

A Healthy Start to 2017

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Save the Date!

Our next CAB Meeting will be held:

Wednesday, March 22
 5:00 p.m.
 Capital Health
 Hopewell, NJ

Special thanks to Capital Health for sponsoring this meeting and providing a light dinner.

Please RSVP to Carol Nicholas at gmphp.nj@gmail.com by Friday, March 10.

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Marking the First Six Months of the CHIP

The Community Advisory Board met on October 25 at ETS to share the results of a very productive first six months of the Community Health Improvement Plan (CHIP).

Shaping NJ Inspires Real Change

Keynote speaker Peri Nearon, Director of External Affairs and Strategic Initiatives for NJDOH, kicked off the evening with a presentation on **Shaping NJ**, designed to help “make the healthy choice the easy choice.” The initiative has been promoted in nursery schools, senior centers, churches, and worksite wellness programs, with documented improvements shown in early childhood center trainings, resulting in healthier eating and playtime activities. And, **Shaping NJ** recently sponsored a “walking audit” to train community members to find ways to make their communities safer to bike and walk. Healthy vending machines, an increased number of farmers’ markets, and healthy choices in corner stores are other initiatives the organization has been working on.

Chronic Disease Priority Group

Amanda Medina and Darlene Hanley presented the progress their workgroup has made in 2016:

- Relationship with the New Jersey Hospital Association (NJHA), to establish an agreement between NJHA and all four hospitals to share emergency room and re-admission data to track progress of the CHIP.

- The workgroup is including healthcare-based electronic medical records experts and liaisons for strong metric baseline and time series data; selecting robust quality measures (e.g., emergency room visits) for evaluation purposes.

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Marking First Six Months of the CHIP

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- They agreed to use a logic model, a strong foundation based on programmatic elements for sustainability and grant-funding readiness. As the Chronic Disease priority group examines potential programs they will use evidence based sustainable programs, Train the Trainer model programs, and screening programs with follow up care.

Mental Health & Substance Abuse Priority Group

Ann Dorocki presented the progress Mental Health has made this year. To improve point-of-entry that includes easily accessible information and resources, the following programs took place:

- Mercer County Human Services ran nine professional development and community information sessions with 741 participants.
- Robert Wood Johnson University Hospital ran 2 drug information sessions with 32 participants.
- Central Jersey Family Health Consortium ran seven sessions for 217 professionals and 170 sessions for 2,828 consumers.
- Mercer Council on Alcoholism and Drug Addiction ran a faith-based conference for 35 participants.
- Phoenix Behavioral Health organized a community picnic for 75 participants featuring Stygma, a musical group committed to drug prevention.

Transportation

Diane Grillo presented the successful programs offered in 2016:

- The Mercer County Mobility Guide is being updated and will be available digitally in January 2017.
- The GMTMA ran a training for 60 health care professionals that would help remove the barriers to transportation.
- The GMTMA also collaborated with Shaping New Jersey to organize the "Walkability Audit Training" in October, attended by over 120 participants.

Healthy Eating, Active Living Priority Group

Stephanie Carey presented the accomplishments of the Healthy Eating/Living priority group:

- TCNJ Professor Anne Farrow and four students presented a "rap" on the progress of
 - 1) the school nurse recess survey,
 - 2) the development of the recess book by students,
 - 3) the upcoming worksite wellness conference, and
 - 4) the advertising of HealthyMercer.org.

Save the date for the Worksite Wellness

Conference, which will be held April 20, 2017.

Safe Routes to Schools Awards

Greater Mercer Transportation Management Association, the New Jersey Department of

Transportation's designated **Safe Routes to School** Regional Coordinator for Mercer and Ocean counties, recognizes the efforts of municipalities, school districts and individual schools to improve safe biking and walking to school, with improvements such as sidewalk connections and high visibility crosswalks, safety education, and walk -and bike-to-school days.



Awards were recently presented to, from left to right:

- Jay Billy - Principal, Slackwood Elementary School
- Laurie Wilson RN - Slackwood Elementary School
- Jessica Heller - Teacher, Lawrence Intermediate School
- Tom Charlton - Chair, GO Bay Head
- Sheila Reynertson - Hopewell Boro Public Health
- Lisa Serieyssel - Princeton Bicycle Advisory Committee
- Deanna Stockton, P.E. - Princeton Municipal Engineer
- Francis Guzik, P.E. - Acting Director, West Windsor Community Development and Township Engineer.

congratulations!

