

Arizona Women's Partnership 2021 Grant Report  
By Emma Viera, Unlimited Potential  
January 10, 2022

The purpose of our 2021 grant proposal was to support the education for Community Health Workers (CHW's) in order to increase conversations with community groups related to disease control and prevention such as diabetes and other chronic disease.

The year 2021 marks a second full year of the COVID-19 pandemic. It represents a new way of living, building relationships and new way of communicating. Now more than ever, it is important to understand prevention and learned how to control illness and their complications. During 2021, Unlimited Potential conducted 206 hours of health education for the CHW's. The education/training was focused on developing core competencies and disease control and prevention. During this year we trained 60 CHW's. As part of their training and to get their certification as CHW, they had to share the information with at least 15 people in their community. Therefore, the 60 CHW's educated at least 900 community members about disease control and prevention such as Diabetes, Hypertension, Cancer, Alzheimer, COVID-19, importance of vaccination and many other health topics. Of the 900 community individuals, 70% are females, 95% are of Hispanic origin, 95% are underserved population. Today, Unlimited Potential is recognized as a training site for CHW's. We continue to empower individuals by bringing evidence based health education and connecting individuals to social and health services in the community.

The high mortality and morbidity left by the pandemic only shows the need for comprehensive and radical behavior changes. Educating/informing the community about the health risk and disease control provides the opportunity to the individual, family and community for a better health/future.

Thank you for your support to the communities in south Phoenix.