Engaging Community Health Workers in Self-Management of Chronic Disease (CDC-RFA-DP13-1305)

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CHWs Work Under Many Job Titles
What Are CHWs Core Roles?

- Bridging cultural mediation between communities and health care systems
- Providing culturally appropriate and accessible health education and information
- Ensuring that people get services they need
- Building individual and community capacity
What Are CHWs Core Roles?

• Providing informal counseling and social support
• Advocating for individual and community needs
• Providing direct services
• Building individual and community capacity
What are CHW Roles in Healthcare?

- Coaches for disease self-management: (lifestyle changes, adherence to treatment, and follow-up)
- Teach self-management courses
- Help community members navigate healthcare systems
- Make it easier for people to get health care and other services
- Improve cultural competence of health care teams
Value added by CHWs

CHWs are distinctive because they:

- Relate to community members as peers rather than purely as clients or patients
- Organizations rely on CHWs’ knowledge of the community
- Communities value CHWs’ understanding of “the system”
State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health CDC-RFA-DP13-1305

- Five year cooperative agreement 2013-2018
- 50 states and the District of Columbia
- 31 funded at an enhanced level and 19 at a basic level for year one
**Health Systems**

- Increase engagement of non-physician team members (i.e., nurses, pharmacists, and patient navigators, CHWs) in high blood pressure and diabetes management in health care systems

**Diabetes Self-Management Programs**

- Increase engagement of CHWs to provide self-management programs and on-going support for adults with diabetes

**Community Clinic Linkages**

- Increase engagement of CHWs to promote linkages between health systems and community resources for adults with high blood pressure
Summary Picture of State CHW Interventions

- 19 states are doing one or more CHW interventions
- 3 are doing all 3 CHW interventions (AZ, MI and NE)
- 7 are doing 2 CHW interventions
- 9 states are doing one intervention
Intervention: Increase engagement of CHWs in the provision of self-management programs and on-going support for adults with high blood pressure and adults with diabetes

Related Performance Measures:

- Proportion of health care systems with policies or systems to encourage a multi-disciplinary team approach to blood pressure and A1C control

- Proportion of patients that are in health care systems that have policies or systems to encourage a multi-disciplinary approach to blood pressure and A1C control
Intervention: Increase engagement of CHWs in the provision of self-management programs and on-going support for adults with high blood pressure and adults with diabetes

Related Performance Measures:

- Proportion of recognized/accredited DSME programs in targeted settings having CHWs in the delivery of education/services

- Number of participants in recognized/accredited DSME programs having CHWs in the delivery of education/services
Increase engagement of CHWs to promote linkages between health systems and community resources for adults with high blood pressure and adults with diabetes

Related Performance Measures:

Proportion of health systems that engage CHWs to link patients to community resources that promote self-management
Example of a state implementing all activity levels:

- **program specific activities for DSME**
  
  *Contract with local health districts to train CHW networks to do referrals*

- **cross cutting activities that address both diabetes and HTN**
  
  *Training CHWs to refer patients with diabetes and with HTN to self-management*

- **CHW Sustainability activities**
  
  *Engage with state CHW Task Force to define core competencies, adapt CHW training program, design CHW program evaluation*
Massachusetts: an Early Innovator

- 2010 report has 34 recommendations including the need for comprehensive systems and policy approaches to sustain the CHW Workforce
Sustainability of the CHW Workforce through a Systems and Policy-Level Approach

- SHDs and partners can strengthen the role of CHWs and their integration into health care teams by supporting:
  - Infrastructure (CHW Association, state coalition of partners)
  - Workforce Development
  - Occupational Regulation
  - Evaluation
  - Financing Mechanisms

CDC Technical Assistance

- NCCDPHP’s CHW Workgroup’s strategic planning to support Center’s work
- Quarterly Peer Technical Assistance calls for the states and ongoing technical assistance
- We have produced various resources (Training curricula, Fotonovelas, Toolkits, Briefs, Training, e-learning course)
- Collaborate with CHW Section of APHA
- Collaborate with other federal agencies