

**Healthy New Jersey 2030 (HNJ2030) Healthy Living Action Team**  
**4/2/2020 Meeting Minutes**

**I. Welcome and Introductions**

- Action Team Members
  - Diane Litterer, CEO & Executive Director of NJ Prevention Network
  - Carolyn Beauchamp, President & CEO of Mental Health Association of NJ
  - Tiffany Neal, Public Health Consultant, NJ Healthy Communities Network
  - Nicole Nazy, Pharmacy Supervisor, Operations at Morristown Medical Center
  - Eva Mancheno, Regional Program Manager of SNAP-Ed
  - Meredith Yorkin, Registered Dietician at Hackensack Meridian at Pascack Valley Medical Center
  - Laura Cerutti, Project Manager for Pedestrian Safety at TransOptions
  - Absent: Angelo Valente, Executive Director of Partnership for a Drug-Free NJ
- NJDOH Liaison Members
  - Suzanne Miro, Health Education Coordinator for the Communicable Disease Service, could not call in today – tied up handling COVID-19 response
  - Maria Baron called in – Healthy NJ Coordinator at the DOH, works with vital event statistics
  - Juliet Jones, NJ SNAP-Ed Program Manager
  - Nashon Hornsby, Assistant Commissioner at NJ Division of Community Health Services
- HNJ2030 Advisory Council Members
  - John Sarno, President of the Employers Association of NJ
  - Alycia Bayne, Principal Research Science, Public Health at the NORC
  - Sherry Maggie Dolan, Program Coordinator, Community & Urban Health at Capital Health System

**II. About HNJ2030 and Role of Action Teams**

- Overview of HNJ2030 – Maria Baron
  - i. Overview of Healthy NJ and Healthy People
  - ii. Healthy People is a national initiative that comes every 10 years to determine what to focus on for next 10 years in terms of health
  - iii. Healthy NJ is our state's version
  - iv. Advisory Council had first meeting in September to form topic areas and organize
  - v. Planned to have face-to-face community meetings in March and April to determine residents' needs, but that will not happen at this time due to COVID-19
  - vi. Governor's Office is committed to the project
- Healthy NJ Action Teams – Alycia Bayne

- i. Four teams: Access to Quality Care, Healthy Communities, Healthy Families, Healthy Living
- ii. Cross-cutting issues examined within each topic area: Equity, Policy, Resilience
- iii. Received over 100 applications between Jan. 31<sup>st</sup> and Feb. 28<sup>th</sup>
- iv. Healthy NJ 2030 Advisory Council selected candidates

### III. Healthy Living Tasks and Topic Areas

- Healthy Living Topic Areas – Alycia
  - i. Recommendations for 4-6 Focus Issues across the three Topic Areas: Self Care, Physical Activity and Nutrition, and Behavioral Health (incorporates substance use and mental health)
- Tasks and timeline
  - i. *Will be adjusted due to COVID-19*; this timeline was laid out beforehand
  - ii. March-April: Narrow down Topic Areas into focus issues
  - iii. April-May: Review guidance on SMART objectives, Healthy People 2030 objective types, objective selection, and target setting
  - iv. June: Select objectives to measure the focus issues, find data sources and baseline data values
  - v. August: Set target values
  - vi. September-December: Action planning to achieve targets and identify gaps
- Focus issue selection guidance – Alycia
  - i. Refine Topic Areas into 4-6 focus issues based on...
    1. Reducing deaths
    2. Reducing morbidity
    3. Reducing disability
    4. Reducing health disparity/increasing health equity
    5. Increasing well-being
- Overview of Topic Areas
  - i. Self-Care – Alycia
    1. Focused on adults in Healthy Living Action Team – Healthy Families focuses more on children and adolescents
    2. Possible Focus Issues:
      - a. Social connection (sense of belonging through involvement with social groups)
      - b. Mindfulness (psychological process of focusing on present moment)
      - c. Technology overload
      - d. Well-care (preventive care)
      - e. Immunizations (similarly preventive)
      - f. Use of seatbelts and helmets (reducing motor vehicle crashes as major cause of death)

- g. Safe driving
    - h. Safe sex practices
  - 3. Nashon Hornsby: Wonders if self-care should also include personal hygiene and how we interact and expose each other when we are unwell; may use insights from COVID-19 as lens when considering our topic areas
- ii. Physical Activity and Nutrition – John Sarno
  - 1. Possible Focus Issues
    - a. Exercise
    - b. Screen time (use as a tool for wellness vs. passive tool for unnecessary media consumption)
    - c. Fruits and vegetables
    - d. Sugar and sodium
    - e. Weight/obesity
  - 2. Factors which will play roles in this topic area
    - a. Equity and access (i.e. ensuring elderly get to parks to exercise)
    - b. Infrastructure
    - c. Seasonal nature of activities
- iii. Behavioral Health – Sherry Dolan
  - 1. Possible Focus Issues
    - a. Alcohol
    - b. Tobacco
    - c. Cannabis (potential legalization of marijuana in NJ is a factor)
    - d. Other drugs
    - e. Mental health
    - f. Treatment and recovery support
  - 2. Pandemic is showing alcohol sales over the past week skyrocketed – alcohol as self-medication, socializing via Skype cocktail parties
  - 3. Can consider policy changes and data that would support policy changes
  - 4. Tiffany Neal: Many of the focus areas may be better addressed through larger-scale policy changes, in this and other Topic Areas
  - 5. Carolyn Beauchamp: Gov. making a policy statement by allowing liquor stores to remain open during pandemic
    - a. Nashon: Purchasers may not have alcoholic addictions, but lack access to social drinking and consequently purchase from liquor stores now
    - b. John: Additionally, steep discounts at these stores now draw customers
  - 6. John: Maintain focus on lifestyles
    - a. Policy can be a rabbit hole with many lobbies and stakeholders, more complex than what we could reasonably recommend

- b. Policy change may be part of our discussion without dominating it
- c. Find healthier responses to the problems

#### **IV. Next Steps**

- Subcommittees
  - i. Form three subcommittees based on Topic Areas
  - ii. Will email after this meeting and ask you to rank the three subcommittees based on interest
  - iii. Will try to accommodate first choices
  - iv. Subcommittees will meet monthly to discuss Topic Areas and identify Focus Issues
  - v. Each subcommittee will identify 1-2 Focus Issues so that Healthy Living Action Team has total of 4 to 6 Focus Issues
  - vi. Tiffany: Can a person be on two subcommittees?
    1. Would be twice as many meetings per month, but Alycia, Sherry, and John will see how the subcommittee preference rankings come in and consider
- Future Meetings
  - i. Healthy Living Action Team will meet or have a call bi-monthly on the first Thursdays of June, August, and October from 10-11 a.m.
  - ii. Subcommittees will identify meeting times and schedules that work for them
  - iii. Subcommittee meetings will begin in April

Alison is compiling a Google Doc resource document of relevant articles. Please email Alison if you find any articles that you would like to contribute. (If you are unable to access Google Docs, please let her know and she can send you a Word version.)