

Healthy New Jersey 2020 (HNJ2030)
Healthy Living Action Team
Self-Care Subcommittee Meeting Minutes

June 2, 2020 11 am – 12 pm (via Zoom)

Attendees: Alycia Bayne, Laura Cerutti, Tiffany Neal

Overarching Topics and Questions

- The team discussed the current state of affairs in the U.S. and how the pandemic and current events impact the focus areas and cross-cutting issues for Healthy New Jersey (health living, equity, community resilience).
- Tiffany noted that we should be mindful when selecting priorities for HNJ2030 because the state SHIP will carry NJ through 10 years and possibly multiple state administrations.
- The team raised questions about the process for creating and implementing the SHIP. When is the SHIP released for 2030? Will it be updated to reflect progress over the course of the 10 years? If so, how often will it be updated? Alycia will reach out with these questions to Maria.

Transportation (Laura)

- Laura explored transportation data and objectives for NJ and other states, and noted that possible key objectives for HNJ2030 may include:
 - Fatal and serious crashes
 - Impaired driving and drowsy driving
 - Use of seat belts
- She noted that we will have to narrow down this list.
- The State Highway Safety Plan Online Summit is on June 19. The state will present a finalized plan and Laura will update the team after the summit.
- During the next HNJAC call, Alycia will ask Healthy Communities whether they plan to focus on transportation. Our transportation focus issue(s) will likely focus on injury prevention while the other ACT may consider other types of transportation issues impacting the built environment and community.

Social Connectedness (Alycia)

- Alycia shared a summary from her review of social connectedness.
- Alycia reviewed the SHIPs for CA, PA, VT, and NY. None of these states had a specific objective related to social connectedness or reducing loneliness or social isolation.
 - In NY, “strengthening social connections” was an intermediate measure for preventing overdose deaths.
 - Other states—CA and VT focused on social determinants of health, but did not specifically discuss social connectedness.
- There is an opportunity to include social connectedness as a “developmental” focus issue for HNJ2030, particularly in light of COVID-19 and the need for community resilience over the next decade.

- Social connectedness will be challenging to measure given it is an abstract concept and without a new survey may require us to use/create a composite measure (combining structural and functional measures).

Safer Sex (Tiffany)

- Tiffany shared data on New Jersey's rates of HIV and STIs and comparison states.
- The data show that NJ's rates for STIs are mostly lower than the national average.
- However, the rates of STIs (not including HIV) have been growing since 2014.
- Tiffany also shared data for 2014 on unwanted pregnancies in NJ compared to other states (Wanted-later-or-unwanted pregnancy rate (no. per 1,000 women aged 15–44), 2014). The NJ data were similar to other neighboring states. Trend data were not available for this particular measure.

Next Steps

- This group will continue to meet biweekly on Tuesdays at 11 am.
- We will meet with the full ACT on June 4. Tiffany will report-out on self-care to the ACT.
- The HNJAC will meet on June 10 and Alycia will be able to share updates from that meeting on our next call on June 16.