



Migrant Health Programs including Bridges to Health/Puentes a la Salud and Huertas, is a program of UVM Extension that supports increased access to health and health related services and activities for migrant workers regardless of documentation status. Our Community Health Workers help coordinate appointments which may include setting up the appointment, arranging for transportation, ensuring access to an interpreter, and support with paperwork. The program also collaborates with health care service providers to ensure access to affordable, accessible, and linguistically and culturally appropriate care. Migrant Health Programs serve all counties in Vermont though the Open Door Clinic (ODC) in Addison County coordinates all health care related needs for migrant adults in the county.

Migrant workers work long hours supporting Vermont's many different farm types and are increasingly filling a labor shortage in the hospitality and service industries as well. Many times they are working upwards of 60 to 80 hours a week. On the farms, they face occupational hazards due to the arduous physical labor and work with animals and machinery. In hospitality and service industries they put in long hours on their feet with minimal breaks. Whether they are sick, injured or seek preventative health care, migrant workers tend to face numerous barriers accessing health care including a



Edna* ran out of the antibiotic her doctor had prescribed for a breast infection. She didn't have transportation to be seen or pick up a prescription. The doctor called it in to a local pharmacy and a Food and Essential Needs Volunteer picked it up and brought it to her.

Laura and her household sometimes has limited access to food, particularly fresh produce that is culturally familiar. Laura signed up for a CSA and food staples project with the help of a Community Health Worker. A Food and Essential Needs Volunteer delivers the CSA and food staples to Laura's household every two weeks as part of a route in which the volunteer delivers to 5 households.

Our health access and essential needs volunteers have helped hundreds of individuals access health and health related services. Their tremendous support has helped reduce the amount of time a worker or their family member waits to go to the doctor and at times helps prevent serious complications as a result of not being seen by a health care provider. That said, we tend to call upon our volunteers 1-4 times a month, depending on need as well as the volunteers schedule and preferences.

If you are interested in learning more about volunteering with Bridges to Health, please contact Claire.

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