



## Healthy Eating and Active Living Sub-Committee

MEETING MINUTES

JULY 22, 2022

**Attendance:** Tiffany Neal, Imge Uludogan, Denise Lanza, Payal Arora, Jen Hopkins, Jen Salt, Tina Kim, Nyssa Entrekin, Ashley Costello, Emily Zito, Kristina Favo, Monica Wedemann

Reviewed the comments on the latest Action Plan draft:

1. Improve access to healthy foods at food pantries:
  - a. Provide technical assistance to food pantries that want to convert to a client choice model.
    - i. This needs to be descriptive. Bergen County example: IT technical assistance to create platforms, apps, etc. to assist in ordering and other tasks. RD/nutritionist to discuss special diets (i.e., gluten free). As for client choice, customers are given a credit card and can put in a shopping list a week before pick-up.
    - ii. Client choice and technical assistance will depend on the food pantry.
    - iii. Discussed the Healthy Pantry Initiative located under SNAP-Ed: goal is to create a shopping experience and prompt decision making.
  2. Support group purchasing model for institutions to promote healthy/local food purchasing:
    - a. Expand pilot program connecting food pantries with local farmers
      - i. This is already happening through the Foodshed Alliance.
      - ii. Tiffany to reach out to Christine.
  3. Improve access to and awareness of opportunities for physical activity:
    - a. How to specifically encourage local park departments (211, Mayors Wellness Campaign, etc.)
      - i. Denise spoke with 211's executive director- they do not have the resources to add statewide information.
    - b. Launch a campaign to promote the above resources to the general public.
      - i. Suggested reaching out to trusted community partners, such as, local churches, community leaders, etc.
      - ii. Creating information that is culturally appropriate and available in multiple languages.
      - iii. Increasing publicity to track and record engagement, i.e., measure press releases, social media reach, etc.
  4. Increase physical activity in schools:
    - a. Tiffany to meet with Carol from Shape NJ.
    - b. Discussed updating the PE regulations or change the how it is "rolled out."
      - i. Block schedule has high school students only doing PE for half the year. Does the Governor's Council on Physical Fitness?

Tiffany talked to John from the Employers Association of NJ for guidance on the worksite wellness plans.

Discussed the “Who” section in the Action Plan. “Responsible Party” section has been added to the Action Plan template

- a. What is the responsibility of the responsible party?
  - a. Overall responsibility is to make sure it happens- Tiffany has asked for more clarification on this.
- b. Marla suggested a group of people from NJ DOH be responsible for different regions/counties; “Regional NJ 2030 person”

Reviewed Advisory Council comment: address each of the 10 criteria in the rubric

1. That would be more about the problem and would increase the scope of what needs to be implemented, which would cause us to need more time. This has technically already been done in the beginning as we narrowed down our actions.
  - a. Tiffany has asked for more clarification.

Next Steps:

1. Metrics:
  - a. Tiffany to make edits to the Action Plan, send it to Maria/Coordinating Committee, Advisory Council reviews. Once approved, then our group will work on the metrics.
  - b. 1 or 2 metrics total; something really broad/high-level. 1 for healthy eating and 1 for active living.
    - i. Data points to be collected by 2030.
  - c. Reviewed the process and submission of the metrics.
    - i. Discussed where to get data from: WIC has specific data for 1-5 years old (ex: screen time, sugary beverage consumption), NHANES, etc.
2. Reviewed Healthy People 2030 target setting methods.

**Next Meeting: Monday, August 8 at 10am**