



6 SIGNS OF VAPING

Partnership For a Drug Free NJ recently summarized 6 signs for parents to watch for with their children.

1) Watch for new unusual items. Vaping devices resemble USB drives and pens that have holes at each end. Also watch for refill pods, atomizers and cartridges, metal coils and batteries to recharge the device.

2) Watch for sweet or unusual smells that dissipate quickly. Teens seem to prefer the sweet smells.

3) Changes in thirst and taste. Vaping makes the mouth dry so the child is more thirsty. It also makes food less flavorful. If your child is using more spices or salt it may be caused by vaping.

4) Nosebleeds. Vaping dries out the nostrils, resulting in nosebleeds.

5) Less need for caffeine. Vaping causes some people to be more sensitive to caffeine. If your teen is skipping the early morning caffeine fix, it may be time to look for other signs of vaping.

6) Unexplained cough, mouth sores, or throat clearing. Researchers have linked mouth wounds and smokers cough with vaping.

With over 1,050 people diagnosed with vaping related lung issues, and 13 deaths, (this figure grows weekly) Governor Phil Murphy announced the creation of a vaping task force to research the dangers of vaping. Legislators have also been discussing plans to ban the sale of flavored e-cigarettes throughout the state.

For more information about smoking and vaping, go to NJ Prevention Network <https://www.njpn.org/>. Check out their Certified Prevention Specialist Training.

For local prevention services go to:

Quitline: <http://njquitline.org/treatment.html>
RWJB Hamilton: quitcenter@rwjbh.org

6 SIGNS OF VAPING

DOULA PROGRAM

CAB MEETING

CICLOVIA 2019

URBAN GARDENING

211 IN MERCER COUNTY

PARK RX AMERICA

FARM TO FAMILY

CENSUS 2020

MOONLIGHT RIDE

GMTMA

CHILDREN'S FUTURES DOULA PROGRAM

Tammy Murphy has shone a spotlight to reduce black maternal infant mortality in the state. The uncomfortable truth she said at a meeting in April, is that "New Jersey is ranked 45th out of 50th in the nation for maternal deaths. Babies of color are three times more likely than white babies to die in their first year of life. Women of color are five times more likely than white women to die from complications related to childbirth. This is the abhorrent reality of New Jersey in 2019. Concurrently, we have the safest hospitals in the country. We are a state known for world-renowned health care. We are a state of innovation. The pieces don't fit together, and the time to fix this is now."

She went on to say that community doulas have the inherent local knowledge and understanding that enables them to provide culturally responsive care. Studies have shown that doula care can reduce the likelihood of cesarean birth and epidural pain relief, while shortening labor, increasing spontaneous vaginal births, heightening Apgar scores, and ultimately leading to healthier babies and mothers. Under Nurture NJ, the State Department of Health established a Doula Pilot Program making grant funds available to community partners. To date, this program has trained and hired 40 community doulas across Atlantic City, Camden, Newark and Trenton, who have already worked with 54 mothers and helped deliver 20 healthy babies. The program involves training, certification, and evaluation. It is scalable and can be replicated.

As of September, Children's Futures in Trenton has trained 16 doulas and is currently following 22 women.

What is a Doula?

A Doula is a trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible.



Join us for our fall CAB meeting

Save the Date

Wednesday • October 23, 2019 • 5-7 pm

RWJ Fitness and Wellness Center
3100 Quakerbridge Road
Hamilton, NJ 08619

Kindly *rsvp* by October 14th
to Carol at gmpnp.nj@gmail.com

We hope to see you at our next
Community Advisory Board
Meeting October 23rd
to share the progress of our
Community Health
Improvement Plan. Please send a
delegate if you are unable to
attend.

RSVP by October 14th
to gmpnp.nj@gmail.com



Ciclovía 2019

GMPHP CAB members participated in the Ciclovía held in Trenton Saturday September 21. Warren street was closed off to cars, and community members walked and biked past all the health displays. Participants explored hydroponic gardening on the RWJB Wheels of Wellness, healthy eating displays, biking and walking trail maps, a bike rodeo, skate board ramp, and many more displays. Mayor Gusciara cut a ribbon to start the biking events and fun.

Congratulations Sonia Szczesna from Tri-State Transportation Campaign and her committee for organizing a great event.

