

Wanda Santiago  
Community Health Worker  
Lead Community Outreach Coordinator

**"Empowering Health: A journey in the healthcare system  
and community impact**



# Personal/Professional Journey



# BA Degree in Nursing





impossible

POSSIBLE

# MA Degree in Nursing - Medical Surgical with a Role in Education



## National University College

En Junta de Síndicos con la autoridad que le ha sido conferida y con recomendación de la Facultad otorga a

**Wanda Jazmin Santiago Santiago**

quien ha completado satisfactoriamente los requisitos del programa de estudios para el grado

**Maestría en Ciencias de Enfermería con especialidad en Médico Quirúrgico y rol en Educación**

con todos los honores, derechos y privilegios que conlleva dicho grado. Como testimonio de lo anterior, el sello oficial de la institución y las firmas de los oficiales autorizados han sido estampados en este Diploma.

Dado en Bayamón, Puerto Rico, hoy miércoles doce de julio de dos mil diecisiete.

*Manuel Estrella P.*  
Rector



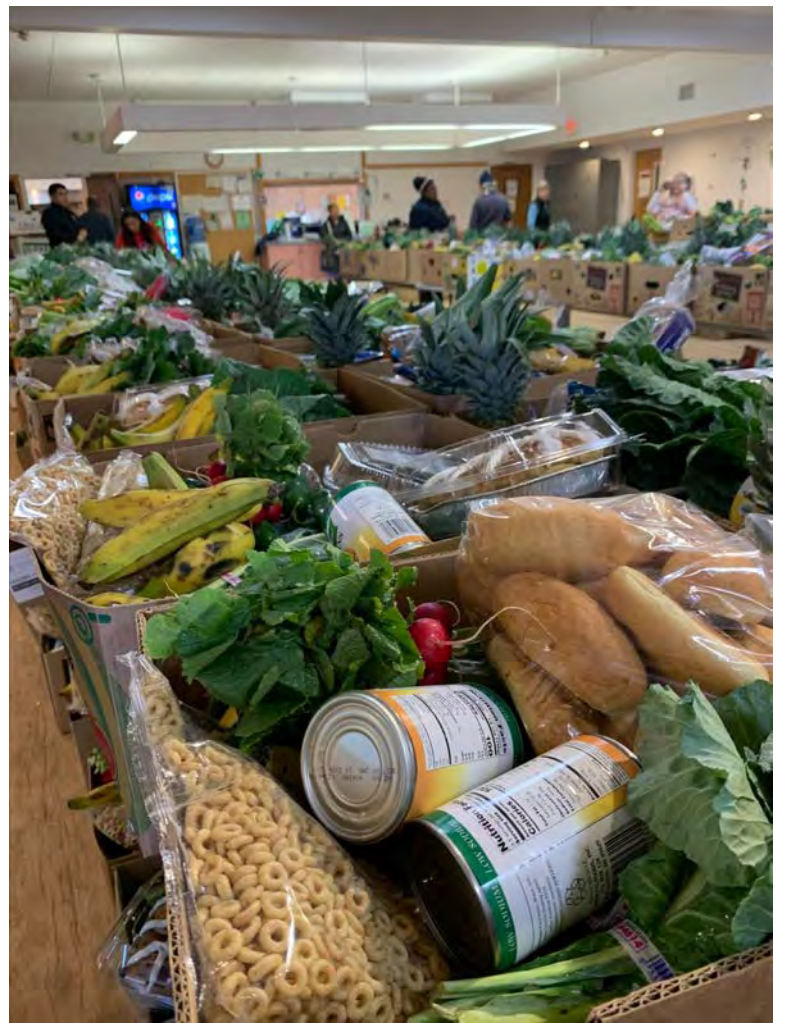
*P. B. B. B.*  
Vice Rector

**My journey in Connecticut started in December 2018**



**"Empowering Health:  
A journey in the healthcare  
system and community  
impact"**









care.

healthy communities.

with the greatest of care and a love

**We ask**  
because we care.



Everyone is unique  
and deserves access to  
the best health care.

# Plant-Based Nutrition Certificate

## T. Colin Campbell Center for Nutrition Studies



This is to document that

**Wanda Jazmín Santiago**

has completed the certificate program in

**Plant-Based Nutrition**

This Twenty-Eighth Day of July, 2020

from the T. Colin Campbell Center for Nutrition Studies  
through



A handwritten signature in black ink, appearing to read "Paul Krause".

Paul Krause  
CEO and President  
eCornell

A handwritten signature in black ink, appearing to read "T. Colin Campbell".

