

Approved Elective Curriculum

A minimum of 20 hours is required for CHW certification. Elective curriculum courses cover a range of health related topics to instill evidence-based knowledge and broaden a community health worker's understanding of health and wellness.

Most classes are interactive 2 hour sessions and include a pre and post assessment. Courses that utilize approved curriculum include the website link. New courses are added on a regular basis. Current class offerings are noted below:

Elective Curriculum			
Title/Description	Type	Instructor	Length
Basic Concepts of Health Promotion / Disease Prevention	Health Promotion & Disease Prevention	Emma Viera	2 hours
Diabetes Overview	Health Promotion & Disease Prevention	Ana Guzman	2 hours
Heart Disease, Atrial Fibrillation	Health Promotion & Disease Prevention	Ana Guzman	2 hours
Heart Attack, Heart Failure	Health Promotion & Disease Prevention	Dr. Mahoney	2 hours
Stroke	Health Promotion &	Maricarmen Guzman /	2 hours

	Disease Prevention	Ana Guzman	
Cancer overview, Breast & Cervical Cancer	Health Promotion & Disease Prevention	Diana Diaz	2 hours
Colorectal, Skin & Prostate Cancer	Health Promotion & Disease Prevention	Diana Diaz	2 hours
Alzheimer & Dementia	Health Promotion & Disease Prevention	Natalia Ballon	2 hours
Parkinson Disease	Health Promotion & Disease Prevention	Ana Guzman	2 hours
Depression & Stress	Health Promotion & Disease Prevention	Viridiana Zendejas	2 hours
Healthy Eating	Healthy Living	Minerva Velarde /Ana Guzman	2 hours
Physical Activity	Healthy Living	Juana Silva /Ana Guzman	2 hours
Tobacco Control	Healthy Living	Gladys Cedillo	2 hours
Thyroid Disease	Health Promotion & Disease Prevention	Ana Guzman	2 hours
Taking Medicine/Talking to your Doctor	Health Promotion & Disease Prevention	Mirna Rosas	2 hours

Oral Health	Health Promotion & Disease Prevention	Esther Villa	2 hours
Asthma & Allergies	Health Promotion & Disease Prevention	Dr. Mahoney	2 hours
ADHD & Autism	Health Promotion & Disease Prevention	Viridiana Zendejas	2 hours
Arthritis	Health Promotion & Disease Prevention	Mirna/Ana	2 hours
Lupus	Health Promotion & Disease Prevention	Esther Villa	2 hours
Cyber Security	Healthy Living	Ana Guzman	2 hours
Million Hearts	Role Specific	Ana Guzman	6 hours
<u>Tomando Control</u>	Role Specific	Ana Guzman	32 hours
<u>Healthy for Life</u> <u>Educational Experience</u>	Healthy Living	On-Line with American Heart Association	2 hours
<u>Diabetes Empowerment Education Program (DEEP)_Peer Educator</u>	Health Promotion & Disease Prevention	Ana Guzman	24 hours