



## Healthy Eating and Active Living Sub-Committee

MEETING MINUTES

APRIL 22, 2022

**Attendance:** Tiffany Neal, Amy Faus, Denise Lanza, Imge Uludogan, Jennifer Hopkins, Kristina Favo, Ashley Costello, Ricardo Kairios, Nicole Whittaker, Payal Arora.

- Review of strategies under Active Living. (See updated chart)
  - Some items were combined due to similarities.
  - Some discussion as to available resources and/or other entities working on this strategic area. For example –
    - Database of trails: The State DEP has created a statewide inventory which is ongoing and updated regularly. (<https://gisdata-njdep.opendata.arcgis.com/datasets/statewide-trails-in-new-jersey/explore>)
    - Park Access – New Jersey Recreation and Park Association (NJRPA) promoting park info on Park RX America. Participants noted that there are two similar websites – Park Rx and Park Rx America. Questions of SEO and language alternatives were posed.
    - Would NJRPA or NJ211 be a repository for park information?
  - Worksite Wellness – some programs for step counting were familiar to some members. As the focus is often smaller worksites, perhaps encouraging and incentivizing would be more successful. Participants noted that these businesses are presently dealing with staff shortages and wellness programs may not be top of mind.
  - School Healthy Eating/Physical Activity – What are the current requirements or guidelines? What is the difference between state and national standards? How many districts are meeting guidelines? Ricardo will try to find information. Individual school promotion might be the best tool.
    - Classroom active breaks – a campaign to individual teachers might be most successful.
  - Childcare settings – there are a variety of settings with a variety of applicable certifications. Possible to create a promotional campaign?
  - Screen time is a challenge with all the online tasks (homework, etc.)
  - Sports inclusion/increase – access is often a barrier (transportation, cost, etc.). Capacity limitations are also a factor. Consider organized physical activity options, not only sports (e.g. dance, gymnastics).
  - Built Environment
    - The long-term effectiveness and impact are unknown

- Friends groups to help with park maintenance are a more localized effort
- Wrap up Active Living at next meeting
- **Timeline of Upcoming Meetings:**  
*Draft action plans due by May 20, 2022 (retain this information in the minutes as a reference)*  
  
Focus on strategies today and next meeting, 3<sup>rd</sup> and 4<sup>th</sup> meeting on action steps.
  - 3/25 and 4/11 meetings: focus on strategies
  - 4/22 and 5/9 meetings: finish strategies and focus on action steps
- Evidence-based references in the table are needed. If anyone has suggested references, please share those with Tiffany. It is expected that strategies without evidence-based support will be removed. We will try to place the documents in the “teams” folders for review.
- **Next Meeting: Monday, May 9 at 10am (Tiffany is seeking a minute taker)**