

COMMUNITY HEALTH WORKER Self-Care & Support

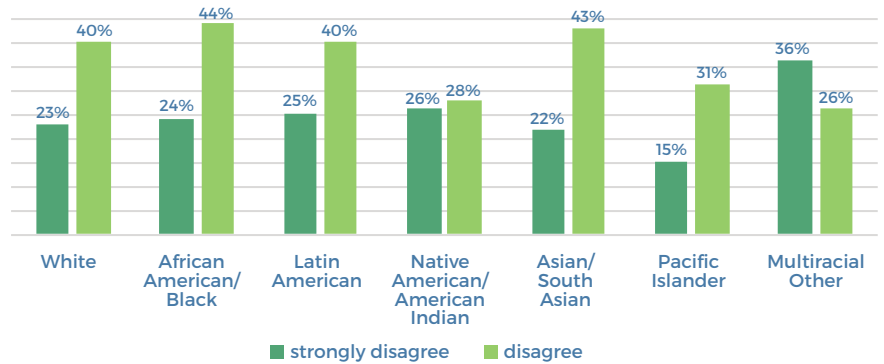
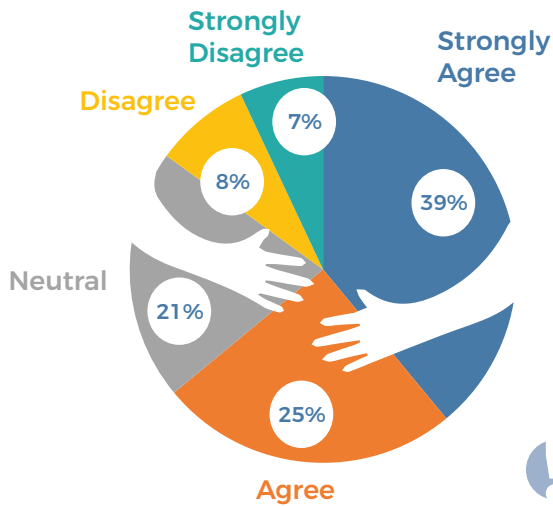
The National Association of Community Health Workers (NACHW) implemented a Community Health Worker (CHW) survey in 2021 to advance the national professional identity, policy leadership and organizational capacity of CHWs in the United States. This infographic highlights responses to our national survey from 867 CHWs (772 English and

95 Spanish respondents) from 859 unique zip codes.

This infographic explores CHWs self-care practices, and experiences with support with employers, coaching and mentorship and experiences of safety and belong in promoting personal and professional well-being.

Implementing cultural practices and norms among employers leads to more effective, mindful, and attuned work. Health CHWs promotes quality care and support among community thereby elevating community health and well-being.

I receive support for my self-care and mental health where I work



Observably, 46% of Pacific Islanders Strongly agree or Agree that they receive support for their self-care and mental health differing from just over 60% across all other racial/ethnic groups.

23% of CHWs in East North Central report that they Strongly disagree or Disagree in the statement that they receive support for their 'self-care and mental health where' they work, which is observably different compared to other regions.

