Health Workers are community peer educators and “first points of contact” to help others build, find, and use resources for their wellness, stability, and prosperity.

The Health Worker Program (HWP) is in full swing! Like so many other programs, we made a mid-summer pivot to being fully remote. Our overall mission remained the same, but we adapted several core health worker activities. Here’s a summary of our September impacts!

**Recruitment and Training**
- Fifty-four volunteer peer Health Workers serving res halls, greek chapters and Bowles for Fall 2020.
- All enrolled in PH197 weekly seminar and discussion for ongoing fieldwork support and education.
- Each Health Worker has completed summer study and Sep 12-13 zoom training on pertinent college health issues, resources and core Health Worker skills.

“Thought it was going to be a long day but it went by fast - and I understand my role much better!” - Health Worker

**Community-Wide Education**
- **Health Tips**: weekly fliers on pertinent college health issues and resources customized for res hall, greek, and Bowles communities.
  - We reached thousands of students weekly via community newsletter, social media and bulletin boards. This month’s topics included:
    - Why and How to Take Care of Yourself
    - Injury & Illness Prevention and Treatment
    - Civic Health & Engagement
    - Nutrition & Body Image/Disordered Eating
- **Social Media** posts that boost engagement in UHS-Tang.
  - Health Workers’ weekly activities helped create
    - +728.57% increase of Facebook comments
    - +80% Twitter engagements
    - +50% Instagram impressions
  - This month they created 127 “Walk the Talk” stories for Instagram and Facebook.

**Peer Health Advising (PHA)**
- Total of 180 PHAs this month
- Health Workers now do a monthly self-PHA to reflect on their own well-being and TCOY successes/challenges

**Successes**
- Complete team of Health workers at the start
- Karina, a recent graduate and former Health Worker Coordinator joined as a program assistant

**Challenges**
- Starting program after Labor Day meant HWs were already facing busy schedules and midterms
- No light first aid/or safer sex supplies accessible via HWs on site

For more information visit HWP webpage, [https://uhs.berkeley.edu/healthworkers](https://uhs.berkeley.edu/healthworkers) or contact Karen Hughes, HWP Coordinator at 510-643-9073 or khughes@berkeley.edu.