



# The Impact of Community Health Workers

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Service

### SUMMARY

*This experience for me started December 2018 where I had to go through 120 hours worth of training to get my certification for being a Community Health Worker and carried out until June 2019 when I was a part of a team who put together a health fair for San Antonio. The main reason for getting my certification from this program that originally started from Texas A&M University, was to be able to give back to the people who are forgotten in communities. Most times community health workers are known for being the speakers of the speechless. These communities are impacted by food insecurity as well as poverty and this job can help stop and explain terms and procedures professionals may not.*



### SPICES

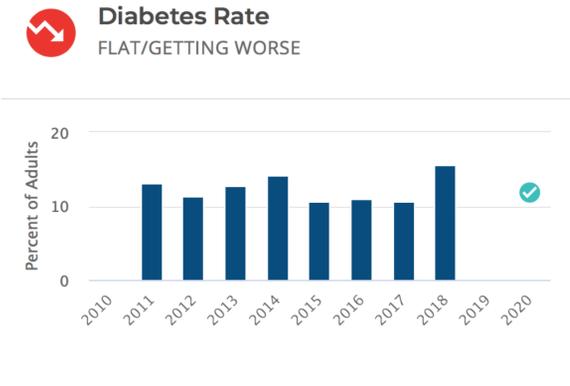
*Service is best represented throughout this experience because it is about completely just giving back to those around you. This experience is geared towards communities who are often ignored and what to do to help.*

### HERBS

*Support is shown throughout this experience because this is meant to give back to our community and give resources to get as healthy as possible.*

### LEARNING OUTCOMES

*In relation, the honors college is wanting us to become better people and in this experience you will walk away completely different than you went in. There has never been a more humbling feeling for me than to be a part of something like this because I never realized how much I take for granted everyday. This experience embodies everything that being an honors college student should teach us.*



### IMPACT

*Underserved communities around the city of Texas got the chance to equal resources through this program. Personally, it taught me that there are plenty of communities in San Antonio who are living without running water or electricity and it showed me the little things I take for granted. Those impacted were also given the chance to health screenings they usually cannot afford.*

### ADVICE

*My advice for this experience is to keep an open mind when interacting with different communities and never assume someone has the same knowledge as you.*