Abstract

To develop community-based actions with the indigenous population from the department of Chocó between December 2010 and April 2013, using health education focused on a differential approach thus contributing to the improvement of their health and nutrition. Methodology: A health education process was carried out within the Participation-Action-Research framework, which sought to provide elements for the modification of some health and nutrition conditions of children from the Department of Chocó. The phases developed were: Diagnosis-exploration, performing actions and action programming. The complete process involved 185 people representing the ethnic-territorial authorities, indigenous leaders in health, men, women, indigenous children. Results: Product of the process carried out during three years, through a participatory and consensual work, some issues on health and nutrition through the promotion of key actions to work in a communally and familiar way with indigenous communities were addressed, using methodologies adapted to their realities and educational materials with differential and inclusive approaches. Conclusions: According to the results it is possible to identify Participatory Action-Research as a methodological strategy that enables transformations of the realities of indigenous communities in relation with their health and nutrition status.

Keywords

Key words, Community health education, indigenous communities, health of indigenous communities, participation in health.