

GMPHP Greater Mercer Public Health Partnership



**Join Us for
the fall
CAB meeting**

**RSVP by
October 14th**
gmphp.nj@gmail.com

The GMPHP leadership would like to sincerely thank you for your time and efforts that have benefited the advancement of the 2016 CHIP. We are grateful that our numbers have swelled from 33 volunteers to 137 in one year. Each of you brings an expertise that helps advance our goals of improving the health of Mercer County residents. Our four priority groups have met quarterly, and each has documented progress on their action plans. Though it has only been six months working towards these goals, we would like to celebrate, reconnect, network, and tell the remarkable stories that each group would like to share. Please join us:

October 25th, 2016

5-7 pm

ETS

**Conant Hall, Lounge C
660 Rosedale Road
Princeton, NJ 08541**

Refreshments will be served

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Save the Date!

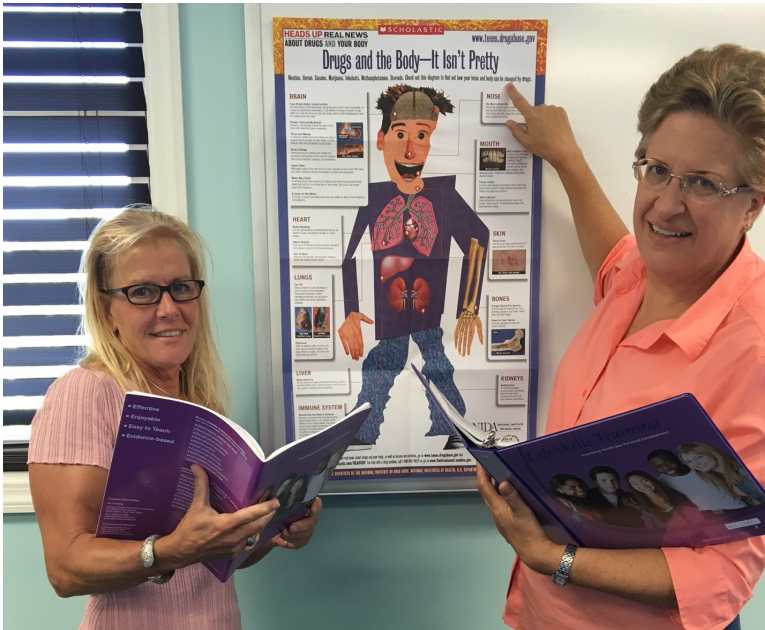
10/14 Chronic Disease	11 am SLRC
10/25 Fall CAB meeting	5 pm ETS
1/10 Transportation	10 am RWJ
1/10 Healthy Living	1 pm The Watershed

TCNJ Leads the Way Installing a Medicine Drop Box

CAB member Joe Hadge worked with a student intern to create an informational video for TCNJ students to create awareness about the college's permanent medicine drop box at the campus police station. TCNJ is the first college in New Jersey to have its own drop box. Joe mentioned that this video could be used as a model for other college campuses who are thinking of installing their own campus drop box, or even for communities and counties to create awareness about local drop box locations.

To view the video: <http://adep.tcnj.edu/>





Drugs and the Body – It Isn't Pretty

CAB member Barabara Sprechman and teacher JoAnn Pica prepare for the third year teaching Substance Abuse Prevention to school age children in Mercer County.

Acclaimed Prevention Programs in Our Schools

Mercer Council received funding from the New Jersey Division of Mental Health and Addiction Services (DMHAS) to offer two research-based drug prevention programs to schools throughout Mercer County: Botvin's LifeSkills Training (LST) and Protecting You/Protecting Me (PYPM).

LifeSkills Training (LST) is a research-based prevention curriculum developed by Dr. Gilbert Botvin from Cornell University Medical College. LST seeks to promote health and well-being among adolescents through the delivery of a combination of health information, general life skills and drug-resistance skills. LST is proven to reduce the use of alcohol, tobacco and other drugs among adolescents, making it the most extensively evaluated substance abuse program available. The curriculum is available for elementary, middle and high school students. Thus far, the program has been delivered at the middle school level in Trenton and West Windsor Township. The program has been very well received first by administration, as well as students who have been actively engaged. Parents receive program information to go along with what is offered to their students.

