

Healthy New Jersey 2020 (HNJ2030)
Healthy Living Action Team
Self-Care Subcommittee Meeting Minutes
July 14, 2020 11 am – 12 pm (via Zoom)

Attendees: Alycia Bayne, Laura Cerutti, Tiffany Neal

Overarching Topics

- None.

Transportation

Working draft goal: “Reduce fatalities and serious injuries for all roadway users.”

Objective: 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.

- Laura shared that a transportation goal for NJ should have objectives that include drivers as well as pedestrians and bicyclists so that we can ensure we are inclusive, and because a cross-cutting issue for HNJ2030 is equity.
- The 2020 NJ’s Strategic Highway Safety Plan (NJ SHSP) may be released by August 20, 2020. At that time, we will review the section on driver behavior, pedestrians and bicyclists. One key consideration is that this is a 5 year plan compared to HNJ2030 which is a 10-year plan, so we would have to consider this as we develop measurable objectives for HNJ2030.

Social Connectedness

- The group agreed we should continue to explore social connectedness even though few states have a listed goal for this topic.
- New York State has a goal that may be broad enough to include social connectedness: “Goal 1.1 Strengthen opportunities to build well-being and resilience across the lifespan.”
- The group liked this goal because of its focus on well-being, and also resilience, which is a cross-cutting issue for HNJ2030 and particularly important during this time of COVID-19. It may be possible to create a similar goal and add the concept of social connectedness. NYS’s objectives for this goal mainly focus on mental health, but we could include objectives on different topics beyond mental health.

Sexual Health

- If we do decide to include a goal on sexual health, one possible option would be to consolidate this topic as an objective in support of a goal related to increasing access to/use of clinical preventive services (CPS). We could focus on reducing the risk of STIs including the risk of HIV.
- NJ BRFSS conducted the optional module for the HPV vaccine.
- We will continue to keep sexual health as a topic on our list.

Well Care

- The group discussed different options for a well care goal by reviewing the Healthy People objectives related to well care and also SHIPs for California, New York, Massachusetts, and Maine.
- In Healthy People 2020, within Access to Health Care, there is a developmental goal to increase the proportion of insured persons with coverage for clinical preventive services (CPS). The other relevant goal is to increase the proportion of persons with a usual primary care provider. The group discussed that these two goals are very important and cut across both Healthy Living and Access to Quality Care. These two goals may be more appropriate for Access to Quality Care, but we will continue to explore them within Healthy Living at this time.
 - The CPS body is the USPSTF, which has recommendations for counseling, screening, and preventive medication (including immunizations).
 - If we include a goal or objectives on immunizations, we should consult CDC for targets.
 - We can look at BRFSS for screening and immunization data. In the NJ BRFSS, there are questions on: 1) Do you have any kind of health insurance coverage? 2) Do you have one person you think of as your health care provider?
- The group discussed the SHIP for New York State. NYS's goal to "strengthen opportunities to build well-being and resilience across the lifespan" includes objectives focused on mental health and the relationship with other social determinants of health such as income. As a data source for this goal, New York uses the Opportunity Index, launched in 2011, by Child Trends (Opportunityindex.org).
 - It would be interesting to look at the Opportunity Index data for New Jersey, as they are publicly available by county. The score is for economy, education, community (access to care, healthy foods, incarceration, etc.), social determinants of health and health. This may be helpful as a data source for Healthy Communities as well.
- The State of California has a goal related to increasing access to primary care providers for Let's Get Healthy California.

Questions/Notes for Other ACTs

- Will Healthy Families focus on maternal health and infant mortality?
- The Opportunity Index (opportunityindex.org) may be helpful as a data source for Healthy Communities.

Next Steps

- Our next subcommittee meeting is on Tuesday, July 28 at 11 am.
- On the next call, we will begin to develop language for 3-4 goals that we can share with the Healthy Living ACT on August 6.
- HN2030's plan is to establish evidence-based goals in July and August, so we are on target.