Trail and Treat Event Delights on the Lawrence Hopewell Trail

More than 150 children dressed as princesses, super heroes and other costumed characters gathered on Village Park on Sunday, 10/23 for the second annual **Trail and Treat** event on the Lawrence Hopewell Trail. The crisp and sunny fall weather was a perfect backdrop for kids to collect treats, ride the trail and enjoy many activities such as painting rocks, crafting and face-painting. Musical entertainment was provided by the very talented students from Princeton School of Rock.

"The event's great success was due in part to the generous local business donations," said LHT board member Lindsey Bohra. "We can't thank them enough for their continued support for these community oriented events."

"We are very fortunate to have so many dedicated volunteers work with the LHT," added LHT board member Jill Young. "The trail is built for the community, by the community, and it is events like this that remind us that in working together, we can help to create long-lasting family memories." For more events and info on how to enjoy the trail, visit www.lhtrail.org.

Right: Lindsey Bohra, LHT Board Member, gets the young cyclists ready to ride.

Photo credit: Liz Tackacs. Below: Giu Ilia and John Pirone and their daughters enjoy the event. *Photo credit: Becky Taylor.*



Right: Anna Ruddy, 5, wearing a feathered-friend costume made by her mom, Cara Ruddy. *Photo credit: Becky Taylor.*



Welcoming Jeremye Cohen

Recently appointed to the leadership committee of the GMPHP, Jeremye Cohen is the newest representative from Capital Health.



Jeremye Cohen, FACHE, is the Director of Planning, Volunteer & Retail Services at Capital Health. Prior to his current role, he served as Capital Health's Business Manager for Neurosciences, and Manager of Nursing Resources at Temple University Hospital. Jeremye has served in the past on the Board of Trustees of the Central Jersey Family Health Consortium and is the Past President of the Temple University Healthcare Management Alumni Association, where he received his MBA in Healthcare Management. A graduate of The College of William and Mary and past awardee of the HLNDV Early Career Healthcare Executive of the Year, Jeremye is a resident of Philadelphia. He has one precocious daughter and twin boys who couldn't be more different from each other.

With Gratitude to Dennis Dooley

The GMPHP extends its thanks and appreciation to **Dennis Dooley**, Vice President, Communications and Government Affairs, Capital Health, who has served on the leadership committee of the organization since its inception. Since the GMPHP's founding in 2012, Dennis has been an active member, providing guidance and full participation representing Capital Health. We are grateful for your contributions, Dennis!

Tobacco Policy Update



At a recent lecture, the speaker reminded us of the advertisement in 1946 that said, “More physicians smoke Camels than any other brand.” Today, smoking is no longer socially acceptable and the truth about the ill effects is backed up with evidence-based studies. The history lesson we can learn from this is never give up on sound health promotion campaigns. It will make a difference, and the culture will shift to healthy choices in time.

Tobacco remains our nation’s #1 preventable cause of premature death and disease, killing more than 480,000 Americans annually, including 11,800 in New Jersey. Ninety-five percent of smokers start before age 21 and each year 24,500 kids in New Jersey try cigarettes for the first time, while 5,400 additional kids become new regular, daily smokers. Without additional action to reduce tobacco use, 143,000 of New Jersey’s kids alive today will die early from a tobacco-related disease.

CAB member **Mary Jo Abbondanza, St. Francis Medical Center**, has been a Tobacco 21 champion for years. Abbondanza feels strongly that raising the legal age for the sale of tobacco products to 21 is a logical, sensible step that will better protect New Jersey adolescents from the unrelenting efforts of the tobacco industry to hook them to a deadly addiction. If New Jersey adopts the minimum legal sale age of 21, it will join the state of Hawaii and at least 95 localities in 8 states that have already enacted this provision. Age 21 for tobacco is science-based, enormously popular and doesn’t cost the taxpayers. The following towns in Mercer County have passed **Outdoor Smoke Free Ordinances**: Princeton, Ewing, West Windsor, Hightstown, Pennington, Trenton, and Mercer County (properties only) (chnj.njpn.org). Princeton Township passed the Tobacco 21 ordinance April 2015.

