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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?

Research Examples

**Research Example**

**What state and local policies influence physical activity?**

UMass Worcester Physical Activity Policy Research Collaboration Center

**What helps women lose weight gained during pregnancy?**

The Fresh Start Trial

UMass

Stephenie Lemon, PhD

Milagros C. Rosal, PhD

Community

MDPH, WDPH, 3 health centers

**What helps adolescents lose weight?**

School Nurse Intervention and Exercise Program for Overweight Teens

UMass

Lori Pbert, PhD

Community

MDPH

School Health Clinics

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
- Stephenie 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](http://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.