



North Jersey Health Collaborative

health matters

About The North Jersey Health Collaborative

The North Jersey Health Collaborative (NJHC) is an independent 501(c)(3) organization with a diverse set of partners from health care, public health, social services, education, community-based organizations, local coalitions and residents.

Our core function is a shared process of community health needs assessment and health improvement planning to identify the most pressing needs and facilitate the development of collaborative strategies to address them.

By working together, our partners are strategically aligning their efforts and resources to create healthier communities in Morris, Passaic, Sussex, Union and Warren County.

We are ending 2019 with a clear direction and are preparing to execute our goals with community partners to address diabetes, obesity-nutrition-physical activity, access to care, mental health and social determinants of health. Collectively we make a difference!

If your organization would like to get involved with NJHC please email Laura O'Reilly RN, MSM-PHPP, Executive Director, NJHC at laura@njhealthmatters.org.

NJHC Data Committee Updates

This year the Data Committee (DC) has spent most of its time working on the Community Health Needs Assessment (CHNA) and Community Health Improvement Plan (CHIP). The 2019 CHNAs for each County are available on the website at the bottom of each County page and in the Resource Library. The County CHIPs will be available on the website by December 31st of this year.

The DC is also in the midst of updating the website, which will include a Progress Tracker to track the strategies for each health priority and see the progress we have achieved. The CHIP Progress Tracker is anticipated to "go live" in January 2020.

The Data Committee is also looking for new members so if you are interested in joining the committee, please email data@njhealthmatters.org.

County Committee Chairs Keep The NJHC Moving Forward!

A special thanks to all of our County Committee Chairpersons for facilitating meetings and keeping our County workgroups organized and on task!

Wishing the very best to our 2019 County Committee Chairs- Maryjo Harris, Warren County; Diane Mann- Morris County; Sara Elnakib- Passiac County; Tracy Storms Mazzucco- Sussex County and Christina Destro- Union County.

Welcome our 2020 Incoming Chairs: Jodi Miciak- Morris Co., Syeda Islam- Passaic County, Alma Dhuyvetter- Sussex Co., Courtney Sartain, Warren County, and Michelle Jansen and Mike Johnson, Co Chairs- Union County. We are looking forward to a successful year ahead!



New Jersey Department of Health Issues Health Alert on Severe Lung Illness in People Who Report Vaping

The New Jersey Department of Health sent a statewide health alert to health care providers and local health departments following recent reports of severe lung disease in people who have used vaping products.

At this time, the New Jersey Department of Health is investigating nine reports from healthcare facilities of severe lung illness in people who report vaping. Cases in New Jersey have been primarily reported among persons between the ages of 17 to 35 with no significant past medical history.

This is a new investigation and we are working to gather as much information as possible. We are working with the CDC as we gather information to determine if these cases fit the clinical picture being described by other states.

The current risk to individuals who use vaping products and develop lung issues as described by CDC is currently not known.

However, there are inherent dangers with the use of e-cigarettes and vaping products. E-cigarettes can contain other harmful substances besides nicotine.

For more information on the health concerns associated with e-cigarettes and similar vapor products, visit: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

Source: <https://www.nj.gov/health/news/2019/approved/20190816b.shtml>



Morristown United for Healthy Living Coalition

The Morristown United for Healthy Living (MUHL) team represents the first grant-funded initiative of the North Jersey Health Collaborative.

MUHL is working with residents to build a healthier community in Census Tract 435.

They hosted several community education workshops and participated in Morristown's Community Health Day (picture). MUHL was also able to make several mini-grant awards to coalition members including: Grow it Green Morristown, Wind of the Spirit, and NJ Together. They continue to work with local leaders and residents to advocate for improved community safety and affordable housing.

A special thanks to Mary Celis, Projector, for her great work with MUHL during the grant period.



Forward Franklin Alliance, along with the other two BUILD 2.0 NJ sites in Trenton and New Brunswick, applied for a small additional grant so that they can continue to meet, review lessons and learnings, and support each other in their work - an extension of the meetings they had together at Robert Wood Foundation Princeton. They were each awarded the grant which provides stipends for all 3 groups (Trenton, New Brunswick, and Franklin) to each host a site visit to share their work and to attend local/regional conferences.

