



Healthy Eating and Active Living Sub-Committee

MEETING MINUTES

MARCH 25, 2022

Attendance: Tiffany Neal, Amy Faus, Marla Klein, Denise Lanza, Imge Uludogan, Jennifer Hopkins, Kristina Favo, Marla Klein, , Uta Steinhauser, Ashley Costello, Marisol Ortiz, Nicole Whittaker, Payal Arora

- **Review Homework (Additional members to invite):**

- Marisol invited a new member – will share contact info with Tiffany
- Denise has a few people/organizations and will reach out (gleaning organization, Mayor's Wellness, Governor's Council on Physical Fitness and Sports).
- Uta will reach out to SNAP ED, NJDOE contact, Peri Nearon (ShapingNJ)
- Payal has contact at NJ Dept of Ag (school lunch)

- **Timeline of Upcoming Meetings:**

Draft action plans due by May 20, 2022

Focus on strategies today and next meeting, 3rd and 4th meeting on action steps.

- 3/25 and 4/11 meetings: focus on strategies
- 4/22 and 5/9 meetings: focus on action steps

- **Draft Strategies Discussion:**

- Tiffany reviewed community guide, county health rankings, State Health Improvement Plan (SHIP)
- Prioritization process – Tiffany used Jamboard to pull strategies together (3 boards – healthy eating, active living, strategies that cover both). Activity to group them in themes.
[HealthyNJ HEAL strategies - Google Jamboard](#)
- Cross cutting – equity, resilience, policy (must keep these in mind)
- Next step: narrow down strategies, use evidence-based only (high level strategy – then action steps – what resources/timeline)
 - Can we look at objectives first? (Tiffany will discuss with Maria and other workgroup leads)
 - Uta will build table – evidence base, data source (objective, strategy, evidence base, data source)

- **Homework – Review Additional Resources for Strategies**

- Review other resources for strategies – Covid 19 community conversations (search on food), CHIPs (Community Health Improvement Plans – see list below for assignments) – links in agenda, look for obesity and physical activity objectives
- Review the assigned resources below for potential strategies related to healthy eating and active living.
- Pull out any strategies that could work well for the state HealthyNJ plan (that we don't already have on our spreadsheet), and **bring them to the April 11 meeting.**
- Uta will build table for strategy and objective management

County Health Improvement Plans:

<https://healthy.nj.gov/2030/community-plans/>

Atlantic – CHIP: Uta
Bergen - CHNA/CHIP: Marla
Burlington – CHIP: Uta
Camden - CHNA/CHIP: Amy
Cape May – CHIP: Payal
Hunterdon - CHNA/CHIP: Jen
Mercer - CHA/CHIP: Marla
Middlesex - CHA/CHIP: Marisol
Monmouth - CHA/CHIP: Payal
Morris - CHNA/CHIP: Denise
Ocean - CHA/CHIP: Amy
Passaic - CHNA/CHIP: Imge
Salem - CHNA/CHIP: Ashley
Somerset - CHNA/CHIP: Tiffany, also RWJF
Sussex - CHNA/CHIP: Denise
Union - CHNA/CHIP: Ashley
Warren - CHNA/CHIP: Kristina
Community Conversations - Nicole

- **Next Meeting: Mon., 4/11 at 10am (thanks to facilitator Uta and minute taker Denise)**