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.

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.

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: chhit@challiance.org www.challiance.org/community-health/health-improvement-team
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