

**Healthy New Jersey 2020 (HNJ2030)**  
**Healthy Living Action Team**  
**Self-Care Subcommittee Meeting Minutes**  
July 7, 2020 11 am – 11:30 am (via Zoom)

**Attendees: Alycia Bayne, Tiffany Neal**

**Laura Cerutti (written feedback provided in absentia)**

**Overarching Topics**

- None.

**Transportation (Laura)**

- Laura suggested that the committee include the goal: “Reduce fatalities and serious injuries for all roadway users.”
- The SMART objectives would be related to specific behaviors and road users (pedestrian/bicyclists, drivers, seatbelts, impaired driving).
- For example, a draft from the pedestrian/bicyclist emphasis area team for the 2020 NJ’s Strategic Highway Safety Plan (NJ SHSP) has the following goal: Eliminate bicycle and pedestrian fatalities and serious injuries. The objective is to reduce the number of bicycle and pedestrian fatalities and serious injuries by 8 annually, equating to a 10% reduction over a five year period from 2018 to 2023.
- The team will research appropriate targets for goal measurement.
- The final deliverable for 2020 NJ SHSP is expected to be published August 20, 2020.

**Social Connectedness (Alycia)**

- Alycia shared that social connectedness could be listed as an objective under a goal related to behavioral health. In NY, “strengthening social connections” was an intermediate measure for preventing overdose deaths. If we are not able to include a goal for social connectedness, this would be another way to incorporate this topic into HNJ2030.

**Sexual Health (Tiffany)**

- It is unclear if we will include a goal related to sexual health in HNJ2030. If we do, one possible option is to focus on reducing the risk of STIs including the risk of HIV. We could also focus on unintended pregnancies and teen pregnancies, though unintended pregnancies are difficult to measure.
- We will explore whether Healthy Families is focused on maternal or infant mortality.

**Well Care (Tiffany and Alycia)**

- Self-care and preventive care are important aspects of healthy living.

- We discussed including a goal related to well-care that incorporates receipt of clinical preventive services such as screenings and immunizations, and access to primary care. Well-care visits are routine visits for preventive visits, screenings, and immunizations.
- We will review the U.S. Preventive Services Task Force (USPSTF) recommendations to determine if there is an overarching goal that may be appropriate for Healthy Living, or whether the USPSTF recommendations may be able to inform SMART objectives for a well-care goal.
- Possible goals could be to increase the number of people who have access to a primary care provider, or who have had a visit to a primary care provider in the past year. We will look at other state plans to identify different types of well-care goals.
- If we have to prioritize topics, we could incorporate a sexual health objective under well-care, though it would likely be focused on clinical visits rather than prevention methods like condom use.
- Questions that were raised during the call:
  - Will Healthy Families focus on child immunizations?
  - Will Healthy Families focus on parenting skills?
  - Will Behavioral Health include a focus on tobacco use and youth vaping?

### **Next Steps**

- Our next meeting is on Tuesday, July 14 at 11 am.
- The HNJAC will meet on July 8, and Alycia will be able to share updates from that meeting on the next call.