Community Health Profiles
MetroWest Health Foundation
Summer 2012

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Introduction
As part of our ongoing mission to improve the health of the MetroWest region of Massachusetts, the MetroWest Health Foundation has compiled this series of “Community Health Profiles.” These profiles are intended to serve as a resource for community members, local governments, and community non-profit agencies in planning and program development. These profiles also provide valuable information to the Foundation and its committees as we work to establish our grantmaking priorities.

This report covers the following MetroWest communities: Ashland, Bellingham, Dover, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Medfield, Medway, Mendon, Milford, Millis, Natick, Needham, Norfolk, Northborough, Sherborn, Southborough, Sudbury, Wayland, Wellesley and Westborough.

The data used in these profiles was drawn from a number of sources, including national and state level resources. The primary data, as well as additional community level data, are available on the Foundation’s website, under “Community Health Data”.

Choice of Indicators
The number of available health indicators is truly vast. For any health data report, including these profiles, it’s necessary to select some indicators over others.

Our primary concern in choosing indicators for these reports was to present a broad view of health. Health is more than just physical well-being – mental and social well-being are also important. Moreover, lifestyle choices, environmental factors, and health care access each influence an individual’s health and wellness. By presenting a wide variety of indicators, the Foundation seeks to provide a “snapshot” of a town’s health. The indicators chosen were also dependent on the data already available, without having to rely on conducting “new” research.

The indicators chosen for these profiles range from basic demographic data, such as language spoken, to public health data, such as measurements of individuals engaging in healthy behaviors. While these reports do not draw any conclusions about the causes of the rates and percentages seen for these indicators, they can highlight areas for further examination and intervention. Town level data on health disparities by race and ethnicity are also not available, as the small populations of many MetroWest towns, and the small numbers of people of color, make accurate estimates difficult.

Limitations of Data
As with any statistical report or analysis, there are some limitations to the data presented here. First and foremost, any statistical measurement or analysis is at best an estimate at the time the data was gathered. There are statistical calculations that can help minimize any inaccuracy, but these measurements are still static representations of dynamic conditions.

There are also potential issues related to small sample size and under-sampling. Many towns in MetroWest have too few survey responses to the Massachusetts Behavioral Risk Factor Survey (BRFSS) to provide reliable direct estimates. In this case, we have used the BRFSS data in conjunction with census and American Community Survey data to provide a “synthetic” estimate of the rates for each town, given its population characteristics. These estimates represent the best available town-level data for these measures, and may fairly be used for program planning purposes. However, they should not be used to evaluate programs. Special note for Norfolk: BRFSS data from Norfolk are not included at the town level. This is due to poor statistical modeling resulting from the prison population housed within the town. As a result, these data have been excluded from the community profile for Norfolk.

Finally, these reports do not include explicit margin of error information. This information is available via the primary data sets on the Foundation’s website.

General Findings
Massachusetts is one of the healthiest states in the nation, and MetroWest remains one of the healthiest regions in the state. However, there are still opportunities for improving health in our area:

• All MetroWest communities include residents who speak a language other than English at home. 24 of the 25 communities in MetroWest have linguistically isolated households, meaning that no one over the age of 14 either speaks English only or speaks English very well.

• MetroWest residents are less likely to eat five or more servings of fruits and vegetables per day than state residents as a whole.

• Hospitalization rates tend to be lower in MetroWest than the state. However, nearly half of MetroWest communities have higher hospitalization rates than the state for circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini strokes).

• New diagnoses of HIV/AIDS remain low in MetroWest, with the numbers below the threshold for suppression. However, 23 communities have at least some residents living with HIV/AIDS.

Acknowledgements
The following persons and organizations were helpful in developing this report. Their listing does not imply endorsement of the findings or conclusions.

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• MassCHIP
• The Massachusetts Department of Public Health
• The United States Census Bureau

Information in these profiles was compiled from the American Community Survey (2006-2010), US Census data (2010), the Massachusetts Department of Public Health MassCHIP (Massachusetts Community Health Information Profile) service (2011, 2012), and the Massachusetts Behavioral Risk Factor Survey (2007-2009).
Demographic Information

As of 2010, Ashland has a population of 16,593. 85.6% of residents are white, 2.7% are black, 5.9% are Asian, 1.1% are multi-racial, and 0.9% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 3.8% of residents are Latino or Hispanic, of any race. Nearly a quarter of residents are 55 and older. Another quarter of residents are younger than 18. An estimated 18% of residents have a disability.

20.3% of residents speak a language other than English at home. Of these residents, 73.8% speak English very well. 1.9% of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is significantly lower than the statewide rate of 5.8%.

Between 2006 and 2010 Ashland’s median household income was $92,974, significantly higher than the state’s median household income of $63,961. However, 2% of Ashland’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits

From 2005-2009, Ashland’s total hospitalization rate was 9,495 per 100,000 people, similar to the state rate. The hospitalization rates for cancer, injuries and poisonings, and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini strokes) were each similar to their respective state rates. The hospitalization rate for respiratory system diseases (including pneumonia, asthma, and other respiratory infections) was lower than the state rate.

From 2005-2009, Ashland residents visited the emergency room at a rate of 31,909 visits per 100,000 people, significantly lower than the state rate. The visit rates for injuries and poisonings and respiratory system diseases were each significantly lower than their respective state rates. The visit rate for circulatory system diseases was similar to the state rate.

HIV/AIDS

The 2009 rate of diagnosis of new HIV/AIDS cases in Ashland has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 110 per 100,000 people in Ashland live with HIV/AIDS. Statewide, an estimated 261 per 100,000 people live with HIV/AIDS.

Maternal and Child Health

As of 2009, Ashland’s fertility rate was 69.8 births per 1,000 women of childbearing age, with 225 births recorded. 4% of these babies were born at low birth weight (<2500 grams/5.5 pounds). The percentage of births to adolescent mothers has been suppressed to preserve confidentiality. A significantly higher percentage of Ashland mothers received adequate prenatal care, compared to the state.

Health Access and Behaviors

Statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data estimates that similar percentages of Ashland and state residents have personal doctors, as well as eat five or more servings of fruits and vegetables daily. Slightly fewer Ashland residents are estimated to have had a check up in the past year, although slightly more are estimated to have exercised in the past month.

Mental Health

Statistical analysis estimates that 6.1% of Ashland residents have experienced 15 or more days of poor mental health in the past month, slightly lower than the state rate of 8.9%.

Substance Use and Abuse

The percentage of Ashland residents engaging in binge drinking (>5 drinks per occasion for men, >4 for women) or heavy drinking (>60 drinks in the past month for men, >40 for women) are both similar to their respective state rates. A significantly lower percentage of Ashland residents are estimated to be current smokers than state residents as a whole.

From 2008-2010, Ashland’s rate of admission to publicly funded substance abuse programs was 528 per 100,000 people (state: 1,590/100,000). The rate of admission to treatment for injectable drug use was suppressed to preserve confidentiality (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 156 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality

Ashland’s mortality rates for cancer and heart disease are both higher than their corresponding state rates. The mortality rate for injuries and poisonings is not significantly different than the state’s. Ashland’s total mortality rate is 806 per 100,000, significantly higher than the state rate of 699 per 100,000.
Bellingham

Demographic Information
As of 2010, Bellingham has a population of 16,332. 93.6% of residents are white, 1.8% are black, 1.7% are Asian, 0.9% are multi-racial, and 0.3% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 1.7% of residents are Latino or Hispanic, of any race. 22% of residents are 55 and older. 47% are 40 and older. An estimated 20.3% of residents have a disability.

9.7% of residents speak a language other than English at home. Of these residents, 84% speak English very well. 1% of households in Bellingham are linguistically isolated, meaning no one older than 14 speaks English very well or as their only language. This is significantly lower than the state rate of 5.8%.

Between 2006 and 2010 Bellingham’s median household income was $78,290, higher than the state’s median household income of $63,961. However, 2.5% of Bellingham’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits
From 2005-2009, Bellingham’s total hospitalization rate was 9,195 per 100,000 people, similar to the state rate. The hospitalization rates for cancer, injuries and poisonings, and respiratory system diseases (including pneumonia, asthma, and other respiratory infections) were each similar to their respective state rates. However, the hospitalization rate for circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini strokes) was significantly higher than the state rate.

From 2005-2009, Bellingham residents visited the emergency room at a rate of 31,793 visits per 100,000 people, significantly lower than the state rate. Visit rates for injuries and poisonings, respiratory system diseases, and circulatory system diseases were also each significantly lower than their corresponding state rates.

HIV/AIDS
The 2009 rate of new HIV/AIDS infections for Bellingham has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 57 per 100,000 people in Bellingham live with HIV/AIDS, significantly lower than the state rate of 261 per 100,000.

Maternal and Child Health
In 2009, Bellingham had a fertility rate of 63.2 births per 1,000 women of childbearing age, with 202 births recorded. 8.4% of these babies were of low birth weight (<2500 grams/5.5 pounds), similar to the state rate. The percentage of births to adolescent mothers was also similar to the state rate, as was the percentage of mothers receiving adequate prenatal care.

Health Access and Behaviors
Survey data indicates that Bellingham residents have exercised in the past month or have personal doctors at similar rates to those seen in the entire state. However, Bellingham has lower rates of residents who have had a check up in the past year, or who eat five or more servings of fruits and vegetables per day.

Mental Health
An estimated 7.3% of Bellingham residents have experienced 15 or more days of poor mental health in the past month, similar to the state rate of 8.9%.

Substance Use and Abuse
Statistical analysis estimates that Bellingham residents engage in binge drinking (drinks per occasion >5 for men, >4 for women) and heavy drinking (drinks in the past month >60 for men, >40 for women) at similar rates to residents statewide. A slightly lower percentage of Bellingham residents are current smokers than state residents as a whole.

From 2008-2010, Bellingham residents were admitted to publicly funded substance abuse treatment programs at a rate of 820 per 100,000 people, significantly lower than the state rate of 1,590 per 100,000. The rate of hospitalization for alcohol- and substance-related reasons was also lower than the state (164/100,000 vs. 272/100,000), as was the rate of admission to treatment for injectable drug use (229/100,000 vs. 620/100,000).

Mortality
Bellingham’s mortality rate for injuries and poisonings was not significantly different than the state rate. However, the mortality rates for cancer and heart disease were both higher than their corresponding state rates. The total mortality rate is 861 per 100,000, significantly higher than the state rate of 699 per 100,000.
Dover

Demographic Information
As of 2010, Dover has a population of 5,589. 88.1% of residents are white, 1.0% are black, 5.5% are Asian, 3.4% are multi-racial, and 0.3% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 1.7% of residents are Latino or Hispanic, of any race. One third of residents are younger than 18. Over one quarter of residents are 55 and older. An estimated 18% of residents have a disability.

