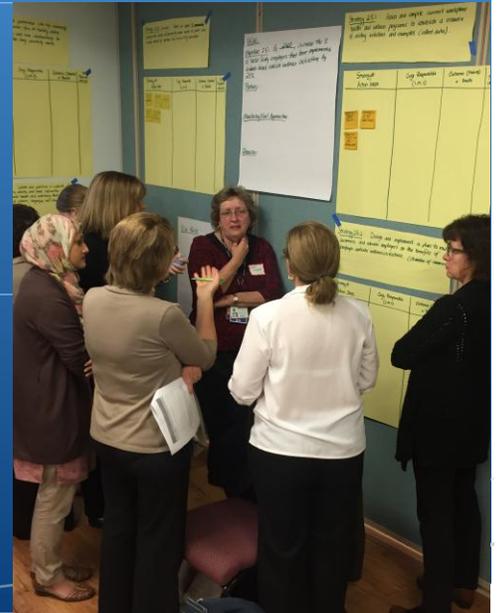


GMPHP Greater Mercer Public Health Partnership

HealthyMercer.org Identified as Key Initiative



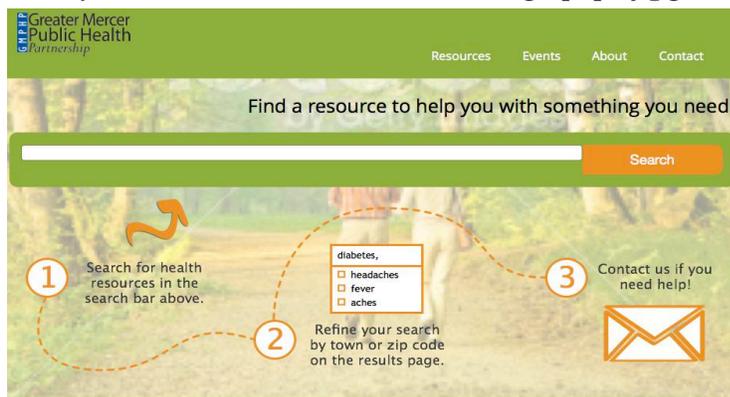
All four priority teams identified the website as critical to success of our CHIP, whether by promoting events and resources available in the county or by its potential as a platform for information, connectivity, and promotion of priority team ideas. Over the next 8 weeks you'll see updates including:

- Short-character, Twitter-like feed on the homepage to convey quick info and provide links
- Refreshed design and more robust categories
- A regular homepage “spotlight” on CAB agencies and organization activities to promote efforts
- Outcome indicators and progress reports so the community and our priority teams can easily track and access activity toward goals.

If your resource is not yet featured, please visit www.HealthyMercer.org and submit your information, or email Carol at gmpHP.nj@gmail.com.

Upcoming Committee Meetings

- June 10 10 am Mental Health
Lawrence Library
- June 14 1 pm Healthy Living full group meeting
Hopewell Municipal Building
- June 30 11 am Transportation
TESU
- July 8 Chronic Disease Leader Meeting



100 RESOURCES FEATURED
35+ UPCOMING MERCER EVENTS
500 VISITORS MONTHLY LOOKING FOR YOUR INFO

Healthy Living – Spotlight on Recess

From the moment the Healthy Living Community Advisory Board (CAB) members started meeting, they realized there were so many interesting initiatives they could start to better educate people about health. They decided to break into three small subgroups to tackle the proposed actions in the CHIP. One small group wanted to survey school nurses to see how active students are at recess. They circulated a survey to the Mercer County School Nurse Association and received an impressive 39% return. Once the responses are analyzed, a professor from Rider hopes to create a pilot program with three schools to improve physical activity at recess, and document BMI changes. If it is successful, it is hoped other schools would adopt the practices that reduced childhood obesity. We are all looking forward to seeing the results of this survey.

The second subgroup is looking at Worksite Wellness. They have circulated a survey to employers to see what wellness programs are in existence and then in the spring 2017, they want to organize a symposium to help employers incorporate wellness plans with and for the employees.

The third group will focus on advertising the healthymercer.org website by attending community events and distributing information about the website. For more information, email Carol Nicholas at gmpHP.nj@gmail.com



The GMPHP Steering Committee has met monthly since last summer, to create by-laws and a 501(c)3 application. On May 11th, the final documents were voted and approved for submission.

We want to acknowledge and thank the dedication of Debra Birkenstamm, Carol Chamberlain, Darlene Hanley, and Diane Grillo in fulfilling this important goal. Also pictured are Steering Committee members Rita Nini, Dennis Dooley, and Ann Dorocki.

Changing the Course of Black History Towards a Culture of Wellness



“Facts, Fitness, Foods, Farms”, is the Black Clergy Wellness project launched by Sandy Kimbrough and Partners in February 2016. On May 17th, she hosted the Females of Faith Farm Fellowship, where sixteen Black Women Clergy from eight different area churches came out to Pennington’s Chickadee Creek Farm to fellowship, learn first-hand about local organic farming/foods, dine on a healthy salad picked fresh from the fields, and enjoy an interactive farm tour given by female farmer/owner Jess Niederer – who is also this country’s 2016 National Outstanding Young Farmer of the Year.

Community Health Improvement Plan Unveiled

Rose Swenson from HRiA presented the final action plans that address the Community Health Assessment survey, on March 17th. She unveiled the outline of the activities for the upcoming year to more than 55 members of our Community Advisory Board.

Group leaders from Mental Health and Substance Abuse, Healthy Living, Chronic Disease, and Transportation, spoke briefly about their group's first quarter meeting and upcoming initiatives. CAB members shared stories of the benefits already gained from networking within their priority group.

Two of the groups have made progress with their community surveys, and the participants were energized by the wonderful collaborations already developing between the partners. Overall, it was a very successful first quarter and launch of the new CHIP. To view the full CHIP, visit www.HealthyMercer.org/about-us. For further information please email Carol Nicholas at gmphp.nj@gmail.com.



Mary Rosner shares highlights from the Healthy Living priority group meeting



CONNECT TO TRANSIT For Healthcare Professionals

Tuesday, June 28, 2016 | 9 a.m. to noon

RWJ Fitness & Wellness Center

Help Remove Transportation As a Barrier to
Accessing Medical Care and Post-Discharge
Support Services!

Transportation Members Plan Training June 28

CAB member Cheryl Kastrenakas of GMTMA has collaborated with RWJ and NJTIP to organize a training for healthcare professionals to help remove barriers to medical care. Participants will review:

- logisticare
- trip planning
- services in Mercer County
- transit mobile apps
- accessible features for seniors and people with disabilities
- transfers between providers and more...

To register email Chad Dixon
cdixon@gmtma.org