

# Reducing Uncertainty By Enhancing Certainty-Role for CHWs

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# Objectives



1. Examine the uncertainty and stress of our environment.
2. Review our roles as CHWs during uncertainty and high, chronic stress.
3. Review a case study in reducing uncertainty and stress.
4. Provide Q&A session.

COVID Variants



Monkeypox

Baby Formula Shortage



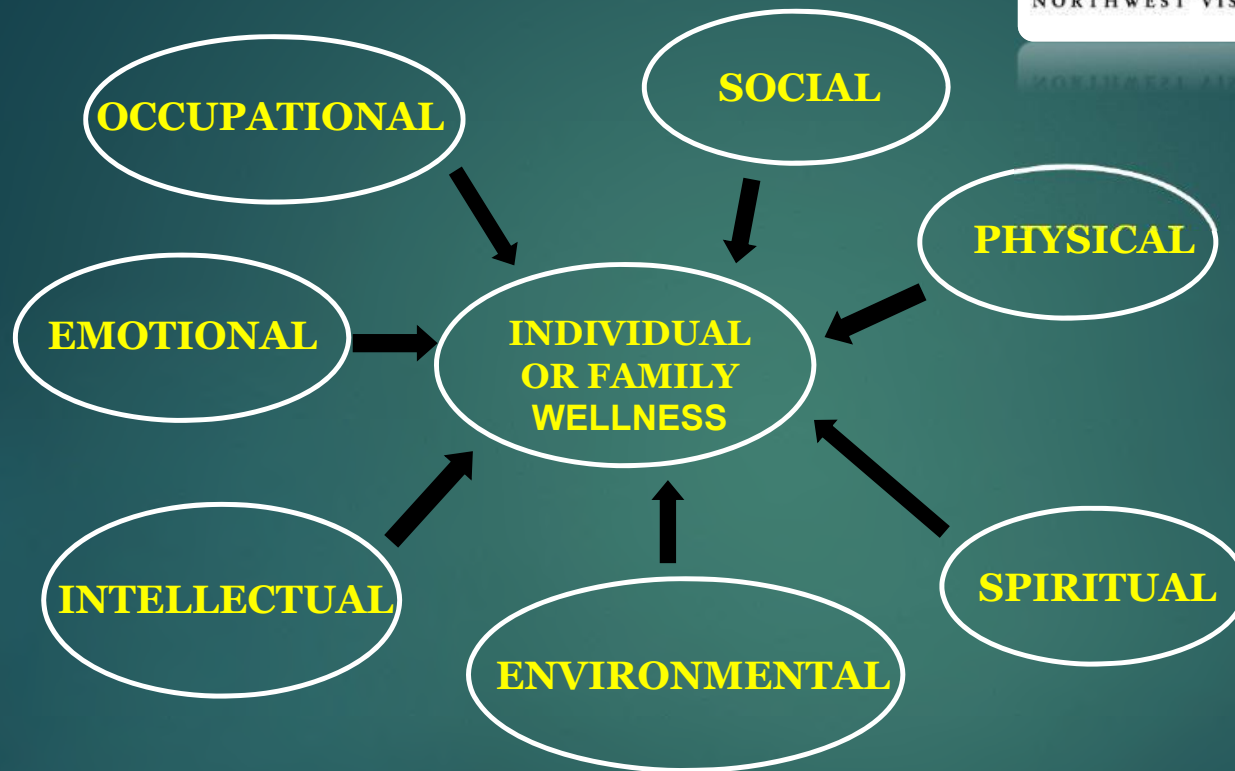
Gun Violence



Chronic Disease Risk



# Influences of Social Dimensions on Uncertainty and Stress



Each social dimension of our life effects our wellness.

Each dimension affects all the other dimensions.

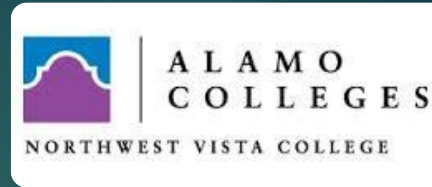
A dimension can get very bad quickly and very good quickly.