9.4% of residents speak a language other than English at home. Of these residents, 93.5% speak English very well. An estimated 0.6% of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is significantly lower than the statewide rate of 5.8%.

Between 2006 and 2010 Dover’s median household income was $164,583, more than double the state’s median household income of $63,961. However, 3% of Dover’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits
From 2005-2009, Dover residents had a total hospitalization rate of 6,935 per 100,000 people, significantly lower than the state rate. The hospitalization rate for cancer, however, was higher than the state. Hospitalizations rates for injuries and poisonings, respiratory system diseases (including pneumonia, asthma, and other respiratory infections), and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini strokes) were each significantly lower than their respective state rates.

From 2005-2009, Dover residents visited the emergency room at a rate of 23,116 visits per 100,000 people, significantly lower than the state rate. The visit rates for injuries and poisonings, respiratory system diseases, and circulatory system diseases were each significantly lower than their corresponding state rates.

HIV/AIDS
The rate of new HIV/AIDS cases diagnosed in Dover for 2009 has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. Estimates indicate no people live with HIV/AIDS in Dover, compared to the statewide rate of 261 per 100,000.

Maternal and Child Health
Dover’s fertility rate is 34.1 births per 1,000 women of childbearing age, with 31 births recorded in 2009. The percentage of babies born at low birth weight (<2500 grams/5.5 pounds) has been suppressed to preserve confidentiality. There were no recorded births to adolescent mothers in 2009 in Dover. 83.9% of mothers received adequate prenatal care, similar to the state as a whole.

Health Access and Behaviors
According to statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data, more Dover residents are estimated to have a personal doctor or have exercised in the past month than the state as a whole. The percentage having had a check up in the past year, or eating five or more servings of fruits or vegetables daily, are both similar to the state.

Mental Health
Statistical analysis estimates that 4.8% of Dover residents have experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

Substance Use and Abuse
The percentage of Dover residents engaging in binge drinking (>5 drinks per occasion for men, >4 for women) or heavy drinking (>60 drinks in the past month for men, >40 for women) are both estimated to be slightly lower than their respective state rates. A significantly lower percentage of Dover residents are estimated to be current smokers than state residents.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 213 per 100,000 people (state: 159/100,000). The rate of admission to treatment for injectable drug use was suppressed to preserve confidentiality (state: 620 per 100,000). The rate of hospitalization for alcohol- and substance-related reasons was 102 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality
Dover’s mortality rates for cancer, heart disease, and injuries and poisonings are all statistically similar to their corresponding state rates. The total mortality rate is 511 per 100,000, significantly lower than the state rate of 699 per 100,000.
Framingham

Demographic Information

As of 2010, Framingham has a population of 68,318. 67.6% of residents are white, 5.5% are black, 6.8% are Asian, 1.6% are multi-racial, and 5.6% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 12.9% of residents are Latino or Hispanic, of any race. One quarter of residents are 55 and older. An estimated 19.4% of residents have a disability.

34.3% of residents speak a language other than English at home. Of these residents, only 51.2% speak English very well. 11.6% of Framingham households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is double the statewide rate of 5.8%.

Between 2006 and 2010 Framingham’s median household income was $65,188, similar to the state’s median household income of $63,961. An estimated 8.1% of Framingham’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits

From 2005-2009, Framingham residents were hospitalized at a rate of 9,826 per 100,000 people, slightly higher than the state rate. The hospitalization rates for cancer and injuries and poisonings were both similar to their respective state rates. The rates for respiratory system diseases (including pneumonia, asthma, and other respiratory infections) and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes) were both slightly lower than their respective state rates.

From 2005-2009, Framingham residents visited the emergency room at a rate of 42,175 visits per 100,000 people, significantly higher than the state rate. The visit rate for injuries and poisonings was similar to the state rate. Visit rates for respiratory system diseases and circulatory system diseases were each significantly higher than their corresponding state rates.

HIV/AIDS

To preserve confidentiality, the rate of new diagnoses of HIV/AIDS in Framingham in 2009 has been suppressed, as fewer than five cases were diagnosed. However, an estimated 296 per 100,000 people in Framingham live with HIV/AIDS, slightly higher than the state rate of 261 per 100,000 people.

Maternal and Child Health

Framingham’s 2009 birth rate was 66.3 births per 1,000 women of childbearing age, with 971 births recorded. Of these births, 7.8% of those born were of low birth weight (<2,500 grams/5.5 pounds), and 5.1% of births were to adolescent mothers, in both cases similar to the state rate. 91.4% of mothers in Framingham received adequate prenatal care, slightly higher than the state as a whole.

Health Access and Behaviors

Statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data estimates that Framingham residents have personal doctors, yearly check ups, and have exercised in the past month at about the same rate as state residents as a whole. 23% of Framingham residents eat five or more servings of fruits and vegetables daily, slightly lower than the state rate of 26%.

Mental Health

An estimated 6.7% of Framingham residents experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

Substance Use and Abuse

Statistical analysis estimates that 10.9% of Framingham residents are current smokers, 14.8% of Framingham residents are estimated to engage in binge drinking (drinks per occasion >5 for men, >4 for women), and 4.3% of residents are estimated to be heavy drinkers (>60 drinks for men in the past month, >30 for women). In all cases these are lower than the corresponding state rates.

From 2008-2010, the rate of admission to publicly funded substance abuse treatment programs for Framingham residents was 1,706 per 100,000 people, significantly higher than the statewide rate of 1,590 per 100,000. The admission rate for injectable drugs was 466 per 100,000, significantly lower than the state rate of 619 per 100,000. The rate of alcohol- and substance-related hospitalizations was 202 per 100,000 for Framingham, lower than the state rate of 272 per 100,000.

Mortality

Framingham’s mortality rates for cancer and injuries and poisonings are both lower than their corresponding state rates. The mortality rate for heart disease is similar to the state rate. Framingham’s total mortality rate is 670 per 100,000 people, similar to the state rate of 699 per 100,000.
Franklin

Demographic Information
As of 2010, Franklin has a population of 31,635. 91.1% of residents are white, 0.8% are black, 4.9% are Asian, 1.0% are multi-racial, and 0.1% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 2.1% of residents are Latino or Hispanic, of any race. More than a quarter of residents are younger than 18. An estimated 18.7% of residents have a disability.

10.9% of residents speak a language other than English at home. Of these residents, 71.8% speak English very well. 2.2% of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is significantly lower than the statewide rate of 5.8%.

Between 2006 and 2010 Franklin’s median household income was $89,330, significantly higher than the state’s median household income of $63,961. However, 2.8% of Franklin’s residents live below the federal poverty level.

Public Health Information
Hospitalizations and ER Visits
From 2005-2009, Franklin residents were hospitalized at a rate of 8,827 per 100,000 people, lower than the state rate. The hospitalization rates for cancer and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes) were each higher than their corresponding state rates. The rate for injuries and poisonings was similar to the state rate. The rate for respiratory system diseases (including pneumonia, asthma, and other respiratory infections) was slightly lower than the state rate.

From 2005-2009, Franklin residents visited the emergency room at a rate of 25,249 visits per 100,000 people, significantly lower than the state rate. The visit rates for injuries and poisonings, respiratory system diseases, and circulatory system diseases were each significantly lower than their corresponding state rates.

HIV/AIDS
The 2009 rate of diagnosis of new HIV/AIDS cases in Franklin has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. Approximately 16 per 100,000 people in Franklin live with HIV/AIDS, compared to the statewide rate of 261 per 100,000.

Maternal and Child Health
As of 2009, Franklin’s fertility rate was 46.4 births per 1,000 women of childbearing age, with 302 births recorded. 8.6% of babies were born at low birth weight (<2500 grams/5.5 pounds), similar to the state rate. The percentage of births to adolescent mothers was suppressed to preserve confidentiality. 88.9% of mothers received adequate prenatal care, similar to the state rate.

Health Access and Behaviors
Survey data estimates that Franklin residents have personal doctors or have had check ups in the past year at similar rates to state residents as a whole. 84% of residents have exercised in the past month, slightly higher than the state. 23% of residents eat five or more servings of fruits or vegetables per day, similar to the state.

Mental Health
Statistical analysis estimates that 6.3% of Franklin residents have experienced 15 or more days of poor mental health in the past month, slightly lower than the state rate of 8.9%.

Substance Use and Abuse
According to statistical analysis, approximately 17% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 5% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both similar to their corresponding state rates. 11.9% of residents are current smokers, lower than the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 647 per 100,000 people (state: 1,590/100,000). The rate of admission to treatment for injectable drug use was 192 per 100,000 (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 156 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality
Franklin’s mortality rates for cancer, heart disease, and injuries and poisonings are all similar to their corresponding state rates. The total mortality rate for Franklin is 706 per 100,000 people, also similar to the state rate of 699 per 100,000.
Holliston

Demographic Information
As of 2010, Holliston has a population of 13,547. Of these residents, 94.7% are white, 0.9% are black, 2.2% are Asian, 0.6% are multi-racial, and 0.7% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 0.9% of residents are Latino or Hispanic, of any race. 29% of residents are age 55 or older. 57% are 40 or older. An estimated 19% of residents have a disability.

8.1% of residents speak a language other than English at home. Of these residents, 62.5% speak English very well. 1.4% of households are linguistically isolated, meaning no one over the age of 14 in the household speaks English very well or as their only language. This is significantly lower than the statewide rate of 5.8%.

Between 2006 and 2010 Holliston’s median household income was $103,600, significantly higher than the state’s median household income of $63,961. However, 3.4% of Holliston’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits
From 2005-2009, Holliston’s total hospitalization rate was 8,876 per 100,000 people, lower than the state rate. The hospitalization rates for cancer, injuries and poisonings, and respiratory system diseases (including pneumonia, asthma, and other respiratory infections) were each similar to their corresponding state rates. However, the hospitalization rate for circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes) was significantly higher than the state rate.

From 2005-2009, Holliston residents visited the emergency room at a rate of 28,569 visits per 100,000 people, significantly lower than the state rate. The visit rates for injuries and poisonings and respiratory system diseases were each significantly lower than their corresponding state rates. The visit rate for circulatory system diseases was similar to the state rate.

