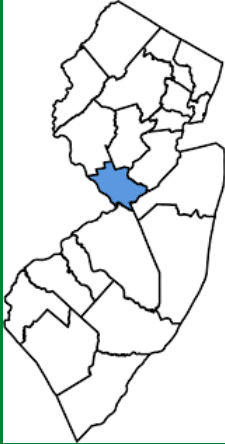




# GMPHP NEWSLETTER



Greater Mercer  
Public Health  
Partnership  
2021 Community Health Needs Assessment



## PRIORITIES:

- \* COVID-19
- \* MATERNAL/CHILD
- \* BEHAVIORAL/TRAUMA
- \* LIFE EXPECTANCY

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## COMMUNITY HEALTH ASSESSMENT COMPLETED

*by Carol Nicholas*

After a year of planning, meetings, stakeholder calls, surveys, and focus groups, the 2021 Community Health Assessment is now completed. 35th Street Consulting presented the findings to the community on November 18th, and the recording can be found at <https://www.youtube.com/watch?v=oPLW-qR5xzw>

The consultants analyzed the data and found 4 priorities that we will work on with our community partners in 2022-2025. The priorities will be 1) Covid-19 2) Maternal/Child 3) Life Expectancy and 4) Behavioral Health/Trauma/Aces. We want to sincerely thank all of our partners who participated this year, despite the barriers that Covid-19 created. GMPHP looks forward to working on the improvement plan with you in 2022. To view the report go to: [healthymercer.org](https://www.healthymercer.org)



## Advancing Health Equity

### 2021 CHNA objectives

Develop accurate portrayal of community health status in Greater Mercer County Service Area

Demonstrate the impact of SDOH, identify disparities, and illuminate underlying inequities

Leverage community partners in identifying assets, gaps in services, and opportunities for collaboration

Collect diverse perspectives on community health challenges and recommendations for solutions

Determine key factors that impact health and define common goals for collective action

## Mercer County CHNA/CHIP: *Advancing health equity*

**Overarching approach:** Focus interventions upstream to address inequities and social determinants of health. Leverage Collaboration.

## 2021 Priority Areas

### Chronic Disease and Life Expectancy:

Goal: Achieve equitable life expectancy for all people.

### Maternal and Child Health:

Goal: Achieve equitable outcomes for all mothers and babies.

### Behavioral Health and Trauma:

Goal: Reduce and prevent the impact of ACES and trauma on health outcomes.

### COVID -19:

Goal: Reduce death disparities among population groups.

## NEXT STEPS....

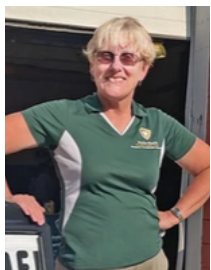
Please review the  
CHA and decide which  
priority your organization  
is working on.  
Let us know your activity  
so we can add it to the  
Community Health  
Improvement Plan. Please  
inform Carol at:  
[gmpHP.nj@gmail.com](mailto:gmpHP.nj@gmail.com)  
or  
609-580-0621

## Fostering Collective Impact to Advance Health Equity

1. Publicize CHNA report and CHIP
2. Hospitals develop Implementation Plans with relevant strategies to align with CHIP goals and objectives
3. Health departments review strategic planning and initiatives for alignment with CHIP goals and objectives
4. Reorganize GMPHP Committees by priority areas:
  - ▶ COVID-19
  - ▶ Maternal and Child Health – Infant Mortality
  - ▶ Behavioral Health – ACES
  - ▶ Life Expectancy – Chronic Disease
5. Set quarterly meetings to share progress and collaborate toward collective impact on our goals



Darlene Hanley, an original founder of the GMPHP in 2011, has just retired as the CEO and President of St Lawrence Rehabilitation Center. She has tirelessly served on our Board in many leadership positions, and guided the organization through the 501 C3 process. The founding documents, mission, and by-laws were all created thanks to her vision and hard work. She will be greatly missed by all, and we wish her well in retirement.



Since 2004, Stephanie Carey has served as the Montgomery Township Health Officer. After working around-the-clock, seven days a week to guide Montgomery and nearby towns through the COVID-19 pandemic, she retired October 2021. Stephanie's knowledge of public health, best practices, and SMART CHIP goals, helped guide the Board decision making through the years. We wish her well in retirement.



Karen Buda joined the GMPH Board as a community member in 2017, and her term completed January 2022.

As Director of The Community Well, Karen shared her knowledge of the needs of the community, and openness to implement new programs. She helped connect non-profits which was invaluable to the goals of GMPHP. We look forward to collaborating with her further in the future, and are grateful for her service.



As of February, 2022, Jeff Grosser, Princeton Health Officer, will become the GMPHP President. Treasurer Jeremye Cohen will become the President Elect, and new member Thomas Boyle from St Lawrence Rehabilitation Center will become the next Treasurer. Ann Dorocki from Mercer County Human Services has served as Secretary since 2015, and will be passing the baton to Kathryn Koellner from St Francis. Thank you everyone for your years of service to GMPHP and our community.

