

GMPHP NEWSLETTER

Sharing our news and your stories

THANK YOU CAB!



2021 Community Health Needs Assessment



In January 2021, the GMPHP and our partners started the long process of assessing the health needs of Mercer County residents. 35th Street Consultings has been capturing primary and secondary data, organizing stakeholder interviews, and conducting focus groups to accurately detail the priorities and needs in our county. None of this process would have been possible without your unwavering support for which we are truly grateful. The consultants repeatedly said how connected, responsive, and collaborative this community has become - despite the trauma of Covid.

Now that the needs assessment and priorities have been selected, we are looking at the Community Improvement Plan and how to move forward in 2022-2025. This plan will be revealed at the Community Advisory Board meeting, November 18th. See page 3 for more details.

We could not have done this without you - so from the bottom of our hearts.... thank you.

Carol Nicholas - Project Director

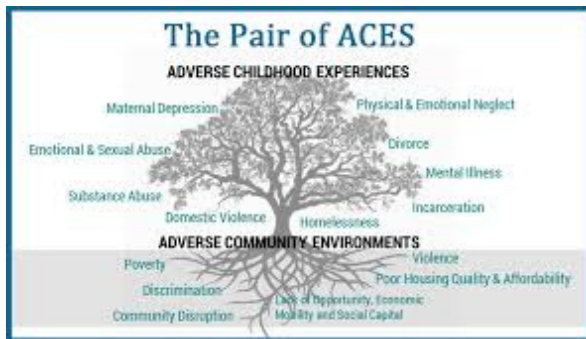
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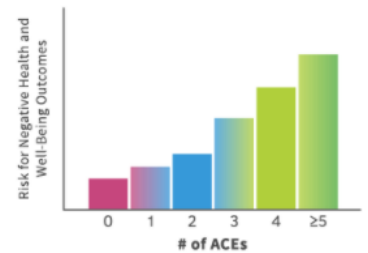
Adverse Childhood Experiences (ACES) by Grace Glorenflo

Mental and behavioral health disorders can be both the result of and the cause of Adverse Childhood Experiences (ACES), defined as traumatic or stressful events that occur before the age of 18. ACEs can have lifelong impacts on the economic, educational, mental and physical health outcomes for individuals, and are associated with decreased life expectancy. While most ACEs are the result of individualized experiences, the graphic below represents the relationship between adverse community environments that amplify the impact of ACEs.



ACEs can have lasting effects on...

- Health** (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)
- Behaviors** (smoking, alcoholism, drug use)
- Life Potential** (graduation rates, academic achievement, lost time from work)



How do we impact root causes through an upstream approach?

- 1) Start by asking patients about their community environments,
- 2) Leverage partnerships such as the GMPHP CAB to connect patients with resources beyond medical care.
- 3) Hire, train, and buy from local diverse populations, building pathways to more equitable economic and educational opportunity.
- 4) Educate ourselves and our teams to recognize the manifestations of trauma in the people we serve by taking Trauma Informed Care inservice classes (See trainings below)
- 5) Self-examine our habits as we engage with our clients.
- 6) Share what we know about ACEs, and advocate for policies and practices in our workplaces, communities, schools, and beyond that help children and families thrive.
- 7) Recognize and celebrate successes, no matter how large or small, within our families and communities, among the individuals we know, and at the policy level.

A focus on ACEs has been identified as a priority area of the 2021 GMPHP Community Health Needs Assessment created by 35th Street Consulting, a Mercer County WBE/SBE.

The New Jersey Office of Resilience can help your organization or community organize an ACEs training presentation in English or Spanish at no cost. There are also regularly scheduled ACEs trainings that are open to the public. Trainings are interactive, engaging, and explore the impact of childhood trauma across a person's lifespan

**I'm taking
#Actions4ACEs!**

Take the pledge at Actions4ACEs.com

CENTERING PREGNANCY/PARENTING

Bringing a Life-Saving Model to New Jersey:
Expanding Centering



Research shows the Centering model improves outcomes for mothers and babies and reduces racial health disparities in preterm births. Recognizing the power of this approach, the Burke Foundation is expanding the model to more families and regions in New Jersey. This year, 10 new awards will be offered to help clinical practices implement 5 Centering Parenting sites and 5 Centering Pregnancy sites. Applications due by November 12, 2021.

Centering is changing healthcare delivery as we know it. This relationship-based model uniquely incorporates peer learning, community building, and social support to improve outcomes for moms, babies, and families.

- **CenteringPregnancy** brings 8-10 women due at the same time into a comfortable group setting for 90-minute to 2-hour visits with their providers.
- **CenteringParenting** brings 6-8 parents, support people, and their same-age infants together with their healthcare providers. Better attendance leads to higher immunization rates, extended breastfeeding, and additional opportunities to screen for maternal mental health.

