



North Jersey Health Collaborative

health matters

Please Enjoy and Share our Newsletter. We are Looking Ahead to a Productive 2020!

In 2019, the North Jersey Health Collaborative (NJHC) Morris, Passaic, Sussex, Union and Warren County Committees, under the leadership of our volunteer county chairmen and women, reviewed the Community Health Needs Assessments and identified 4 to 6 indicators for each County CHIP (Community Health Improvement Plan). The CHIP includes: Healthy Aging, Transportation, Access to Care, Mental Health and Substance Use, Chronic Disease, Obesity, Nutrition, Physical Activity, and Economic Stability and Social Determinants of Health.

Learn more about who we are and what we do and how you and your organization can get involved with the NJHC on www.njhealthmatters.org or contact Executive Director Laura O'Reilly-Stanzilis RN MSM at Laura@njhealthmatters.org

Our Officers

President- Peter Summers, Health Officer Warren County

Treasurer- Trevor Weigle, Health Officer Mount Olive Township

Secretary- Sheri Coggnetl, Senior Program Director Health & Wellness/Sports & Fine Arts,

Fanwood-Scotch Plains YMCA

NJHC Data Committee Updates

The County Progress Trackers are now on the NJHC website. Each County has a Progress Tracker to reflect the progress made towards completing our goals for the 2019 Community Health Improvement Plan. Click [HERE](#) to check out the each County Progress Tracker. We have begun collecting data from our local partners and will begin adding it to our Progress Trackers.

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

Do you want to help guide statewide public health improvement planning?

The Healthy New Jersey Advisory Council is now accepting applications to join Healthy New Jersey 2030 Action Teams!

[Click here](#) for information about the Topic Areas for each Action Team.

[Click here](#) or fill out the form below to become a HNJ2030 Action Team member! Applications will be accepted through February 28, 2020.

Action Team membership requires a commitment to:

- objective and target setting
- state health assessment and improvement planning
- development and implementation of long-term, statewide approaches to achieve New Jersey's public health goals

[Click here](#) for a full position summary; skills, abilities, and requirements; duties; and time commitment information.

For more information: <https://healthy.nj.gov/2030/about/workgroups/actrecruitment.shtml>



Prescribe the Y Programs

To improve health outcomes throughout our community, the Fanwood-Scotch Plains YMCA's Prescribe the Y programs are helping to transform health care, bridging the gap from clinical care to a collaborative, community approach that elevates well-being, prevention and health care maintenance. Evidence-based programs are group based providing participants a "small community of support."

We have worked with 355 cancer survivors in the last 9 years. The Livestrong At the YMCA program is free to all participants. Survivors increased strength and improved mental health and well-being. The Y has worked with 99 participants in the CDC endorsed Diabetes Prevention Program. Through a year-long program focusing on life-style changes, participants are challenged to achieve 5% weight loss and exercise at least 150 minutes per week. The Y has achieved Full CDC Recognition which reflects our data meets the parameters of excellence through participants maintaining 5% weight loss and meeting exercise and attendance goals. We have worked with 22 participants in our Diabetes Self-Management Course.

We have worked with 20 participants in our Blood Pressure Self-Monitoring Program where participants monitor blood pressures at home and meet with us bi-monthly for checks. 4 nutritional seminars are also offered. We have worked with 28 participants in the YMCA's Weight Management Program where participants have lost an average of 3% weight. Our Enhanced Fitness Program has 120 participants yearly. Enhanced Fitness is a program for those with arthritis. We also offer Moving For Better Balance, which is a tai chi based exercise program to promote overall well being.

By Sheri Cognetti- Senior Program Director - Health & Wellness/Sports & Fine Arts, Fanwood Scotch Plains YMCA and Secretary NJHC



Age Friendly Efforts in New Jersey

The way we conceptualize aging is changing as a society due to massive demographic shifts, creating a demand and necessity for a paradigm change to adjust perceptions of what it means to be an older adult and how aging is experienced across the lifespan. Increased life expectancy and the longevity boom provide new opportunities for more years that can be fulfilling and productive.

With the number of older adults expected to outnumber children by 2050, the scale of projected global population shifts prompted a call for action from the World Health Organization (WHO). Promoting the model of "age friendly cities", WHO is mobilizing communities to address the inadequacies of current infrastructure and policies to support the growing population. Using a framework of eight interconnected domains of livability, the intent is to ensure a supportive environment for aging in place, which in turn is beneficial for people of any age. In an Age Friendly Community, coalition building and collaborative partnerships leverage resources and break down

existing silos in service delivery models for older adults.

