

COMMUNITY HEALTH WORKER Self-Care & Support

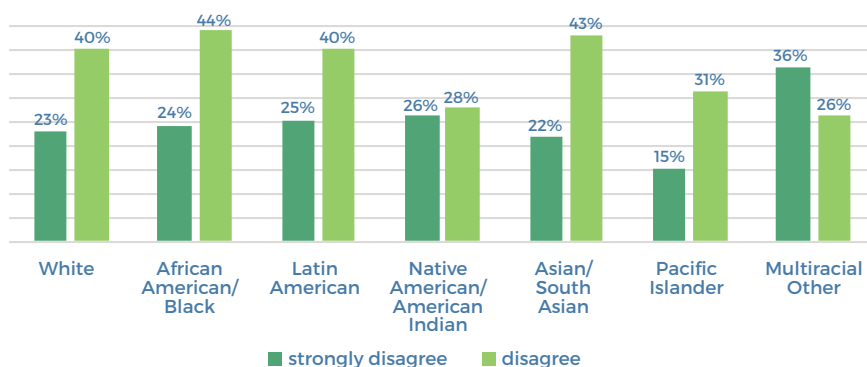
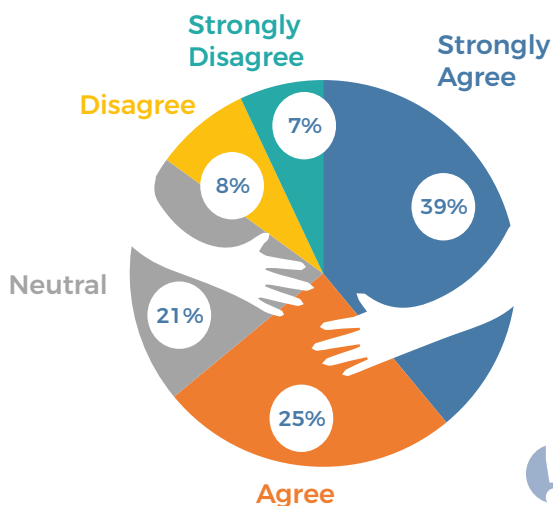
The National Association of Community Health Workers (NACHW) implemented a Community Health Worker (CHW) survey in 2021 to advance the national professional identity, policy leadership and organizational capacity of CHWs in the United States. This infographic highlights responses to our national survey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

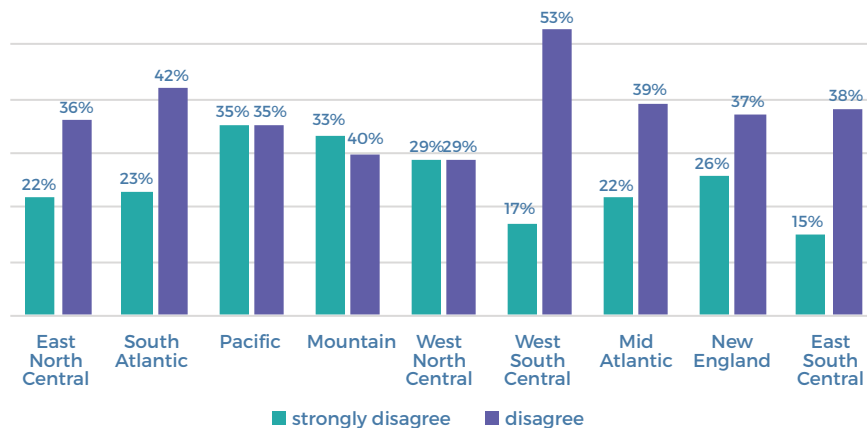
Implementing cultural practices and norms among employers leads to more effective, mindful, and attuned work. Health CHWs promotes quality care and support among community thereby elevating community health and well-being.

