

# Community Health Workers

## *What is a Community Health Worker?*

A Community Health Worker (CHW) is a trusted member of the community who has a personal understanding of the area they serve. CHWs promote healthy living and help connect people to resources, services, and their local health department.

## *How do you become a CHW?*

People become CHWs by taking a course designed to train them on the role. Most CHW programs, which are offered by many agencies throughout the year, offer training where participants develop skills and learn about health promotion and disease prevention. The goal of these courses is for CHWs to:

- **Learn** how the body works.
- **Apply** preventive health knowledge.
- **Practice** outreach skills in their community with an emphasis on building trusting relationships.
- **Connect** directly with local agencies and services.



## *What do trained CHWs do?*

- **Serve as a community resource** on a variety of health topics.
- **Belong** to a larger, regional group of CHWs.
- **Participate** in education and outreach.
- **Link** friends, family, neighbors, and members of the community to needed services and programs.

*For more information on CHWs or to find out about the next training call 434-972-6241.*



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