In New Jersey, eleven municipalities joined the AARP national Network of Livable Communities, and that number is growing with more communities promoting and adopting age-friendly practices. The City of Elizabeth partnered with Jewish Family Service of Central New Jersey in leading age friendly efforts with funding from the Grotta Fund for Senior Care. Lifelong Elizabeth is a community led, city-endorsed initiative that is making our city a great place to grow up and grow older. Projects include information sharing and building communication avenues, with a newsletter launched last month. Collective efforts with coalition partners include projects to increase access to learning opportunities, intergenerational activities, address food insecurity, promote transportation resources, and provide pedestrian safety education. Solutions based on the unique needs of residents and based in the work of engaging the community at every level and across sectors help communities prepare and elevate the lifelong process of aging.

For more info. Visit: <https://www.jfscentralnj.org/lifelongelizabeth/index.php> or <https://www.facebook.com/lifelongelizabeth/>

Margaret Church, LSW is the Co-Project Manager of Lifelong Elizabeth, an age-friendly community initiative in Elizabeth, NJ under Jewish Family Service of Central New Jersey. She received her MSW from Fordham University, and currently serves on the Board of Trustees for the Montclair Shared Housing Association. With fifteen years of experience in the field of aging, her passion for supporting aging in place has led to working with older adults in various capacities throughout New York City and New Jersey.



EXCERPT FROM Food, Health, Hope: An Answer to Diabetes Evaluation Report Executive Summary

May 2019

Beginning in 2016, SMGF and CFBNJ collaboratively undertook a process to develop a comprehensive, innovative program to address health and nutrition disparities among NJ residents with diabetes and pre-diabetes served by urban food pantries. FHH Diabetes has been implemented in 7 food pantries located in 5 communities (Irvington, Newark, Orange, Paterson, and Plainfield) across 3 northern NJ counties (Essex, Passaic, and Union). The FHH Diabetes program goal is to reduce food and health disparities and improve health knowledge, access, and achievement of better glycemic control among food bank clients diagnosed with or at risk for Type II diabetes.

Food pantry clients in the 7 food pantries with baseline blood glucose (i.e., HbA1c) levels at or greater than 5.7 were eligible for FHH Diabetes. Interested eligible clients completed an enrollment form and consented to participating in 3 intervention services. These services, as planned, included Diabetic-appropriate Food Distribution, Education Classes and Medical Screenings.

The Center for Research and Evaluation on Education and Human Services (CREEHS) at Montclair State University was retained by SMGF to conduct an evaluation of FHH Diabetes from 2017 to 2019. The aim of this evaluation was to assess the process of implementing FHH Diabetes as well as examine changes in program participants' knowledge, attitudes, behaviors, and medical outcomes.

The evaluation identified several accomplishments in key areas. Click [HERE](#) to read the full report .

For more information go to <https://www.smg-foundation.org/about/our-story-mission/>. For inquires please contact Executive Director, Joe Finocchiaro at jfinocchiaro@smg-foundation.org



April 1st is Census Day

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Responding to the 2020 Census is easy. You will answer a simple questionnaire about yourself and everyone who is living with you on April 1, 2020.

Learn more about the questions that are asked and how your answers will be used.

<https://2020census.gov/en/about-questions.html>

When completing the Census you will include everyone living in your home on April 1, 2020. Census Day will be celebrated with events across the country.

Register now! Space is limited!



The North Jersey Health Collaborative Union County Chronic Disease Committee Announces "Diabetes and Hypertension Standards of Care: Linking Clinical to Community" Symposium at Overlook Medical Center Auditorium on March 25, 2020.

For more information and to register go to: <http://www.njhealthmatters.org/index.php?module=Tiles&controller=index&action=display&alias=calendar#event=32871512>

A big shout out to Sheri Cognetti of Fanwood-Scotch Plains YMCA, Patrice Paoella from Atlantic Health and Karen Ensle from the Rutgers Cooperative Extension for organizing this symposium.

We Want to Hear From You!

Would you like to contribute to a future newsletter? Write us at news@njhealthmatters.org

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

Visit our Meeting and Public Events calendar at njhealthmatters.org and get involved with us!

Upcoming Events

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](#).



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