

Priority Two - Life Expectancy/Chronic Disease

Strategies – 2022-2024

Last updated 10.14.22

Guiding Goal: Achieve equitable life expectancy among all residents in Mercer County.	
CHNA Key Findings:	CHNA Page
▶ Life expectancy in Mercer County (80.6) is on par with New Jersey (80.5), but life expectancy for Black people (74.9) is lower than all other race and ethnic groups: White (80.9), Latinx (85.7), and Asian (90.3).	58
▶ The percent of the population that is uninsured in Trenton (17.6%) and Hightstown (16.6%) is two times higher than NJ (7.8%) and US (8.8%).	46
▶ Heart disease deaths are increasing in Mercer County (162.7) and higher than NJ (158.0) and the US (161.5); Heart disease deaths among Black people in Mercer County (236.4) are higher than any other group and higher than among Black people anywhere else.	62
▶ Diabetes deaths are increasing in Mercer County from 15.1 (2018) to 17.3 (2019); The diabetes death rate is nearly two times greater for Black people (31.7) than White people (13.1) in Mercer County.	68
▶ One in five Mercer County Senior Medicare Beneficiaries are living with four or more chronic conditions.	74
▶ The ability to afford appropriate and safe housing creates barriers for chronic disease prevention and management; older adults, racial and ethnic minorities, low-income residents; and youth with asthma are particularly impacted by lack of adequate housing.	39-41
▶ As of 2018, nearly 1 in 10 Mercer County residents were food insecure; anecdotal evidence supports this percentage has increased significantly with COVID-19.	37
▶ 41.7% Mercer County adults report having no leisure activity in past 30 days compared to NJ (27.8%) and the US (24.2%) averages.	54-55

Strategies:
Advocate for racism as a public health crisis; share CHNA findings with policy makers, employers, community leaders, and residents; use results to advocate for socioeconomic policies that improve health in communities for color. E X
Model equitable workplaces that value diversity and afford livable wage employment, mentored advancement opportunities, local and diverse hiring and purchasing practices.
Explore models to increase access to affordable housing options within Mercer County. E X
Train and hire staff from diverse communities to work as community health workers, patient navigators, case managers, care, and support staff. E X
Partner with social services, employers, housing, faith-based, and other community-based organizations that serve BIPOC populations to host vaccination clinics. E X
Screen for social determinants of health and provide “warm hand off” to connect patients to social support services. E X

Increase availability and knowledge of using telehealth for chronic disease management. x
Increase early detection of chronic disease among Black African Americans x
Promote physical activity within the school and community setting. x
Provide school-based health and wellness education for students in grades K-12. x
Equity strategies E are identified where there is an opportunity to address social determinants of health.
Cross cutting strategies x are identified where there is an opportunity to make investments in initiatives that can impact multiple goals or objectives.
Measurable Objectives
2.1 By 2024, reduce the proportion of people in Mercer County living in poverty to align with New Jersey state average of 10%. (HP2030 Goal: 8%) (p. 9)
2.2 By 2024, reduce uninsured rates in Trenton and Hightstown by 20% to align with state and national rates. (p.52)
2.3 By 2024, reduce premature age adjusted death rates among Black African American residents in Mercer County to align with the combined Mercer County rate (300). (p. 8)
2.4 By 2024, increase duration of physical activity/leisure activity among adults and children across Mercer County to 30 minutes per day or 3 ½ hours per week, per CDC exercise recommendations. (p.62)
2.5 By 2024, increase the proportion of Mercer County households that exit the homeless system to permanent housing by 5%. (p.47)
2.6 By 2024, promote resilience focused activities and supports to address Adverse Community Environments and combat the impact of Adverse Childhood Events (ACEs). (p.28)

Actions	Performance Indicator	Participating Organization
2.1(a) Coordinate and serve the most vulnerable populations in Mercer County a range of food programs, including Mercer County Nutrition Program for Older Adults, congregate meals, on-site food pantries, Mobile Food Pantries, Meals on Wheels, The Kosher Cafe and Healthy@Home Senior Nutrition program.	NJ State Health Assessment Data Quarterly Reports ACS, United States Census Bureau	Mercer Street Friends Trenton Food Stakeholders JFCS HomeFront Meals on Wheels Office on Aging Catholic Charities Mercer County Office on Aging/ADRC
2.1(b) Provide information & Assistance Services to Community members age 60 and up, those living with	Quarterly reports	Mercer County Aging & Disability Resource Connection (ADRC)