The Protecting You/Protecting Me (PYPM) alcohol use prevention program is a highly interactive program originally developed by Mothers Against Drunk Driving (MADD) in 1998. PYPM incorporates the latest research on human brain development, focuses on the immediate risks of using alcohol before age 21, and improves elementary school students' vehicle safety skills, including their ability to protect themselves when they have no option but to ride with an adult who has been drinking alcohol. The program has been facilitated at two elementary schools in Hamilton as well as three elementary schools in Trenton. Students and staff have responded positively to the program with teachers providing feedback that they enjoyed the interactive lessons and activities. Students said they related the program to incidences they witnessed occur outside of the school environment (older siblings drinking alcohol, drunk driving incidences reported in the media, etc.) The PYPM program is one that increases students' social competency skills, problem-solving skills, autonomy and sense of purpose through the curriculum's discussions and activities.

Our hope is that through facilitating these programs, Mercer Council can come closer to its mission of reducing the use and abuse of substances in the community. For more information on these programs, please contact Jocelyn Cooper, Assistant to the Executive Director, at 609-396-5874.



Transforming your Community to Support Health:

How to Begin!

October 18-19th

On October 18-19, 2016, the New Jersey Department of Health, in partnership with Atlantic Health System, Partners for Health Foundation, Salem Health & Wellness Foundation, the NJ Department of Transportation and the NJ Realtors Association will present a free training entitled *Transforming Your Community to Support Health: How to Begin*.

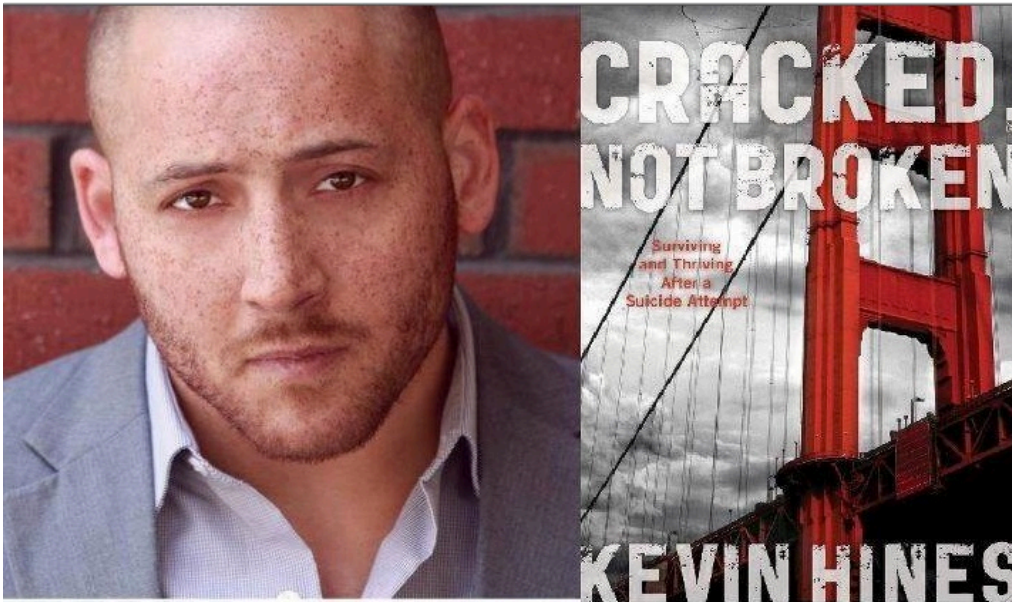
The purpose of this training is to provide “community teams” – perhaps planners, policy-makers, local government officials or enthusiastic advocates – with the skills to conduct health assessments so that they can identify areas for improvement, such as walking, bicycling and transit conditions in their own communities. Mark Fenton, a nationally recognized health and transportation expert will lead the training both days at the Robert Wood Johnson Fitness & Wellness Center – Hamilton at 3100 Quakerbridge Road.

Day 1 is a small, focused training for 25-30 individuals, and Day 2 is a much larger conference-like agenda that will include the Day 1 trainers practicing their new skill of taking out small groups for Walkability Assessments. If someone wants to be trained specifically in the assessment tool, day one is a great option. For more general learning, resources, networking and team building, day two is a good choice.