HIV/AIDS
The 2009 rate of diagnosis of new HIV/AIDS cases in Holliston has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 43 per 100,000 people in Holliston live with HIV/AIDS. Statewide, an estimated 261 per 100,000 people live with HIV/AIDS.

Maternal and Child Health
As of 2009, Holliston’s fertility rate was 46 births per 1,000 women of childbearing age, with 116 births recorded. 7.8% of these babies were born at low birth weight (<2500 grams/5.5 pounds). The percentage of births to adolescent mothers has been suppressed to preserve confidentiality. 90.5% of mothers received adequate prenatal care.

Health Access and Behaviors
Statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data indicates that similar percentages of Holliston and state residents have personal doctors and check ups in the past year. 85% of residents have exercised in the past month, one of the highest percentages in MetroWest. 24% of residents eat five or more servings of fruits and vegetables per day, similar to the state.

Mental Health
Statistical analysis estimates that 5.8% of Holliston residents have experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

Substance Use and Abuse
According to statistical analysis, approximately 15.1% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 4.9% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both similar to their corresponding state rates. 9.7% of residents are current smokers, significantly lower than the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 528 per 100,000 people (state: 1,590/100,000). The rate of admission to treatment for injectable drug use was suppressed to preserve confidentiality (state: 620/100,000). The rate of hospitalization for alcohol and substance-related reasons was 156 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality
Holliston’s mortality rates for cancer and injuries and poisonings are not significantly different than their corresponding state rates. The mortality rate for heart disease is lower than the state rate. The total mortality rate for Holliston is 769 per 100,000 people, significantly higher than the statewide rate of 699 per 100,000.
Demographic Information
As of 2010, Hopedale has a population of 5,911. 94.5% of residents are white, 0.3% are black, and 2.9% are Asian. 2.3% of residents are Latino or Hispanic, of any race. More than a quarter of residents are 55 and older. Half of the population is 40 or older. An estimated 20.9% of residents have a disability.

8.7% of residents speak a language other than English at home. Of these residents, 79% speak English very well. Less than one percent of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is significantly lower than the statewide rate of 5.8%.

Between 2006 and 2010 Hopedale’s median household income was $97,227, significantly higher than the state’s median household income of $63,961. However, 4% of Hopedale’s residents live below the federal poverty level.

Public Health Information
Hospitalizations and ER Visits
From 2005-2009, Hopedale’s total hospitalization rate was 8,381 per 100,000 people, significantly lower than the state rate. The hospitalization rates for cancer, injuries and poisonings, and respiratory system diseases (including pneumonia, asthma, and other respiratory infections) were each similar to their corresponding state rates. However, the hospitalization rate for circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes) was significantly lower than the state rate.

From 2005-2009, Hopedale residents visited the emergency room at a rate of 33,838 visits per 100,000 people, significantly lower than the state rate. The visit rates for injuries and poisonings and circulatory system diseases were similar to their respective state rates, while the visit rate for respiratory system diseases was significantly lower than the state rate.

HIV/AIDS
The rate of diagnosis of new HIV/AIDS cases in Hopedale for 2009 has been suppressed to preserve confidentiality, as few than five cases were diagnosed. The number of people living with HIV/AIDS in Hopedale has also been suppressed for confidentiality. Statewide, an estimated 261 per 100,000 people live with HIV/AIDS.

Maternal and Child Health
As of 2009, Hopedale’s fertility rate was 41.2 births per 1,000 women of childbearing age, with 51 births recorded. The percentage of babies born at low birth weight (<2500 grams/5.5 pounds), as well as the percentage born to adolescent mothers, has been suppressed to preserve confidentiality. 92.3% of mothers received adequate prenatal care, significantly higher than the state rate.

Health Access and Behaviors
Statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data estimates that similar numbers of Hopedale residents and state residents as a whole have personal doctors, had a check up in the past year, and have exercised in the past month. 22% of residents eat five or more servings of fruits or vegetables per day, slightly lower than the state rate.

Mental Health
Statistical analysis estimates that 6.8% of Hopedale residents have experienced 15 or more days of poor mental health in the past month, slightly lower than the state rate of 8.9%.

Substance Use and Abuse
Statistical analysis estimates 15.3% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 4.9% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both similar to their corresponding state rates. 12.5% of residents are current smokers, slightly lower than the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 834 per 100,000 people (state: 1,590/100,000). The rate of admission to treatment for injectable drug use was 241 per 100,000 (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 121 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality
The cancer mortality rate for Hopedale is significantly lower than the state rate. Hopedale’s mortality rates for heart disease and injuries and poisonings are each similar to their corresponding state rate. Hopedale’s total mortality rate is 600 per 100,000 people, lower than the state rate of 699 per 100,000.
Demographic Information
As of 2010, Hopkinton has a population of 14,925. 94.9% of residents are white, 3.2% are Asian, and 0.9% are multi-racial. 1% of residents are Latino or Hispanic, of any race. A third of residents are younger than 18. An estimated 17.4% of residents have a disability.

6.3% of residents speak a language other than English at home. Of these residents, 75.9% speak English very well. 1.1% of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is significantly lower than the statewide rate of 5.8%.

Between 2006 and 2010 Hopkinton’s median household income was $120,240, nearly double the state’s median household income of $63,961. However, 1.7% of Hopkinton’s residents live below the federal poverty level.

Public Health Information
Hospitalizations and ER Visits
From 2005-2009, Hopkinton’s total hospitalization rate was 8,082 per 100,000 people, significantly lower than the statewide rate. The hospitalization rates for cancer, injuries and poisonings, and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes) were not significantly different than their corresponding state rates. However, the hospitalization rate for respiratory system diseases (including pneumonia, asthma, and other respiratory infections) was significantly lower than the state rate.

From 2005-2009, Hopkinton residents visited the emergency room at a rate of 26,147 visits per 100,000 people, significantly lower than the state rate. The visit rates for injuries and poisonings, respiratory system diseases, and circulatory system diseases were also each significantly lower than their corresponding state rates.

HIV/AIDS
The 2009 rate of diagnosis of new HIV/AIDS cases in Hopkinton has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. Approximately 50 per 100,000 people in Hopkinton live with HIV/AIDS. Statewide, an estimated 261 per 100,000 people live with HIV/AIDS.

Maternal and Child Health
As of 2009, Hopkinton’s fertility rate was 47.2 births per 1,000 women of childbearing age, with 131 births recorded. 6% of babies were born at low birth weight (<2500 grams/5.5 pounds), similar to the state rate. There were no recorded births to adolescent mothers. 97.7% of mothers received adequate prenatal care, significantly higher than the state rate.

Health Access and Behaviors
Survey data estimates that similar numbers of Hopkinton residents and state residents have personal doctors and have had check ups in the past year. 86% of residents have exercised in the past month, significantly higher than the state. 25% of residents eat five or more servings of fruits or vegetables per day, similar to the state.

Mental Health
Statistical analysis estimates that 5.5% of Hopkinton residents have experienced 15 or more days of poor mental health in the past month, slightly lower than the state rate of 8.9%.

Substance Use and Abuse
According to statistical analysis, approximately 16.1% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 4.8% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both similar to their corresponding state rates. 8.9% of residents are current smokers, significantly lower than the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 1,046 per 100,000 people (state: 1,590/100,000). The rate of admission to treatment for injectable drug use was 242 per 100,000 (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 131 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality
Hopkinton’s mortality rates for cancer, heart disease, and injuries and poisonings are all similar to their respective state rates. The total mortality rate for Hopkinton is 695 per 100,000 people, similar to the state rate of 699 per 100,000.
Demographic Information

As of 2010, Hudson has a population of 19,063. 89.6% of residents are white, 0.4% are black, 2.7% are Asian, 2.7% are multi-racial, and 0.9% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 3.7% of residents are Latino or Hispanic, of any race. Over a quarter of residents are 55 and older. An estimated 20.5% of residents have a disability.

21.4% of residents speak a language other than English at home. Of these residents, only 49.3% speak English very well. 7.8% of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is higher than the statewide rate of 5.8%.

Between 2006 and 2010 Hudson’s median household income was $67,447, slightly higher than the state’s median household income of $63,961. An estimated 4.5% of Hudson’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits

From 2005-2009, Hudson’s total hospitalization rate was 8,855 per 100,000 people, significantly lower than the state rate. The hospitalization rate for cancer was similar to the state rate. The hospitalization rates for injuries and poisonings and respiratory system diseases (including pneumonia, asthma, and other respiratory infections) were significantly lower than their corresponding state rates. However, the rate for circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes) is significantly higher than the state rate.

From 2005-2009, Hudson residents visited the emergency room at a rate of 34,921 visits per 100,000 people, significantly lower than the state rate. The visit rate for injuries and poisonings was similar to the state rate. The rate for respiratory system diseases was lower than the state rate, and the rate for circulatory system diseases was higher than the state rate.

HIV/AIDS

The rate of new HIV/AIDS cases diagnosed in Hudson in 2009 has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. Approximately 80 per 100,000 people in Hudson live with HIV/AIDS, compared to the state rate of 261 per 100,000.

Maternal and Child Health

As of 2009, Hudson’s fertility rate was 59.6 births per 1,000 women of childbearing age, with 223 births recorded. 9% of babies were born at low birth weight (<2500 grams/5.5 pounds), higher than the state rate. 6.3% of births were to adolescent mothers, and 83.8% of mothers received adequate prenatal care, both similar to their respective state rates.

Health Access and Behaviors

Survey data indicates that approximately 91% of Hudson residents have a personal doctor, and 74% have had a check up within the past year, similar to the state as a whole. 81% of residents have exercised in the past month, also similar to state residents as a whole. 22% of residents eat five or more servings of fruits or vegetables per day, somewhat lower than the state rate.

Mental Health

Statistical analysis estimates that 7% of Hudson residents have experienced 15 or more days of poor mental health in the past month, similar to the state rate of 8.9%.

Substance Use and Abuse

Statistical analysis estimates 15.7% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 5% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both lower than their corresponding state rates. 12.8% of residents are current smokers, also slightly lower than in the state as a whole.

From 2008-2010, the rate of admission to publicly funded substance abuse programs for Hudson was 647 per 100,000 people (state: 1,590/100,000). The rate of admission to treatment for injectable drug use was 127 per 100,000 (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 136 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality

Hudson’s mortality rates for cancer and heart disease are each similar to their corresponding state rates. The mortality rate for injuries and poisonings is slightly lower than the state rate. The total mortality rate for Hudson is 661 per 100,000 people, similar to the state rate of 699 per 100,000.
Marlborough

Demographic Information
As of 2010, Marlborough has a population of 38,499. 80% of residents are white, 2.1% are black, 5.6% are Asian, 1.7% are multi-racial, and 0.6% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 10% of residents are Latino or Hispanic, of any race. Nearly a quarter of residents are 55 and older. An estimated 19.7% of residents have a disability.

