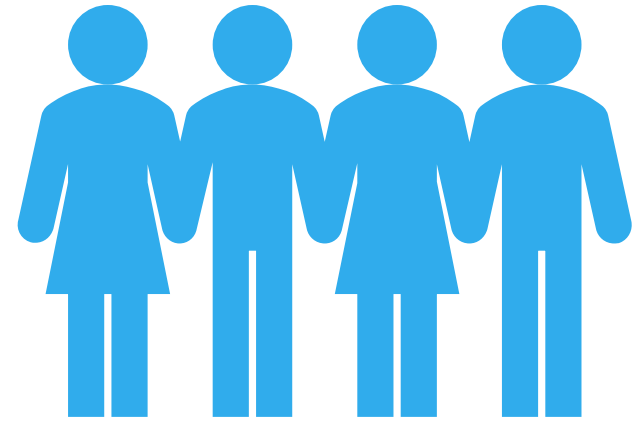


Community Health Worker

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What is a community health worker?

- According to the [U.S. Department of Human and Health Services \(DHHS\) 2019](#)
 - Community health workers (CHWs) are lay members of the community who work either for pay or as volunteers in association with the local health care system in both urban and rural environments.
 - CHWs usually share ethnicity, language, socioeconomic status, and life experiences with the community members they serve.
 - They have the unique ability to bring information where it is needed most.

What does a community health worker do? (DHHS 2014)

- Help families understand their risk for developing heart disease.
- Help community members get appropriate screenings and referrals for health and social services.
- Track an individual's progress toward meeting health goals.
- Hold workshops and group discussions to learn about ways the community can promote heart health.
- Teach people how to prepare heart healthy meals, get more physical activity, and stop smoking.
- For example, community health workers who work with Alzheimer's patients may learn about how to communicate effectively with patients dealing with dementia.

How can a community health worker serve the community? (DHHS 2014)

- Improved access to health care services.
- Increased health and screening.
- Better understanding between community members and the health and social service system.
- Enhanced communication between community members and health providers.
- Increased use of health care services.
- Improved adherence to health recommendations.
- Reduced need for emergency and specialty services.

Roles and Settings for Community Health Workers

- Cultural Mediation Among Individuals, Communities, and Health and Social Service Systems**
- Providing Culturally Appropriate Health Education and Information**
- Care Coordination, Case Management, and System Navigation**
- Providing Coaching and Social Support**
- Advocating for Individuals and Communities**
- Building Individual and Community Capacity**
- Providing Direct Service**
- Implementing Individual and Community Assessments**
- Conducting Outreach**

What is required to become a Community Health Worker?

- According to the [Bureau of Labor Statistics \(2019\)](#)
- Community health workers need at least a high school diploma and must complete a brief period of on-the-job training. Some states have certification programs for community health workers.
- A person can elect to earn a bachelor's degree in health education or health promotion.
 - Students learn theories and methods of health behavior and health education and gain the knowledge and skills they will need to develop health education materials and programs.
 - Most programs include an internship.

What are the requirements to become a community health worker?

- Community health workers need at least a high school diploma, although some jobs may require some postsecondary education. ([BLS.gov](#))
- Education programs may lead to a 1-year certificate or a 2-year associate's degree and cover topics such as wellness, ethics, and cultural awareness. ([BLS.gov](#))
- Community health workers usually have some knowledge of a specific community, culture, medical condition, or disability. The ability to speak a foreign language may be helpful.
- Cerritos College offers an [Associate in Arts degree in Health Education](#)
 - [Guided Pathways for Health Education](#)
 - Certificate of Achievement for Community Health Worker



Where to transfer for a Bachelor of Health Science Degree?

- [California State University, Dominguez Hills](#)