



# Thinking Outside the Box: Creating an educational pathway for students to serve as Community Health Workers for diabetes prevention in the Latino community



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## Introduction

Approximately 45% of the adult population in Monterey County, California is prediabetic and nearly 58% are Latino; many of whom are at high risk for diabetes. A collaboration between the Monterey County Health Department's (MCHD) Prevention First 1305 grant and the Institute for Community Collaborative Studies (ICCS) facilitated the development of a partnership between the Central Coast YMCA and California State University, Monterey Bay's (CSUMB) Collaborative Health and Human Services (CHHS) BA program to expand the existing YMCA Diabetes Prevention Program by training CHHS interns to serve as Community Health Workers (CHWs) and Lifestyle Coaches.

## Monterey County, CA Health

### 2015 California Health Interview Survey (CHIS) Data

	Monterey County	California
Currently uninsured	7%	8%
Currently uninsured (Hispanic/Latino)	11%	14%
Ever diagnosed with diabetes	10%	10%
Ever diagnosed with diabetes (Hispanic/Latino)	14%	12%
Has prediabetes*	45%	46%

\*UCLA Center for Health Policy Research, 2016

## Monterey County CHWs

CHWs provide a link between health and social services and the community, promote access to services, and improve the quality and cultural competence of service delivery.

### CHW Roles & Services

- Advocacy and outreach
- Health education
- System navigation
- Social support
- Informal counseling

### CHW Workplaces

- Community locations
- Nonprofit organizations
- Private companies
- Health clinics
- Government agencies

*Students come from and serve*

## Monterey County Communities

### Monterey County Regional Data (2015)

- Geography: Large, semi-rural county along California's Central Coast
- Area: 3,280.6 square miles
- Population density: 132 people per square mile
- Largest employment sectors:
  - Agriculture: 19%
  - Healthcare & Social Assistance: 11%
- Poverty rate: 15%

### Population Demographics (2015)

- High school grad or higher: 69%
- Bachelor's degree or higher: 23%
- Persons with language other than English spoken at home: 54%
- Hispanic/Latino origin: 58%

### CHHS Alumni as CHWs with Sembrando Salud

**REITER**  
AFFILIATED COMPANIES

In 2009, Reiter Affiliated Companies, created the Sembrando Salud program to improve health outcomes among their farm workers. Sembrando Salud is an obesity and diabetes prevention pilot program aimed at creating healthy ranch communities by educating farm workers on healthy living.



Sembrando Salud also works with La Clínica FreSalud to provide biometric screening and disease management to the farm workers.

*Students from the community enter the*

## Collaborative Health & Human Services Field Practice Program

The CHHS Program at CSUMB provides students with the knowledge, skills and attitudes to become future leaders in health and social service organizations. Students in the program are required to complete the Field Placement Program: a 240-hour internship in an approved health and human services agency.

### CHHS Student Data (2016-2017)

- 73% come from Monterey and surrounding counties
- 62% are the first to attend college in their family
- 73% are Hispanic/Latino
- 56% grew up with Spanish as the primary language spoken at home

### CHHS Interns as CHWs with Central Coast YMCA

The YMCA Diabetes Prevention Program educates its participants on adopting healthy lifestyle habits proven to reduce the risk of developing type 2 Diabetes.

### CHHS Intern Roles & Services

- Complete training and become a Lifestyle Coach
- Receive an assigned cohort
- Conduct cohort sessions for one year
- Provide ongoing monitoring and support to participants
- Support cohort progress toward healthy living goals



## CHWs & Diabetes Prevention

Given the high rates of diabetes and prediabetes in the region, Central Coast YMCA is seeking to improve its services by adding more Lifestyle Coaches to serve the county. CHHS students are uniquely qualified to provide YMCA Diabetes Prevention Program services, as many are Spanish-speaking Hispanic/Latino residents of Monterey County who are training to be health and human service leaders.

### CHHS Intern & Central Coast YMCA Partnership

- Will provide 6-12 interns each year
- 65% will be bicultural/bilingual - Spanish-speaking
- Will facilitate diabetes prevention interventions
- Will expand program services in Spanish

## Conclusion

The CSUMB-Central Coast YMCA partnership provides benefits for multiple stakeholders; students engage in impactful career-building experiences within the helping profession, underserved communities receive culturally relevant and linguistically accessible classes, and employers gain inter-professionally trained CHWs who can serve the population directly and effectively.

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