23.5% of residents speak a language other than English at home. Of these residents, only 57.5% speak English very well. 5% of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is similar to the statewide rate of 5.8%.

Between 2006 and 2010 Marlborough’s median household income was $71,617, higher than the state’s median household income of $63,961. However, 6.9% of Marlborough’s residents live below the federal poverty level.

Public Health Information
Hospitalizations and ER Visits
From 2005-2009, Marlborough’s total hospitalization rate was 9,880 per 100,000 people, significantly higher than the state rate. The hospitalization rate for circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes) is also significantly higher than the state rate. The hospitalization rates for injuries and poisonings and respiratory system diseases (including pneumonia, asthma, and other respiratory infections) were each significantly lower than their corresponding state rates. The rate for cancer was similar to the state rate.

From 2005-2009, Marlborough residents visited the emergency room at a rate of 40,723 visits per 100,000 people, significantly higher than the state rate. The rates for injuries and poisoning, respiratory system diseases, and circulatory system diseases were also significantly higher than their corresponding state rates.

HIV/AIDS
The rate of new HIV/AIDS cases diagnosed in Marlborough for 2009 has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. Approximately 132 per 100,000 people in Marlborough live with HIV/AIDS; statewide, the rate is 261 per 100,000.

Maternal and Child Health
As of 2009, Marlborough’s fertility rate was 66.6 births per 1,000 women of childbearing age, with 524 births recorded. 6.4% of babies were born at low birth weight (<2500 grams/5.5 pounds), similar to the state rate. 4.2% of births were to adolescent mothers. 86.6% of mothers received adequate prenatal care, also similar to the state rate.

Health Access and Behaviors
Statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data estimates that 90% of Marlborough residents have a personal doctor, and 73% have had a check up within the past year, similar to the state as a whole. 81% of residents have exercised in the past month, also similar to the state. 22% of residents eat five or more servings of fruits and vegetables per day, somewhat lower than the state rate.

Mental Health
Statistical analysis estimates that 7% of Marlborough residents have experienced 15 or more days of poor mental health in the past month, similar to the state rate of 8.9%.

Substance Use and Abuse
According to statistical analysis, approximately 15.9% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 4.7% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both similar to their corresponding state rates. 12.3% of residents are current smokers, lower than the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 1,009 per 100,000 people (state: 1,590/100,000). The rate of admission to treatment for injectable drug use was 261 per 100,000 (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 147 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality
Marlborough’s mortality rates for cancer and injuries and poisonings are similar to their respective state rates. The mortality rate for heart disease is slightly higher than the state rate. The total mortality rate is 767 per 100,000 people, significantly higher than the state rate of 699 per 100,000.
Marlborough

Population by Race/Ethnicity

- White: 90.0%
- Black: 2.1%
- Asian: 5.6%
- Latino: 10.0%
- Multi-Racial: 1.7%
- Other: 0.6%

Population by Age

- Under 18: 21%
- 18-24: 6%
- 25-39: 24%
- 40-54: 26%
- 55-64: 17%
- 65 and Older: 12%

Maternal & Child Health

- Low Birth Weight: Marlborough 4.4%, State 8.0%
- Babies Due to Addictions: Marlborough 3.2%, State 7.3%
- Neonatal-Perinatal Mortality: Marlborough 8.6%, State 4.3%

Health Access & Behaviors

- Has a Personal Doctor: Marlborough 80.0%, State 84.6%
- Had Check-Up in the Past Year: Marlborough 78.0%, State 80.0%
- Exercised in the Past Month: Marlborough 71.0%, State 71.0%
- ER Visits: Marlborough 4.5, State 8.0

Hospitalizations

- Total Hospitalizations: Marlborough 9,444, State 18,844
- Heart: Marlborough 365, State 1,195
- Injuries/Poisoning: Marlborough 695, State 1,407
- Respiratory Disease: Marlborough 929, State 2,058
- Circulatory System Disease: Marlborough 1,183, State 2,534

Substance Use & Abuse

- Marlborough: Engage in Heavy Drinking 6.3, Engage in Drug Using 7.9, Current Smoker 1.7
- State: Engage in Heavy Drinking 3.6, Engage in Drug Using 18.9, Current Smoker 9.3

ER Visits

- Total ER Visits: Marlborough 5,590, State 18,847
- Injuries/Poisoning: Marlborough 943, State 1,407
- Respiratory Disease: Marlborough 599, State 2,058
- Circulatory System Disease: Marlborough 719, State 1,530

Mortality

- Marlborough: Cancer 991, Heart Disease 866, Injuries/Poisoning 51
- State: Cancer 450, Heart Disease 856, Injuries/Poisoning 41
Demographic Information

As of 2010, Medfield has a population of 12,752. 93.5% of residents are white, 0.4% are black, 2.3% are Asian, and 1.1% are multi-racial. 2.5% of residents are Latino or Hispanic, of any race. One third of residents are younger than 18. An estimated 18.4% of residents have a disability.

7.5% of residents speak a language other than English at home. Of these residents, 80.7% speak English very well. An estimated 0.4% of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is significantly lower than the statewide rate of 5.8%.

Between 2006 and 2010 Medfield’s median household income was $126,048, nearly double the state’s median household income of $63,961. However, 1.4% of Medfield’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits

From 2005-2009, Medfield had a total hospitalization rate of 7,487 per 100,000 people, significantly lower than the state rate. The hospitalization rate for cancer is slightly higher than the state rate. However, the hospitalization rates for injuries and poisonings, circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes), and respiratory system diseases (including pneumonia, asthma, and other respiratory infections) were each significantly lower than their corresponding state rates.

From 2005-2009, Medfield residents visited the emergency room at a rate of 22,373 visits per 100,000 people, significantly lower than the statewide rate. The visit rates for injuries and poisonings, respiratory system diseases, and circulatory system diseases were each significantly lower than their corresponding state rates.

HIV/AIDS

The rate of diagnosis of new HIV/AIDS cases in Medfield for 2009 has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 49 per 100,000 people in Medfield live with HIV/AIDS, significantly lower than the state rate of 261 per 100,000.

Maternal and Child Health

As of 2009, Medfield’s fertility rate was 33.2 births per 1,000 women of childbearing age, with 72 births recorded. 6.9% of babies were born at low birth weight (<2500 grams/5.5 pounds), similar to the state rate. There were no births to adolescent mothers recorded in 2009. 90.3% of mothers received adequate prenatal care, higher than the state rate.

Health Access and Behaviors

Survey data estimates that 93% of Medfield residents have a personal doctor, and 75% have had a check up within the past year, similar to the state as a whole. 86% of residents have exercised in the past month, significantly higher than the state. The percentage of residents eating five or more servings of fruits or vegetables daily is similar to the state as a whole.

Mental Health

Statistical analysis estimates that 5.3% of Medfield residents have experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

Substance Use and Abuse

According to statistical analysis, approximately 14.7% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 4.8% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both similar to their corresponding state rates. 8.5% of residents are current smokers, significantly lower than the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 381 per 100,000 people (state: 1,590/100,000). The rate of admission to treatment for injectable drug use was suppressed to preserve confidentiality (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 174 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality

Medfield’s mortality rates for cancer, heart disease, and injuries and poisonings are all similar to their corresponding state rates. The total mortality rate is 606 per 100,000, lower than the statewide rate of 699 per 100,000.
**Demographic Information**

As of 2010, Medway has a population of 12,752. 92.7% of residents are white, 0.9% are black, 3% are Asian, and 1.2% are multi-racial. 2.2% of residents are Latino or Hispanic, of any race. One quarter of residents are 55 or older. More than one quarter are younger than 18. An estimated 19.4% of residents have a disability. 8.9% of residents speak a language other than English at home. Of these residents, only 68.8% speak English very well. 1.7% of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is significantly lower than the statewide rate of 5.8%.

Between 2006 and 2010 Medway’s median household income was $102,002, significantly higher than the state’s median household income of $63,961. An estimated 2.3% of Medway’s residents live below the federal poverty level.

**Public Health Information**

**Hospitalizations and ER Visits**

From 2005-2009, Medway’s total hospitalization rate was 8,719 per 100,000 people, lower than the statewide rate. Hospitalization rates for cancer, injuries and poisonings, and respiratory system diseases (including pneumonia, asthma, and other respiratory infections) were similar to their corresponding state rates. However, the hospitalization rate for circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes) was higher than the state rate.

From 2005-2009, Medway residents visited the emergency room at a rate of 28,195 visits per 100,000 people, significantly lower than the statewide rate. The visit rates for injuries and poisonings and respiratory system diseases were both significantly lower than their corresponding state rates, while the rate for circulatory system diseases was similar to the state rate.

**HIV/AIDS**

The rate of new HIV/AIDS infections in 2009 for Medway has been suppressed for confidentiality reasons, as fewer than five cases were diagnosed. An estimated 63 per 100,000 people in Medway live with HIV/AIDS, compared to the statewide rate of 261 per 100,000.

**Maternal and Child Health**

In 2009, Medway’s fertility rate was 44 births per 1,000 women of childbearing age, with 113 births recorded. 8% of babies were born at low birth weight (<2500 grams/5.5 pounds), similar to the state rate. The percentage of births to adolescent mothers was suppressed to preserve confidentiality. 92.7% of mothers received adequate prenatal care, higher than the state.

**Health Access and Behaviors**

Statistical analysis of census, American Community Survey and Massachusetts Behavioral Risk Factor Survey data estimates that 92% of Medway residents have a personal doctor, and 74% have had a check up within the past year, similar to the state as a whole. 84% of residents have exercised in the past month, higher than the state. 23% of residents eat five or more servings of fruits or vegetables per day, similar to the state.

**Mental Health**

Statistical analysis estimates that 6.4% of Medway residents have experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

**Substance Use and Abuse**

Statistical analysis estimates that 16.2% of Medway residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 5% engage in heavy drinking (>60 drinks in the past month for men, >40 for women). Both of these are similar to their corresponding state rates. 11.4% of residents are current smokers, slightly lower than the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 524 per 100,000 people, significantly lower than the corresponding state rate of 1,590 per 100,000. The rate of admission to treatment for injectable drug use was 94 per 100,000 (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 104 per 100,000, lower than the state rate of 272 per 100,000.