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



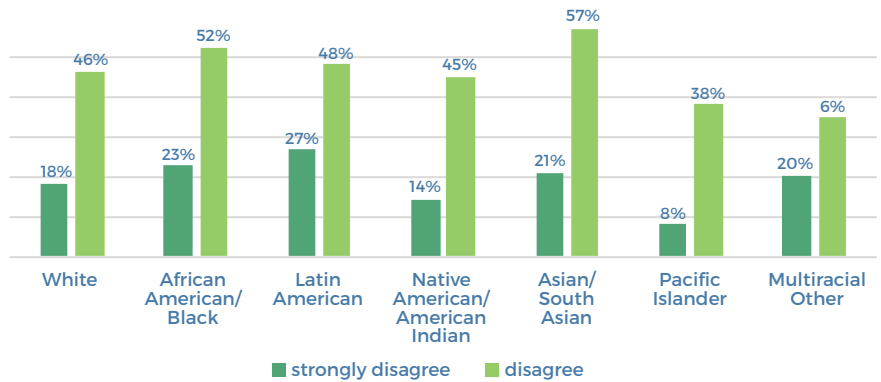
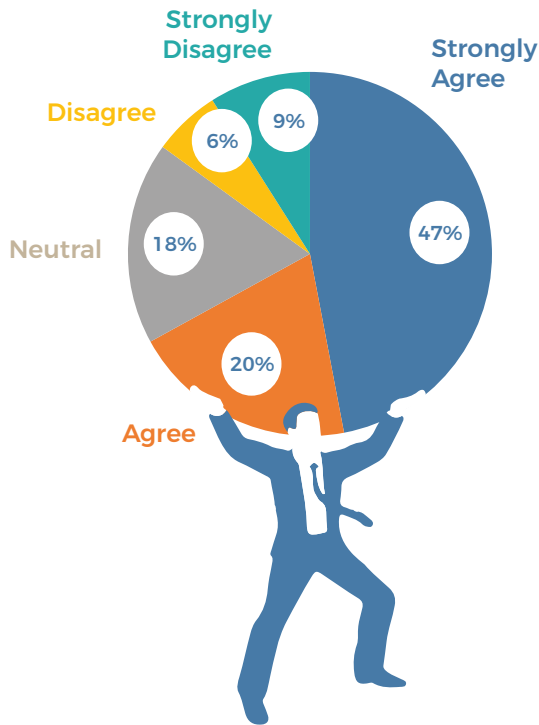
Observably, 46% of Pacific Islanders Strongly agree or Agree that they receive support for their self-care and mental health differing from just over 60% across all other racial/ethnic groups.

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.

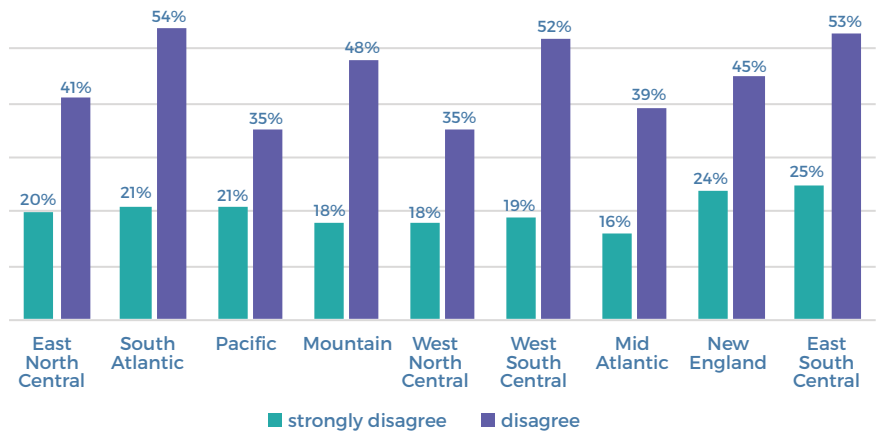


SELF CARE (CONTINUED)

I have a dedicated supervisor who provides daily support for my CHW role



46% of Pacific Islander CHWs, 55% of Multiracial CHWs, 59% of Native American/ American Indian CHWs Strongly agree or Agree that they have a dedicated supervisor who provides daily support for their CHW role as compared to 75% of Black/AA CHWs, 75% of Hispanic/Latino CHWs, 64% of white CHWs.



53% of West North Central Strongly agree or Agree that they have a dedicated supervisor who provides daily support for their role as a CHW compared to 71% of CHWs in the West South Central who Strongly agree or Agree.

OPPORTUNITIES FOR ACTION

- **Promote CHW stories** of self-care and wellness for mental health in employment environments and scale practices across networks and employers.
- **Elevate strategies** to sustain daily support for CHWs through appropriate supervision in the workplace
- **State health departments should partner with CHW Networks** to collect data on self-care and mental health needs of CHWs across the state
- **Funders should provide grants** to CHW Networks to ensure that self-care and mental health support is made available in training and membership settings