

Hingham Health Department
210 Central Street
Hingham, MA 02043
(781) 741-1466



Healthy 2020

It's the time of year where we all start to make resolutions to exercise more and improve our health! The Hingham Health Department is encouraging residents to make health screenings a top priority.

Health screenings and tests can help find problems before they start. The many benefits include;

Early detection of diseases may result in better treatment and management, which can reduce the risk of complications while increasing the chances of better health outcomes.

Health screenings will help to identify if the patient is at risk of, or has a disease or condition, that was not previously known about.

Health screenings can help people who have a family history of cardiovascular disease, stroke or diabetes with the process of prevention and provide them with timely treatments.

One of the major risk factors for a variety of life-altering diseases is age. However early detection and treatment can be the best defense against these diseases.

There are many screening tests that all adults and children should be getting regularly. Screening tests fall under three categories: cancer screenings, cardiovascular disease screenings and immunizations. In the coming year the Hingham Health Department will be focusing on these tests through public health education. We hope that you join us in making it a healthy 2020!