

Healthy New Jersey 2020 (HNJ2030) Healthy Living Action Team

Meeting Agenda

September 3, 2020, 10:00 – 10:30 am

Zoom

Attendees

ACT Members: Barbara Johnston (Mental Health Association of NJ); Angelo Valente (Partnership for a Drug-Free NJ); Tiffany Neal (N.J. Healthy Communities Network); Laura Cerutti (TransOptions); Nicole Nazy (Morristown Medical Center); Eva Mancheno (Food Bank of New Jersey); Meredith Yorkin (Hackensack Meridian at Pascack Valley Medical Center)

NJDOH Liaison Members: Maria Baron (Healthy New Jersey); Juliet Jones (Family Health Services)

HNJ2030 Advisory Council Members: Alycia Bayne (NORC); John Sarno (Employers Association of NJ)

Agenda:

- I. Welcome and Updates
 - a. Member updates
 - i. The census is low in some hospitals.
 - ii. The Food Bank of NJ continues with food distributions. Starting the new school year may result in an increased need.
 - iii. Mental health providers are seeing new populations during COVID. Access to technology is a major challenge, as some people do not have smartphones to access telehealth services. As finances become more challenging for people, there will be more anxiety and depression. Substance overdoses have increased, as has suicide ideation in NJ. Providers are also seeing an increase in the need for treatment. We are finding that while there is an effort to provide options, there are some people who cannot access these options for various reasons.
 - iv. NJ Healthy Communities Network grantees have changed their plans amidst COVID. All have changed in some way, shape, or form around physical activity. Some have delayed timelines and there are new needs.
 - v. COVID has created a new need for bike and pedestrian safety. There is an increase in people walking and biking, and bike sales are up. There is a need to educate people about the best ways to use a bike and abide by local traffic safety laws. It will be important to track COVID's implications on roadway use. Even though there are less people driving, people are driving faster and more recklessly, evidenced by the increase in fatalities per miles driven in NJ and NY. Open roads tend to encourage speeding.

- vi. There appears to be a reduced need for some health care services, such as dialysis, but some of this could be attributed to concerns related to COVID.
- vii. Experts do not know about the long-term implications of COVID on health, and whether it will cause disability later in life. These are issues we will be addressing for years to come.
- viii. How Right Now is an initiative to address people's feelings of grief, loss, and worry during COVID-19: <https://howrightnow.org/>

II. Survey Results

a. Results:

- i. The top self-care goal was “increase percentage of residents who get recommended clinical preventive services” with 5 (56%) respondents ranking it #1. The second most important goal in this category was a split between “Reduce fatalities and serious injuries for all roadway users” (n=4, 44%) and “Prevent unintentional injuries and violence, and reduce their consequences” (n=3, 33%).
- ii. The top nutrition/physical activity goal was “Increase the percentage of residents who meet current federal physical activity guidelines while decreasing disparities” with 7 (78%) respondents ranking it #1. The second most important goal in this category was a close split between “Prevent an increase in adults with diabetes” (n=3, 33%) and “Increase the consumption of fresh fruits and vegetables among adults” (n=4, 44%).
- iii. Timely Access to Quality Behavioral Healthcare - Access will cover both private and public access with 4 components: 1) Mental Health Parity; 2) Substance Use with a focus on Medication Assisted Treatment / Withdrawal Management; 3) Co-occurring Disorders; 4) Tobacco/Nicotine Dependence Cessation

b. We will continue the discussion about our focus issues/goals:

- i. What do we want to accomplish? (Goals)
- ii. Who is going to accomplish it? (Engagement Process)
- iii. How are we going to accomplish it? (Action Plans)
- iv. How are we going to know/measure if it worked? (Objectives and targets)
- v. When do we want it accomplished? (by 2030 – but short term milestones can also be included for each of the various steps)
- vi. Where will this work happen? (all of NJ plus any special populations within NJ that need extra attention, e.g. vulnerable populations)
- vii. Why is this goal important? (the rationale behind why this goal is important)

III. Next Steps

- Discuss the Healthy Living goals/topics with the HNJAC at our September 9th meeting
- NJDOH’s Health Equity Community Conversations will inform HNJ2030 objectives and action plans. This feedback is important to our process, and therefore, we will need to wait for these conversations to occur before moving forward with developing the action plans.
- It is important for ACTs to proceed at the same pace to the extent possible.
- We expect a new timeline from NJDOH about timing for next steps in the next month.

- Subcommittees can pause their meetings for the month of September and we will reconvene as an ACT on October 1.
- Next ACT Meetings – First Thursday of the month 10 – 11:30 am:
 - i. October 1st
 - ii. November 5th
 - iii. December 3rd