

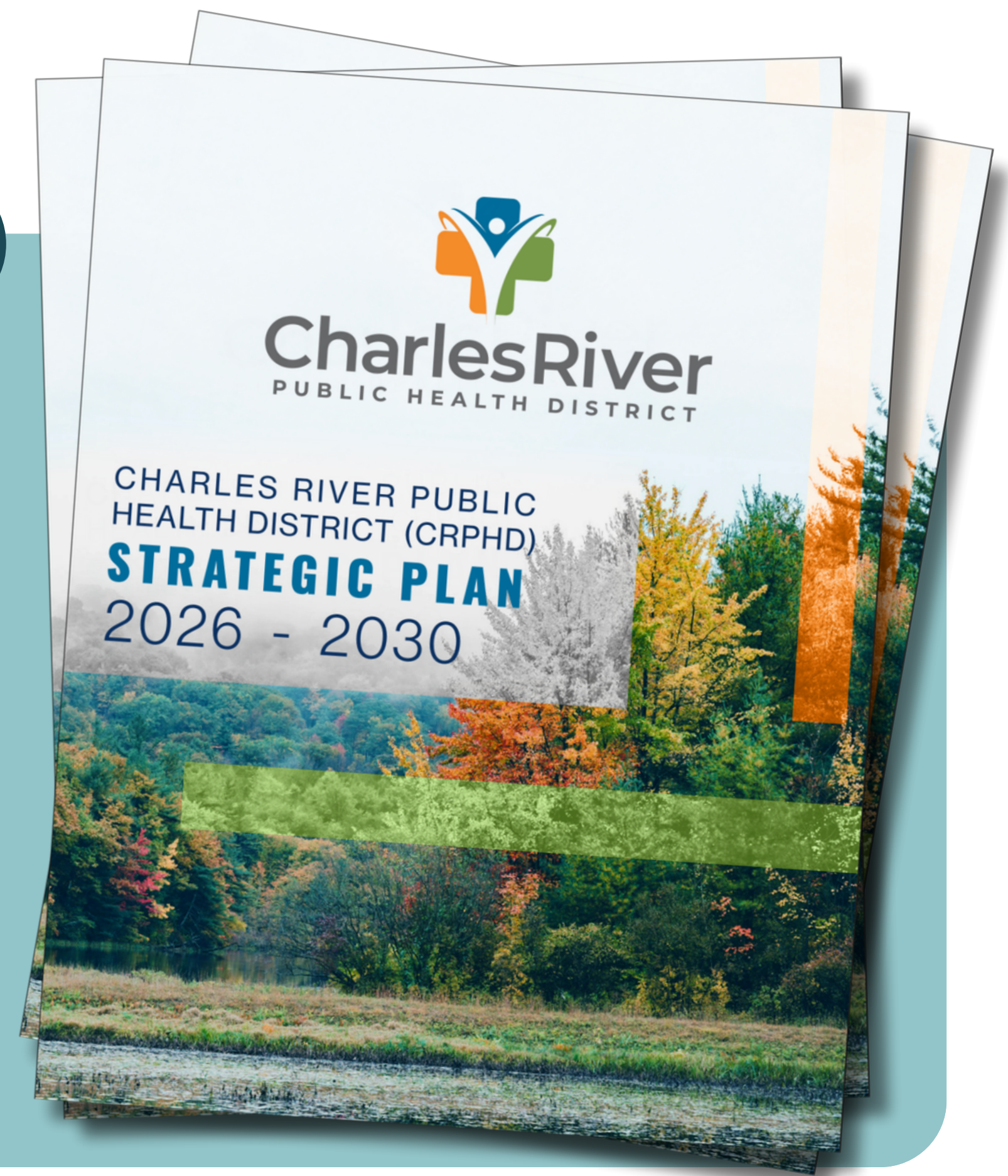
Charles River Public Health District



Dover, Medfield, Needham, Sherborn

A Roadmap for the Region's Public Health Future

A clear plan today shapes stronger public health outcomes tomorrow. In 2025, the Charles River Public Health District engaged in a comprehensive strategic planning process, establishing the District's priorities for 2026 through 2030. The resulting plan provides a roadmap for the District's work and serves as a tool to guide leadership and staff decision-making in the years ahead.



DID YOU KNOW?



CPR is an emergency procedure performed when the heart stops beating, and starting it immediately can double or triple a person's chances of surviving cardiac arrest. Even partial blood flow can buy critical time until trained medical responders arrive on the scene.

Source: American Heart Association

Skills Anyone Can Learn, Lives Anyone Can Save

A person doesn't need medical training to save a life, just the right skills. The region's Public Health Nurses are all certified CPR instructors, now offering Heartsaver and Hands-Only CPR courses designed for anyone – teaching participants how to recognize cardiac arrest, perform high-quality CPR for adults, children, and infants, use an AED, provide choking help, and administer Narcan or an epinephrine auto-injector. **With these courses now available in every community, more neighbors than ever have the skills and confidence to step in during an emergency.**

"We are very happy to be able to conduct a regional community health needs assessment. Being part of Charles River Public Health District has made that possible for our town, and we're looking forward to using the results to serve our community and all of the Charles River Public Health District communities."

Jason Belmonte, Dover Health Director

