

WARRIORS *of* WELLNESS



**A Multicultural Community
Health Workers Collaborative**

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Why the Warriors of Wellness (WOW) Project ?

21.7% of communities of color lack health insurance
vs. 14.4% of their white counterparts.

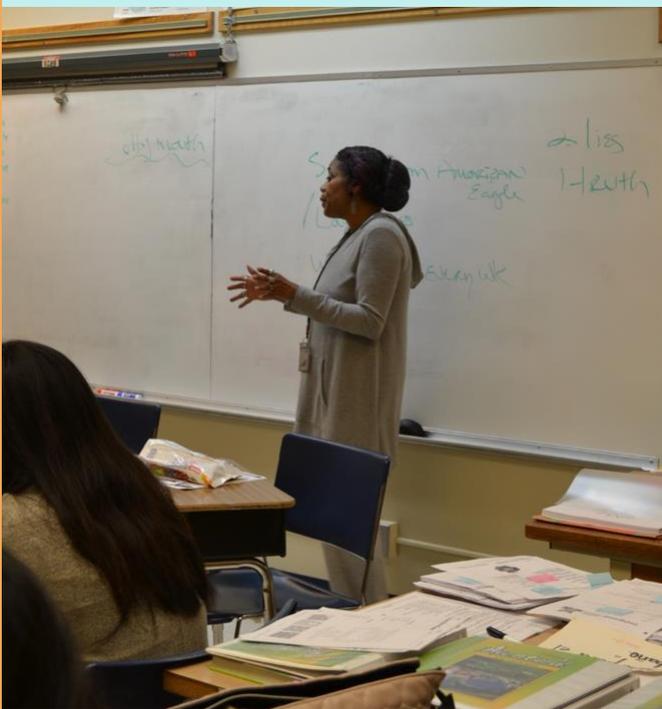
Hospitalization rates for uncontrolled diabetes are 7 times higher for African-Americans & 3 times higher for Latinos.

Hospitalization rates for congestive heart failure are 5 to 15 times higher for Native Americans.

Infant mortality & teen pregnancy disproportionately affect these groups.

Communities of color face significant health disparities. The tri-county region is the most diverse region in Oregon, with people of color representing over a quarter of the total population.





The **WOW** model:

- Leverages the strong relationships that organizations have with culturally specific communities
- Improves the **cultural competency** of health systems to reduce the **health disparities** faced by communities of color.



In one year, we have:

Helped **368** individuals

Facilitated **332** medical appointments

Organized **153** support groups, language-specific classes and health events in the community.

PATIENT STORIES

WOW helped a senior obtain a scholarship to a **gym**

A CHW helped secure **transportation** for a community member to reach dialysis appointments.

WOW connected a participant facing homelessness with emergency **rental assistance**

With the help of their CHW, one family connected to immigration services, the issue they identified as their top **health concern**



WOW offers

Parenting workshop for African-American men

Spanish-speaking classes on diabetes management

Vietnamese-speaking nutrition course

Swahili-speaking workshops on health care navigation



HOW DO WE DO IT?

THROUGH COLLABORATION!



THE WOW TEAM

A program of the Oregon Community Health Workers Association (ORCHWA)

WHO WE ARE



Urban League
of Portland



WARRIORS of WELLNESS



A Multicultural Community
Health Workers Collaborative



EPHC
El Programa Hispano Católico
Cultura • Comunidad • Oportunidad



Together, we:

Identify the **social determinants** of health

Connect communities of color to the resources they need

Develop **best practices** for health care providers





GUADALUPE AVILA
WOW Community Health Worker
Northwest Family Services





WOW community health workers:

- Serve and empower their own communities
- Have a trauma-informed lens
- Belong to Community Based Organizations (CBOs)
- Meet people where they live, work, play and worship
- Develop culturally specific interventions