Watch the video:

<https://www.youtube.com/watch?v=iqE65ndAxPQ&t=52s>



URBAN AGRICULTURE



Justin Allen gave tours of the garden at Ciclovía

In 2010, a quarter acre garden was created adjacent to Isles Youth Institute as a way to engage the students through gardening. Students are taught practical agriculture skills in a hands-on way while exploring the concepts of community food security and food justice. Led by Justin Allen, students and graduates work with Isles' staff throughout the year to maintain the garden, and also assist at other community and school gardens as a way to participate more broadly in community stewardship. Isles hosted 17 students at Camp Carrot—a 3-week camp where kids explored the outdoors, cooked healthy meals, went on field trips and discovered more about the environment and gardening through fun and educational activities. Students learned about the importance of nutrition and exercise as they grew fresh produce, created tasty meals and practiced yoga.

211 In Your Community

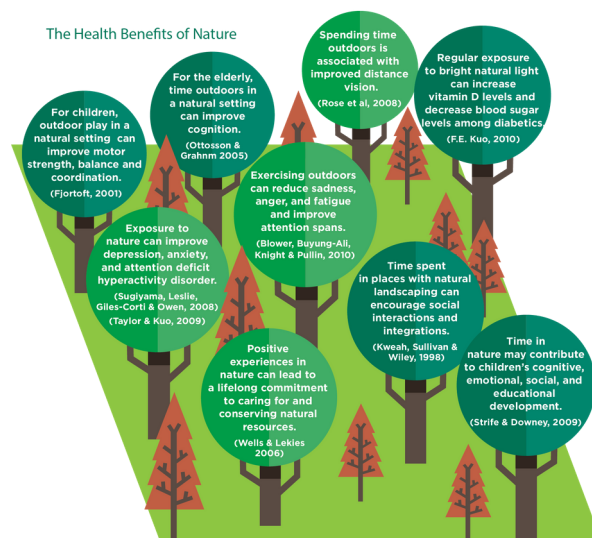
United Way of Greater Mercer County (UWGMC) has invested \$15,000 to support NJ 2-11. Since 2002, UWGMC has supported NJ 2-11 which is a free, multilingual and confidential community helpline available 24-hours a day, 7 days a week. The helpline is available state-wide and allows individuals to access information and referral services locally. Last year, NJ 2-11 was able to connect 7,095 Mercer County residents to financial assistance, housing, medical and mental health services as well as other needs.*

East Windsor Township	97
Ewing Township	625
Hamilton Township	1,030
Hightstown	129
Lawrenceville	208
Pennington	95
Princeton	297
Trenton	4,376
West Windsor/Princeton Junction	89

Park RX works closely with managers of publicly-accessible land and water, as well as directly with healthcare professionals and their respective organizations, to "make it easy" to prescribe parks and other protected areas to their patients real-time in the clinical practice setting. Spending time in natural environments increases physical activity and stimulates the parasympathetic autonomic nervous system, hence decreasing the risk of developing chronic disease. Park Rx America is a low-cost intervention that utilizes a known, generally trusted, and accessible resource, parks, to influence positive health outcomes. To date, Park Rx America has incorporated nearly 10,000 parks into its prescribing platform in 46 states and Mexico, with nearly 500 registered "prescribers" nationwide. Healthcare professionals can become registered to prescribe by watching a short instructional video and registering. Access to the platform is free of cost to prescribers. GMPHP partners will be entering the park information into this data system so that doctors and residents can participate in the program.

For more information watch this video or go to:
<https://www.youtube.com/watch?v=jJTUWh-vMog>
<https://parkrxamerica.org/about.php>

HEALTH BENEFITS OF PARK RX





FARM TO FAMILY

Easy-to-find, easy-to-eat processed food can lead to obesity. The recent Community Health Assessment reported that 30% of Mercer residents have a BMI over 30, which medically is considered to be obese. To combat obesity, RWJUH partnered with Snipes Farm, The Maker's Mart, and Westminster Presbyterian Church, to create the **Farm to Family** program.

Every Thursday afternoon for six weeks, a share of produce harvested at Snipes is distributed to 15 Trenton families at Westminster Church. Families meet with a nutrition and community educator, to learn healthy eating tips, healthy recipes, and other healthy lifestyle recommendations.

Families that pick up their shares faithfully also receive gift cards for drug stores, ride share services, and other retail establishments to help enhance their weekly produce haul with necessary food and health items. Employees of RWJUH donated over \$1,000 of gift cards to the program.