Workshop highlights will include learning how to conduct walkability assessments in the field, and Mr. Fenton will lead this hands-on activity out and about the Hamilton neighborhood. Participants will talk directly with state, regional and local experts and will leave with the tools and inspiration to return to their own communities ready to work. Working with our diverse partners to improve health is part of the **ShapingNJ** mission to “make the healthy choice the easy choice.” **ShapingNJ**, led by the NJ Department of Health, is the state partnership for nutrition, physical activity and obesity prevention, consisting of more than 200 organizations committed to building a culture of health in NJ. For more information check out www.shapingnj.gov and like us on Facebook! To attend the training either day, RSVP to pamela.howard@doh.nj.gov.

GMPHP has partnered with TCNJ and NJAHPERD on the “Recess Project”. Here are more ideas from “Let’s Move Tips for Schools”.

- **Exercise brain breaks between subjects**
- **Set up an empty classroom with exercise equipment**
- **Family wellness night**
- **Health fairs for students and parents**
- **Fun fit night, zumba, karate, boot camp, yoga**
- **20 wellness stations for families**
- **Sit on a stability ball in class instead of a chair**
- **Taste test healthy snacks**
- **Use “Jammin Minutes” for elementary schools and “Jam Blasts” for MS/HS**



October 1st
**Presbyterian
Church of
Lawrenceville**

8:30-3 pm

Harvest of Hope

NAMI Mercer will commemorate Mental Illness Awareness Week with its eighth annual Harvest of Hope Wellness Conference on Saturday, Oct. 1 from 8:30 am to 3:00 pm at the Presbyterian Church of Lawrenceville. Kevin Hines will deliver the keynote address—"Cracked Not Broken." Mr. Hines is a mental health advocate, award-winning global speaker, bestselling author and documentary filmmaker who tells audiences around the world about his unlikely survival after jumping from the Golden Gate Bridge. Today, Kevin's mission is to save lives by spreading the message of hope and sharing his art of living mentally well.

Following the keynote address, conference participants will have a choice of wellness workshops, with one session in the morning and another during the afternoon. The \$15 registration fee includes lunch. Although membership in NAMI Mercer is not required, we are offering an incentive price of \$35 to join AND attend the conference.

For more information and to register, go to namimercer.org. You can register online or print a paper form. If you have questions, call 609-799-8994.

SNAP-Ed "Faithfully Fit Program" Joins GMPHP

What do they do with faith-based groups?

- On-site nutrition classes
- Display posters
- Mini lessons for food pantry or soup kitchen
- 6 week nutrition and activity series
- Watch a 1 hour DVD on activity and nutrition

For more information call Lisa at (848) 932-9735



Tobacco Fast Facts

City Council members say Tobacco 21 will help reduce tobacco use among the younger generation.



Source: www.cdc.gov

BEN KOTHE // GRAPHICS MANAGER

Capital City looks seriously at Tobacco 21 legislation

Why this legislation worked in other towns...

Thanks to the hard work of CAB member Mary Jo Abbondanza from St. Francis, James Brownlee, Trenton Health Officer, and their coalition, our Capital City will be looking seriously at Tobacco 21 legislation in October. Ninety-five percent of smokers begin smoking before the age of 21. The Institute of Medicine concluded that raising the legal age to 21 would result in a 25 percent decrease in smoking among 15-17 year olds.

Cigarette sales to those under 21 comprise just over 2 percent of sales. But because 90 percent of smokers start by the age of 21, these sales create 9 out of 10 future smokers, according to the organization, Tobacco 21. (NJHCQI)

Support the Trenton Coalition as they try to advance this initiative.

Advancing Inroads for Health

With generous funding from the Robert Wood Johnson Foundation, Trenton Health Team and the City of Trenton Department of Health & Human Services will be able to continue and expand on-site health services by taking the mobile health van to organizations and events across the community, providing health screenings, referrals, and educational information to many of the city's most vulnerable residents. Clinicians, clinical students and community health workers will conduct blood pressure, body mass index and blood glucose screenings, provide health education and offer general and specialized health assessments that are obtained through an examination and questionnaires. Mobile health clinic staff will also provide referrals to resources and health services that are not provided on the van. Our project, Advancing Inroads for Health, which aims to evolve this work into a cohesive and deliberate community-wide program, will establish more formal procedures, goals, and branding/identity and will operate on a year-round basis. Our immediate goal is to fill the gap in access to healthcare by providing comprehensive care to the residents of Trenton, irrespective of immigration or health insurance status, starting in the fall of 2016. Our long-term goal is to address the disparities that exist within the community regarding health literacy and conditions such as obesity, diabetes, and hypertension and other health needs.