Congratulations to the Franklin Forward Alliance and Kudos to Laura Hawkins, Program Manager, Community Health, Newton Medical Center and Hackettstown Medical Center & Franklin Forward Project Director and Tamara Contreras, Community Coordinator, for your leadership!

For more information, please reach out to [Laura Hawkins](#).

Follow Forward Franklin on facebook at facebook.com/ForwardFranklinNJ/



For the last two years, NJ Sugarfreed has been tackling one of New Jersey's most pressing health issues: sugar-sweetened beverage (SSB) consumption. Every day, millions of kids, teens, and adults drink sugar-filled drinks and think nothing of it. NJ Sugarfreed is on a mission to change that. The data says it all:

- In New Jersey, 20% of adults drink 1 or more sugary drinks a day.1
- The average young adult drinks 1 to 2 sugary drinks a day. That adds up to 68 pounds of sugar a year.2
- Drinking just one or more sugary drinks per day increases your risk of developing diabetes by 26%.3
- Over a quarter of New Jersey residents are obese, and an additional 36% are overweight.4 Research shows that obesity increases your risk of many types of cancer.5
- Each additional 12-ounce serving of sugary drinks per day increases your risk of heart disease by 17%.6
- 3.1 million individuals were treated in NJ emergency departments in 2017, and 1.2 million of those treated (39%) had hypertension, diabetes, high cholesterol or obesity.7

NJ Sugarfreed is a statewide campaign working to reverse these trends by encouraging individuals and organizations to choose healthier drink options instead of SSBs. One way that organizations can support the health of their communities is by taking the NJ Sugarfreed pledge.

What's the #NJSugarfreed pledge? It's an opportunity for businesses and organizations to make it as easy, accessible, and fun for their employees and communities to make healthier beverage choices, at work and in their lives overall. Organizations can make three levels of commitment - bronze, silver, and gold - at njsugarfreed.org. You're in good company in taking the pledge:

- Hackensack Meridian Health System, with 35,000 employees in New Jersey, is our most recent pledge-taker, and we are thrilled to have them on board.
- Trinitas Regional Medical Center is a great example of putting their pledge into action and taking ownership of the effort within their organization, by using their internal magazine to promote the benefits of drinking water for the body!
- The City of Trenton's Gold Level Pledge was announced by their Director of Health and Human Services on the Mayor's Monthly podcast, and the City of Garfield not only took the pledge but encouraged the local middle school to take the pledge as well!

The hard work is paying off! In Passaic County, the local hub of the campaign, evaluation findings showed an 8 percent decrease in sales of soda and fruit drinks in 2018, after one year of the campaign - with positive trends at the state level.

Orville Morales, NJ Sugarfreed's Community Campaign Manager, continues to be an inspiring leader, driving positive change in organizations and communities across New Jersey. If you're ready to join our more than 30 partners pledging to make #NJSugarfreed, you can learn more and take the pledge by visiting NJSugarfreed.org or contacting Orville at orville.morales@publicgoodprojects.org!

Orville Morales is an Adjunct Professor teaching Health Administration and Policy for the Public Health Department at Montclair State University. He is also the Campaign Manager for NJ Sugarfreed, a Public Health initiative seeking to cut New Jersey's Sugary drink habit.



NJ 2-1-1 Partnership

NJ 2-1-1 - The Connection to Help and Hope

"Sometimes vital services don't exist in a community, but often they do and people just don't know about them. That's where NJ 2-1-1 comes in. We provide the essential connection that makes help happen," says Melissa Acree, executive director of NJ 2-1-1. The organization opened its doors in 2005 and has been connecting people with services in their communities ever since. With a statewide database of over 3,000 agencies and nearly 10,000 services and a seasoned staff that has been trained in empathetic listening skills and community programs, finding the right kind of help for basic human needs like affordable housing, food, healthcare, senior services, substance abuse and childcare (to name a few) may be as easy as dialing 2-1-1.

