



## Sussex County Committee Meeting Minutes

4/21/2023

**Attendees (13):** Maureen Cianci (Sussex County HD), Claudia Pelaez Yopez (Sussex County HD), Daniel Wikstrom (NJHC), Trixy Thibodeau (Atlantic Health), Deborah Fisher (Sussex County Health Crisis Workgroup) Haley McCracken (Project Self Sufficiency) Ryan Moulton (Rutgers Cancer Institute of New Jersey Community Outreach and Education), Erika Brown (ScreenNJ), Gladys Harris (The Olive Group), Katie Bisaha (NJHQI), Michaela Novo (Atlantic Health System), Steven Levinson, Gilbert Baez (Atlantic Health System)

**Call to Order:** Claudia Pelaez Yopes called the meeting to order at 11:05 am.

### CHIP Implementation Discussion:

The [Sussex County CHIP](#) is published on the Sussex County Committee page on [www.NJHealthMatters.org](http://www.NJHealthMatters.org). Starting in May, the NJHC will begin to collect impact data from CHIP contributors. If you contributed to the CHIP, you will be asked to provide 2022 impact data for the interventions your organization provided by July 1<sup>st</sup>.

#### Effective strategies for obtaining impact data from partners

- Survey is preferable
  - Ensure data-sharing agreement is in place with partners who require

### Screen NJ Discussion:

NJHC Partners who expressed a willingness to share and publicize future cancer screening educational webinars with referrals will be contacted with promotional materials in the future and encouraged to share within their professional network, as well as with clients and patients when possible.

#### Effective strategies for recruiting (1) NJ Residents; (2) Nutrition Insecure NJ Residents; (3) Low-income families, and child care providers; (4) Sussex County Females

- Sussex county has the highest rate of late-stage diagnosis of lung cancer in females; high amounts of radon (risk factor for lung cancer)
  - Provide Radon testing kits to attendees
    - RCINJ is developing a curriculum for education on environmental cancer risks (e.g., carcinogens, toxins, radon)
  - Smokers can be provided resource list for smoking cessation
  - Remediation resources for those who have radon, as well as support for individuals who can't afford remediation
- Provide advertising to non-internet users
  - Libraries, foodbanks, grocery stores (sticker on cash registers; advertising on grocery carts)
  - Group viewing of webinars in-person at group meeting places (e.g., libraries)

### Subcommittees:

Many people expressed interest in leading and joining subcommittees in Sussex County. If you are interested in joining and are not on the subcommittee interest list, please contact [info@njhealthmatters.org](mailto:info@njhealthmatters.org)



### Subcommittee Discussion

- Sussex Child Health Crisis Workgroup: Obesity intertwines with nutrition, physical activity, and maternal & child health. Target population is parents, especially young parents.
- May be better to combine physical activity, nutrition, and obesity, depending on what individual members would like to focus on.

### **Community Resource Sharing/Needs and Leads:**

- **NJHC: (1)** All Chair positions are now filled, however chair-elect positions, as well as officer-elect positions (President, Treasurer, Secretary) for 2024 and beyond are open. Please reach out to [info@njhealthmatters.org](mailto:info@njhealthmatters.org) if you are interested in a future leadership position. **(2)** The NJHC is looking to partner with more institutions of higher education. If any partners have contacts with colleges and universities in the area, we encourage partners to connect them to the collaborative. **(3)** The NJHC 2022 Annual Report has now been published, please view it [here](#).
- **Sussex County Health Crisis Workgroup:** Successful workshop for teachers, 26 teachers and one school nurse attended.
- **Project Self Sufficiency:** Breast Cancer Survivor Celebration on June 10<sup>th</sup> from 10-1pm looking for contributors. Utility assistance application assistance and advocacy. Food Pantry is open. High School equivalency program is running. Virtual offerings for parenting and womens support groups are open.
- **Rutgers Cancer Institute of New Jersey:** We are available to travel to anywhere in the state to provide cancer screening and prevention education. We provide educational workshops available. You can reach out to Ryan Moulton to schedule a presentation virtually or in person.
- **Atlantic Health System:** Virtual programs and exercise classes are still running. Please reach out to [communityhealth@atlantichhealth.org](mailto:communityhealth@atlantichhealth.org) to receive our community health program. We are providing smoking cessation programs to organizations so please reach out if you are interested.
- **Sussex County HD:** We are looking to send out a nutrition factsheet out for primary prevention/cancer prevention. Please reach out if you are interested in receiving. NJ211 is a great resource for referrals and resources. Just dial 211 to be connected to local resources.