For more information go to: <https://www.centeringhealthcare.org/what-we-do/in-kind-service-awards-overview/burke-foundation-implementation-awards>

As much as we have enjoyed the in-person CAB meetings in the past, we deemed it prudent to meet virtually this fall. 35th Street Consulting will present the CHA and CHIP findings. We look forward to your feedback, and hope you or your delegate can join us.

GoToMeeting invitations will be sent out early November.

Join us for our fall CAB meeting

Save the Date

Thursday • November 18th, 2021 • 5-7 pm

35th Street Consulting will be presenting the 2021 Community Health Assessment and Community Health Improvement Plan via a GoToMeeting presentation.

Meeting invitations will be sent out in the near future

NEW LYME DISEASE TEST

Diagnosing Lyme disease currently involves a two-step testing process. Unfortunately, it's an imperfect process that can produce unreliable results in too many cases. What's needed is a simplified, more accurate test. It's a solution being studied by Richard Porwancher, M.D., Director of the St. Francis Medical Center Lyme Disease Center.

In a recent peer-reviewed article published online by the Public Library of Science (PLOS ONE), Dr. Porwancher and co-author, Lisa Landsberg, M.Ed., shared their "proof-of-concept" analysis of a single test called the multi-antibody kinetic EIA. This test was developed by the Centers for Disease Control and Prevention but is not yet commercially available. Dr. Porwancher's analysis of patient antibody samples showed that the single test was significantly more accurate for Lyme disease diagnosis than current methods.

The Lyme Disease Center at St. Francis is a referral clinic that manages some of the most difficult cases. "Probably half the patients I see at the St. Francis Lyme Disease Clinic have had a positive test for Lyme disease due to laboratory error, such as a false-positive, or other medical conditions," says Dr. Porwancher. "This new test has the potential to improve our ability to quickly and correctly diagnose Lyme disease."

Currently, a positive screening test is routinely confirmed by a second test, often a Western blot, making diagnosis a lengthier and more costly two-step process. This two-step testing process picks up early Lyme disease about 40-45% of the time and later-stage Lyme disease at least 90% of the time, according to Dr. Porwancher. The new test can detect up to 20% more early cases with only 1% false-positive test results.

For more information about the Lyme Disease Center at St. Francis, or Dr. Porwancher, please visit <https://www.stfrancismedical.org/find-a-service-or-specialty/lyme-disease-center>.



Dr. Porwancher

GOLD AWARD

St. Francis Medical Center recently earned the **2021 Get With The Guidelines® — Resuscitation Gold Quality Achievement Award** for its commitment to treating in-hospital cardiac arrest, ultimately helping to improve patient survival rates.

The team at St. Francis is dedicated to helping our patients have the best possible outcomes and that's why we've implemented the American Heart Association's "Get With The Guidelines-Resuscitation program". Our team uses these protocols and lives have been saved as a result.



Ryan Ihlenfeldt, Clinical Director of Telemetry, Critical Care and Nursing Education, and Jen Povio, Interim Chief Nursing Officer

NO SHAME NO BLAME NO NAMES



DON'T PANIC!

(877) 839-2339

New Jersey has a safe haven for unwanted infants

There are women and couples who are scared, confused, and desperate... and for lots of other reasons people might never understand.... now just isn't the right time to raise a baby.

Don't panic. Leave the baby with staff at any hospital emergency room, police station, fire station, ambulance, or rescue squad staffed 24 hours a day, 7 days a week. Safely, Legally, Anonymously.

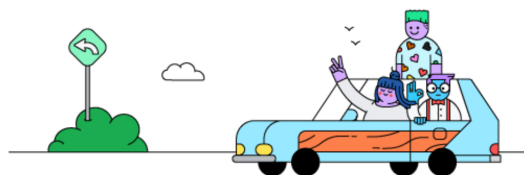
NO SHAME

NO BLAME

NO NAMES

GMTMA LAUNCHES TRANSPORTATION SOLUTION

With Waze Carpool everyone wins.
Especially you.



waze carpool | GREATER MERCER TMA

On August 2, Greater Mercer TMA (GMTMA) launched a new transportation solution for employers and employees in the exit 8A warehouse area – PickUp.

Though the number of businesses and jobs in the warehouse and distribution sector has grown significantly in our region—the ability to access these jobs has continued to be elusive for many.

The PickUp program was specifically developed to help with this barrier to employment. The new program provides improved access from Mercer County to job opportunities along the Rt. 130 corridor in the in the CR 571/Cranbury/ 8A warehouse area using the Waze Carpool peer to peer carpooling app. GMTMA partnered with Waze to have subsidies and incentives for riders and drivers built into the app within the PickUp group. Now drivers heading to work can get reimbursed for the cost of the drive when they provide a ride to another worker in their area and riders get a low cost ride.

