



### The Community Guide

When communities need to know how to protect and improve their population's health, they turn to The Community Guide, a collection of evidence-based recommendations and findings from the Community Preventive Services Task Force (CPSTF). The CPSTF is an independent, nonpartisan, nonfederal panel of public health and prevention experts that makes evidence-based recommendations about the effectiveness and economics of public health programs, services, and other interventions used in real-world settings.

### Recommendations for Interventions Engaging Community Health Workers

The CPSTF recommends interventions that engage community health workers for the following. Learn more online: [www.thecommunityguide.org/content/community-health-workers](http://www.thecommunityguide.org/content/community-health-workers)



- **Cancer Screening**
  - [Breast cancer](#) -- Recommended based on strong evidence of effectiveness in increasing breast cancer screening (by mammography).
  - [Cervical cancer](#) -- Recommended based on strong evidence of effectiveness in increasing breast cancer screening (by Pap test). This intervention approach is cost-effective.
  - [Colorectal cancer](#) -- Recommended based on strong evidence of effectiveness in increasing colorectal cancer screening (by colonoscopy or fecal occult blood test [FOBT]). This intervention approach is cost-effective for screening with colonoscopy and may also result in net cost savings.
- **Cardiovascular Disease Prevention**
  - Recommended based on strong evidence of effectiveness in improving blood pressure and cholesterol when community health workers are engaged in a team-based care model. This intervention approach is cost-effective.
- **Diabetes Prevention**
  - Recommended based on sufficient evidence of effectiveness in improving blood glucose level control and weight-related outcomes among people at increased risk for type 2 diabetes. This intervention approach is cost-effective.
- **Diabetes Management**
  - Recommended based on strong evidence of effectiveness in improving blood glucose level and lipid control and reducing health care use among patients who have type 2 diabetes. This intervention approach is cost-effective.

## Community Guide In Action

### ***AMIGAS: Promoting Cervical Cancer Screening among Hispanic Women***

The AMIGAS program engaged community health workers, or *promotoras*, to deliver a multicomponent intervention that doubled the rate of cervical cancer screening among Mexican-American women in Texas and Washington. CPSTF recommendations were used to inform the selection of program components which included one-on-one education and small media. *Ayudando a Las Mujeres con Información, Guía y Amor para su Salud (AMIGAS)* means “Helping Women with Information, Guidance, and Love for Their Health.” The AMIGAS program is a bilingual, educational outreach intervention designed to help community health workers, or *promotoras*, increase cervical cancer screening among Hispanic women. Read the full story: [www.thecommunityguide.org/stories/amigas-promoting-cervical-cancer-screening-among-hispanic-women](http://www.thecommunityguide.org/stories/amigas-promoting-cervical-cancer-screening-among-hispanic-women)

### ***Familias Sanas y Activas: Improving Health among Latinos in San Diego***

The San Diego Prevention Research Center implemented *Familias Sanas y Activas* (Healthy and Active Families) to improve the health of Latinos in the city. When designing the program and selecting intervention components, researchers turned to The Community Guide for evidence-based findings. Twenty-four community volunteers were trained as *promotoras* (community health workers) to lead group exercise classes, and participants were encouraged to attend class at least twice a week. The *promotoras* also offered an optional, 11-session healthy lifestyle program that addressed topics including self-esteem, weight control, and healthy eating. During the first six months, participants experienced decreases in blood pressure and weight and improved fitness. Read the full story: [www.thecommunityguide.org/stories/familias-sanas-y-activas-improving-health-among-latinos-san-diego](http://www.thecommunityguide.org/stories/familias-sanas-y-activas-improving-health-among-latinos-san-diego)

### ***Black Corals: A Gem of a Cancer Screening Program in South Carolina***

The St. James-Santee Family Health Center, located in a rural area of South Carolina, used The Community Guide as a resource to help launch the Black Corals program and increase cancer screening among women. Nurses and case managers traveled to local churches to hand out black coral bracelets that included an insert with a positive message to African American women about self-worth and a reminder about breast and cervical cancer screening. They also lead workshops about risks and symptoms of breast and cervical cancers, and taught women about early detection. Within two years, they dramatically increased breast and cervical cancer screenings at all four of their locations and reduced the number of missed screening appointments. Throughout the program, community involvement stayed strong with increased attendance at the educational workshops. Read the full story: <https://www.thecommunityguide.org/stories/black-corals-gem-cancer-screening-program-south-carolina>

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Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. The CPSTF provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC. Find more information at [www.thecommunityguide.org](http://www.thecommunityguide.org).

**Your Guide of What  
Works to Promote  
Healthy Communities**

[@CPSTF](http://thecommunityguide.org)