

7.20 Physical Activity & Nutrition Subcommittee Meeting

Team members present: John Sarno, Juliet Jones, Eva Mancheno, Meredith Yorkin, Nicole Nazy, and Tiffany Neal

Tiffany: Physical Activity

- Can send links showing efforts to increase walking paths and complete streets, interesting work being done in Jersey City
- Update on Healthy Communities Network grantees: some have had to put projects on hold due to COVID, but impressed with how various organizations are changing their strategies and reaching their audiences in different ways

Meredith: Sugar and Sodium

- Not much more of an update at this point, her research has stayed in line with her initial findings

Nicole: Screen Time

- Challenge to find exact data to make recommendations and set goals
- Kids and adults have increased screen time with COVID
- Can concentrate on increased physical activity as way to decrease screen time

Eva: Fruits and Vegetables

- In the education field, COVID poses challenges to physical education
- How to engage kids at home and how to engage in physical activity at schools?
- People not feeling safe at gyms
- Food banks update
 - Food Emergency Plan
 - With their partnerships, working to determine how to make programs more sustainable
 - NJ is still one of the most expensive states in terms of living expenses; working with community partners and counties
 - Know need will grow higher in the coming months as people remain unemployed

John: Forthcoming Bloustein School/Federal Reserve study shows economic outlook does not look positive

- Pandemic Unemployment Assistance ending soon which will increase food insecurity

Juliet

- Program Manager for SNAPEd
- In process of writing SNAPEd plan for next year
 - Focus on how to best conduct virtual education while acknowledging access issues
- Looking at school reopening plans in determining path forward

Next full team meeting is August 6th

- Submit, to the extent that we have developed them, and present a first draft of your goals, strategies, and action steps
- We are using State Health Improvement Plan as template
- Create individual drafts which we can put into a working document
- Overarching themes of resiliency and equity
 - Focus in on equity piece now
 - Have time to look at what resilience will look like
 - Enough data to incorporate differences in race, ethnicity, and other relevant critical demographics
 - Ex. Meredith has shared demographic differences in how and where sodium is consumed
 - Income may be another distinction, which may correlate with the other factors
 - When coming up with goals, coming up with disparities
 - That should be included in first draft
- Ex. Screen time is a moving target where there may not be as much data, but it can be a recommendation to focus on collecting data going forward

Get draft to John by August 6th

- That timeline works for everyone