



Healthy Eating and Active Living Sub-Committee

MEETING MINUTES

APRIL 11, 2022

Attendance: Amy Faus, Denise Lanza, Imge Uludogan, Jennifer Hopkins, Kristina Favo, Uta Steinhauer, Ashley Costello, Marisol Ortiz, Nicole Whittaker.

- **Review Homework (share any additional strategies you recommend):**

- Nicole suggested adding in transportation to food pantries and distribution centers.
- Amy said HEAL strategies were similar to her counties and also noted that some of the strategies seem to be action steps.
- Denise also agreed that the HEAL strategies were similar to the counties she researched.
- Ashley provided these comments from her counties:

Salem County, New Jersey | County Health Rankings & Roadmaps – 2021 data

Adult Obesity increasing, higher than rest of NJ

Physical inactivity remaining steady, higher than rest of NJ

Air pollution – particulate matter – higher than rest of NJ

Food insecurity

DCF County Data Profiles Salem_County_11.30.21.pptx (live.com)

- Food insecurity

- Cost of transportation as percentage of income

- Suspected opioid overdose deaths

- Broadband access

- Violent crime rates

- Juvenile arrest rates

- (high rate of social associations membership)

Adult suicide rate

Children <6 w/ blood lead levels greater or equal to 5 micrograms/deciliter

Salem County Needs Assessment Report 2020.pdf (nj.gov)

Salem lost its daily newspaper, Today's Sunbeam in 2012 and no other publication has taken its place making communication in a rural area intermittent and 17 inconsistent. Respondents at focus groups indicate the use of social media, particularly Facebook to try and spread information, however there is no single centralized page, rather, a series of groups; and posting ability is limited to those having access to the technology and the skill to utilize it which disproportionately impacts older residents and those with lower incomes

Barrier towards accessing free or low-cost healthy food is transportation and lack of awareness

Union County, New Jersey | County Health Rankings & Roadmaps – 2021 data

Adult obesity

Physical inactivity

Air pollution – particulate matter

Uninsured adults

DCF County Data Profiles - Salem_County_11.30.21.pptx (live.com)

Children under 18 w/o health insurance higher than NJ

Disconnected youth between 16-19 higher than NJ

High school graduation rate

Violent crime

Union County Needs Assessment Report 2020.pdf (nj.gov)

45% of household spent more than 35% of income on housing

35% - % of food insecure population ineligible for assistance

Union_County_CHNA_2021_Final_Report.pdf (njhealthmatters.org)

Access to healthy foods • Access to health care • Chronic disease prevention •

Community safety • Maternal and child health • Mental health and substance misuse

- **Timeline of Upcoming Meetings:**

Draft action plans due by May 20, 2022 (retain this information in the minutes as a reference)

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

- **Prioritizing Strategies:**

- Uta used information from the Jamboard to create a table. She attempted to combine the information from the board into common areas under Healthy Eating and Active Living.
 - We reviewed comments from Tiffany regarding how to proceed with prioritizing the suggestions.
 - Uta added new strategies to the table that Tiffany provided prior to the meeting.
- Each item on the table was reviewed for impact and difficulty using a score of 1 to 3, with 1 being low impact or low difficulty, and 3 being high impact and high difficulty. With discussion, each item was ranked. The table will be shared as a separate document. During the discussion some items were combined or suggested to be put aside as an action step.

- Due to time limitations we were able to get through the Healthy Eating categories and will address Active Living during the next meeting.
 - Uta will address evidence-based references in the table for the next meeting. If anyone else has suggested references please share those with her. It is expected that strategies without evidence-based support will be removed. We will try to place the documents in the “teams” folders for review.
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- **Next Meeting: Fri., 4/22 at 10am (Tiffany is seeking a minute taker)**