



2022

Project HEAL Sustainment Training Community Summary

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Purpose of the project

The purpose of the Project HEAL (Health through Early Awareness and Learning) Sustainment Training project was to expand the Project HEAL training to train more members of African American churches Maryland to promote health in their communities. This project emphasizes cancer prevention and screening for breast, prostate, colorectal, and lung cancers.

The Project HEAL Sustainment Training

Community Health Advisors (CHAs) participated in a 7-hour training, either in-person or online via Zoom. The training covered 10 key areas, such as breast cancer, prostate cancer, COVID-19, how to conduct an educational workshop, and how to make health a regular part of the church. Following the training, all CHAs completed a knowledge check with a score of at least 80% to show their mastery of the information in the training and to earn a Project HEAL Community Health Advisor Certification. Ten CHA trainings were offered from October 2021 to May 2022. A total of 130 CHAs (56 CHAs in Baltimore; 74 CHAs in Prince George's County) representing 22 churches were trained and certified in this project. Some church leadership even participated in the trainings, such as health ministry members and leaders, first ladies, bishops, and pastors. Some CHAs were cancer survivors (18%). Many CHAs (42%) did not have prior experience in health promotion, but they were still able to complete the training just like those who had worked in the health field before.



CHAs' thoughts on the project

Everyone that participated found the training to be useful and 98% of trained CHAs agreed that they felt well-trained to serve as community health advisors after the training. Over 90% of CHAs said that they planned to conduct cancer education at their church and close to 90% said they would like to bring other health activities to their church too. Over 95% said that they would recommend this training to a friend or church member.

Thank you!

We would like to thank the church leaders that allowed us to bring this project into their churches, especially those that allowed us to use church space for training purposes. We would also like to thank our dedicated roster of 130 Community Health Advisors that trained in this project! Please do reach out to Project HEAL should you need additional information or support in the health promotion at your church: Briana Hudson, bdhudson@umd.edu

Additional Resources for CHAs

The additional materials made available to trained community health advisors in this project are available at the following link: <http://bit.ly/chaslinks>