T. Colin Campbell, Ph.D.  
Professor Emeritus of Nutritional Biochemistry  
Cornell University

# Medical and Community Interpreter



## Community Health Worker in the Department of Office of Health Equity and Community Impact.

- Health equity means that everyone has a fair and equitable opportunity to be as healthy as possible.



# Equality



# Equity



# Career in Healthcare

The healthcare industry offers a wide range of career opportunities. What interests you? Do you prefer paperwork or working directly with patients? Are you drawn to roles like doctor, technician, phlebotomist, or positions in biology, mental health, or physical therapy?

## My Role as a Community Health Worker

As a Community Health Worker, I provide various services to support our community:

- **Free Community Programs:** Offer resources and activities for the community.
- **Self-Management Education:** Help patients manage their health and encourage regular medical appointments.
- **Nutrition Support:** Provide healthy meal ideas and promote better eating habits.
- **Interpreting Services:** Assist with communication when needed.
- **Diabetes Resources:** Connect patients with insulin resources through the Dispensary of Hope.
- **Community Resource Connections:** Link patients to services like DSS, food banks, and rent or utility assistance.
- **Application Support:** Help patients with applications for programs like Husky, SNAP benefits, and home care.
- **Communication:** Facilitate communication between providers, patient navigators, and nurses regarding medical appointments and prescriptions.
- **Financial Guidance:** Provide information about the YNHH financial assistance program for free or discounted care.
- **Community Engagement:** Participate in local events to raise awareness and provide support.
- **Educational Classes:** Host classes to discuss diabetes and teach healthy, easy recipes.

By focusing on these areas, I aim to improve the health and well-being of our community members.

# Resources for patients without insurance

- **Community Health Center New London - Scale program at low cost. Visits could start at \$20.**
- **Yale New Haven Health - Financial Assistance (Free Care) application.**
  - Qualify participants could receive free care under YNHH or a discount.
  - New L&M Pharmacy - Dispensary of Hope Program (Participants that qualify can received medications for free.

# Certification for Community Health Worker

## Certification Requirements (ct.gov)

- Submits a professional reference from an employer with direct knowledge of the applicant's experience as a community health worker;
- Submits a reference from a member of the community with direct knowledge of the applicant's experience as a community health worker, and
- Has a minimum of one thousand (1,000) hours of experience working as a community health worker during the three years prior to the date of such application;

or

- Has a minimum of two thousand (2,000) hours of paid or unpaid experience as a community health worker;
- Submits a professional reference from an employer with direct knowledge of the applicant's experience as a community health worker
- Submits a reference from a member of the community with direct knowledge of the applicant's experience as a community health worker.

# Community Health Worker

## CT State Community College

- [Community Health Worker - CT State](#)

## Campuses near New London:

- Three Rivers (Norwich)
- Quinebaug Valley (Danielson/Willimantic)
- Capital (Hartford)
- Getaway (New Haven/North Haven)
- Housatonic (Bridgeport)



# Community Events





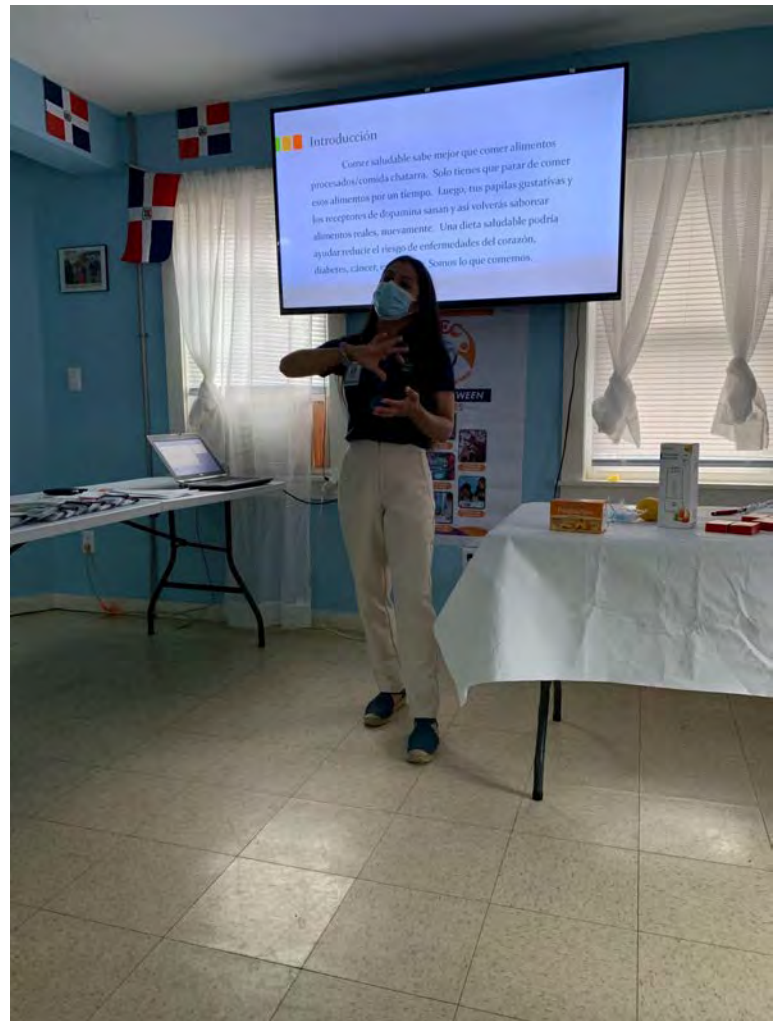
**Food to the People NEW HOURS!!!**  
**Comida para el Pueblo Nuevo horario**  
**Manje pou pèp la Nouvo Orè**