### **Adjournment**

Claudia Pelaez Yepes adjourned at 11:58 am.

### **Chat:**

Daniel Wikstrom

[https://www.njhealthmatters.org/content/sites/njhc/2022\\_CHIPs/Sussex\\_County\\_New\\_Jersey\\_CHIP\\_2022.pdf](https://www.njhealthmatters.org/content/sites/njhc/2022_CHIPs/Sussex_County_New_Jersey_CHIP_2022.pdf)

[info@njhealthmatters.org](mailto:info@njhealthmatters.org)

Ryan Moulton



## North Jersey Health Collaborative

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health matters

Regarding the Radon awareness event, we are in the process of developing a curriculum that talks about Cancer & the Environment, which will more than likely include some information on radon exposure & increased risk of cancer, so we can absolutely provide the education for that event assuming the curriculum will be completed by then

Daniel Wikstrom

[https://www.njhealthmatters.org/content/sites/njhc/resource\\_library/Sussex\\_County\\_Health\\_Crisis\\_Workgroup/Sussex\\_County\\_School\\_Health\\_and\\_Wellness\\_Resource\\_Guide\\_Winter\\_2022-23.pdf](https://www.njhealthmatters.org/content/sites/njhc/resource_library/Sussex_County_Health_Crisis_Workgroup/Sussex_County_School_Health_and_Wellness_Resource_Guide_Winter_2022-23.pdf)

^Sussex County Health Crisis Workgroup School Resource Guide

[https://www.njhealthmatters.org/content/sites/njhc/Annual\\_Reports/2022\\_NJHC\\_Annual\\_Report.pdf](https://www.njhealthmatters.org/content/sites/njhc/Annual_Reports/2022_NJHC_Annual_Report.pdf)

Ryan Moulton

[outreach@cinj.rutgers.edu](mailto:outreach@cinj.rutgers.edu) - to schedule educators for a virtual or in-person workshop, request materials, or request an educator to table at an outreach event

my email: [rm1231@cinj.rutgers.edu](mailto:rm1231@cinj.rutgers.edu)



### Rutgers Cancer Institute of New Jersey Community Outreach and Engagement

# Free Health Workshops

The Community Outreach & Engagement team at Rutgers Cancer Institute of New Jersey offers online educational sessions for community and healthcare organizations!

#### CANCER BASICS & PREVENTION:

- Be on the Sunny Side: Tips for Detecting & Preventing Skin Cancer
- Breast Health
- Cancer 101
- Eating for Cancer Prevention
- HPV-Related Cancers & How to Prevent Them
- Prostate Health

#### CLINICAL TRIALS & RESEARCH

- Clinical Trials Process & Protocols
- Research Studies, Ethics and Shared Decision Making

#### COLORECTAL HEALTH & NUTRITION

- Guts and Glory: Steps You Can Take to Protect Yourself from Colorectal Cancer
- Nutrition for Colorectal Health & Cancer Prevention

#### GENETICS & CANCER

- Controlling Your Cancer Risk: Nurture vs. Nature
- Family History and Cancer Risk: What You Need to Know

#### LGBTQ+ PRIDE HEALTH INITIATIVES

- LGBTQ+ Cultural Competency Training: Community-Based or Provider-Focused
- Prevention & Early Detection of HPV-Related Cancers for the LGBTQ+ Community
- Tobacco Cessation for the LGBTQ+ Community

#### TOBACCO & SMOKING CESSATION

- Breathing Easier: The Basics of Smoking-Related Illnesses & Secondhand Smoke
- Lung Cancer Screening: New Guidelines for a Life-Saving Screening Test
- Vaping and E-Cigarettes: What You Need to Know

If you are interested in scheduling a health educator for community-based education or train-the-trainer sessions (available in English and Spanish), please [click here](#) or use the QR code to access our registration form. *You can also find us on social media!*

To learn more about the resources and translation services offered by Community Outreach and Engagement, visit our page on the [Rutgers Cancer Institute of New Jersey website](#).