Priority Two - Life Expectancy/Chronic Disease

Strategies – 2022-2024

Last updated 10.14.22

disabilities, and their caregivers to assist in navigating social service systems, and accessing healthcare services and financial assistance programs. Prioritize self-direction and full societal participation		
2.1(c) Review policy related to food deserts that will address poor nutrition options, and create a list of policy changes to eliminate food deserts.	Finalized document	Trenton Food Stakeholder Trenton Health Team RCE/FCHS/SNAP-Ed YMCA
2.1(d) Start to implement the highest food priority policy changes to eliminate food deserts.		Trenton Food Stakeholder Trenton Health Team YMCA
2.1(e) Explore expansion of the Capital Health Farmers Market and Arm in Arm food distribution at the Family Health Clinic including providing healthy recipes		Capital Health Medical Center (4.1)
2.1(f) Endeavor to model an equitable workplace that values diversity, compassion, and livable wage employment through mentored advancement opportunities, local and diverse hiring and purchasing practices. Warm hand off to social services for patients with Social Determinants of Health needs.		St Francis Medical Center (2.1)
2.1(g) Distribute nutritional education awareness booklets to people in need in Trenton		Capital Women in Philanthropy (4.3a)
2.1(h) Provide nutritional supplements for free to patients in financial need		Capital Women in Philanthropy (4.3b)

undergoing chemotherapy and dialysis.		
2.1(i) Discuss with Isles the opportunity to connect patients to community gardens		Capital Health Medical Center (4.4)
2.1(j) In 2022 provide blood pressure monitoring equipment, oral hygiene tips, toothbrushes, toothpaste, to individuals in need at the Family Health Center in Trenton.		Capital Women n Philanthropy (2.9d)
2.2(a) Provide outreaches to underserved communities that offer assistance to sign up for health insurance.	NJ State Health Assessment Data	RISE Catholic Charities Office on Aging NJ Family Care
2.2(b) Utilize PF Concepts to qualify patients for Medicaid, or Charity Care services. Expand to include NJ CEED.	United States Census Bureau	Capital Health Medical Center (1.1)
2.2(c) Identify resources for outreach in the community for enrollment in health insurance marketplace and Medicaid. Hold seminars "Welcome to Medicare".	United States Census Bureau	Capital Health Medical Center (1.2)
2.2(d) Evaluate opportunity to collaborate with payers and the Trenton Health Team or through grant funding		Capital Health Medical Center (1.2a)
2.3(a) Tobacco Cessation program - Increase the number of enrolled patients for Mercer County by 10% from 209 to 230 by December 2022.	NJ State Health Assessment Data National Center for Health Statistics – Mortality Files, 2017-2019	RWJB Institute for Prevention and Recovery Institute
2.3(b) Promote social media messaging to increase awareness between the connection of lifestyle choices and screenings to cancer prevention and early	New Jersey State Health Assessment Data, 2015-2018; CDC, 2015-2018	Hunterdon/Mercer Chronic Disease Coalition (HMCDC) Screen NJ NJCEED Trenton Health Team

Priority Two - Life Expectancy/Chronic Disease

Strategies – 2022-2024

Last updated 10.14.22

detection.		
2.3(c) Provide lifestyle and behavior educational programming addressing chronic disease/cancer prevention targeting underserved populations. Topics considered: smoking cessation, nutrition/diabetes, CRC cancer screening, physical activity and stress/anxiety.	NJ State Health Assessment Data National Center for Health Statistics – Mortality Files	HMCDC RWJB Prevention Recovery Institute NJCEED Screen NJ HomeFront RWJ Better Health Program (1.4)
2.3(d) Conduct Cancer Thriving & Surviving Workshops to develop self-management skills that can improve quality of life for cancer survivors, caregivers and their families.	National Center for Health Statistics – Mortality Files	HMCDC RWJ Better Health Program (1.4)
2.3(e) Increase availability and knowledge of using telehealth for chronic disease management discharge planning, care, and education.		SLRC Catholic Charities JFCS
2.3(f) Capital City Diabetes Collaborative will address issues identified with the clinical, environmental, and social determinants related to case management and treatment of diabetes in Trenton. Explore the opportunity to continue elements of the program beyond September 2022 when the grant expires.		Capital Health Medical Center (2.1) Trenton Health Team
2.3(g) Continue the Project Dulce Program, a peer mentor education/support group that uses a curriculum called “Diabetes Among Friends” featuring practical advice and real-life examples to train peer educators to		Capital Health Medical Center (2.2) Trenton Health Team

