

Programa Bienestar

(Wellness Program)

Centro's programa bienestar or 'wellness program' is a community driven program, designed by the community for the community. It seeks to face the health disparities the latinx community faces in Dane County.

Data suggest that the Latino community faces strong and persistent health disparity. In the 2016 cuentáme mas report, mental health and obesity were identified as the two most prevalent health issues for latinos. Depression and anxiety linked to the prenatal and postpartum period are common and often go unreported and unsupported for Latinas (Fung & Dennis, 2010).

Programa Bienestar recognizes that health involves many things, not just absence of disease. They offer a variety of programs emphasizing food equity, nutrition, maternal-child health and overall family wellness.

Community Health Workers



Linking the community with education & resources



646
hours

Learning about:
Community resources

Mental health Nutrition

Doula training

& more...

...and providing over



156+
direct teaching
hours

Family and Community Wellness



community health workers have provided

34+ hours post-partum support & education

to **19**
moms

And provided doula support to one mom
(with hopefully more to come!)

& with UW Health,

helped bring **10** Hours mindfulness training

to **20**

community members

Food Equity and Nutrition



Our adult nutrition classes had

20 participants

El Mercadito had...

6 Latino vendors

and **631**

Customers (in winter 2018)



8 garden beds were used to grow vegetables by Centro staff and community members



80+ pounds of food given to the community

Volunteers and partners



90+

volunteer instructors from community partners

And engaged over

59 volunteers

serving over

7761

hours
(in 2017)