**Mortality**

Medway’s mortality rate for cancer is slightly higher than the state rate. The rates for heart disease and injuries and poisonings are similar to their corresponding state rates. The total mortality rate is 740 per 100,000 people, higher than the state rate of 699 per 100,000.
Mendon

Demographic Information
As of 2010, Mendon has a population of 5,839. 93.3% of residents are white, 0.5% are black, 0.4% are Asian, 1.4% are multi-racial, and 0.5% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 3.9% of residents are Latino or Hispanic, of any race. More than one quarter of residents are younger than 18. An estimated 20.2% of residents have a disability.

6.2% of residents speak a language other than English at home. Of these residents, 84.7% speak English very well. An estimated 0.5% of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their first language. This is significantly lower than the statewide rate of 5.8%.

Between 2006 and 2010 Mendon’s median household income was $102,625, significantly higher than the state’s median household income of $63,961. An estimated 4% of Mendon’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits
From 2005-2009, Mendon had a total hospitalization rate of 7,913 per 100,000 people, significantly lower than the state rate. Hospitalization rates for cancer, injuries and poisonings, respiratory system diseases (including pneumonia, asthma, and other respiratory infections), and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes) were all statistically similar to their corresponding state rates.

From 2005-2009, Mendon residents visited the emergency room at a rate of 29,260 visits per 100,000 people, significantly lower than the statewide rate. The visit rates for injuries and poisonings and respiratory system diseases were both significantly lower than their corresponding state rates. The visit rate for circulatory system diseases was similar to the state rate.

HIV/AIDS
The rate of diagnosis of new HIV/AIDS cases in Mendon for 2009 has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. The number of people living with HIV/AIDS in Mendon has also been suppressed for confidentiality purposes. Statewide, an estimated 261 per 100,000 people live with HIV/AIDS.

Maternal and Child Health
In 2009, Mendon’s fertility rate was 42 births per 1,000 women of childbearing age, with 49 births recorded. The percentage of babies born at low birth weight (<2500 grams/5.5 pounds) was suppressed to preserve confidentiality. There were no recorded births to adolescent mothers. 95.8% of mothers received adequate prenatal care, higher than the state rate.

Health Access and Behaviors
Statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data estimates that 92% of Mendon residents have a personal doctor, and 74% have had a check up within the past year, similar to the state as a whole. 83% of residents have exercised in the past month, also similar to state rates. 22% of residents eat five or more servings of fruits or vegetables per day, slightly lower than the state rate.

Mental Health
Statistical analysis estimates that 6.8% of Mendon residents have experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

Substance Use and Abuse
Statistical analysis estimates that 16.6% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 5.2% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both similar to their corresponding state rates. 12.7% of residents are current smokers, also similar to the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 679 per 100,000 people (state: 1,590/100,000). The rate of admission to treatment for injectable drug use was suppressed for confidentiality purposes (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 71 per 100,000 (state: 272/100,000). All are significantly lower than their respective state rates.

Mortality
Mendon’s mortality rates for cancer, heart disease, and injuries and poisonings are all similar to their respective statewide rates. The total mortality rate is 641 per 100,000 people, also similar to the statewide rate of 699 per 100,000.
Demographic Information

As of 2010, Milford has a population of 27,999. 82.7% of residents are white, 1.3% are black, 1.7% are Asian, 1.5% are multi-racial, and 2.2% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 10.6% of residents are Latino or Hispanic, of any race. Nearly a quarter of residents are 55 and older. Just over half of residents are younger than 40. An estimated 20.3% of residents have a disability.

24.8% of residents speak a language other than English at home. Of these residents, only 50% speak English very well. 9.2% of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is higher than the statewide rate of 5.8%.

Between 2006 and 2010 Milford’s median household income was $66,636, similar to the state’s median household income of $63,961. An estimated 7.2% of Milford’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits

From 2005-2009, Milford’s total hospitalization rate was 10,141 per 100,000 people, significantly higher than the state rate. The hospitalization rate for cancer was similar to the statewide rate. Hospitalization rates for injuries and poisonings, respiratory system diseases (including pneumonia, asthma, and other respiratory infections), and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes) were each higher than their corresponding state rates.

From 2005-2009, Milford residents visited the emergency room at a rate of 41,847 visits per 100,000 people, significantly higher than the statewide rate. The visit rates for injuries and poisonings, respiratory system diseases, and circulatory system diseases were each significantly higher than their respective state rate.

HIV/AIDS

The rate of diagnosis of new HIV/AIDS cases in Milford for 2009 has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 80 per 100,000 people live with HIV/AIDS in Milford, compared to the statewide rate of 261 per 100,000.

Maternal and Child Health

In 2009, Milford’s fertility rate was 62.7 births per 1,000 women of childbearing age, with 364 births recorded. 5.8% of babies were born at low birth weight (<2500 grams/5.5 pounds), lower than the state rate. 3% of births were to adolescent mothers. 86.3% of mothers received adequate prenatal care, similar to the state rate.

Health Access and Behaviors

Statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data estimates that 90% of Milford residents have a personal doctor, and 74% have had a check up within the past year, similar to the state as a whole. Similar percentages of Milford and state residents have exercised in the past month. 22% of residents eat five or more servings of fruits or vegetables per day, lower than the statewide rate.

Mental Health

An estimated 7.3% of Milford residents have experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

Substance Use and Abuse

Statistical analysis estimates that 16.2% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 4.9% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both similar to their corresponding state rates. 13.3% of residents are current smokers, also similar to the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs for Milford residents was 767 per 100,000 people (state: 1,590/100,000). The rate of admission to treatment for injectable drug use was 196 per 100,000 (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 160 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality

Milford’s mortality rates for cancer and injuries and poisonings are each similar to their corresponding state rate. The mortality rate for heart disease is slightly higher than the state. The total mortality rate is 661 per 100,000 people, similar to the state rate of 699 per 100,000.
Millis

Demographic Information
As of 2010, Millis has a population of 7,891. 93.8% of residents are white, 1.6% are Asian, and 1% are multi-racial. 3.7% of residents are Latino or Hispanic, of any race. A quarter of residents are age 55 or older. Another quarter of residents are younger than 18. An estimated 19.7% of residents have a disability.

8.6% of residents speak a language other than English at home. Of these residents, 76% speak English very well. Less than one percent of households are linguistically isolated, meaning no one older than 14 in the household speaks English very well or as their only language. Statewide, 5.8% of households are linguistically isolated.

Between 2006 and 2010 Millis’s median household income was $85,472, significantly higher than the state’s median household income of $63,961. An estimated 2.9% of Millis’s residents live below the federal poverty level.

Public Health Information
Hospitalizations and ER Visits
From 2005-2009, Millis had a total hospitalization rate of 9,299 per 100,000 people, similar to the state rate. The hospitalization rates for cancer, injuries and poisonings, and circulatory system diseases (including heart attacks, hypertension, heart failure, and transient ischemic attacks/mini-strokes) were similar to their corresponding state rates. The hospitalization rate for respiratory system diseases (including pneumonia, asthma, and other respiratory infections) was significantly lower than the state rate.

From 2005-2009, Millis residents visited the emergency room at a rate of 26,584 visits per 100,000 people, significantly lower than the statewide rate. Visit rates for injuries and poisonings, respiratory system diseases, and circulatory system diseases were each significantly lower than their corresponding state rates.

HIV/AIDS
The rate of diagnosis of new HIV/AIDS cases in Millis for 2009 has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 88 per 100,000 people live with HIV/AIDS in Millis. Statewide, an estimated 261 per 100,000 people live with HIV/AIDS.

Maternal and Child Health
In 2009, Millis’s fertility rate was 52.9 births per 1,000 women of childbearing age, with 84 births recorded. 9.4% of babies were born at low birth weight (<2500 grams/5.5 pounds), higher than the state rate. The percentage of births to adolescent mothers has been suppressed to preserve confidentiality. 92.8% of mothers received adequate prenatal care, significantly higher than the state rate. Compared to the state.

Health Access and Behaviors
Survey data estimates 92% of Millis residents have a personal doctor, and 74% have had a check up within the past year. 83% of residents have exercised in the past month. 23% of residents eat five or more servings of fruits or vegetables per day. All are similar to their corresponding state rates.

Mental Health
Statistical analysis indicates that 6.5% of Millis residents have experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

Substance Use and Abuse
Statistical analysis indicates that 15.8% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 5% engage in heavy drinking(>60 drinks in the past month for men, >40 for women), both similar to their corresponding state rates. 11.4% of residents are current smokers, lower than the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 541 per 100,000 people, significantly lower than the corresponding state rate of 1,590 per 100,000. The rate of admission to treatment for injectable drug use was suppressed to preserve confidentiality (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 225 per 100,000, similar to the state rate of 272 per 100,000.

Mortality
Millis’s mortality rate for cancer is similar to the statewide rate. The mortality rate for heart disease is higher than the state rate, while the rate for injuries and poisonings is slightly lower than the state rate. Millis’s total mortality rate is 769 per 100,000 people, significantly higher than the statewide rate of 699 per 100,000.
Natick

**Demographic Information**

As of 2010, Natick has a population of 33,006. 85% of residents are white, 2.5% are black, 7.4% are Asian, 1.3% are multi-racial, and 0.9% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 2.9% of residents are Latino or Hispanic, of any race. A quarter of residents are 55 and older. Half are 40 or older. An estimated 18.5% of residents have a disability.

16.3% of residents speak a language other than English at home. Of these residents, only 68% speak English very well. 4% of households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. Statewide, 5.8% of households are linguistically isolated.

Between 2006 and 2010 Natick’s median household income was $87,568, higher than the state’s median household income of $63,961. However, 2.8% of Natick’s residents live below the federal poverty level.

**Public Health Information**

**Hospitalizations and ER Visits**

From 2005-2009, Natick’s total hospitalization rate was 8,879 per 100,000 people, significantly lower than the state rate. The hospitalization rates for cancer, injuries and poisonings, respiratory system diseases (including pneumonia, asthma, and other respiratory infections), and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes) were each similar to their respective state rates.

From 2005-2009, Natick residents visited the emergency room at a rate of 30,194 visits per 100,000 people, significantly lower than the statewide rate. Visit rates for injuries and poisonings, respiratory system diseases, and circulatory system diseases were each significantly lower than their respective state rates.

**HIV/AIDS**

The 2009 rate of diagnosis of new HIV/AIDS cases in Natick has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 75 per 100,000 people live with HIV/AIDS in Natick, compared to the statewide rate of 261 per 100,000.

