

A day in the life of a community health worker

Meet Carmen, a community health worker at a local nonprofit.

Community health workers like Carmen go by many different titles and work for organizations like clinics, hospitals, and insurance companies.



But what, exactly, does Carmen do?

BUILDS TRUST

Carmen's days are varied, but community members constantly turn to her for information and assistance.



OFFERS IN-PERSON HELP

Today Carmen visits André, who struggles to manage his diabetes and high blood pressure.

As a result, he often finds himself in the ER.

They discuss ways to improve his eating habits and manage his insulin.



NAVIGATES THE HEALTH CARE SYSTEM

André has struggled to find a primary care doctor, so Carmen finds him an appointment with a local community health center — and even goes with him.

André leaves with a new prescription and a follow-up appointment. Carmen makes a note to remind André about his appointment.



PROVIDES HEALTH EDUCATION

Carmen leads a weekly cooking class to teach people new ways to manage their diabetes and create healthier habits. Today's class focuses on healthy recipes using food they can find at local markets.



CONNECTS COMMUNITY RESOURCES

Carmen takes a call with Kiara, a pregnant woman who struggles to afford healthy food. Carmen invites Kiara to next week's cooking class and helps her fill out paperwork for a food assistance program.



Carmen is vital to the health of her community

Community health workers can improve health outcomes, reduce disparities, and save money by helping people navigate the health care system, find resources, and live healthier lives.

To learn more, visit cthealth.org @cthealth