

Healthy Living Goals

Updated April 1, 2021

The Healthy Living ACT discussed the feedback received by the HNJAC and revised the goals.

Summary of Recommendations from the Healthy Living ACT:

1. Remove self-care as a high level goal and replaced it with the first three topics.
2. Accept the recommendation of the HNJAC and include children and adolescents in the measurable objectives of the HL goals.
3. Adding “substance use (behavioral health)” to the fifth goal.
4. Adding a discussion of alcohol use disorder to the fifth goal.
5. Focus on health equity and social determinants of health when building the action plan for Healthy Living.
6. The ACT also discussed the focus on medication assisted treatment (MAT), including barriers and challenges related to MAT in New Jersey. The ACT also discussed how to incorporate MAT into the goals and if MAT should be specifically emphasized as a goal or objective or described alongside other evidence-based practices for addressing substance use disorders.

Revised Goals

1. Increase receipt of recommended clinical preventive services
2. Make roadways safer all roadway users
3. Prevent other unintentional injuries and violence, and reduce their consequences
4. Promote healthy eating and physical activity
 - a. Increase the percentage of residents who meet current federal physical activity guidelines
 - b. Increase the consumption of fresh fruits and vegetables
5. Increase timely access to quality behavioral healthcare
 - a. Achieve mental health and substance use (behavioral health) parity
 - b. Address substance use disorders with a focus on medication assisted treatment/withdrawal management
 - c. Focus on co-occurring disorders including tobacco and alcohol.