

## West Suburban Community Health Network (CHNA) 18 Community Needs Assessment – Westwood Supplement

The Town of Westwood participated in a community health assessment which included Brookline, Dedham, Westwood, Needham, Newton, Waltham, Westwood, Wellesley and Weston. Interviews were conducted with residents and professionals in Westwood, yielding rich information about the health of Westwood residents.

Overall, Westwood compares favorably with the other communities in CHNA 18 and with the state of Massachusetts with respect to community health status.

	<i>Population (2005)</i>	<i>Median Income (2000)</i>	<i>% Below Poverty Line (2000)</i>	<i>% of children getting free or reduced price lunch (2010-11)</i>	<i>Population per square mile (2011)</i>
Westwood	13,902	\$87,394	2.5%	4.4%	1,306
<i>CHNA 18</i>	<i>309,560</i>	<i>N/A</i>	<i>4.5%</i>	<i>N/A</i>	<i>2,783</i>
<i>Massachusetts</i>	<i>6,436,940</i>	<i>N/A</i>	<i>9.3%</i>	<i>34.2%</i>	<i>839</i>

### Summary Data

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#### General Health Status

Westwood has lower rates of diabetes, smoking, pediatric asthma, low birth weight and adult obesity than the State. Westwood has a higher rate of motor vehicle-related ED visits than the State. It has a lower rate of HIV/AIDS than the rest of CHNA 18.

#### Demographics

Westwood has a lower percentage of Black, Hispanic and Asian residents than the rest of CHNA 18 and State as a whole.

Westwood has a greater percentage of young people under age 19 and residents 65 + than other CHNA 18 towns and the state.

#### Top Community Strengths Identified:

- Community involvement
- Adequate financial resources
- Strong government infrastructure

#### Top Health Concerns Identified

- Mental Health (especially substance abuse, academic stress and bullying)
- Transportation
- Financial Strain

## Spotlight Health Issue: Mental Health

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### Summary

- Westwood has a higher percentage of adults reporting >15 days poor mental health in the last month than the rest of the CHNA, though still lower than the state.
- Westwood has a lower rate of hospitalizations for opioid-related injuries than the state.
- Westwood has a lower rate of substance abuse-related emergency department visits than the state.
- While the percentage of unemployed Westwood residents has more than doubled since 1999-2001, it still remains lower than the state

### Selected Interviewee Comments

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*"We have many older people who are not 100 % but are still driving and living alone"*

Local public health staff

*"Parents are spoiling kids and not setting limits. There's a lack of parenting skills"*

school teacher

*"I think that transportation is really the biggest problem people have here."*

Community volunteer

*"More and more people need to use a food pantry"*

Medical Reserve Corps volunteer

*"High stress levels...regarding work and financial responsibilities, and for kids, stress related to academic performance, athletic performance, peer relationships."*

Youth services staff

*"People are committed and willing to make things happen."*

Teacher

*"We're very fortunate to have a well run government. Town government cares about the people."*

Community Volunteer

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The West Suburban Community Health Network Area (CHNA) 18 is a regional coalition of public, non-profit, and private organizations working together to build healthier communities. For more information about CHNA 18, email: [administrator@chna18.org](mailto:administrator@chna18.org). To view additional more extensive data, visit our website at [www.chna18.org](http://www.chna18.org).