



TOWN OF WELLESLEY
HEALTH DEPARTMENT

ANNIE F. WARREN BUILDING
90 WASHINGTON STREET
WELLESLEY, MA 02481

BOARD OF HEALTH

MARCIA TESTA SIMONSON, MPH, PH.D.,
LINDA OLIVER GRAPE, PA-C, MPH
SHIRA DORON, MD

LEONARD A. IZZO, MS, RS, CHO, DIRECTOR

TEL (781) 235-0135
FAX (781) 235 4685
WWW.WELLESLEYMA.GOV

Dear Wellesley Residents,

On behalf of the Wellesley Board of Health, we are pleased to share the **Wellesley Health Department Community Health Needs Assessment 2025**, prepared to inform local planning and the responsible use of Massachusetts Opioid Abatement Funds. We invite all residents to review the findings and provide feedback as we work together to strengthen the health and wellbeing of our community.

This assessment was conducted by the Wellesley Health Department in partnership with **Trendline**, an independent data analysis firm engaged by the Town to conduct a comprehensive, evidence-based review of community health needs. The report draws on community surveys, focus groups, key informant interviews, and multiple public data sources to provide a nuanced picture of strengths, gaps, and opportunities in Wellesley.

Executive Summary (from the Wellesley Board of Health)

Wellesley benefits from many strong social determinants of health, including high educational attainment, stable employment, access to quality schools and healthcare, and well-maintained public spaces. These assets contribute to high levels of reported overall health and wellbeing among residents.

At the same time, the assessment highlights several priority areas that merit attention. **Mental health emerged as the top concern across nearly all community groups**, with particular challenges affecting children, teens, caregivers, and older adults. While recent youth mental health indicators show some improvement, access to timely and affordable services—especially for children and adolescents—remains limited, and many residents report uncertainty about how to find help.

Substance use, including alcohol, vaping, and marijuana, is closely linked to mental health and stress. Although overall rates appear relatively low and youth trends are improving, stigma, fear of judgment, and reliance on private or informal responses may obscure unmet needs. The report underscores the importance of prevention, early intervention, and discreet, non-punitive pathways to support.

The assessment also identifies **barriers to accessing health and social services**, including long wait times, limited provider options, and challenges faced by seniors,

caregivers, youth, and lower-income households. Social isolation and difficulty navigating available resources were noted as concerns for several populations.

Based on these findings, the report recommends strengthening coordination across town departments and community partners; expanding mental health and substance use prevention and support—particularly for youth; improving access to clear, centralized information and referral pathways; and promoting inclusive, stigma-reducing approaches that ensure all residents can benefit from Wellesley’s strong community assets. These recommendations will help guide future planning and the thoughtful use of opioid settlement funds, with final decisions resting with Town officials.

How to Review the Findings

In addition to the full written report, Trendline has provided two interactive tools to make the information more accessible:

- **Interactive Flipbook:** <https://trendline.aflip.in/4d5d2d2570.html>
- **Community Health Needs Assessment Data Dashboard:**
https://lookerstudio.google.com/reporting/046a4669-706f-405f-8ad2-bfb746fb7eb2/page/p_2txty0p6sd

These resources allow residents to explore key findings, charts, and data in more detail.

Thank You and Invitation for Feedback

The Board of Health extends its sincere appreciation to the **Wellesley Health Department staff** for their leadership and commitment to community engagement, and to **Trendline** for their rigorous analysis and clear presentation of findings.

We value resident input and encourage you to share your thoughts, questions, and perspectives as the Town considers next steps. To view the full report online and offer feedback, please visit us at www.wellesleyma.gov/health, or call us at 781-489-4407. You can also email us at health@wellesley.ma.gov.

Community feedback is essential to ensuring that future actions reflect local priorities and support the health and wellbeing of all who live and work in Wellesley.

Thank you for taking the time to review this important work and for your continued engagement in the health of our community.

Sincerely,

Wellesley Board of Health

Town of Wellesley, Massachusetts