

Mount Auburn Hospital's community benefit programming is aimed at improving the health and well-being of community members who live in Arlington, Belmont, Cambridge, Somerville, Waltham and Watertown.

Mount Auburn Hospital addresses the identified health needs in the community and provides community residents with a wide range of services consistent with our community health mission statement: *Mount Auburn Hospital is committed to improving the health and wellbeing of community members by collaborating with community partners to reduce barriers to health, increase prevention and/or self-management of chronic diseases and increase the early detection of illnesses.*

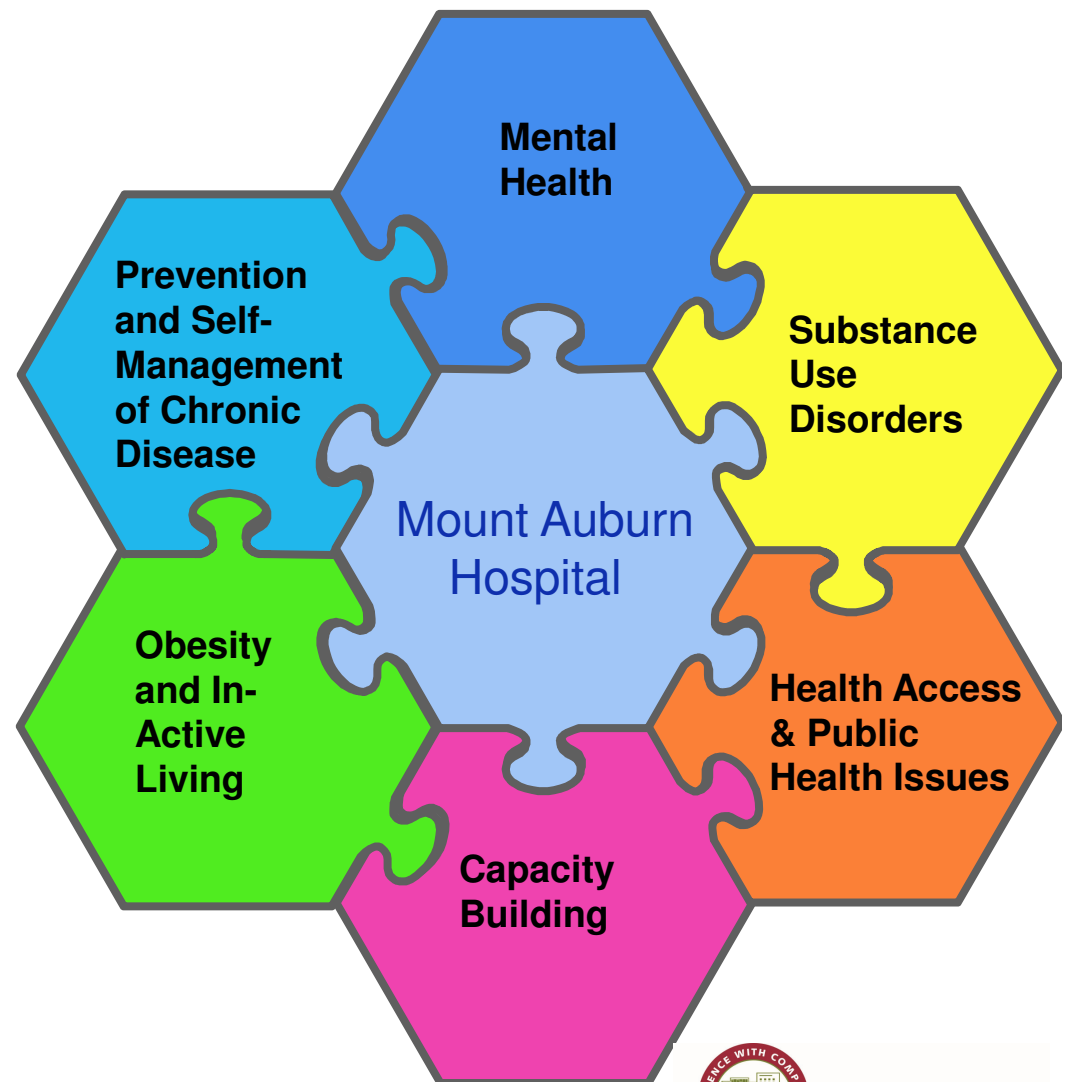
To address health concerns identified in the 2015 community health needs assessment MAH has articulated programs and goals that will positively impact the health of MAH communities.

This document provides a snapshot of some of Mount Auburn Hospital's community health activities. For more information call **617-499-5625** or visit [mountauburnhospital.org](http://mountauburnhospital.org)

# Mount Auburn Hospital

Community Health Activities

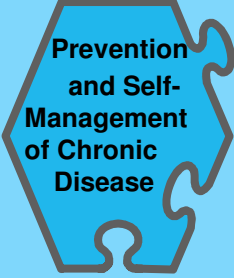




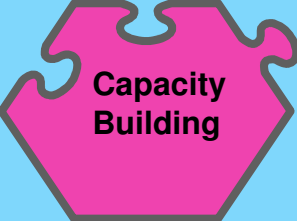
FY 17



MOUNT AUBURN HOSPITAL

# Community Benefit Activities FY 17 included:



 <p><b>Prevention and Self-Management of Chronic Disease</b></p>	 <p><b>Obesity and In-Active Living</b></p>	 <p><b>Mental Health</b></p>	 <p><b>Substance Use Disorders</b></p>	 <p><b>Health Access &amp; Public Health Issues</b></p>	 <p><b>Capacity Building</b></p>
<p>13,534 reached with ACT F.A.S.T. stroke awareness message.</p>	<p>20 school aged children who receive free lunch in Watertown received a total of 1,000 weekend meals.</p>	<p>53 community members were trained in Youth Mental Health First Aid™.</p>	<p>2 new support groups offered at Mount Auburn Hospital, for friends and families and people in recovery.</p>	<p>1,200 community based emergency workers received education from MAH ED physicians.</p>	<p>CHNA 17 conducted Assessment of Mental Health services and needs of American Born Blacks.</p>
<p>Breast Health video designed with ESOL students enrolled in Somerville Center for Adult Learning Experiences. Widely distributed.</p>	<p>Seniors who attended Healthy Eating™ class reported 12% increase in confidence to make healthy food choices.</p>	<p>Culturally competent labor coaches-Doulas-supported 30 immigrant Latinas during child birth.</p>	<p>3 quit smoking and 3 <i>cut down</i> after attending Freedom from Smoking™</p>	<p>1,371 received health insurance enrollment support at Charles River Community Health Center.</p>	<p>Grants provided to Arlington, Belmont, Cambridge, Somerville, Waltham and Watertown DPHs.</p>
<p>100 blood pressure clinics provided over 2,400 blood pressure checks</p>	<p>99 seniors attended Matter of Balance™ Fall Prevention classes.</p>	<p>38 community members attended Bereavement Support Groups.</p>	<p>Collaborate with Cambridge Police, W.A.T.E.R town and Multi-Community Overdose Response Network Task Forces.</p>	<p>58 underserved community members received education about possible health care careers.</p>	<p>Collaborated with Charles River Community Health Center to improve care for women during their pregnancy.</p>