Let's beat cancer together.





# Quit Smoking Program

Virtual and In-Person Classes



## It's Not Quitting, It's Living!

### What are the benefits of quitting?

- Breathe easier
- Improve your health
- Save money
- Have more energy
- Control your life

### How we can help:

- We will give you the tools and support you need to quit for good!
- Meet with others who are quitting to share success and challenges.

### What to expect from this FREE program:

- An individual assessment of your tobacco dependence by a Certified Tobacco Treatment Specialist.
- Nicotine replacement products will be provided at no cost to you and/or a recommendation for medication to help you quit.
- Six weekly group meetings to learn techniques that can help you quit and stay smoke free.

### Individuals who use any of the following products are eligible for this program:

- Cigarettes
- Cigars
- Smokeless Tobacco (chew, dip, snuff, snus)
- Pipes
- E-cigs/vapes
- Waterpipes (hookah, shisha)

**Programs may be available in-person or virtually. You must register and have a smoking assessment done before starting a program.**

Newton Medical Center  
Thursdays, 3:00 to 4:30pm

Call 973-579-8588 for more information and to enroll.

Morristown Medical Center  
Wednesdays, 12:30 to 1:30pm

Call 973-971-7971 or 973-971-6358 for more information and to enroll.

Hackettstown Medical Center  
Wednesdays, 3:00 to 4:30pm

Call 908-979-8797, option 3 for more information and to enroll.

Chilton Medical Center  
Thursdays, 12:30 to 2:00pm

Call 973-831-5427 for more information and to enroll.

Overlook Medical Center  
Thursdays, 6:00 to 7:30pm

Call 908-522-2296 for more information and to enroll.

Additional dates and times may be available.  
Call 844-472-8499 for more information.



Atlantic  
Health System



### Smoking Cessation Resources

Helpful, user-friendly sites and hotlines that offer education, guidance and encouragement.

**New Jersey Quitline:** [njquitline.org](http://njquitline.org), 1-866-NJ STOPS (657-8677)

A free, interactive site that offers real support. Membership includes 24/7 support community, quit date wizard, buddies, message boards, expert support, medication guide, and self assessment tools.

**SmokeFree.gov:**

- **Quit Guide and Quit Start:** Interactive apps that use proven quit strategies to assist you with giving up smoking. Set goals, track daily habits, view progress, connect with social networks, and receive motivational reminders.
- **SmokefreeTXT:** A mobile service that provides 24/7 encouragement, advice, and tips to help smokers stop smoking for good. To sign up, text QUIT to 47848.

**American Cancer Society:** [cancer.org](http://cancer.org), 1-800-ACS-2345 (1-800-227-2345)

How to Quit Using Tobacco - Guide to Quitting (available as a pdf download).

**American Lung Association:** [lung.org](http://lung.org), 1-800-LUNG-USA

Freedom from Smoking, [freedomfromsmoking.org](http://freedomfromsmoking.org)

**Mom's Quit Connection:** [momsquit.com](http://momsquit.com), 1-888-545-5191

Free program for pregnant women and mothers of young children.

**Rutgers Tobacco Dependence Program:** [tobaccoprogram.org](http://tobaccoprogram.org), 732-235-8222







## Programa Para Dejar de Fumar



### ¡Se trata de renunciar al hábito y vivir!

#### ¿Cuáles son las ventajas de dejar de fumar?

- La respiración mejora
- La salud general también mejora
- Ahorro de dinero
- Usted tendrá más energía

#### ¿Cómo le podemos ayudar?

- Le daremos las herramientas y apoyo que necesita para dejarlo de una vez por todas.
- Conozca a otras personas que también están dejando de fumar para compartir el éxito y los desafíos que esto representa.

