

What is a Community Health Worker?

- Community Health Workers (CHWs) are frontline public health workers who serve as a bridge between communities and healthcare and other social systems. CHWs are trained to provide culturally appropriate health education, information, social support, and connect people with the services they need.

What can a Community Health Worker do for you?

- CHWs can provide services in diverse settings such as local medical clinics, community service organizations, and in-home settings.
- CHWs work with individuals living with a long-term disease.
- CHWs may focus on prevention, exercise, and education programs to meet the needs of clients.
- According to Centers for Disease Control and Prevention, CHWs can help improve health care access and outcomes, strengthen health care teams; and enhance the quality of life for people in diverse communities

Contact a Community Health Worker Today!

Spanish Interpreter is available for assistance

West Central District Health Department

111 N. Dewey
North Platte, NE 69101
Phone: 308-696-1201

Mission:

Early Detection, Intervention, & Prevention of Disease, Disability, & Premature Death.

Vision:

Promote and Protect the wellness of our Community through Education. Programs, and Services.



Women's and Men's Health Program



Community Health Worker

Improving Health Outcomes in Our Communities

Serving Lincoln, Arthur, Hooker, Logan, McPherson, and Thomas counties

Prevention.

Women's and Men's Health Program

Ask us about:

- Every Woman Matters
- Men's Health
- Nebraska Colon Cancer Screening Program
- Komen (breast education)

These programs can provide screenings for eligible men and women that fall within the income guidelines, are citizens or legal residents and do not have insurance that pays for preventive services. Please contact us for more information.



West Central District Health Department offers **FREE** health screenings that include:

Height

Weight

Body Mass Index (BMI)

Blood Pressure Checks

1:1 Health Coaching

Health Education

Links to Community

Resources

WCDHD provides **FREE** Fecal Occult Blood Test (FOBT)* screenings to those who qualify.

*What is a FOBT Screening?

A tool used to test stool samples as a way to screen for colon cancer.

Education.

Join WCDHD's Community Health Workers for quarterly Lunch and Learns that provide information on:

Cancer Screenings

- Mammogram
- Colonoscopy
- Pap Test

Diabetes

- Glucose Checks
- Meal Plans

Cardiovascular Disease

- Blood Pressure
- Cholesterol

Nutrition and Diet

- Health Recipes
- Exercise

Various Other Wellness Topics