**Maternal and Child Health**

In 2009, Natick’s fertility rate was 66.3 births per 1,000 women of childbearing age, with 428 births recorded. 8.8% of these babies were born at low birth weight (<2500 grams/5.5 pounds), similar to the state rate. 1.4% of births were to adolescent mothers, significantly lower than the state rate. 91.7% of mothers received adequate prenatal care, significantly higher than the state rate.

**Health Access and Behaviors**

Statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data estimates 92% of Natick residents have a personal doctor, and 74% have had a check up within the past year, similar to state rates. 84% of residents have exercised in the past month, slightly higher than the state rate. 24% of residents eat five or more servings of fruits or vegetables per day, slightly lower than the state rate.

**Mental Health**

Statistical analysis indicates that 5.8% of Natick residents have experienced 15 or more days of poor mental health in the past month, significantly lower than the state rate of 8.9%.

**Substance Use and Abuse**

Statistical analysis indicates that 14.4% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 4.5% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both lower than their corresponding state rates. 9.3% of residents are current smokers, significantly lower than the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 652 per 100,000 people (state: 1,590/100,000). The rate of admission to treatment for injectable drug use was 141 per 100,000 (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 177 per 100,000 (state: 272/100,000). All are significantly lower than their respective state rates.

**Mortality**

Natick’s mortality rate for injuries and poisonings is significantly lower than the state rate. The mortality rates for cancer and heart disease are each similar to their respective state rates. Natick’s total mortality rate is 631 per 100,000 people, lower than the state rate of 699 per 100,000.
Demographic Information
As of 2010, Needham has a population of 28,886. 88.7% of residents are white, 1.5% are black, 6.4% are Asian, 1.1% are multi-racial, and 0.3% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 1.9% of residents are Latino or Hispanic, of any race. More than a quarter of residents are 55 or older. An estimated 18.6% of residents have a disability.

14.5% of residents speak a language other than English at home. Of these residents, 74% speak English very well. 3% of households are linguistically isolated, meaning no one older than 14 in the household speaks English very well or as their only language. This is lower than the state rate of 5.8%.

Between 2006 and 2010 Needham’s median household income was $114,365, significantly higher than the state’s median household income of $63,961. However, 2.5% of Needham’s residents live below the federal poverty level.

Public Health Information
Hospitalizations and ER Visits
From 2005-2009, Needham’s total hospitalization rate was 8,078 per 100,000 people, significantly lower than the state rate. Also significantly lower than their corresponding statewide rates were the rates of hospitalization for injuries and poisonings, respiratory system diseases (including pneumonia, asthma, and other respiratory infections), and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attacks/mini-strokes). The hospitalization rate for cancer was similar to the state rate.

From 2005-2009, Needham residents visited the emergency room at a rate of 23,800 visits per 100,000 people, significantly lower than the state rate. Visit rates for injuries and poisonings, respiratory system diseases, and circulatory system diseases were each significantly lower than their corresponding state rates.

HIV/AIDS
The rate of new HIV/AIDS cases diagnosed in Needham in 2009 has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 28 per 100,000 people live with HIV/AIDS in Needham, lower than the state rate of 261 per 100,000.

Maternal and Child Health
In 2009, Needham’s fertility rate was 62.2 births per 1,000 women of childbearing age, with 296 births recorded. 5% of babies were born at low birth weight (<2500 grams/5.5 pounds), lower than the state rate. In 2009, there were no recorded births to adolescent mothers. 89.9% of mothers received adequate prenatal care, higher than the state rate.

Health Access and Behaviors
Statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data estimates that 93% of Needham residents have a personal doctor, and 76% have had a check up within the past year. 86% of residents have exercised in the past month. 26% of residents eat five or more servings of fruits or vegetables per day. All are similar to their corresponding state rates

Mental Health
Statistical analysis indicates that 4.8% of Needham residents have experienced 15 or more days of poor mental health in the past month, significantly lower than the state rate of 8.9%.

Substance Use and Abuse
According to statistical analysis, 12.6% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 4.2% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both lower than their corresponding state rates. 7.2% of residents are current smokers, significantly lower than the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 236 per 100,000 people (state: 1,590/100,000), and the rate of admission to treatment for injectable drug use was 53 per 100,000 (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 176 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality
Needham’s mortality rates for cancer and heart disease are each significantly lower than their respective statewide rates. The mortality rate for injuries and poisonings is similar to the state rate. The total mortality rate for Needham is 535 per 100,000 people, significantly lower than the state rate of 699 per 100,000.
Norfolk

Demographic Information
As of 2010, Norfolk has a population of 11,227. 85.6% of residents are white, 5.3% are black, 1.2% are Asian, 1.3% are multiracial, and 0.4% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 6.2% of residents are Latino or Hispanic, of any race. Half of residents are age 40 or older.

13% of residents speak a language other than English at home. Of these residents, 64% speak English very well. An estimated 0.4% of households in Norfolk are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is significantly lower than the state rate of 5.8%.

Between 2006 and 2010 Norfolk’s median household income was $113,266, significantly higher than the state’s median household income of $63,961. However, 1.1% of Norfolk’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits
From 2005-2009, Norfolk had a total hospitalization rate of 9,148 per 100,000 people, similar to the state rate. The hospitalization rates for cancer and injuries and poisonings were also similar to their respective state rates. The rate for respiratory system diseases (including pneumonia, asthma, and other respiratory infections) was lower than the state rate. However, the hospitalization rate for circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attack mini-stroke) was significantly higher than the state rate.

From 2005-2009, Norfolk residents visited the emergency room at a rate of 22,430 visits per 100,000 people, significantly lower than the state rate. Visit rates for injuries and poisonings and respiratory system diseases were also each significantly lower than their respective state rates. The visit rate for circulatory system diseases was similar to the state rate.

HIV/AIDS
The 2009 rate of new HIV/AIDS infections for Norfolk has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 57 per 100,000 people in Norfolk live with HIV/AIDS, significantly lower than the state rate of 261 per 100,000.

Maternal and Child Health
In 2009, Norfolk had a fertility rate of 52.7 births per 1,000 women of childbearing age, with 82 births recorded. 11% of these babies were born at low birth weight (<2500 grams/5.5 pounds), higher than the state rate. The percentage of births to adolescent mothers was suppressed to preserve confidentiality. The percentage of mothers receiving adequate prenatal care in Norfolk was significantly higher than the statewide percentage.

Substance Use and Abuse
From 2008-2010, Norfolk residents were admitted to publicly funded substance abuse treatment programs at a rate of 676 per 100,000 people, significantly lower than the state rate. The rate of admission to treatment for injectable drug use was also significantly lower than the state rate. Norfolk residents were hospitalized for alcohol- or drug-related reasons at a rate similar to the state as a whole.

Mortality
Norfolk’s cancer mortality rate is significantly higher than the state rate. The mortality rates for heart disease and injuries and poisonings are both similar to their respective state rate. Norfolk’s total mortality rate is 889 per 100,000 people, significantly higher than the state rate of 699 per 100,000.

Note:
Statistical estimates using Massachusetts Behavioral Risk Factor Survey data are not available for Norfolk, as a result of the prison population being a relatively large portion of the town population.
Demographic Information

As of 2010, Northborough has a population of 14,155. 85.9% of residents are white, 0.3% are black, 7.5% are Asian, 2.0% are multi-racial, and 0.5% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 3.8% of residents are Latino or Hispanic, of any race. More than a quarter of residents are younger than 18, while another quarter are 55 or older. An estimated 18.1% of residents have a disability.

14.2% of residents speak a language other than English at home. Of these residents, 67.6% speak English very well. 1.2% of households are linguistically isolated, meaning no one older than 14 speaks English very well or as their only language. Statewide, 5.8% of households are linguistically isolated.

Between 2006 and 2010 Northborough’s median household income was $102,969, significantly higher than the state’s median household income of $63,961. However, 2.8% of Northborough’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits

From 2005-2009, Northborough’s total hospitalization rate was 8,079 per 100,000 people, significantly lower than the state rate. The hospitalization rates for cancer, circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attack/mini-stroke), respiratory system diseases (including pneumonia, asthma, and other respiratory infections), and injuries and poisonings were each similar to their corresponding state rates.

From 2005-2009, Northborough residents visited the emergency room at a rate of 22,204 visits per 100,000 people, significantly lower than the statewide rate. Visit rates for injuries and poisonings, respiratory system diseases, and circulatory system diseases were also each significantly lower than their corresponding state rates.

HIV/AIDS

The 2009 rate of new HIV/AIDS cases diagnosed in Northborough has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 49 per 100,000 people live with HIV/AIDS in Northborough. Statewide, an estimated 261 per 100,000 people live with HIV/AIDS.

Maternal and Child Health

In 2009, Northborough’s fertility rate was 41.6 births per 1,000 women of childbearing age, with 121 births recorded. The percentage of babies born at low birth weight (<2500 grams/5.5 pounds) was similar to the state as a whole. The percentage of births to adolescent mothers was suppressed to preserve confidentiality. 90.2% of mothers received adequate prenatal care, significantly higher than the state.

Health Access and Behaviors

According to statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data, an estimated 92% of Northborough residents have a personal doctor, and 74% have had a check up within the past year, similar to the state. 84% of residents have exercised in the past month. 24% of residents eat five or more servings of fruits or vegetables per day, again similar to the state.

Mental Health

Statistical analysis estimates that 5.8% of Northborough residents have experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

Substance Use and Abuse

Statistical analysis estimates that 14.2% of residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), and 4.5% engage in heavy drinking (>60 drinks in the past month for men, >40 for women), both lower than the state. 9.4% of residents are current smokers, significantly lower than the state percentage.

From 2008-2010, the rate of admission to publicly funded substance abuse programs was 587 per 100,000 people (state: 1,590/100,000), and the rate of admission to treatment for injectable drug use was 109 per 100,000 (state: 620/100,000). The rate of hospitalization for alcohol- and substance-related reasons was 91 per 100,000 (state: 272/100,000). All are significantly lower than their corresponding state rates.

Mortality

Northborough’s mortality rates for cancer and heart disease are each significantly higher than their respective state rates. The mortality rate for injuries and poisonings is similar to the state rate. The total mortality rate is 942 per 100,000 people, significantly higher than the state rate of 699 per 100,000.
Demographic Information
As of 2010, Sherborn has a population of 4,119. 88.9% of residents are white, 7.9% are Asian, 0.3% are multi-racial, and 0.3% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 2.6% of residents are Latino or Hispanic, of any race. More than a quarter of residents are 55 and older; more than half are 40 and older. An estimated 18.1% of residents have a disability.