By focusing on the nutrition of children and families, the project hopes to promote a lifetime of wellness. One participant said, "My family loves to eat fresh food and it gives us a reason to eat together." At the end of the program in October, administrators will evaluate the impact of the program on improving healthy behaviors of the participating families.

Pictured above: Pastor Michael Reed, Diane Grillo (RWJH), Chaplain Ted Taylor (RWJH), and Denise .

Census 2020



Every 10 years, everyone living in the United States gets counted in the census—once and in the right place. Your response helps make sure that more than \$675 billion in federal funds is directed each year to the right places to support education, health care, firefighting services, and more. Many decisions about where to send this money are based on census data. A complete and accurate count is also critical for determining how many representatives each state will have in Congress. You will have the option of answering on line, on paper, or on the phone.

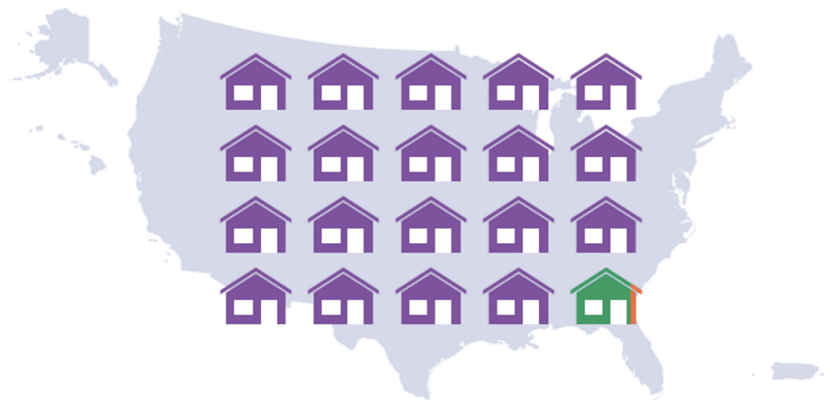


95% of households will receive their census invitation in the mail.

For more information and partnership ideas contact:

Tahirih Gomez-Smith
Partnership Specialist

New York Regional Census Office
tahirih.gomez.smith@2020census.gov
(609)954-3977
www.2020census.gov



MOONLIGHT RIDE 2019

Over 500 people came out to Mercer Meadows to enjoy the festivities sponsored by the Lawrence Hopewell Trail and the Mercer County Park Commission on Saturday, September 14.

While the moon was a bit shy, the event was lively with music from Sarah Copley, Ruotao Mao, Mikyung Lee, and Kenny Love. There was lots of fun and marshmallow roasting around the campfire hosted by REI Co-op. Sourland Cycles and Hart's Cyclery & Fitness came out to support the event and provide assistance to riders. Purple Cow Ice Cream and Buzzetta Festival Foods provided yummy treats.

Many trail fans decorated their bikes and themselves to add a festive look and create a glow when the moon did not. A team of over 40 volunteers helped make the annual event a success. Of course, what would a Full Moon Bike Ride be without the many LHT friends who made the evening truly memorable?



CONGRATULATIONS GMTMA



Mercer County has been selected as one of five communities by the **National Center for Mobility Management (NCMM)**, to develop and test ways to address the particular mobility challenges experienced by low-income community members for whom a lack of transportation is an obstacle to the pursuit of economic, health, and social well-being. The project is bringing together partners from transportation organizations and community agencies. **Greater Mercer Transportation Management Association (GMTMA)** is serving as the lead agency on the project team, and being joined by Mercer County Planning, DVRPC, NJ Transit, Trenton Area Soup Kitchen, RISE Community Services, and the East Trenton Collaborative.

Before applying for the grant, our community researched the extent of the identified transportation challenge through interviews and other types of primary and secondary research. Later this month, NCMM staff will lead our team in developing insights from our "deep dive" into the specific transportation needs of low-income community members, which will then inform our solutions. During the six-month grant period, our team will develop and propose solutions, test key assumptions about the concepts with potential users, and modify the solutions to ensure they closely respond to the identified challenge. "GMTMA is excited to be working on this planning design project with so many great partners," said GMTMA's Director, **Cheryl Kastrenakes**. "This project complements GMTMA's initiatives to improve transportation to jobs, such as the ZLine bus services to Amazon and the Matrix Business Park as well as administration and routing additions for the Route 130 Connection bus service. Job access cannot be overstated in its ability to improve a person's social mobility and the overall health of a region."