank you again for this opportunity. It is an area of work that I am passionate about, and I do not take it lightly. So thank you for being a part of what made this all possible!

Brittany Wilson

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