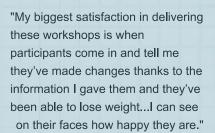
# The Link Between Community & Health

by: Patricia Pullen

#### YOUR INVOLVEMENT IS KEY

CA4Health, the Public Health Institute's Community Transformation Grant, works with counties in California with populations less than 500,000.

For more information, visit www.CA4Health.org. Get involved and help make your county a healthier one!



- Candy Silva, Tomando Control de su Salud Facilitator



## SUMMARY

Tulare County's effort to help individuals manage chronic disease and improve access to community resources by training and supporting community health workers has created strong clinical-community linkages. CHWs have attended trainings on core competencies and program specific topics. Partnerships were established with organizations that include three medical clinics and two mental health clinics. These connections have led to the implementation of patient referral procedures to encourage patients with chronic disease to attend workshops.

### **CHALLENGE**

According to County Health
Rankings, Tulare ranks last out of
57 counties in California in health
factors and 47 out of 57 in health
outcomes. These standings come
from higher rates of smoking,
obesity, physical inactivity,
uninsured, and preventable hospital
stays, and exacerbated by the fact
that Tulare has more than 2 times
the number of residents per primary
care provider than the state

average, creating access to care issues (2,364:1, compared to the state ratios of 1,051:1). This environment that has allowed chronic diseases to rise to the top as the county's major causes of death.

**Success Stories** 

http://apps.nccd.cdc.gov/dchsuccessstories/

# Contact Patricia Pullen Tulare County HHSA 5957 South Mooney Boulevard Visalia, CA 93277-9394 559-624-8486 phone

### SOLUTION

In order to address the high rates of chronic disease, Tulare County has worked to promote the value of the Community Health Workers as links between clinical care and community resources. As a way of developing this link, 50 CHWs were certified to facilitate the Stanford Chronic Disease Self-Management Program (CDMSP) workshops. With the support of Public Health Department partners, 21 clinics and community-based locations across Tulare County hosted workshops, including senior centers, apartment complexes, family resource centers, health clubs, mobile home parks, churches, and schools.

# SUSTAINABLE SUCCESS

Tulare County and clinical partners will continue to carry out long-term chronic disease self-management workshops. Three clinics have committed their paid staff to becoming certified CDSMP and Tomando Facilitators and plan to continue delivering workshops in Pixley, Tipton and Visalia. Additionally, our partnership with the county's Mental Health Department will provide 6 workshops for mental health consumers in 2014-15, which will include provider referrals to workshops, and will be funded under the Mental Health Services Act. Also, we will hold a workshop at Owens Valley Career Development Center, an organization serving the Native American population, with plans to contract with our county for additional workshops.

# **RESULTS**

Fifty community health workers, 21 in CDSMP and 29 in Tomando Control de su Salud, delivered 28 workshops, connecting 157 English and Spanish speaking residents to a behavior changing curriculum, taught in a culturally competent way. Support for Community Health Workers is provided through ongoing communication that includes meetings, letters and class visits. After completing workshops, participants reported that they made significant behavior changes leading to improved health: 64% will watch portion/serving size, 55% will read food labels, 49% will reduce salt in diet, and 47% will be more physically active. Additionally, our partnership with the county mental health department resulted in the implementation of an 8-week exercise class for CDSMP graduates.