11.7% of residents speak a language other than English at home. Of these residents, 87% speak English very well. Estimates indicate that no households in Sherborn are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language.

Between 2006 and 2010 Sherborn’s median household income was $145,250, more than double the state’s median household income of $63,961. However, 2.3% of Sherborn’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits
From 2005-2009, Sherborn’s total hospitalization rate was 7,199 per 100,000 people, significantly lower than the state rate. The hospitalization rate for cancer was similar to the state rate. The rates for injuries and poisonings, circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attack/ministroke), and respiratory system diseases (including pneumonia, asthma, and other respiratory infections) were each significantly lower than their respective state rates.

From 2005-2009, Sherborn residents visited the emergency room at a rate of 25,574 visits per 100,000 people, significantly lower than the statewide rate. Visit rates for injuries and poisonings and respiratory system diseases were each significantly lower than their corresponding state rates. The visit rate for circulatory system diseases was similar to the state rate.

HIV/AIDS
No new cases of HIV/AIDS were diagnosed in Sherborn in 2009. There are no residents living with HIV/AIDS in Sherborn. Statewide, an estimated 261 per 100,000 people are estimated to live with HIV/AIDS.

Maternal and Child Health
In 2009, Sherborn’s fertility rate was 26 births per 1,000 women of childbearing age, with 17 births recorded. The percentage of babies born at low birth weight was suppressed to preserve confidentiality. There were no births to adolescent mothers recorded in 2009. Slightly more mothers received adequate prenatal care than the state as a whole.

Health Access and Behaviors
Statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data estimates that 94% of Sherborn residents have a personal doctor, significantly higher than the state.

The percentage of residents who have had a check up in the past year, as well as the percentage who eat five or more servings of fruits or vegetables per day are similar to the state as a whole. Significantly more Sherborn residents have exercised in the past month as compared to the state.

Mental Health
Statistical analysis estimates 4.7% of Sherborn residents have experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

Substance Use and Abuse
Fewer Sherborn residents are estimated to be engaging in binge drinking (>5 drinks per occasion for men, >4 for women) or currently smoking than state residents as a whole. The percentage of residents engaging in heavy drinking (>60 drinks in the past month for men, >40 for women) is also lower than the state.

From 2008-2010, Sherborn residents were admitted to publicly funded substance abuse treatment programs at a rate of 308 per 100,000 people, significantly lower than the state rate of 1,590 per 100,000. The rate of hospitalizations for alcohol- and drug-related reasons was also significantly lower than the state (95/100,000 vs. 272/100,000). The rate of admission to treatment for injectable drugs was suppressed to preserve confidentiality.

Mortality
Sherborn’s mortality rates for cancer and heart disease are similar to their corresponding statewide rates. The mortality rate for injuries and poisonings was significantly lower than the state rate. The total mortality rate is 587 per 100,000 people, lower than the state rate of 699 per 100,000.
Sherborn

Population by Race/Ethnicity

Population by Age

Maternal & Child Health

Health Access & Behaviors

Hospitalizations

Substance Use & Abuse

ER Visits

Mortality
Southborough

Demographic Information
As of 2010, Southborough has a population of 9,767. 85.4% of residents are white, 1.5% are black, 9.2% are Asian, 1.9% are multi-racial, and 0.7% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 1.3% of residents are Latino or Hispanic, of any race. Nearly a third of residents are younger than 18. Nearly a quarter of residents are 55 and older. An estimated 18.1% of residents have a disability.

13% of residents speak a language other than English at home. Of these residents, 78% speak English very well. 1.5% of households in Southborough are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is significantly lower than the state rate of 5.8%.

Between 2006 and 2010 Southborough’s median household income was $140,184, more than double the state’s median household income of $63,961. However, 1.6% of Southborough residents live below the federal poverty level.

Public Health Information
Hospitalizations and ER Visits
From 2005-2009, Southborough residents were hospitalized at a rate of 7,981 per 100,000 people, significantly lower than the state rate. The hospitalization rate for respiratory system diseases (including pneumonia, asthma, and other respiratory infections) was also significantly lower than the state rate. The hospitalization rate for cancer was significantly higher than the state rate. Hospitalization rates for injuries and poisonings and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attack/mini stroke) were similar to their respective state rates.

From 2005-2009, Southborough residents visited the emergency room at a rate of 22,297 visits per 100,000 people, significantly lower than the state rate. Visit rates for injuries and poisonings and respiratory system diseases were each significantly lower than their corresponding state rates. The rate for circulatory system diseases was similar to the state rate.

HIV/AIDS
The 2009 rate of new HIV/AIDS cases diagnosed in Southborough was suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 95 per 100,000 people in Southborough live with HIV/AIDS, lower than the state rate of 261 per 100,000.

Maternal and Child Health
Southborough’s 2009 fertility rate was 40.4 births per 1,000 women of childbearing age, with 75 births recorded. 6.5% of these babies were of low birth weight (<2500 grams/5.5 pounds) lower than the state rate. There were no births to adolescent mothers recorded in Southborough in 2009. 89.6% of mothers received adequate prenatal care, higher than the state rate.

Health Access and Behaviors
Statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Sur-
vey data estimates similar numbers of Southborough residents and state residents as a whole have personal doctors or have had checkups in the past year. More Southborough residents are estimated to have exercised in the past month, compared to the state. Similar numbers of Southborough and state residents eat five or more servings of fruits and vegetables daily.

Mental Health
An estimated 5% of Southborough residents have experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

Substance Use and Abuse
Statistical analysis estimates that Southborough residents engage in binge drinking (>5 drinks per occasion for men, >4 for women) or heavy drinking (>60 drinks in the past month for men, >40 for women) less often than state residents as a whole. The rate of residents who are estimated to be current smokers is significantly lower than the state.

From 2008-2010, Southborough residents were admitted to publicly funded substance abuse treatment programs at a rate of 389 per 100,000 people, significantly lower than the state rate of 1,590 per 100,000. The rate of hospitalization for alcohol- and drug-related reasons was also lower than the state (107/100,000 vs. 272/100,000). The rate of admissions to treatment for injectable drug use was suppressed to preserve confidentiality.

Mortality
Southborough’s mortality rates for cancer, heart disease, and injuries and poisonings are similar to their corresponding statewide rates. The total mortality rate is 717 per 100,000 people, similar to the statewide rate of 699 per 100,000.
Sudbury

Demographic Information
As of 2010, Sudbury has a population of 17,659. 89.6% of residents are white, 0.7% are black, 6.1% are Asian, 1.4% are multi-racial, and 0.7% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 1.5% of residents are Latino or Hispanic, of any race. A quarter of residents are 55 and older; over half are 40 and older. An estimated 18.1% of residents have a disability.

13% of residents speak a language other than English at home. Of these residents, 78% speak English very well. An estimated 1.7% of households in Sudbury are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is significantly lower than the state rate of 5.8%.

Between 2006 and 2010 Sudbury’s median household income was $153,295, nearly two-and-a-half times the state’s median household income of $63,961. However, 2.8% of Sudbury’s residents live below the federal poverty level.

Public Health Information
Hospitalizations and ER Visits
From 2005-2009, Sudbury had a hospitalization rate of 8,442 per 100,000 people, significantly lower than the state rate. The hospitalization rates for cancer, injuries and poisonings, and respiratory system diseases (including pneumonia, asthma, and other respiratory infections) were each similar to their respective state rates. The hospitalization rate for circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attack/mini-stroke) was significantly lower than the state rate.

From 2005-2009, Sudbury residents visited the emergency room at a rate of 27,620 visits per 100,000 people, significantly lower than the statewide rate. Visit rates for injuries and poisonings and respiratory system diseases were each significantly lower than their respective state rates. The visit rate for circulatory system diseases was similar to the state rate.

HIV/AIDS
The 2009 rate of new HIV/AIDS infections for Sudbury has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 59 per 100,000 people in Sudbury live with HIV/AIDS, compared to the statewide rate of 261 per 100,000.

Maternal and Child Health
Sudbury’s 2009 fertility rate was 47.2 births per 1,000 women of childbearing age, with 136 births. 5.8% of these babies were of low birth weight (<2500 grams/5.5 pounds), lower than the state rate. There were no births to adolescent mothers recorded in Sudbury in 2009. 91.2% of mothers received adequate prenatal care, higher than the state rate.

Health Access and Behaviors
According to statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data, 93% of Sudbury residents have a personal doctor, and 75% have had a check up within the past year, similar to state rates. 86% of residents have exercised within the past month, more than state residents as a whole. 25% eat five or more servings of fruits and vegetables per day, similar to state rates.

Mental Health
According to statistical analysis, 5% of Sudbury residents have experienced 15 or more days of poor mental health in the past month, lower than the state rate of 8.9%.

Substance Use and Abuse
Statistical analysis indicates that 13.7% of Sudbury residents engage in binge drinking (>5 drinks per occasion for men, >4 for women), significantly less than state residents as a whole. The percentage of Sudbury residents who are current smokers is also significantly lower than the state. The percentage engaging in heavy drinking (>60 drinks in the past month for men, >40 for women) is lower than the state rate as well.

From 2008-2010, Sudbury residents were admitted to publicly funded substance abuse treatment programs at a rate of 288 per 100,000 people, significantly lower than the state rate of 1,590 per 100,000. The hospitalization rate for alcohol- and drug-related reasons was also lower than the state (106/100,000 vs. 272/100,000), as was the rate of admissions to programs for injectable drug use (82/100,000 vs. 620/100,000).

Mortality
Sudbury’s mortality rates for cancer, heart disease, and injuries and poisonings were each similar to their corresponding state rates. Sudbury’s total mortality rate is 633 per 100,000 people, lower than the state rate of 699 per 100,000.
Wayland

Demographic Information

As of 2010, Wayland has a population of 12,294. 87.7% of residents are white, 9.8% are Asian, 1.3% are multi-racial, and 0.2% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 0.2% of residents are Latino or Hispanic, of any race. Nearly a third of residents are 55 and older. More than half are 40 and older. An estimated 18.6% of residents have a disability.

12% of residents speak a language other than English at home. 70% of these residents speak English very well. 1.6% of households in Wayland are linguistically isolated meaning no one 14 or older in the household speaks English very well or as their only language. This is significantly lower than the state rate of 5.8%.