QUIT SMOKING  
IN 2022

YOU GOT THIS!

## NEW YEAR'S RESOLUTION?

IT'S THE YEAR TO QUIT SMOKING/VAPING..

Looking for a New Year's resolution?

Quit smoking/vaping on Jan. 1  
using the [NJQuitline!](#)

Make it the year to be smoke/vape free  
visit the [NJ QUITLINE](#)  
or call 1-866-NJSTOPS

All Quitline services are FREE!

While you  
celebrate the New  
Year, take the first  
step towards a  
healthier  
tomorrow...

...smoking at any  
capacity increases  
risk of illness!

Qualified callers  
receive  
up to 2 weeks of  
FREE nicotine-  
replacement  
patches.

A New Year goal that does  
more than one thing?  
Quitting smoking  
is a resolution  
that keeps on giving.  
Quit smoking to:

SAVE MONEY

GET HEALTHY

BREATHE EASIER

YOU GOT THIS!





## WHO WE SERVE

Meals on Wheels of Mercer County serves homebound seniors who are 60 years and older. Many of our participants are unable to cook or shop for themselves due to the onset of a debilitating disease or another life change situation that makes them homebound. Often these older adults are "invisible" in the community and vulnerable to food insecurity. We provide a significant number of subsidies for those who cannot afford the cost of our meals.

- 92% are over the age of 60; 43% are over 80
- 80% are either below the poverty line, or vulnerable to it
- 25% suffer from heart related ailments; 14% have diagnosed dementia
- 52% live alone; many with no family members in the area
- [See more New Jersey statistics](#)

## HALAL MEALS

Recently, the Meals on Wheels team identified a senior community that has been underserved in the northern part of our county; the South Asian Community. We have sought out a restaurant partnership that will bring South Asian inspired HALAL meals as well as vegetarian meals to these seniors.

Unfamiliar foods, as well as cultural barriers can be an impediment to service in new American communities, and we are hoping with culturally appropriate meals and messaging, to bring on board a community that would benefit from our services.

We will be providing up to 7 days worth of meals, and are partnering with local Mosques and Temples, and respective cultural organizations, to help get the word out! Our hope is to expand the service to all of Mercer County in the near future! For more information call: 609.695.3483

## SUSTAIN AND SERVE

Among the programs established to alleviate some of the effects of the pandemic, notable for its dual purpose is **Sustain and Serve NJ**. Through it, organizations across New Jersey have been awarded grants to buy meals from hundreds of restaurants; the organizations then distribute the meals to people in need. The New Jersey Economic Development Authority has provided the funding.

November 5th, 2021, Governor Phil Murphy announced an additional \$10 million in funding to support the creation of a third phase of the Sustain & Serve NJ Program, bringing the total program funding to nearly \$45 million.

CAB member **Sasa Montano**, her five Meals on Wheels staff, and 800 volunteers have served a total of 97,000 meals in 2021, of which 17,427 were weekend Sustain and Serve meals. The number of clients requesting services has increased by 17% since the start of Covid-19. Well done Sasa and Team!



**Sasa and her team were recognized by Governor Murphy at his June 13, 2021 press event**



## CANCER SCREENING IN MERCER COUNTY

by CAB member Michelle Jansen

Did you know that New Jersey has the fifth highest rate of new cancer cases in the nation? Rutgers Cancer Institute of New Jersey is the state's only NCI-designated comprehensive cancer center and serves the entire state of New Jersey. The vision of its community outreach and engagement team is to promote health and prevent cancer before it starts through education, linkages to cancer prevention screenings and navigation to health services and community resources. The community outreach and engagement team provides free workshops for community members and providers on prevention strategies for different types of cancer, how to control your cancer risk, the role of family history and genetics in cancer, nutrition, tobacco cessation and LGBTQ+ cultural competency training. In order to address the significant health disparities in prostate cancer among black and African-American men, a train-the-trainer program for faith-based communities with jazz music and free screenings is planned for the summer of 2022 in Mercer County.

The team has recently onboarded lay navigators that can work directly with community members to schedule cancer screening appointments with local health care providers, address barriers to care, food insecurity and other social determinants of health. The team is also excited to announce that a mobile screening van has been ordered and is on its way for the summer of 2022. This screening van will be staffed by an advanced practice nurse and will have the capacity to provide skin, cervical, prostate and colorectal cancer screening to communities across the state. To learn more about the free services offered by the community outreach and engagement team at Rutgers Cancer Institute of New Jersey, contact us at: [outreach@cinj.rutgers.edu](mailto:outreach@cinj.rutgers.edu)

### FREE HEALTH WORKSHOPS

**The Community Outreach and Engagement team at Rutgers Cancer Institute of New Jersey offers online educational sessions for community and healthcare organizations!**

#### **Clinical Trials & Research**

- Research Studies, Ethics and Shared Decision Making
- Clinical Trials Process & Protocols

#### **Colorectal Health & Nutrition**

- Guts and Glory: Steps You Can Take to Protect Yourself from Colorectal Cancer
- Nutrition for Colorectal Health & Cancer Prevention

