

**Healthy New Jersey 2020 (HNJ2030)**  
**Healthy Living Action Team**  
**Self-Care Subcommittee Meeting Minutes**  
May 7, 2020 11 am – 12 pm (via Zoom)

**Attendees: Alycia Bayne, Laura Cerutti, Tiffany Neal**

**Overarching Topics**

- The group discussed the concept of “Healthy Living” as part of HNJ2030. Tiffany shared that, nationally, the focus is moving away from a focus on individual behaviors and moving towards recognizing the impacts of policy, systems, and environmental changes on our lives. As part of Health Living, we do not want to be limited to focusing only individual behaviors and choices.
- The group discussed that there are many focus issues that we could include in Healthy Living. What does it mean if a focus issue is not included in Healthy NJ 2030? What does that imply to the public?
- The group liked the four domain areas selected for HNJ2030 (healthy living, health families, health communities, access to quality health care) because they are not disease-focused.
- Tiffany raised that some of the focus issues have obvious data sources while others do not. We do not necessarily want to choose focus issues based on availability of data, but it is an important factor to consider. Do we want to include focus issues without data sources since HP2030 is forward-looking? In the future, there may be a need to do advocacy around the topics that are covered in the BRFSS to change the availability of data in the future.
- Tiffany shared that it would be helpful to consult the “What Works for Health” in the County Health Rankings, which contains strategies and their level of scientific support.
- The group discussed possible focus issues, including social connectedness, mindfulness, technology overload, well-care, immunizations, use of seat belts and helmets, safe driving, and safer sex practices. Highlights are included below.

**Social Connectedness’ and Mindfulness**

- The group discussed social connection and mindfulness.
- The health consequences of social connection are significant.
- This issue is going to be a larger priority because of COVID-19. This is a ten year plan. Social connectedness is at the top of people’s minds now and will remain so.
- How do we measure this focus issue and know we are having an impact?
- Social connectedness also impacts other possible focus issues. Laura shared that social connectedness relates to transportation and health. It is one thing to for people to be able to travel to the doctor and another to help them travel to other community resources, family, friends, and social activities. Transportation also has an impact on older adults’ independence.
- It is unclear if there are data on social connectedness. Healthy People 2030 has an objective related to social connectedness (social and emotional health).

## **Transportation**

- There are many aspects of transportation that could be important for HNJ2030: drowsy driving, distracted driving (texting), seat belt use/rear seat belt use, helmet use, safe driving, rural transportation access.
- Laura shared that distracted driving could tie into the issue of screen time overload. For use of seat belts, there has been a Healthy People objective and one for Healthy NJ as well. In BRFSS, seat belt use is listed.
- Tiffany mentioned that if we were picking up a topic in this arena, targeting drivers could be a good opportunity because everyone drives and not everyone bikes. You are impacting your own health and also everyone around you. Distracted driving would be important to include as a topic.
- Laura shared that seat belt use is easier to measure (than other transportation topics, potentially) and is listed in BRFSS and Healthy People. She will review the NJ State Highway Safety Plan, which will be a good resource for us.
- Tiffany suggested we consider including transportation as part of a focus issue related to injury prevention.
- Alycia shared that texting and driving is an important behavior to address.

## **Immunizations**

- Tiffany raised that vaccine hesitancy is one of the top ten risks to the world, as reported by the World Health Organization.
- The group agreed that immunizations should be a focus issue within HNJ2030. However, it is not clear which of the four domains should include immunizations. For example, will Health Families include immunizations as a focus issue (in which case Healthy Living would not focus on it)? Alternatively, Healthy Living could create a focus issue for adult immunizations and screenings, and Healthy Families could focus on children's immunizations and screenings. We do not want to duplicate efforts. Alycia will raise this with the HNJAC.
- The group raised that screenings could include STIs, cancer, dementia, or depression, among others, so we will need to consider where this content is appropriate (which domain, if not Healthy Living).
- Laura suggested that we might consider putting well-care, immunizations, and screenings together in one of the domains. Will the Access to Quality Care Domain include well-care, immunizations and screenings?

## **Safer Sex**

- The group discussed the types of objectives that could be organized under a safer sex focus issue, including STIs and condom use. Healthy People 2030 has objectives related to this topic.
- Laura raised that safer sex might be an issue currently being discussed as part of Healthy Families. Alycia will follow up with Healthy Families.
- Tiffany noted that safer sex should be a focus issue in HNJ2030.

- Immunizations for HPV and screenings could overlap with Access to Quality Care. If this focus issue is under Healthy Living, it would need to focus on behaviors like condom use.

### **Other Topics**

- Tiffany is on the Healthy Living--Physical Activity and Nutrition Subcommittee. The other group is looking at screen time, so we will not focus on it as part of Self Care.
- For the HNJAC, what is the timeline for deciding the focus issues across the four domains?
- When will each domain team share preliminary focus issues that they selected?

### **Next Steps**

- This group will meet biweekly. Alycia will send around options for a regular date and time.
- For the next call, Laura will think about a transportation focus issue; Tiffany will focus on safer sex; and Alycia will review social connectedness.
- The team will review other states' plans and objectives and Healthy People 2030 and begin to consider the availability of data.