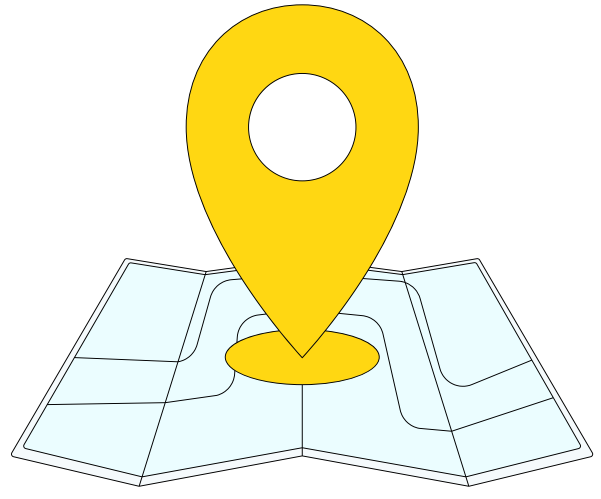


# Valley Health Regional Collaborative



Deerfield, Greenfield, Leverett, Montague, Shutesbury, Sunderland



## Innovative Programs, Healthier Communities

Public Health Excellence (PHE) funding has transformed what is possible for the Valley Health Regional Collaborative and the six towns it serves. From launching new mom and baby home visits for the very first time to bringing heart health tools into local libraries, PHE funding has empowered public health nurses and inspectors to design and deliver innovative programs.

## Bringing Heart Health into Trusted Community Spaces

Knowing your blood pressure numbers could save your life, and now checking them is as easy as borrowing a book. Libraries across the Valley Health Regional Collaborative have joined the Libraries With Heart initiative, **bringing lifesaving tools into trusted community spaces and making heart health accessible to community members, especially in areas where access to health care can be limited.**

## DID YOU KNOW?



The Libraries with Heart Initiative is operated in partnership with the American Heart Association and local public health nurses. This program lets residents borrow reliable, easy-to-use blood pressure kits just like a book. Each kit includes a blood pressure cuff, heart rate monitor, and a log for tracking numbers at home, along with educational materials in English and Spanish explaining how to take your own blood pressure and what those numbers mean.

Source: American Heart Association



Photo credit: Greenfield Recorder



“Through the Public Health Excellence grant, we have achieved a new level of professional competence within our field. This funding has enabled us to standardize our approach, ensuring that all team members are aligned and proficient in conducting thorough food and housing inspections. We have the funding available to attend courses as they become available, such as the system inspector and soil evaluator courses. With the necessary staff now in place, we are providing a broader range of essential services than was previously possible. The PHE grant has revolutionized public health across Western Massachusetts. It has empowered our nurses to design and implement innovative programs that were previously unimaginable for our towns.”

Megan Tudryn, Greenfield Public Health Nurse; Valley Health Regional Collaborative Shared Service Coordinator