

# QUALITY INSIGHTS AND YOU

## Partnering to Promote a Healthier Delaware

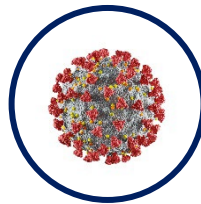
Let Quality Insights help your organization connect with the diverse, underserved, and hard-to-reach people in your community by leveraging our trained Community Health Workers (CHWs). Our team of CHWs are in the field offering support and guidance on multiple, targeted, healthy lifestyle and health care improvement projects. We also offer resources and tools in English, Spanish and Creole to support this work.

### Current Areas of Support



#### Cancer Screening & Prevention

- For individuals ages 18+
- Health coaching to encourage staying up-to-date on preventive cancer screenings including lung, colorectal, breast and cervical



#### COVID

- For individuals and their parents/guardians ages 5+
- Education
- Vaccination scheduling
- Address hesitancy and disparities



#### HPV

- For individuals ages 9-26 and their parents
- HPV vaccine guidance and education for cancer prevention



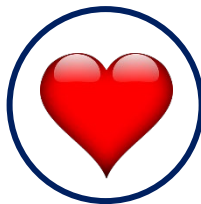
#### Maternal Health

- For women ages 15-44 years old
- Supporting healthy lifestyles to raise healthy babies
- Identification of needs through Social Determinants of Health Assessments



#### Screening for Life

- For uninsured and under-insured Delawareans ages 18+
- Application assistance for the Screening for Life Program which offers FREE cancer screenings for lung, cervical, breast, prostate and colorectal cancers



#### Prediabetes, Diabetes, Hypertension, and High Cholesterol

- For individuals ages 18+
- Health coaching to reduce risk factors for diabetes and hypertension
- Healthy Heart Ambassador Blood Pressure Self-Monitoring Program
- National Diabetes Prevention Program
- Diabetes Self-Management Education and Support

**Learn More:** For more information about our program offerings or to schedule an on-site event, please contact Lisa Gruss at: [lgruss@qualityinsights.org](mailto:lgruss@qualityinsights.org).



This project is in collaboration with the Division of Public Health (DPH) and the Delaware Healthy Mother and Infant Consortium (DHMIC) to improve health outcomes for women and children and also the DPH Immunization Department and the Centers for Disease Control and Prevention (CDC). Publication number DEDPH-MH-012722