PARTICIPANTS

Get peer support

Lead a healthy lifestyle

Successfully navigate health system

Connect with primary care providers and follow-up care



DEMONSTRATION SITE

**Kaiser Permanente
Mt. Scott Medical Office and Northwest Family Services (NWFS)**



Improve patient health

Coordinate social services with the health care system

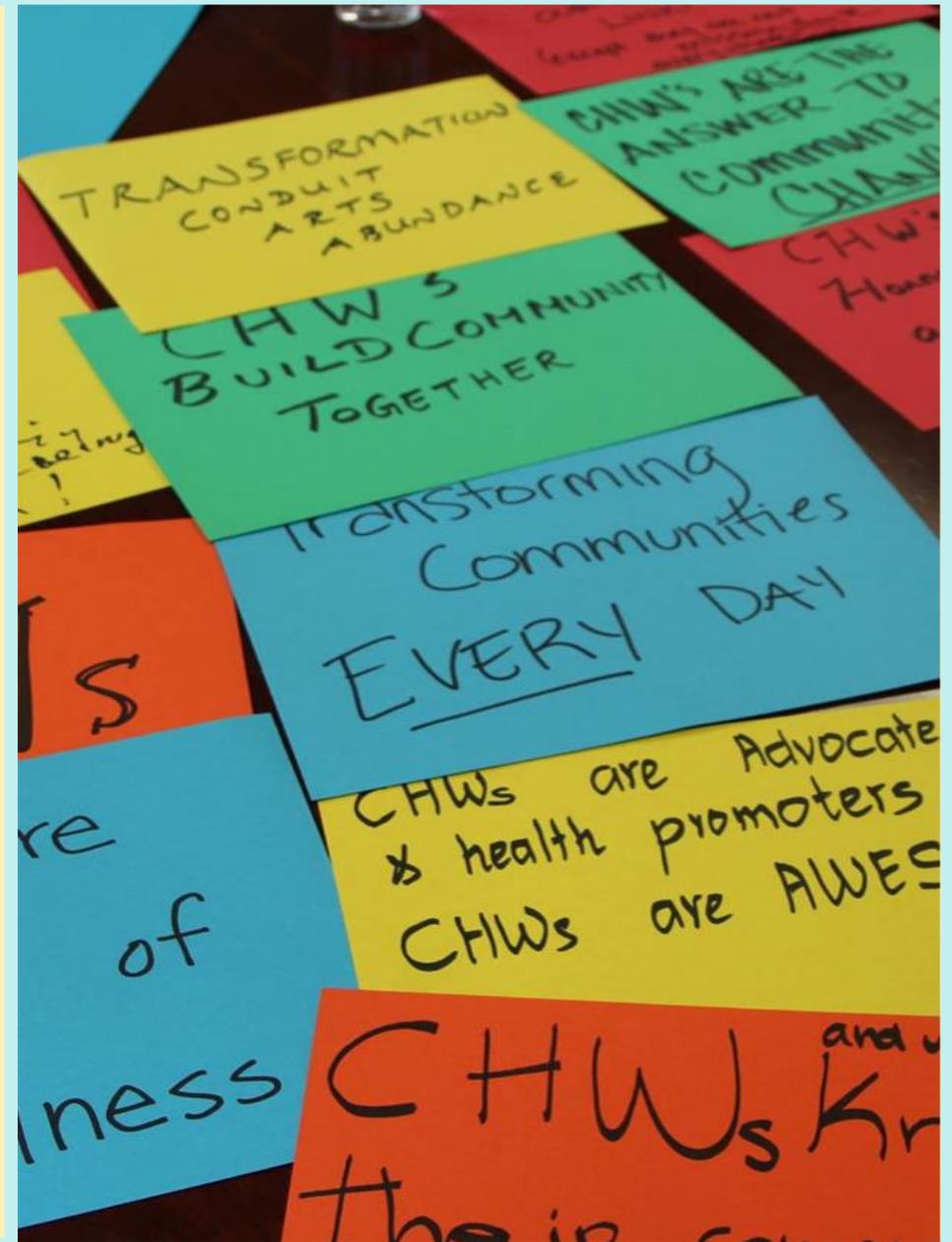
Increase cultural competency within the health care system

OUR VISION

CHWs become an **integral** part of health care

CHWs help health care systems address the **social determinants of health**

CHWs **bridge the gap** between providers and patients



Next Steps:



Add more **demonstration sites**

Identify and sponsor a new community-based organization to join WOW

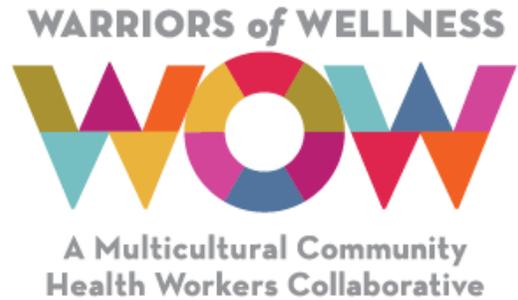
Invest in WOW infrastructure, evaluation, and data collection



Thank you!



Urban League
of Portland



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El Programa Hispano Católico
Cultura · Comunidad · Oportunidad



For additional questions, please contact Teresa Lavagnino at teresal@irco.org or Celia Higuera (WOW Program Manager) celia@orchwa.org