**Tuesday/ Martes/ Madi**  
**11:00 AM - 1:00 PM**  
**Thursday/ Jueves/ Jedi**  
**12:00 PM - 2:00 PM**  
**Friday/ Viernes/ Vandredi**  
**9:00 AM - 11:00 AM**  
**4:30 - 6:30 PM**



**The Place for CommUNITY Wellbeing**  
74 Garfield Avenue | New London, CT 06320







# Whole Food Plant-Based Diet

A whole plant-based diet is often recommended because it has many health benefits. Here are some key reasons:

1. **Nutrient-Rich:** It includes a variety of fruits, vegetables, whole grains, nuts, and seeds, which provide essential vitamins and minerals.
2. **Lower Disease Risk:** Studies show that this diet can reduce the risk of heart disease, diabetes, and certain cancers.
3. **Weight Management:** Plant-based diets are generally lower in calories and high in fiber, which can help with maintaining a healthy weight.
4. **Better Digestion:** The fiber in plant foods helps keep the digestive system healthy.
5. **Environmental Benefits:** Eating more plants can reduce your carbon footprint and is better for the planet.
6. **Ethical Reasons:** Many choose this diet to support animal welfare.

Overall, a whole plant-based diet can promote better health and well-being.







# Patient story



# Nutrition

**WE ARE WHAT WE EAT.**

**“Good nutrition creates health in all areas of our existence.”**

**—T. COLIN CAMPBELL, PHD**

When I work with patients: Do not compare with other when we need to make changes in our lifestyle what matters is: Progress, not perfection.

The impact on our daily diet is very significant in the development of health conditions. Good nutrition is essential to maintain a healthy life. It is important to know that you should not follow a specific diet without first consulting with a health professional or nutrition expert.

# Healthy eating options / Learning food labels



**Baked Beans in Tomato Sauce**  
Waitrose

**Excellent - 94/100**

🕒 1 minute ago



**Care Intensive Nourishment**  
Nivea

**Poor - 39/100**

🕒 3 minutes ago



**Milk & Cereals Biscuits**  
Belvita

**Bad - 21/100**

🕒 5 minutes ago





## Envirokidz Choco Chimps Cereal

Nature's Path

64/100  
Good

### Positives

per serving (40g) ...

**No additives**  
No hazardous substances ✓

**Organic**  
No synthetic herbicides ✓

**Fiber**  
Excellent amount of fiber 3g ✓

**Protein**  
Some protein 3g ✓

**Saturated fat**  
No saturated fat 0g ✓

**Sodium**  
Low impact 120mg ✓

### Negatives

per serving (40g) ...

**Calories**  
A bit too caloric 150 Cal ⚠

**Sugar**  
A bit too sweet 12g ⚠

### Options

Add to favorites



## Reese's Puffs - Peanut Butter

Reese's Puffs

7/100  
Bad

### Negatives

per serving (39g) ...

**Additives**  
Contains additives to avoid 12 ⚠

**Calories**  
A bit too caloric 160 Cal ⚠

**Sugar**  
A bit too sweet 12g ⚠

**Sodium**  
A bit too much sodium 220mg ⚠

### Positives

per serving (39g) ...

**Fiber**  
Excellent amount of fiber 2g ✓

**Protein**  
Some protein 3g ✓

**Saturated fat**  
Low sat. fat 0.5g ✓

### Recommendations

[See all](#)



Off limits

57/100  
Good

**Thank you for your participation**

Let's stay healthy together.

# Find more information about healthy eating and recipe ideas

- Nutrition Studies / Whole Food Plant Based Nutrition
  - [T. Colin Campbell Center for Nutrition Studies | Plant Nutrition](#)
- Mastering Diabetes
  - [Diabetes Recipes: Low-Fat, Plant-Based, Whole-Food Nutrition \(masteringdiabetes.org\)](#)