share understandable diabetes care and education that meets American Diabetes Association standards.		
2.3(h) Continue the Eastern Service Workers Association diabetes education programs for communities of color.		Capital Health Medical Center (2.5)
2.3(i) Support a viable disease prevention and health promotion screening and education project sensitive to the needs of low income, minority, and medically underserved Mercer County seniors. Encourage older adults, those living with disabilities and their caregivers to participate in Evidenced Based Health Promotion. Educate consumers about the benefits of managing chronic diseases, including diabetes, exercise and activity and proper nutrition.	Needs Assessments/Quarterly Reports	Mercer County Office on Aging/ADRC
2.3(j) Provide additional funding to the contracted transportation providers, when available, to help reduce or eliminate waiting lists as well as to provide transportation to areas of the county lacking services.	Wait lists/Quarterly Reports	Mercer County Office on Aging/ADRC
2.3(k) Work to eliminate traffic fatalities and serious injuries by encouraging Mercer County and all municipalities in Mercer County to adopt a Vision Zero resolution and use Vision Zero principles to work to attain zero crash	County Statistics # of Vision Zero resolutions adopted and/or Vision Zero task forces created.	GMTMA

Priority Two - Life Expectancy/Chronic Disease

Strategies – 2022-2024

Last updated 10.14.22

fatalities by a target date.		
2.3(l) Partner with community-based organizations that serve BIPO populations to increase awareness of programs offered, including Assisted Living, LIFE, CARES, disease specific programs such as CHF, COPD, Cardiology and HIV/Hep C.		St Francis Medical Center (2.2)
2.3(m) Provide low-cost medications through the 340 B designated Community Pharmacy, designed to treat chronic illness.		St Francis Medical Center (2.2)
2.3(n) Provide cancer screenings, free colonoscopies, and breast and pap exams, for uninsured and underinsured residents through NJ CEED.		Capital Health Medical Center (2.3)
2.3(o) Provide colorectal screening and colonoscopy program for eligible charity care Family Health Center patients funded by BMS.		Capital Health Medical Center (2.7)
2.3(p) Conduct outreach to underserved Trenton populations educating on and encouraging lung cancer screening.		Capital Health Medical Center (2.4) THT
2.3(q) Explore starting a dental residency program		Capital Health Medical Center (4.6)
2.3(r) Provide educational lectures to hospitalists and physician residents on diabetes management		Capital Health Medical Center (2.6)
2.3(s) Expand the tobacco cessation program by 1% yearly.		Capital Health Medical Center (2.8)
2.3(t) In 2022 conduct a symposium for healthcare workers on human trafficking, and cardiac care		Capital Women in Philanthropy (2.9a)

for Capital Health employees.		
2.3(u) In 2022 explore finding an outpatient care facility in Trenton to include community education.		Capital Health Medical Center (2.11)
2.3(v) By the fall of 2022, Procure a mobile simulation outreach lab teaching health topics and conducting wellness screenings in underserved areas, i.e. CPR for new mothers, stop the bleed, basic first aid, how to deliver a baby, and more.		Capital Health Medical Center (2.12)
2.3(w) Provide seminars, outreach and education at community events on topics that improve life expectancy i.e.: women's heart health, nutrition for a healthy colon, self-care boot camp, menopause, lower your A1C, Cohn's/Colitis update, holistic sampler, stroke, better bones for seniors, prostate cancer, etc.		Capital Health Medical Center (2.13)
2.3(x) Provide trauma prevention outreach programs in community locations, on the following topics: i. Petal Power Bike safety ii. Fall prevention iii. Car seat/Motor Vehicle Safety v. Pedestrian safety vi. Stop the Bleed vii. Trauma Informed Care		Capital Health Medical Center (BH 1)
2.3(y) Create a short video in key languages, to teach patients at discharge how and why to access telehealth		RWJ (1.4)

Priority Two - Life Expectancy/Chronic Disease

Strategies – 2022-2024

Last updated 10.14.22

on line or with smart phones.		
2.4(a) Use Safe Routes to School programs to enable and encourage children to walk or bike to school where it is safe to do so and improve the areas where it is not safe.	<p>Schools and school districts with wellness policies and/or SRTS District policy that supports active transportation, and SRTS activities.</p> <p>SRTS grants awarded to improve infrastructure to improve bicycle and pedestrian safety near a school.</p>	GMTMA
2.4(b) Provide Healthy Lifestyle Encounter visits at the Family Health Clinic		Capital Health Medical Center (4.2)
2.4(c) Meet with the Trenton Police Department to explore implementing designated “safe hours” at some parks with a stationed police officer on-site, and other safety programs.		Capital Health Medical Center (4.5)
2.5(a) Become familiar with the organizations that are addressing housing and determine what the health priorities are that we can help address. Identify opportunities for policy advocacy		Capital Health Medical Center (3.2)
2.5(b) Explore possible partnerships with government agencies to develop a Community Advisory Group focused on Trenton that will involve the mayor, elected Ward Council leaders, business and civic leaders, and community members.		Capital Health Medical Center (3.3) (amended 12.29.22)
2.5(c) Remediate 40 households for lead issues each year.	US Department of Housing and Urban Development	Isles