The very same resource database that is used by the call center staff is accessible to the public at the organization's website, www.nj211.org. All of the resources are organized by topic and search results can be limited geographically by zip code, city or county. Additionally, visitors to the site can avail themselves to content pages that provide essential details about state and federal programs designed to help people. Brief descriptions of these programs include specific eligibility requirements and links to applications and are designed to take the guesswork out of the help that is available when a person is facing difficult life decisions. A perfect example of this at this time of year is the organization's Utility Assistance pages that provide information about every program available to NJ residents who are struggling to afford their utilities [<https://www.nj211.org/utility-assistance-programs>]. Complete with eligibility requirements; links to applications and listings of application agencies; as well as information about the supportive documentation that is needed, the page provides everything a person needs to take the next step.

The service is free, confidential, multilingual and always open. In addition to reaching NJ 2-1-1 by phone or searching the database online, live assistance can be accessed through an online chat feature at nj211.org and via text (text your zip code to 898-211 to start the conversation).

SAGE Eldercare was awarded a 3-year grant from **Atlantic Health System's Chilton and Overlook Medical Centers Community Advisory Boards**

to develop an exciting new community outreach program. The project, entitled Your Decisions Matter, is a community-based initiative to engage the public in conversations about end-of-life care and decision making. Your Decisions Matter officially launched in September 2019.

The goal of the program is to encourage individuals to talk with their loved ones about what matters to them most in their final days ideally before a medical crisis occurs. Facilitating and normalizing this difficult topic for families will lead to peace of mind knowing that wishes will be followed, particularly at times when a patient is not able to advocate for themselves.

A recent survey found that 87% of people believe it is important to put their own end-of-life preferences in writing, but only 23% have actually done so. Additionally, 90% of people plan to talk to their loved ones about end-of-life care, but only 27% have had this conversation. Some reasons given by those surveyed include: feeling uncomfortable with the subject matter, too busy, it is "not the right time because no one is sick", not wanting to upset or scare a family member, and finally, not wanting to think about death.

One of the goals of the program is to help remove the taboo that often exists when talking about end-of-life care by bringing the conversation to the community. The Your Decisions Matter initiative is aware of various cultures and beliefs and recognizes that all wishes are not alike, but all are respected.

Your Decisions Matter will host workshops in places that are safe and informal such as at a coffee house, YMCA, local library or house of worship. Other community events might include a movie screening, game night or panel discussion. Additionally, Your Decisions Matter will provide resources on relevant topics such as advanced directives, palliative care and hospice care, as well as follow up with all participants with additional help and resources.

At the workshops, participants will receive a Starter Kit with valuable tips and tools to help them begin talking to family members about end-of-life decision making. Additionally, they will share experiences and connect with other people in their community, as well as gain a valuable resource that they can turn to again and again.

For more information please call Nina Tiger at 908-598-5511 or email yourdecisionsmatter@sageeldercare.org

You can also find us on Facebook: @yourdecisionsmatter or on our website: www.sageeldercare.org/services/yourdecisionsmatter.



Center for Prevention and Counseling (CFPC), Newton, NJ, is a healthy non-profit in Sussex County for over 45 years dedicated to community wellness and recovery from substance use disorder. With federal, state and local grants as well as private and public donations, CFPC is a grant and donation driven agency overseeing three important pillars of work in the Sussex County area as well as within Northern New Jersey. The CFPC prevention, treatment and recovery staff team members work in concert with each other bringing together an educated and evidence-based community approach to healthy living, free from substances. With incredibly passionate staff members and an engaged Board of Directors, CFPC has made a positive impact on Sussex County since 1973, in its humble beginnings as an information center for anyone interested in learning about recovery from alcohol and other drug use.

CFPC has a certified prevention staff offering engaging and relevant presentations and evidence-based prevention programs and services to a variety of populations utilizing strategies to reduce substance use and promote health for schools, businesses, communities, youth, adults and older adults. Prevention coalitions meet monthly in Newton and Vernon increasing the community understanding of how to implement drug prevention locally. The CFPC prevention staff is often recognized statewide for their professionalism, dedication and proactive work in advocating for policies and practices creating communities free from the harms of illicit drug use.

The CFPC clinical services team is staffed by credentialed counselors and clinicians providing a variety of free or low cost outpatient services for both adolescents and adults through different grant funding, Medicaid and a sliding scale/ self-pay options. In Newton, at CFPC's 61 Spring Street main office, the clinical team is dedicated to ensuring best practices in the treatment of substance use, mental health and co-occurring disorders. All team members are trained in a variety of treatment interventions meeting regularly each week to ensure the needs of clients are being. Most recently, CFPC's Medication Assisted Treatment program offers a new approach to sustaining recovery for those who have experienced setbacks, struggling with substance use disorder.