Between 2006 and 2010 Wayland’s median household income was $129,805, more than double the state’s median household income of $63,961. However, 2.5% of Wayland’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits

From 2005-2009, Wayland had a total hospitalization rate of 7,404 per 100,000 people, significantly lower than the state rate. The hospitalization rate for cancer was similar to the state rate. The hospitalization rates for injuries and poisonings, circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attack/mini stroke), and respiratory system diseases (including pneumonia, asthma, and other respiratory infections) were each significantly lower than their respective state rates.

From 2005-2009, Wayland residents visited the emergency room at a rate of 23,834 visits per 100,000 people, significantly lower than the state rate. Visit rates for injuries and poisonings and respiratory system diseases were significantly lower than their respective state rates. The visit rate for circulatory system diseases was similar to the state rate.

HIV/AIDS

The 2009 rate of new HIV/AIDS cases for Wayland has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 46 per 100,000 people in Wayland live with HIV/AIDS, significantly lower than the state rate of 261 per 100,000.

Maternal and Child Health

In 2009, Wayland had a fertility rate of 51.9 births per 1,000 women of childbearing age, with 105 births recorded. 11.4% of these babies were of low birth weight (<2500 grams/5.5 pounds), significantly higher than the state rate. The percentage of births to adolescent mothers was suppressed to preserve confidentiality. 90.4% of mothers received adequate prenatal care, higher than the state rate.

Health Access and Behaviors

According to statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data, Wayland residents are estimated to have a personal doctor, have had a check up in the past year, and eat five or more servings of fruits and vegetables per day at similar levels to state residents as a whole. 86% of Wayland residents have exercised within the past month, higher than the state rate.

Mental Health

4.8% of Wayland residents have experienced 15 or more days of poor mental health in the past month according to statistical analysis, approximately half the state rate of 8.9%.

Substance Use and Abuse

Statistical analysis indicates that Wayland residents engage in binge drinking (drinks per occasion >5 for men, >4 for women) and heavy drinking (drinks in the past month >60 for men, >40 for women) less often than state residents as a whole. A significantly lower percentage of Wayland residents are also current smokers than state residents as a whole.

From 2008-2010, Wayland residents were admitted to publicly funded substance abuse treatment programs at a rate of 300 per 100,000 people, significantly lower than the state rate of 1,590 per 100,000. The rate of hospitalization for alcohol- and drug-related reasons was also lower than the state rate (119/100,000 vs. 272/100,000). To preserve confidentiality, the rate of admission to treatment for injectable drug use was suppressed (state: 620/100,000).

Mortality

Wayland’s mortality rates for cancer and injuries and poisonings were each similar to their corresponding statewide rates. The mortality rate for heart disease is lower than the state rate. The total mortality rate for Wayland is 596 per 100,000 people, lower than the statewide rate of 699 per 100,000.
Wellesley

Demographic Information

As of 2010, Wellesley has a population of 27,982. 79.6% of residents are white, 1.2% are black, 11.8% are Asian, 1.8% are multi-racial, and 0.4% are of other races, including Native American, Native Hawaiian, Alaska Native, and Pacific Islander. 5.2% of residents are Latino or Hispanic, of any race. A quarter of residents are 55 and older, and another quarter are younger than 18. An estimated 16.8% of residents have a disability.

21% of residents speak a language other than English at home. Of these residents, 79% speak English very well. 2.6% of Wellesley households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is lower than the state rate of 5.8%.

Between 2006 and 2010 Wellesley’s median household income was $139,784 per household, more than double the state’s median household income of $63,961. However, 3.8% of Wellesley’s residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits

From 2005-2009, Wellesley’s total hospitalization rate was 6,430 per 100,000 people, significantly lower than the state rate. Hospitalization rates for cancer, injuries and poisonings, respiratory system diseases (including pneumonia, asthma, and other respiratory infections), and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attack/mini stroke) were each significantly lower than their corresponding state rates.

From 2005-2009, Wellesley residents visited the emergency room at a rate of 18,907 visits per 100,000 people, significantly lower than the state rate. Visit rates for injuries and poisonings, respiratory system diseases, and circulatory system diseases were also each significantly lower than their corresponding state rates.

HIV/AIDS

The 2009 rate of new HIV/AIDS infections for Wellesley has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 52 per 100,000 people in Wellesley live with HIV/AIDS, significantly lower than the state rate of 261 per 100,000.

Maternal and Child Health

In 2009, Wellesley had a fertility rate of 32.5 births per 1,000 women of childbearing age, with 211 births recorded. Of these babies, 7% were born at low birth weight (<2500 grams/5.5 pounds), similar to the state rate. The percentage of births to adolescent mothers has been suppressed to preserve confidentiality. 88.7% of mothers received adequate prenatal care, similar to the state.

Health Access and Behaviors

Similar numbers of Wellesley residents and state residents have a personal doctor, have had a check up within the past year, and eat five or more servings of fruits and vegetables per day, according to statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data. Significantly more Wellesley residents have exercised within the past month than state residents as a whole.

Mental Health

Statistical analysis estimates that 4.6% of Wellesley residents have experienced 15 or more days of poor mental health over the past month, lower than the state rate of 8.9%.

Substance Use and Abuse

Statistical analysis estimates that Wellesley residents engage in binge drinking (drinks per occasion >5 for men, >4 for women) significantly less often than state residents. A significantly lower percentage of Wellesley residents are also current smokers than state residents as a whole. 4.3% of Wellesley residents are estimated to be heavy drinkers (drinks in the past month >60 for men, >40 for women), slightly lower than the state.

From 2008-2010, the rate of admission to publicly funded substance abuse treatment programs was 215 per 100,000 people, significantly lower than the state rate of 1,590 per 100,000. The admission rate for treatment for injectable drug use was suppressed to preserve confidentiality. Wellesley residents were hospitalized for alcohol- or drug-related reasons at a rate of 83 per 100,000, significantly lower than the state rate of 272 per 100,000.

Mortality

Wellesley’s mortality rates for cancer, heart disease, and injuries and poisonings are each significantly lower than their respective state rates. Wellesley’s total mortality rate is 478 per 100,000 people, also significantly lower than the state rate of 699 per 100,000.
Demographic Information

As of 2010, Westborough has a population of 18,272. 72.5% of residents are white, 3.8% are black, 18.2% are Asian, and 1.9% are multi-racial. 3.6% of residents are Latino or Hispanic, of any race. A quarter of residents are younger than 18. An estimated 17.8% of residents have a disability. 27% of residents speak a language other than English at home. Of these residents, 72% speak English very well. 5.5% of Westborough households are linguistically isolated, meaning no one 14 or older in the household speaks English very well or as their only language. This is similar to the state rate of 5.8%.

Between 2006 and 2010 Westborough’s median household income was $96,069, higher than the state’s median income of $63,961. However, 4.7% of Westborough residents live below the federal poverty level.

Public Health Information

Hospitalizations and ER Visits

From 2005-2009, Westborough had a total hospitalization rate of 9,537 per 100,000 people, similar to the state rate. Hospitalization rates for cancer, injuries and poisonings, respiratory system diseases (including pneumonia, asthma, and other respiratory infections), and circulatory system diseases (including heart attack, hypertension, heart failure, and transient ischemic attack/mini stroke) were each significantly higher than their corresponding state rates.

From 2005-2009, Westborough residents visited the emergency room at a rate of 22,212 visits per 100,000 people, significantly lower than the statewide rate. Visit rates for injuries and poisoning, respiratory system diseases, and circulatory system diseases were also each significantly lower than their corresponding state rates.

HIV/AIDS

The rate of new HIV/AIDS cases diagnosed in Westborough in 2009 has been suppressed to preserve confidentiality, as fewer than five cases were diagnosed. An estimated 85 per 100,000 people in Westborough live with HIV/AIDS, lower than the state rate of 261 per 100,000.

Maternal and Child Health

In 2009 Westborough had a fertility rate of 62.7 births per 1,000 women of childbearing age, with 241 births recorded. Of these babies, 6.6% were of low birth weight (<2500 grams/5.5 pounds). The percentage of births to adolescent mothers has been suppressed to preserve confidentiality. 84.4% of mothers received adequate prenatal care, similar to the state.

Health Access and Behaviors

An estimated 91% of Westborough residents have a personal doctor, and 74% have had a check up within the past year, according to statistical analysis of census, American Community Survey, and Massachusetts Behavioral Risk Factor Survey data. These are similar to their corresponding state rates. Slightly more Westborough residents have exercised in the past month than state residents as a whole. 25% eat five or more servings of fruits and vegetables per day, similar to state rates.

Mental Health

Statistical analysis indicates that 5.6% of Westborough residents have experienced 15 or more days of poor mental health in the past month, compared to the state rate of 8.9%.

Substance Use and Abuse

Statistical analysis indicates that Westborough residents engage in binge drinking (drinks per occasion >5 for men, >4 for women) significantly less often than state residents. A significantly lower percentage of Westborough residents also current smokers than the state as a whole. 4.1% of Westborough residents are estimated to be heavy drinkers, (drinks in the past month >60 in the past month for men, >40 for women) slightly lower than the state rate.

From 2008-2010, the rate of admission to publicly funded substance abuse treatment programs for Westborough was 453 per 100,000 people, significantly lower than the state rate of 1,590 per 100,000. The rate of admission to treatment for injectable drug use was 107 per 100,000, significantly lower than the state rate of 620 per 100,000. Westborough residents were hospitalized for alcohol- or drug-related reasons at a rate of 104 per 100,000, lower than the state rate of 272 per 100,000.

Mortality

Westborough’s mortality rates for cancer and heart disease are similar to their corresponding state rates, while the rate for injuries and poisonings is significantly lower. The total mortality rate is 712 per 100,000 people, similar to the state rate of 699 per 100,000.
About the Foundation

The MetroWest Health Foundation meets the health care needs of the region’s residents by supporting community based and community driven programs. From preventative and responsive care, to programs that serve infants to elders, the Foundation provides over $5 million in annual financial support that helps residents and their families lead healthier lives. Through its work on issues such as youth substance abuse, nurse recruitment and retention, racial and ethnic disparities in health, and childhood obesity, the Foundation looks to develop and support programs that have a positive impact on the health of the twenty five communities in the MetroWest area of Massachusetts.

The Foundation encourages and fosters leadership on critical healthcare issues. It works to cultivate and support health care professionals through scholarships, capacity building initiatives and formal leadership development programs. The Foundation regularly convenes organizations and individuals to identify priorities and share solutions to health care issues. It serves as a committed partner to its grant recipients long after awarding of grants, serving as a resource for area health data, technical assistance and training, and in tracking grant outcomes to further improve programs and results.

Additional health data for the region can be accessed at our website: www.mwhealth.org