



Centro Hispano is a non-profit with a **mission** to *promotes empowerment and civic participation through education, workforce development, youth and family engagement, and community-strengthening initiatives.*

Vision is to see *Every Latino and Latina in East Tennessee thriving culturally, educationally and economically.*

- ❖ They are the leading resource for East Tennessee's Latino community.

Their Work

The Community Resources team connect the Latino community to the healthcare services and resources available to them, regardless of migratory status or health insurance coverage. **How?**

- Referring them to local providers that offer primary, dental, vision, and behavioral health.
- Partnering with several organizations and healthcare providers to bridge gaps the Latino community faces.

Partnerships

- Cherokee Health Systems
- Kim Health Center
- UT Medical Center

*These providers offer services during their quarterly health fairs that include primary care, behavioral health, vaccines, and preventative care services, such as mammograms for little to no cost. Alongside these providers other local non-profit organizations also have information about their services for the uninsured/underserved community.

Other Resources,

- They offer a 6-month **Health and Wellness Program** hosted by Centro's Health Promoter. This program is designed to educate and inform the Latino community on the following:
 - The human body
 - The importance of mental health and its link to physical health
 - The diseases Latinos are predisposed to & how to prevent/manage them
 - How to develop healthier habits that will have long lasting effects on their emotional and physical health
- **Centro Hispano's Medical Interpreters Program** addresses East Tennessee's language inequities in healthcare by educating a group of multilingual students who will wield their training in service to the area's Latino community.

- Students went through a 40-hour program and an 80-hour practicum that allowed them to become nationally certified medical interpreters.
- Over the six-month success story program, their students served over 524 patients and provided 785 hours of free medical interpretation service.
- Hosts various **health workshops** year-round that promote education and awareness around sexual, reproductive, women's, men's, prenatal health and more.
- Vaccine campaign "**Vacúnate**", the Health Promoter works closely with the community to keep them informed on COVID-19 by sharing weekly updates regarding vaccine changes, access to treatments, methods of prevention, at-home COVID-19 tests, and more. Offer COVID-19 and flu vaccines free of charge both inside and outside of regular business hours to ensure that the Latino community remains up to date with vaccines and in turn, remains healthy long term.

Success Story

Health & Wellness Program

- ❖ *One of Centro's most active clients came across the flyer for the program and decided to reach out to Celeste Paula, the health promotor, to see if she could enroll despite the fact that the program had started a few weeks prior. Celeste let her know that she was happy to enroll her, and it wouldn't be a problem getting her caught up. A few weeks into the program, she shared that she had initially joined the program to find more of a support group, but she learned a lot more about her health than she thought she would. She shared that her primary care provider had informed her that she was a pre diabetic, hypertensive and had hyperlipidemia. Thanks to what she learned during the program, she was able to reverse the prediabetes, lower her blood pressure and eliminate hyperlipidemia. As a result, she no longer had to take any medication. She also developed a close friendship with another participant, and they began going to the gym together on a regular basis. Not only has she improved her health, she's also lost weight and significantly improved her mental health.*

How to contact them?

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Upcoming Events

- ❖ Día del Niño – June 10, 2023
- ❖ Summer Health Fair- July 21, 2023