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

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UMass Worcester Prevention Research Center

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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 Areas

Optimal Health

Health Equity

Child & Adolescent Health

Built Environment & Policy

Community-Clinical Linkages

Worksite Health Promotion

Obesity & Mental Health

Research Examples

What helps women lose weight gained during pregnancy?

The Fresh Start Trial

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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

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Lori Pbert, PhD

Community
School Health Clinics

Research Example

What state and local policies influence physical activity?

UMass Worcester Physical Activity Policy Research Collaboration Center

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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.

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
- 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

Research Examples

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