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

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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.



## Research Areas



## 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](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.

## Why Focus on Obesity in Greater Worcester?

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.

## Research Example

UMass  
Stephenie Lemon, PhD

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

UMass Worcester Physical Activity Policy Research Collaboration Center

Community  
WDPH  
CDC Consortium

## Research Examples

UMass  
Stephenie Lemon, PhD  
Milagros C. Rosal, PhD

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

The Fresh Start Trial

Community  
MDPH, WDPH, 3 health centers

UMass  
Lori Pbert, PhD

**What helps adolescents lose weight?**

School Nurse Intervention and Exercise Program for Overweight Teens

Community  
MDPH  
School Health Clinics