## Social Dimensions of Wellness

## What Do Promotores Do In An Environment of Uncertainty and Stress?

- Reach Out to Underserved Populations.
- Improve Health Literacy.
- Reduce Health Disparities.
- Bridge Cultural and Language Gaps.
- *Achieve Behavioral Change.*
- Improve Adherence to Clinical Advice to Prevent or Control Chronic Diseases.
- Free Up More Costly Health Personnel.

# CHW Super Powers



## Peer Relationships

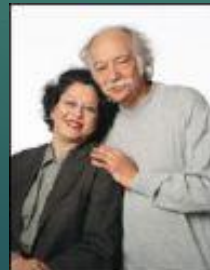


Similar Experiences



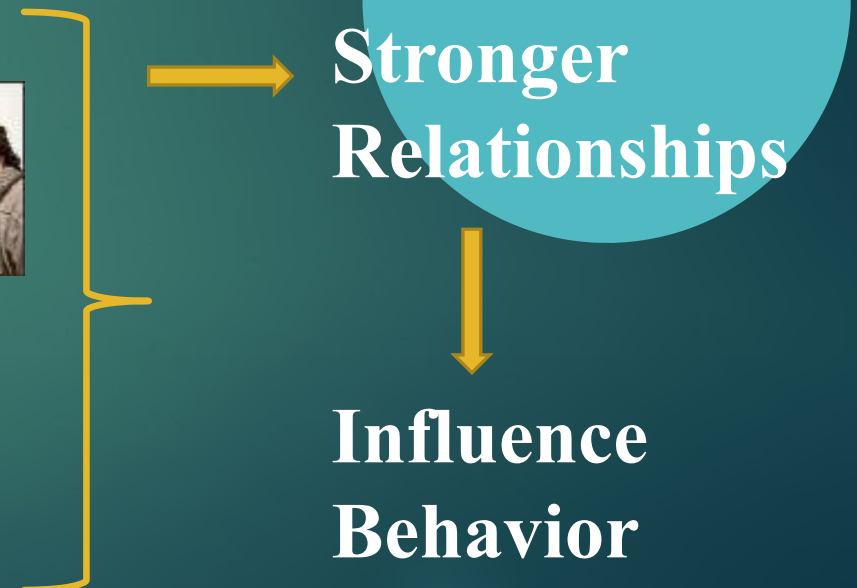
Similar Language

Similar Social Status



Stronger Relationships

Influence Behavior



# Case Study: Diabetes Garage




Diabetes Prevention, Improving Control Education and Motivation



***HOW TO REACH A VULNERABLE POPULATION?***

Ludivina Hernandez, CHWI  
Community Outreach Coordinator/CHW-I/Promotora  
UT Health San Antonio ReACH Center



# THE DIABETES GARAGE

FREE Virtual Diabetes Education Workshops  
for Men (18+) with Type 2 Diabetes


Four online diabetes education workshops taught by Certified Diabetes Educator, Dr. Raquel Romero who uses auto maintenance comparisons to better explain diabetes management.

All workshop attendees will receive a CRAFTSMAN® toolbox, DG t-shirt, and a glucometer kit.

**SESSION DATES**

- 1 **SEPTEMBER 7, 2022**  
5:30 PM - 8:30 PM
- 2 **SEPTEMBER 14, 2022**  
5:30 PM - 8:30 PM
- 3 **SEPTEMBER 21, 2022**  
5:30 PM - 8:30 PM
- 4 **SEPTEMBER 28, 2022**  
5:30 PM - 8:30 PM

Register Today by Contacting  
Ludy Hernandez:  
Call/Text: (210) 793-7355  
E-mail: LudyHern@yahoo.com




- Male Centered
- Remote/Zoom Format
- Incentives
- Automotive language
- Peer Interaction
- Strengthen Relationships
- Change Behavior





# Questions and Answers





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