#### Esto es lo que puede esperar de este programa GRATUITO:

- Una evaluación personal de su dependencia del tabaco, realizada por un especialista certificado en tratamiento para dejar de fumar.
- Se le entregarán productos de reemplazo de nicotina sin costo para usted y se le recomendará un medicamento que le ayudará a dejar el cigarro.
- Seis reuniones de grupo semanales para aprender técnicas que le ayudarán a dejar el cigarro y mantenerse sin fumar.

#### Si utiliza los siguientes productos, puede ser candidato para este programa:

- Cigarros
- Puros
- Tabaco sin humo (tabaco para masticar, tabaco en dip [pizca de tabaco entre los dientes], rapé, polvo)
- Pipas
- Cigarros electrónicos y vapeadores
- Pipas de agua (hukaa shisha, bong)

**Fecha:** Los Lunes - 5/15, 5/22, 6/5, 6/12, 6/19, & 6/26 (sin clase 5/29)

**Hora:** 10:00am - 11:00am

**Costo:** Gratis

**Ubicación:** Virtual

El espacio es limitado, debe registrarse previamente y realizar una evaluación de tabaquismo para poder participar en este programa.

Es posible que haya fechas y horarios adicionales disponibles.

Llame al 1-844-472-8499, opción 2 para obtener más información e inscribirse.





### Recursos para dejar de fumar

A continuación, se incluyen otros sitios y líneas directas útiles y fáciles de usar que ofrecen información, orientación y estímulo.

**Línea para dejar de fumar de New Jersey:** [njquitline.org](http://njquitline.org), 1-866-657-8677 para hablar con un asesor para dejar de fumar en español

**QUITFORKIDS:** Envíe un mensaje de texto al 53016 a través de la conexión para dejar de fumar de Mom's Quit Connection, que es un programa de mensajes de texto en todo el estado para embarazadas y parejas; padres, familiares y cuidadores de menores de 8 años.

- **SmokeFreeEspañol:** <https://espanol.smokefree.gov/> Guía para dejar de fumar y comenzar a dejar: Aplicaciones interactivas que utilizan estrategias probadas para ayudarlo a dejar de fumar. Establezca metas, realice un seguimiento de los hábitos diarios, vea el progreso, conéctate con las redes sociales y recibirá recordatorios motivacionales.
- **SmokefreeTXTespañol:** <https://espanol.smokefree.gov/consejos-herramientas/smokefreeTXT> Servicio móvil las 24 horas de apoyo que brinda aliento, asesoramiento y consejos para ayudar a los fumadores a dejar de fumar para siempre. Para inscribirse, envíe un mensaje de texto a 1-855-DÉJELO-YA

**Sociedad Americana del Cáncer (American Cancer Society):** <https://www.cancer.org/es/saludable/mantengase-alejado-del-tabaco.html> Cómo dejar de usar el tabaco

**Centros para el Control y la Prevención de Enfermedades:** <https://www.cdc.gov/tobacco/campaign/tips/spanish/index.html> La campaña de consejos muestra el perfil de personas reales que viven con graves efectos a largo plazo para la salud como consecuencia del tabaquismo y la exposición pasiva al tabaquismo. Los consejos también cuentan historias convincentes sobre el costo que estas afecciones relacionadas con el tabaquismo han tenido para los miembros de la familia.

**Asociación Americana de los Pulmones (American Lung Association):** 1-800-LUNGUSA (1-800-586-4872) para hablar con un experto en dejar de fumar. La Línea de ayuda de esta institución ofrece asesoramiento para dejar de fumar y apoyo personal de enfermeros, terapeutas respiratorios y consejeros capacitados para ayudar a dejar de fumar. Los servicios están disponibles en inglés y español.