Drivers can receive up to \$.56/mile while riders pay only \$1 to get to or from work. Prices are set to reimburse drivers for gas costs. Riders pay in the app, so nobody has to worry about cash. Drivers and riders have more money in their pocket by using PickUp with Waze Carpool. Grant funding for the pilot program is provided by the National Center for Mobility Management.

Employers benefit from the program as well with an expanded labor market, reduced employee tardiness and absenteeism, reduced turnover costs, and increased productivity. GMTMA can assist employers in promoting this program at their worksite. For more information, go to: <https://gmtma.org/pickup/>



The Mercer County Office on Aging/Aging & Disability Resource Connection (ADRC)



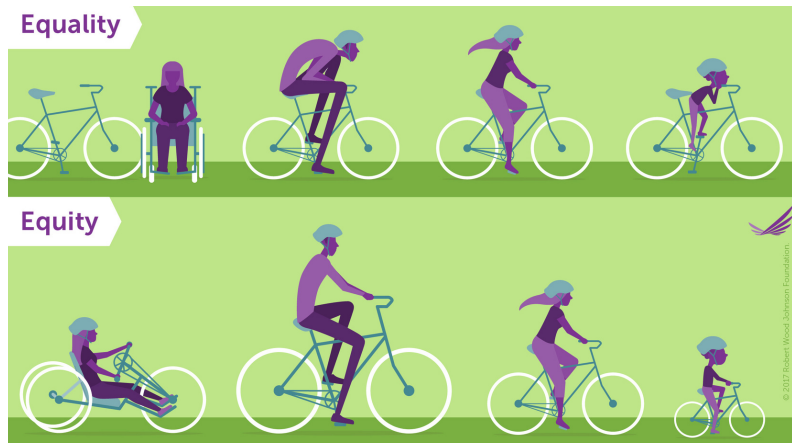
The Mercer County Office on Aging/Aging & Disability Resource Connection (ADRC) embraces the concerns of older adults, those living with disabilities, and their caregivers and respectfully offers viable options for long-term, in-home, and community-based services and supports. In addition, the office's Mercer County Nutrition Program for Older Adults offers lunches to county residents 60 years old or older or anyone married to someone 60 or older. The Office on Aging/ADRC also provides information and assistance to community members in all facets of aging and disability concerns.

Callers to our office can receive screenings for eligibility to programs such as Medicaid, Jersey Assistance for Community Caregiving (JACC), Pharmaceutical Assistance to the Aged & Disabled (PAAD), Specified Low-Income Medicare Beneficiary (SLMB), and more. Linkage and referral services to a wide variety of programs and supports for older adults and people living with disabilities are offered by our knowledgeable and compassionate staff. If you or a loved one need additional help or just have questions, please contact us at 609-989-6661 or ADRC@mercercounty.org.

ADDRESSING VACCINE HESITANCY



CAB member East Windsor Township Health Department is actively addressing vaccine hesitancy among residents. Vaccine education sessions have been provided to vulnerable populations such as the senior citizens and local migrant workers affiliated with RISE and Hovione warehouse. Accurate vaccine information provides individuals with the knowledge and tools that they need to find and decipher reputable information. We understand that trust in government is a barrier to many vulnerable community members, and local health departments, who engage meaningfully with these communities, earn their trust and become a valued resource. Pictured are: Lauren Petraglia, East Windsor Health Department and Harshav Raval, Greenhill Pharmacy



WHAT IS HEALTH EQUITY?

The RWJ FOUNDATION says "Health equity means that everyone has a fair and just opportunity to live a healthier life no matter who they are, where they live, or how much money they make. Equity is about access or opportunity, as opposed to equality, which is about outcomes and often means that everyone gets the same thing." They feel that a world without equity means "wellbeing" is impossible. Inequity in income, health, education, environmental conditions, access to opportunity, and other factors hinder individual, community, and civic well-being. In the symbiotic relationship between well-being and equity, as well-being improves, so does equity, likewise, as equity improves so does well-being. (from the RWJ Foundation -Culture of Health Series, A Plough 2020)

LAWRENCE HOPEWELL TRAIL RECEIVES AWARD



The Bicycle Coalition of Greater Philadelphia (BCYC), a nonprofit organization dedicated to making bicycling a safe and fun way for everyone to get around Greater Philadelphia region on a network of connected Circuit Trails, last week honored CAB member, the **Lawrence Hopewell Trail (LHT)** with the "Connect the Circuit Award."

The LHT was among several organizations and individuals recognized for their contributions to the Circuit Trails at an event held at the Abington Arts Center in Jenkintown. The LHT is the first New Jersey trail to be recognized by the Bicycle Coalition, which is the leading partner in building the Circuit. When, completed, the Circuit will be an 800+ trail network that connects the urban, suburban and rural communities of the Greater Philadelphia area. Central and southern New Jersey are considered within this area, and the LHT is at the northeast tip of the network.