#### **Genetics & Cancer**

- Controlling Your Cancer Risk: Nurture vs. Nature
- Family History and Cancer Risk: What You Need to Know

#### **Tobacco & Smoking Cessation**

- Lung Cancer Screening: New Guidelines for a Life-Saving Screening Test
- Breathing Easier: The Basics of Tobacco Products, Addiction, and Treatment
- Vaping and E-Cigarettes: What You Need to Know

#### **HPV & Cancer Prevention**

- HPV-Related Cancers and How to Prevent Them
- Prevention and Early Detection of HPV-Related Cancers for the LGBTQ Community
- LGBTQ Cultural Competency Training

Interested in a  
Cancer  
Prevention  
program at  
your facility?  
Email  
[outreach@cinj.rutgers.edu](mailto:outreach@cinj.rutgers.edu)

## How To Get Tested For COVID-19 In New Jersey



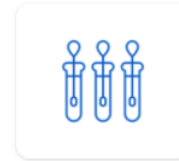
### Test Site Finder

Find testing locations near you, including their hours and testing requirements.



### Free At-Home Testing

Order a free saliva test, shipped directly to your home at no cost.



### Free Public Testing

Find information about free testing and a list of public testing sites, including pop-up sites in COVID-19 hotspots



## For Covid-19 testing options in Mercer County go to:

<https://www.mercercounty.org/departments/division-of-public-health/coronavirus-disease-2019-covid-19/covid-19-testing>



## Download Docket for Mobile Vaccine Records

Docket is a mobile app that makes it easier for you and your family to securely access your COVID-19 vaccination record.



If you don't have your vaccination card with you or have lost it, you can easily access your record through the app to provide proof of COVID-19 vaccination, as needed.

The Docket app is now available in the [App Store](#) or on [Google Play](#).



## STICKER SHOCK STRIKES AGAIN!



Four youth members of **Prevention Coalition of Mercer County** and the two coordinators, Malissa Arnold and Ruth DelPino, did a STICKER SHOCK at Joe Canal's in Lawrenceville, and at Dominic's Pizza on Brunswick Ave in Lawrenceville. The youth and the leaders put large green stickers warning of the fines and consequences of buying or providing alcohol to those under the age of 21. The stickers were printed in English and in Spanish and had the law cited, as well as the PCMC Logo. At the liquor store, stickers were placed on package goods. At the Pizza shop, the members assembled pizza boxes for the restaurant, and placed stickers on the outside of the box.

Afterward, the youth and Malissa enjoyed pizza and discussion about everything from the current school climate, to interest in curbing substance abuse. It was an incredible opportunity for these young adults to get to know one another, and talk about goals for helping our community for the future. For more information about the program, email: [marnold@mercercouncil.org](mailto:marnold@mercercouncil.org)



## 2019 POSTPARTUM DEPRESSION FACTS

### Quick Facts

**29,643**  
Live births

**28,674**  
Total  
screened

**1,051**  
Scored 10+

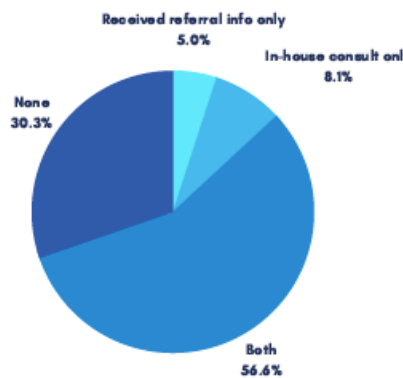
**96.7% of women who had live births were screened, while 3.7% were found to be at risk.**

### Edinburgh Screenings

The Edinburgh Postnatal Depression Scale (EPDS) screens for possible depression symptoms in parents.

An EPDS score of 10 or higher was considered to be at risk for experiencing postpartum depression.

Nearly half of mothers in Central NJ who scored 10+ received both referrals and consults.



*Ensuring a legacy of health, one family at a time.*

Read more at [cjfhc.org](http://cjfhc.org) 732-937-5437



## Central Family Health Consortium

CAB member CJFHC will address disparities in access to prenatal care and services. Program areas include the expansion of doula services; providing more supportive services at Capital Health OB/GYN Trenton; using data to understand local drivers of and correlates with Severe Maternal Morbidity; and creating risk alerts to identify high-risk pregnancies early

A  
Dialogue,  
not a  
debate...

Debate	Dialogue
Assuming that there is one right answer, and you have it	Assuming that many people have pieces of the answer
Combative: participants attempt to prove the other person is wrong	Collaborative: participants work together toward common understanding
Focus is winning	Focus is exploring common ground
Listening to find flaws and make counter-arguments	Listening to understand, find meaning and agreement
Defending our own assumptions as truth	Revealing our assumptions for re-evaluation
Seeing only two sides to an issue	Open to seeing all sides of an issue
Searching for faults and weakness in others' positions	Searching for strengths and value in the people's positions
Creating a winner and a loser feel, shutting down further conversation	Honoring the conversation after the discussion ends
Seeking a conclusion or vote from others to ratify one's position.	Discovering new options, not seeking closure