

# Community Health Workers

## ***What is a Community Health Worker (CHW)?***

A Community Health Worker (CHW) is a frontline public health worker who is a trusted member of and/or has a close understanding of the community served. This trusting relationship helps the CHW to serve as a link between healthcare, social services, and the community. They facilitate access to services and improve the quality of life for clients and their families.



## ***How can you become a CHW?***

To become a CHW you need to take a course to develop skills and learn about health promotion and disease prevention. The course covers:

- Education and information on different health topics, empowering community members with the skills and knowledge to live healthy lives.
- Building and maintaining relationships with community members, stakeholders, and organizational partners.
- Building and maintaining trust in the communities served.
- Developing natural leadership qualities and strong communication and listening skills.

## ***What do trained CHWs do?***

- Serve as a Community Resource on a variety of health-related topics.
- Participate in education and outreach.
- Link friends, family, neighbors, and members of the community to needed services and programs.
- Advocate for the community in which they serve.

***For more information*** on CHWs or to learn more about the next training, call 434-270-3216.

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