

# The Role of Community Health Workers on Physical Activity Interventions in the U.S

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## INTRODUCTION

- Community Health Workers are defined as frontline public health workers who are trusted members of the community they serve, and share similar culture, beliefs, socioeconomic status, and language.
- The U.S. currently has approximately 60,000 CHWs in the healthcare workforce, and it is projected to increase by approximately 8,000 openings each year over the next decade.
- CHWs historically help underserved communities with health education and promotion, and have great potential to contribute to increasing physical activity (PA) levels through their work.
- Research on CHWs and physical activity is growing in the U.S., yet none has explored what roles CHWs play on PA research.

## METHODS

- Using a scoping literature review, we selected peer-reviewed articles to describe which roles CHWs are involved in PA interventions in the U.S.
- Keywords included CHW(s), Community Health Worker(s), Promotor(es)/Promotora(s), and Physical Activity interventions.
- We included 18 studies conducted in the United States, that collaborated with CHWs/Promotoras and had physical activity as a main outcome.
- For the final selection of articles, researchers met to agree on categorizing the roles of CHWs in each study.

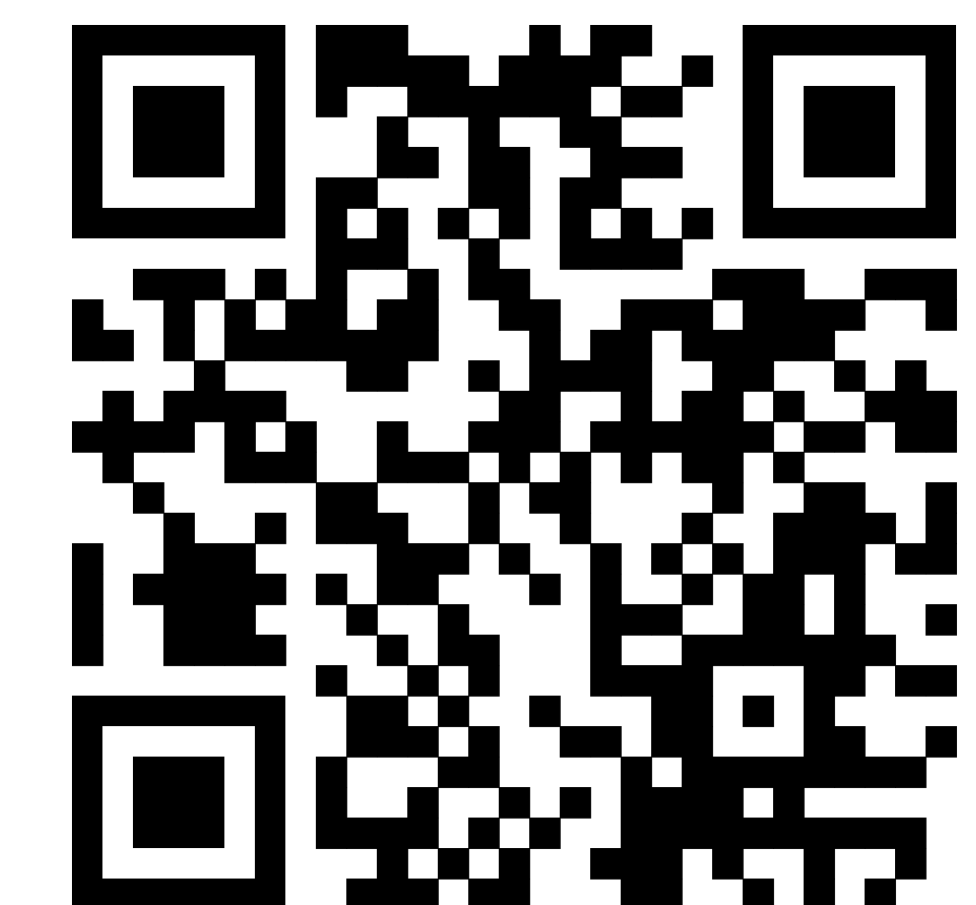
## RESULTS

Role	Theme	References
Delivering the Program	Diabetes	Li, S. et al. (2022)
		Rothschild, S. et al. (2014)
		Islam, N. S. et al. (2013)
		Lutes, L. D et al. (2017)
	Behavior Change	Carrasquillo, O. et al. (2017)
		Staten, L. K et al. (2004)
		Coleman, K.J, et al. (2007)
	Cardiovascular Disease	Jih, J. et al. (2020)
		Samuel-Hodge, C, et al. (2022)
		Hornbuckle, L.M, et al. (2021)
Weight Management	West, D. S. et al. (2011)	
	Taverno-Ross, S.E,et al. (2018)	
Counseling	Diabetes	Gray, K. E. et al (2021)
	Weight Management	Taverno-Ross, S.E,et al. (2018)
	Mental Health	Spencer, M. S. et al (2013)
Assessment	Diabetes	Gray, K. E. et al. (2021)
		Lutes, L. D. et al. (2017)
	Weight Management	Quintiliani, L. M. et al. (2021)
	Asthma & Obesity	Martin, M.A. et al. (2016)
Connecting with resources	Behavior Change	Gray, K. E. et al (2021)
	Diabetes	Gray, K. E. et al (2021)
Translation	Mental Health	Spencer, M. S. et al (2013)
	Weight Management	West, D. S. et al. (2011)
Health Education	Diabetes	Gray, K. E. et al. (2021)
Recruitment	Behavior Change	Jih, J. et al. (2020)

## CONCLUSIONS

- This review provides insights on the roles and themes of the PA interventions CHWs have been involved in the U.S.
- The majority of CHWs helped with delivering the programs, and working with non-communicable diseases.
- During the search for peer-reviewed articles, we noticed that some studies did not mention the roles of CHWs. Therefore, we recommend for future studies to detail their collaborations with CHWs to document the outcomes of this partnership.
- In conclusion, the partnership between CHWs and PA interventions is recent, growing, and should be properly documented and leveraged.

SCAN THIS QR CODE FOR THE FULL LIST OF REFERENCES:



## ACKNOWLEDGEMENTS

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