2.5(d) Provide direct support for safe affordable homes through the Trenton Neighborhood Initiative real estate development of four properties in Trenton by June 2026	US Department of Housing and Urban Development	Capital Health Medical Center (3.1a) Trenton Health Team Isles
2.5(e) Provide direct support through the Trenton Neighborhood Initiative Housing Assistance Program: assist in financing the purchase of 50 homes in Trenton by June 2026	US Department of Housing and Urban Development	Capital Health Medical Center (3.1b) Trenton Health Team Isles
2.5(f) Provide direct support through the Trenton Neighborhood Initiative Homeownership counseling for 100 Trenton residents by June 2026	US Department of Housing and Urban Development	Capital Health Medical Center (3.1c) Trenton Health Team Isles
2.5(g) Provide direct support through the Trenton Neighborhood Initiative Housing Improvement plan to rehabilitate 25 homes in Trenton by June 2026.	US Department of Housing and Urban Development	Capital Health Medical Center (3.1d) Trenton Health Team Isles
2.5(h) Provide direct support through the Trenton Neighborhood Initiative Home improvement plan for 75 homes to receive healthy home assessments by June 2026.	US Department of Housing and Urban Development	Capital Health Medical Center (3.1e) Trenton Health Team Isles
2.5(i) Provide direct support through the Trenton Neighborhood Initiative Home improvement plan to make 50 homes lead-safe by June 2026.	US Department of Housing and Urban Development	Capital Health Medical Center (3.1f) Trenton Health Team Isles
2.5(j) Provide direct support through the Trenton Neighborhood Initiative Clean and Green plan to make a number of vacant lots and streetscape	Annual Report	Capital Health Medical Center (3.1g) Trenton Health Team Isles

Priority Two - Life Expectancy/Chronic Disease

Strategies – 2022-2024

Last updated 10.14.22

improvements in Trenton by June 2026		
2.5(k) Continue For my Baby and Me opioid treatment and safe housing for pregnant/postpartum women and their children promoting long-term recovery, ongoing medical care and social support.	Annual Report	Capital Health Medical Center (3.4) HomeFront
2.6(a) Screen for social determinants of health and provide "warm hand off" to connect patients to social support services.		SLRC HomeFront Mercer County Health Officer Ass. Catholic Charities Trenton Health Team JFCS Helping Arms Isles
2.6(b) Support programs in the community for youth with disabilities to: Provide respite & case management services to families of children with disabilities Access clinical/therapeutic services for those with no other means Navigate from youth to adulthood successfully with appropriate supports Access recreation and social activities to explore personal interests and develop networks of natural support.	Quarterly Reports	Mercer County Aging & Disability Resource Connection (ADRC)
2.6(c) Support programs in the community for Adults with disabilities to: Access recreation, and social activities to develop networks of natural support Provide access to affordable medical equipment Receive vocational training	Quarterly Reports	Mercer County Aging & Disability Resource Connection (ADRC)

and employment supports Access personal care services needed because of employment, educational pursuits, or community engagement for those with no other means Receive instruction in various arts disciplines and engage in community arts activities (i.e. performances/exhibitions)		
2.6(d) Continue funding in home and community-based services to support the reduction of social isolation, to include: daily telephone calls; friendly visits; daily meal delivery by trained volunteers; and socialization and recreation programs.	Quarterly Reports	Mercer County Office on Aging/ADRC
2.6(e) Continue to promote obtaining GED certificate, job training, and parenting classes that help build skills and resilience.	BRFSS CDC Vital Signs NJ Funders ACES Collaborative	HomeFront Isles Mercer Street Friends Children's Futures
2.6(f) Support diversity and inclusion through recruitment and retention of candidates from diverse communities who participate in the School of Nursing, School of Radiology Technician, and Medical Residency program.		St Francis Medical Center (2.3a)
2.6(g) Partner with Trenton Central High School through sponsorship of hospital based Big Brother Big Sister Program.		St Francis Medical Center (2.3b)
2.6(h) Onboard up to 10 junior volunteers who identify as BIPOC and/or receive significant social services from the Hamilton School district to develop career and		RWJ (1.5)

Priority Two - Life Expectancy/Chronic Disease

Strategies – 2022-2024

Last updated 10.14.22

professional awareness workplace skills that will enhance opportunities in the future		
--	--	--