

Utilizing Community Health Workers to Advance Health Equity

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Community health workers (CHWs) serve as a vital link between communities and health care systems, addressing social determinants of health to enhance equity and outcomes.¹ The integration of CHWs into health care settings provides an evidence-based, supportive, intermediary approach to cardiovascular health, which reduces disparities through culturally relevant interventions.^{2,3} Their roles encompass education, screenings, lifestyle promotion, and care coordination, primarily in under-resourced areas.¹ As a part of health care teams, CHWs can advance health equity by providing culturally appropriate education, identifying barriers to care, and facilitating communication between patients and providers.²⁻⁴

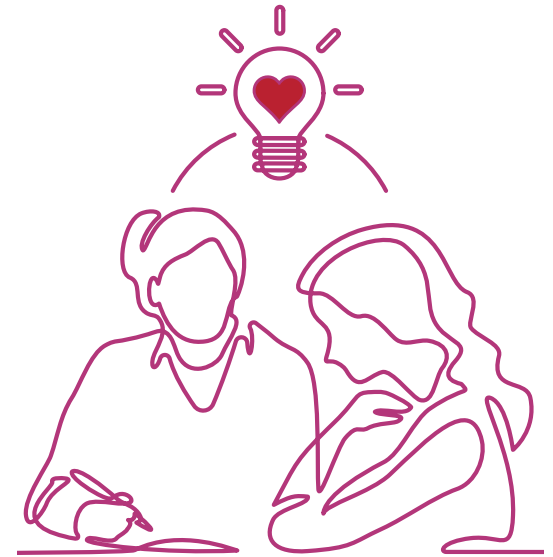


Table 1. Tactics Used by CHWs to Improve Cardiovascular Health

Tactic	Example
Implement culturally tailored interventions as a part of the health care team	Provide education on CVD risk factors, prevention strategies, and self-management techniques, including lifestyle modifications and medication adherence. ^{2-4,6}
Provide patient navigation and education	Engage with the community to raise awareness, promote early detection, and encourage healthy behaviors. ²⁻⁶
Conduct community outreach and engagement	Reach under-resourced populations through the implementation of community outreach programs, health fairs, or educational workshops. ^{2,6}

For more information, access Cardi-OH’s expanded resource on **community health workers**.

References

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The Ohio Cardiovascular and Diabetes Health Collaborative is funded by the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Government Resource Center. The views expressed in this document are solely those of the authors and do not represent the views of the state of Ohio or federal Medicaid programs.

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