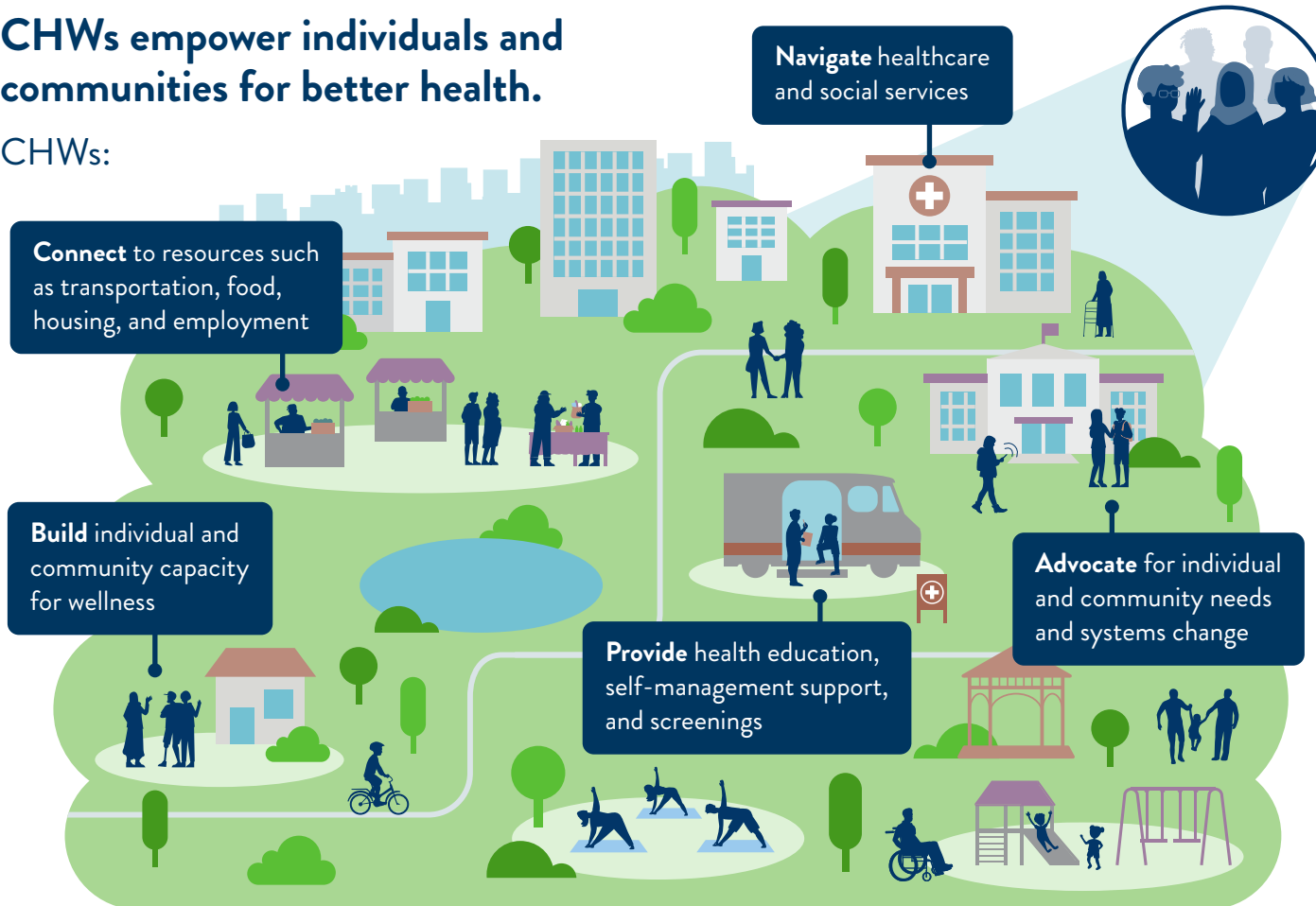


Community Health Workers: Trusted partners in health

CHWs empower individuals and communities for better health.

CHWs:



CHWs, Community Health Representatives, and Promotoras de Salud:

- Often share lived experiences, cultures, and languages with the communities they serve.
- Serve as a bridge between communities, healthcare, and human services.
- Work with people who have a variety of health conditions and in many different places.

A health equity workforce

Integrating CHWs into public health and healthcare systems increases access to care for historically underserved and underinsured communities.¹

CHWs improve health outcomes and reduce disparities:

- ▼ **63% of patients** lowered their blood sugar³
- ▼ **41% reduction** in emergency care and hospitalizations^{1,4}
- ✓ **68% of patients** successfully controlled their blood pressure at 6 months⁵



A recent study found a **\$2.47 return on investment** for every Medicaid dollar spent on CHW interventions.²

Learn more
about CHWs:

health.mn.gov/chw



Community health workers in action

To learn more about CHWs in Minnesota, visit health.mn.gov/chw.

From housing to whole person care: Cultural solutions for chronic conditions in Red Lake

CHALLENGE

Red Lake members face barriers to managing chronic conditions and accessing essential health and social services, with limited culturally relevant supports and navigation across systems.

SOLUTIONS

Shifting from a housing case management to a community health model, 9 CHWs tripled encounter rates—now conducting over 1,000 client/relative encounters a year and improving access to healthcare and culturally grounded wellness supports.

“Our CHWs are people who can walk the journey with our community members and follow them all the way through to better health and independence.”

—Connie Norman, Red Lake Community Health Services

Scaling a CHW model: Expanding care in Northern Minnesota

CHALLENGE

As a rural health system, Essentia Health serves patients across a large region where many communities face barriers to transportation, services, and healthcare navigation. Their small CHW program could not meet the growing demand across 80 clinic locations.

SOLUTIONS

Using the evidence-based IMPaCT model, Essentia Health is building a sustainable CHW program across the region. With standardized training, workflows, and impact measurement, the program demonstrates strong outcomes and has expanded to more than 20 CHWs.

In 2025, Essentia enrolled around 1,800 patients in the CHW program and 72% completed the program and met their goals.

Cultural care: Serving Somali and Nuer communities

CHALLENGE

Somali and Nuer residents in Mankato, Minneapolis, and St. Paul face high social needs, mental health challenges, and barriers navigating healthcare systems.

SOLUTIONS

WellShare CHWs deliver one-to-one navigation, health education, and social support across three programs for Nuer and Somali adults and youth. Community centers host confidential visits, exercise equity spaces, and peer support groups. Private telephone booths allow clients to meet with providers, and CHWs provide support and follow-up.

CHWs reached 500+ clients across youth and adult programs, improving health care access, empowerment, and psychosocial wellness.

SOURCES

1. [Community Health Worker Integration with and Effectiveness in Health Care and Public Health in the United States](#)
2. [Evidence-Based Community Health Worker Program Addresses Unmet Social Needs And Generates Positive Return On Investment](#)
3. [An Emerging Model for Community Health Worker-Based Chronic Care Management for Patients with High Health Care Costs in Rural Appalachia](#)
4. [Community Health Workers Reduce Rehospitalizations and ED Visits for Low-Socioeconomic Urban Patients with Heart Failure](#)
5. [Integrating Community Health Workers into Community-Based Primary Care Practice Settings to Improve Blood Pressure Control](#)