The CFPC recovery support services staff assists people with substance use disorders before, during, after and instead of treatment and throughout their ongoing process, as well as offering programs for family members and friends. These free recovery support services are based at the CFPC Sussex County Recovery Community Center, 65 Newton-Sparta Road, Newton.



Union County - "Shaping Elizabeth" and "Lifelong Elizabeth"/Jewish Family Service of Central New Jersey

The Lifelong Elizabeth team is happy to announce that they are LIVE! Below are links to web pages where you can find the PDF version of their Food Provider and Transit Map.

Thank you to the City of Elizabeth Community Development Block Grant (CDBG), food providers throughout the city, our age-friendly community partners, the Shaping Elizabeth coalition, and Louis Hoffman from NJTIP@Rutgers for helping Lifelong Elizabeth bring this resource to the community.

Lifelong Elizabeth Website

<http://jfscentralnj.org/lifelongelizabeth/index.php>

(can also be found on the "Food Security and Access"

page: <http://jfscentralnj.org/lifelongelizabeth/food-security.php>)

City of Elizabeth Food Provider and Transit Map Page

<http://elizabethnj.org/404/Food-Provider-and-Transit-Map>

(the link can be found under the "Services" tab along the top menu of the City website, and under the name "Food Provider and Transit Map")

Thank you,
The Lifelong Elizabeth Team

Jewish Family Service of Central New Jersey



Norwescap RSVP Health Programs

Older adults who want to remain active, independent and healthy. These programs are available in Morris, Warren and Passaic Counties.

Norwescap RSVP & Volunteer Resource Center is a recognized leader in providing evidence-based Health Programs to our local communities in Morris, Warren and Passaic Counties. These programs use volunteer peer leaders to offer exercise and health education courses which target specific conditions or ailments.

The RSVP program offers several workshops to assist older adults to remain, active, independent and healthy. Most workshops are low cost or free.

Our workshops focus on helping individuals develop skill sets to maintain or improve their lives through exercise and self-management skills such as Action-Planning, Decision-Making, and Problem-Solving. All workshops are led by certified volunteers and available in Morris, Warren and Passaic Counties.

UPCOMING TRAINING:

A Matter of Balance: Managing Concerns about Falling :
Allamuchy Fire Department - October 7 - November 25, 2019 &
Denville Saint Francis Residential Community - October 15 - December 2, 2019

Cancer Thriving and Surviving Workshop:
Randolph Municipal Building - October 11 - November 15, 2019

Chronic Disease Self-Management Program Peer Leader Training
Parsippany: November 5, 6, 14 and 15. Must attend all four days. Call for location info.

For all classes, interested individuals can call Nancy Hess, Director, NORWESCAP, Inc., Skylands RSVP Volunteer Resource Center, at 973-784-4900 x 203 or 208 <https://norwescap.org/health-wellness/rsvp-health-programs/>

2020 Census

As you may all be aware, the 2020 Census will take place in April. The County of Morris has established a complete count committee which includes community providers from hard to reach areas as well as other stakeholders. The New Jersey Complete Count Commission has posted two grants with due dates on October 31st. One grant is specific to nonprofits engaging in census outreach. Another grant is open to the counties, for which Morris County will be submitting a grant proposal. The following is a link to the nonprofit grant: <https://nj.gov/state/njcounts.shtml>

We Want to Hear From You!

We encourage our partners to send information about County Health Fairs and Screening Events to us for our public calendar. All other events and activities by workgroups and partners are enthusiastically shared through our Social Media Networks. Please send content to news@njhealthmatters.org

Like us on Facebook as NJ HealthMatters
Join us on LinkedIn as North Jersey Health Collaborative
Follow us on Twitter @njHealthMatters

The North Jersey Health Collaborative Partner Newsletter is distributed four times a year, Winter, Spring, Summer, and Fall to share and highlight our collective work. Prior issues can be found in our newsletter archive [here](#).

Upcoming Events



