



CHA Regional Wellbeing Report:

A Community Health Needs Assessment

Assessment Areas

This assessment examines the strengths and challenges of the community, with the purpose of taking action to positively change the factors that influence people's health.



Social and Cultural Environment



Natural and Built Environment



Economic and Educational Environment



Healthcare and Health Outcomes

Data Collection

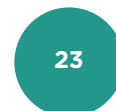
The focus groups and in-depth interviews elevated the experiences and knowledge of those who are most directly impacted by health equity issues or are involved in addressing equity concerns facing their communities.



644
Survey Participants



105
Focus Group Participants

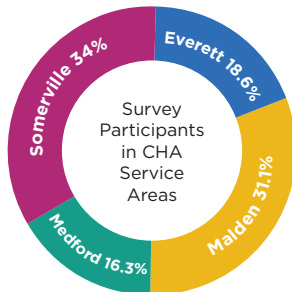


23
In-Depth Interviews

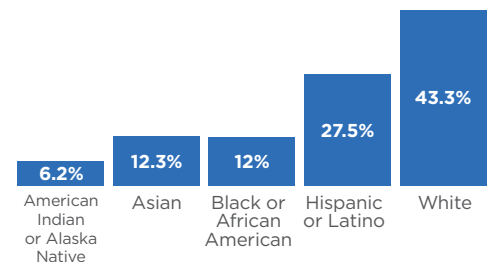


40+
Secondary Data Sources

Survey Participants



- 49% Speak a language other than English at Home
- 30+ ethnicities represented among Survey Participants
- 19% Identify as Gay, Lesbian, Bisexual, or a Self-described Sexual Orientation



What's Next

We will work to develop or support policies and practices that foster and promote 3 equity principles in 4 focus areas.

Equity Principles

- Language justice
- Inclusion of under-represented voices in leadership and decision-making
- Environments that acknowledge unique stressors of diverse communities to promote collective care

Focus Areas

- **Housing:** Affordability, stability, safety
- **Equitable Economies:** Food systems, good local jobs & working conditions, caregiving
- **Equity & Access to Care:** Information access and navigation across various institutions
- **Climate Health & Justice:** Air and water quality and climate change preparedness



Partnerships and Collaborators: Beth Israel Lahey Health, Mass General Brigham, North Suffolk Public Health Collaborative, Department of Dental Medicine and Oral Health at Cambridge Health Alliance, and the City of Somerville's American Rescue Plan Act Office
Contact Us to Join the Conversation: chihit@challiance.org www.challiance.org/community-health/health-improvement-team

Medford and Somerville: Data Focus

Community Characteristics

Population

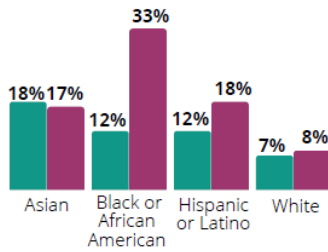
Medford: 57,637
Somerville: 80,906

Total Foreign-Born Population

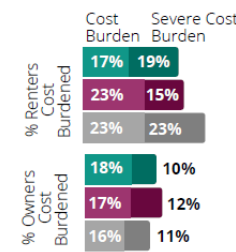
Medford: 12,600
Somerville: 20,207

● Medford ● MA
 ● Somerville

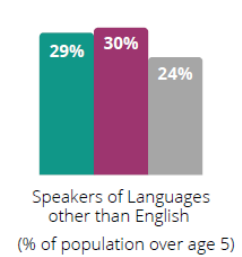
Percent Below Poverty



Housing Cost Burden



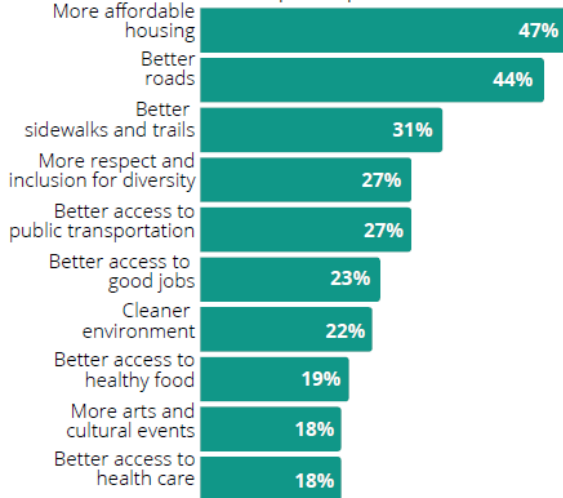
Languages



Survey Results Snapshot

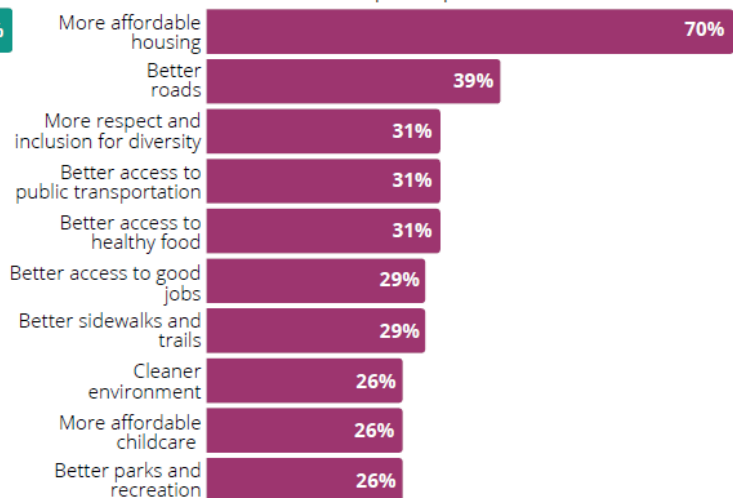
Top Priorities for Improvement

103 participants



Top Priorities for Improvement

218 participants



*At a recent school committee meeting, **young people came out with power, they were organized.** The combination of young people's energy, and **folks who are older with a seasoned understanding of the way systems interact, is a strong way forward.***

*"We need to **create space for those who are historically marginalized to get their experience on the table.** It begins with people who are making policy being aware, but also changing the people who are making policy."*

*"People who have connected me with help have shown me that we're not alone...We're getting to know each other, and **we're more informed as renters and residents. As immigrants, we understand the challenges we face.** We have mutual respect for each other." [translated from Spanish]*

*"**Naming and acknowledging trauma** can help our communities feel safe. The way a community grows affects and depends on mental health; **what happens is a chain, passed on through generations...**We need **safe spaces to care for our mental health.**"*

Data Collection & Analysis Partners: ABCD, City of Medford, City of Somerville (including the Offices of: Food Access & Healthy Communities; Housing Stability; Immigrant Affairs/SomerViva; Sustainability & Environment as well as Department of Health & Human Services), Community Action Agency of Somerville, Medford Food Security Taskforce, Groundwork Somerville, Medford Health Matters, Medford Human Rights Commission, Medford Mass in Motion, Mystic Valley YMCA, Sanctuary United Church of Christ, Somerville-Cambridge Elder Services, Somerville Community Corporation, Somerville Center for Adult Learning & Education, Somerville Family Learning Collaborative, Somerville Homeless Coalition, Somerville Public Schools, Somerville Renters Group, The Welcome Project, The Growing Center