

MetroWest Prevention & Wellness Partnership



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Town of Hudson

MetroWest Prevention & Wellness Partnership



Community Partners:

- Town of Hudson*
- City of Marlborough
- Town of Framingham
- Town of Northborough
- Latino Health Insurance Program
- MetroWest YMCA
- YMCA of Central MA

Clinical Partners:

- Edward M. Kennedy
Community Health Center
- MetroWest Medical Center
- Charles River Medical Associates

Training & Technical Assistance

- Metropolitan Area Planning
Council
- Center for Health Impact (formerly
Central Mass. Area Health
Education Center)

*Coordinating Partner

MW PWP Clinical Health Conditions



- Pediatric Asthma
 - EMK Community Health Center

- Hypertension
 - EMK Community Health Center
 - MetroWest Medical Center

- Tobacco Use
 - EMK Community Health Center
 - MetroWest Medical Center

- Fall Risk Among Older Adults
 - EMK Community Health Center
 - Charles River Medical Associates
 - Latino Health Insurance Program

MW PWP Community Interventions



Pediatric Asthma

- Home visits: assess asthma triggers, recommendations and follow up
 - Framingham Health Department

Hypertension

- Education Program: My Life, My Health
 - Latino Health Insurance Program
 - MetroWest YMCA
 - YMCA of Central MA

Tobacco Use

- Tobacco Cessation Counseling: in-person, telephonic
- Increase/Enhance Smoke-Free Housing Policies
 - Local Health Departments (Hudson, Framingham, Marlborough, Northborough)

MW PWP Community Interventions



Fall Prevention Among Older Adults

- Education Program: A Matter of Balance
 - Latino Health Insurance Program
 - MetroWest YMCA
 - YMCA of Central MA

- Exercise Programs: Tai Chi, Enhance Fitness
 - MetroWest YMCA
 - YMCA of Central MA

- Home visits: assess safety risks, modifications and follow up
 - Local Health Departments (Hudson, Framingham, Marlborough, Northborough)

Sustainability



- Received a matching grant from MetroWest Health Foundation.
- Incorporated clinical screenings and referral process into standard operating procedures.
- Establishing strong working relationships between clinical and community sectors.
- Established a regional advisory council to engage leaders in healthcare and community health, elected officials, and other stakeholders.

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