UMass Worcester Prevention Research Center: Partnering to Achieve Optimal Health among Worcester Residents

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To establish community, public health, health care and academic capacity to engage in equitable research partnerships for conducting applied public health research targeting physical activity, healthy eating, obesity and associated chronic conditions among Greater Worcester area residents.

Obesity is a concern in Central Massachusetts. In Worcester, obesity rates among elementary school children and adults exceed state averages and fall short of the Healthy People 2020 target. The Worcester Division of Public Health (WDPH) prioritizes healthy eating, physical activity, and obesity as concerns, and targets them in the Great Worcester Health Improvement Plan.

Why Focus on Obesity in Greater Worcester?

Our Mission

To establish community, public health, health care and academic capacity to engage in equitable research partnerships for conducting applied public health research targeting physical activity, healthy eating, obesity and associated chronic conditions among Greater Worcester area residents.

Research Areas

- Health Equity
- Child & Adolescent Health
- Optimal Health
- Built Environment & Policy
- Community-Clinical Linkages
- Worksite Health Promotion
- Obesity & Mental Health

Research Examples

UMass
Stephenie Lemon, PhD
Milagros C. Rosal, PhD

Community
MDPH, WDPH, 3 health centers

What helps women lose weight gained during pregnancy?
The Fresh Start Trial

What helps adolescents lose weight?
School Nurse Intervention and Exercise Program for Overweight Teens

Our Team

We are part of the Division of Preventive and Behavioral Medicine, Department of Medicine, UMass Worcester. We build partnerships between university-based researchers & community agencies for health promotion efforts. Our Principles of Community Engaged Research and our community-academic Steering Committee guide our work.

Steering Committee members include:
- Joanne Calista
  Central MA Area Health Education Center
- Derek Brindisi
  Worcester Division of Public Health
- Clara Savage, Common Pathways, CHNA 8
- Antonia McGuire
  Edward M. Kennedy Community Health Ctr.
- Cathy O’Connor
  MA Department of Public Health
- Stephanie Lemon (PI), Milagros Rosal (Co-PI), Suzanne Cashman, Wenjun Li, Judith Ockene, Sherry Pagoto, Lori Pbert, Monica Wang, Amy Borg, Barbara Estabrook, Karen Ronayne
  UMass Medical School
- Monica Lowell, UMass Memorial Health Care

Visit our website: www.umassmedmed.prc

We are a member of the Prevention Research Centers (PRC) Program, funded by the Centers for Disease Control and Prevention (CDC), 5-U48-DP-001933. The PRC Program supports a network of over 37 centers to bring together academic researchers, public health agencies, and community members to conduct applied research in disease prevention and control.