Public Housing Authority “Smoke-Free” Policy

Effective 11/29/16, the Public Housing Authority must implement a “smoke-free” policy banning the use of prohibited tobacco products in all public housing living units, indoor common areas in public housing, and in PHA administrative office buildings. The smoke-free policy must also extend to all outdoor areas up to 25 feet from the public housing and administrative office.

Public Forum for the passage of Tobacco 21

February 5 - 319 East State Street, Trenton

In conjunction with the Trenton Health Team, the NJ Prevention Network, and the Hunterdon & Mercer County Regional Chronic Disease Coalition, St. Francis Medical Center will advocate for the passage of Tobacco 21 in the City of Trenton. This is a public forum and all are invited to attend.

Effects on the Environment, Too

Cigarette butts are frequently cited in reports as the single most prevalent form of litter in the world.

“Making parks smoke-free not only helps improve air quality, but also reduces the number of toxic cigarette butts that litter the ground, and are washed into waterways and the ocean,” says **Ed DiFiglia, of The Watershed**, and a member of the CAB. “They leach toxins into the environment that are lethal to aquatic life. Birds and fish also eat them, ingesting the chemicals.”

Helping prevent cigarette butts from entering our waterways is one small step towards helping protect our vital water resources.

Great American Smokeout

The GMPHP participated in this annual event on November 17.

- Capital Health and Regional had tables with “quit flyers” and info displayed.
- Cornerstone Kitchen, in Princeton, promoted the event.
- Lawrence Health Department sent curriculum ideas to the school nurses.
- HomeFront established a no-smoking policy on their Family Preservation campus.

Teaming Up to Fight Postpartum Depression

Through a grant funded by the **New Jersey Department of Health**, the **Central New Jersey Family Health Consortium** collaborates with **Mercer Street Friends** to offer support groups to pregnant and postpartum women in the Trenton area. These highly successful groups, offered in English and Spanish, provide socialization and emotional support for women dealing with the many changes and adjustments they face being a new mother.

"I didn't experience PPD with my first child," shared one mom, who attends one of the group sessions. "However, I have been struggling with postpartum depression since my baby was born. I didn't know where to go or how to find other moms who have experienced this. In my culture, depression is not something that exists. I was told to 'get over it.'"

Since I have been attending the Motherhood and More group, I have learned so much about PPD and my symptoms. I really like that I have a place to go that I can talk and they understand what I am going through. I meet other moms that are going through the same thing. It has been a relief to find such a supportive group to attend."

The **Motherhood & More Group** is held on Fridays from 10:30-11:30 a.m. weekly at Mercer Street Friends, 222 Hermitage Avenue, Trenton.



Priority Group Leader Ann Dorocki presented Ksenia Lebedeva with a Mercer County Proclamation from County Executive Brian M. Hughes. It acknowledged the month of September as **National Recovery Month** and recognizes the advocacy work that the **New Jersey Association of Mental Health and Addiction Agencies (NJAMHAA)** does to help promoting recovery efforts in Mercer County. Congratulations!

Spotlight: Rutgers Cooperative Extension of Mercer County

The National Extension Association of Family and Consumer Sciences (NEAFCS) honored **Michelle Brill** with its Community Partnership Award.

The innovative model of the **Greenwood Avenue Farmers Market** is gaining national recognition. Our CAB member, **Michelle Brill, Family & Community Health Sciences Educator, Rutgers Cooperative Extension of Mercer County**, was honored with an award from NEAFCS on the state, regional, and first place national levels. The recognition is in honor of NEAFCS' members efforts in building community partnerships to meet the educational needs and concerns of families. The award was announced at their annual conference in Big Sky, Montana, on September 15, where Michelle accepted the award.



Healthy Cooking Classes

The Rutgers Cooperative Extension begins cooking classes for Village Charter School students enrolled in the Boys & Girls after-school program this month. The classes are focused on nutrition, culinary skills, food safety, and hygiene education, all designed to instill enjoyment in cooking. Each week a healthy, easy, and appealing recipe is prepared, then enjoyed in a family-style setting. Students are presented with a cookbook featuring all recipes to help bring their new skills to their home kitchens. This program is in its seventh year, funded through a 21st Century Community Learning Grant from the NJ and U.S. Departments of Education in partnership with the Rutgers 4-H Youth Development Department. Classes will be held January through March, Village Charter School's after-school program, operated by the Boys & Girls Club of Mercer County; [visit njaes.rutgers.edu/extension/](http://njaes.rutgers.edu/extension/).