



North Jersey Health Collaborative

health matters

Annual Report 2019



North Jersey Health Collaborative

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A Message from the Executive Director

The North Jersey Health Collaborative (NJHC) is an independent, self-governed 501(c)(3) organization with a diverse set of partners representing health care, public health, human services and other community organizations. Our core function is a shared process of community needs assessment and health improvement planning to identify the most pressing health issues and facilitate the development of collaborative action plans to address them.

In 2019, the NJHC Morris, Passaic, Union, Sussex, and Warren County Committees, under the leadership of our Executive Director and volunteer chairpersons, reviewed the Community Health Needs Assessments and identified priority areas for each County CHIP (Community Health Improvement Plan). The CHIPs include: Healthy Aging, Transportation, Access to Care, Mental Health and Substance Use, Chronic Disease, Obesity, Nutrition, Physical Activity, and Economic Stability and Social Determinants of Health.

Our County Committees and Strategic Workgroups share best practices and deliver programs, services, resources, and information that will improve behaviors that lead to positive physical and mental health, and that address social needs.

In 2020 we began to collect 2019 impact data from many of our partner organizations. We have since launched the County Progress Trackers on our website to demonstrate how our collective efforts are impacting individuals in our communities.

Many of our Public Health and Healthcare partners were unable to participate in the data collection process due to the demands of the COVID-19 pandemic. However, we expect our 2019 impact data to grow as we receive information from partner organizations throughout the remainder of 2020.

As we continue our work on the CHIPs, we will use our broad network and resources to promote social and health equity across all five counties served by the North Jersey Health Collaborative.

We send our thanks to all who participate in our work, and all who support our efforts. Together we are the North Jersey Health Collaborative.

Be Well!

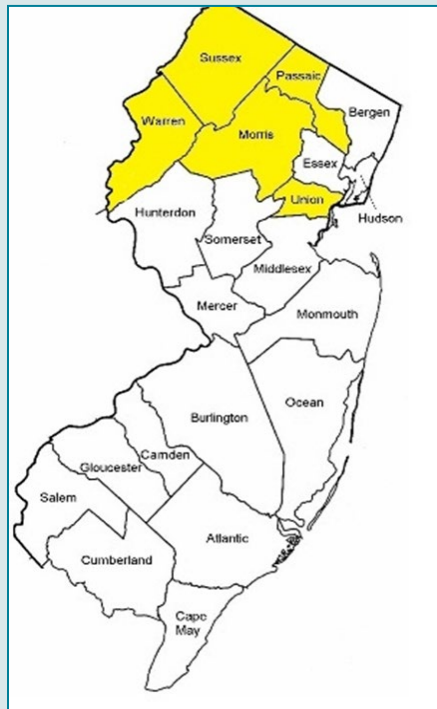
Laura O'Reilly-Stanzilis RN, MSM- Public Health & Public Policy
Executive Director
North Jersey Health Collaborative

Working Together in Five Counties

Morris	Passaic	Union	Sussex	Warren
Chronic Disease/Diabetes/Cancer	Access to Care	Access to Care	Access to Care	Access to Care
Healthy Aging	Access to Healthy Food	Chronic Disease/Cancer	Mental Health	Chronic Disease/Cancer
Mental Health/Substance Misuse & Suicide	Chronic Disease	Nutrition and Access to Healthy Foods	Obesity	Economic Stability
Obesity and Food Access	Healthy Aging /End of Life Care	Mental Health/Addiction & Suicide Prevention	Substance Misuse	Mental Health
Physical Activity	Mental Health			Physical Activity and Nutrition
	Physical Activity			Safe Communities
	Substance Misuse			Substance Misuse
				Transportation

The NJHC worked together across sectors to design and implement strategies of the Community Health Improvement Plans (CHIPs)

- 5 County Committees
- 115 Organizations
- 20 Workgroups



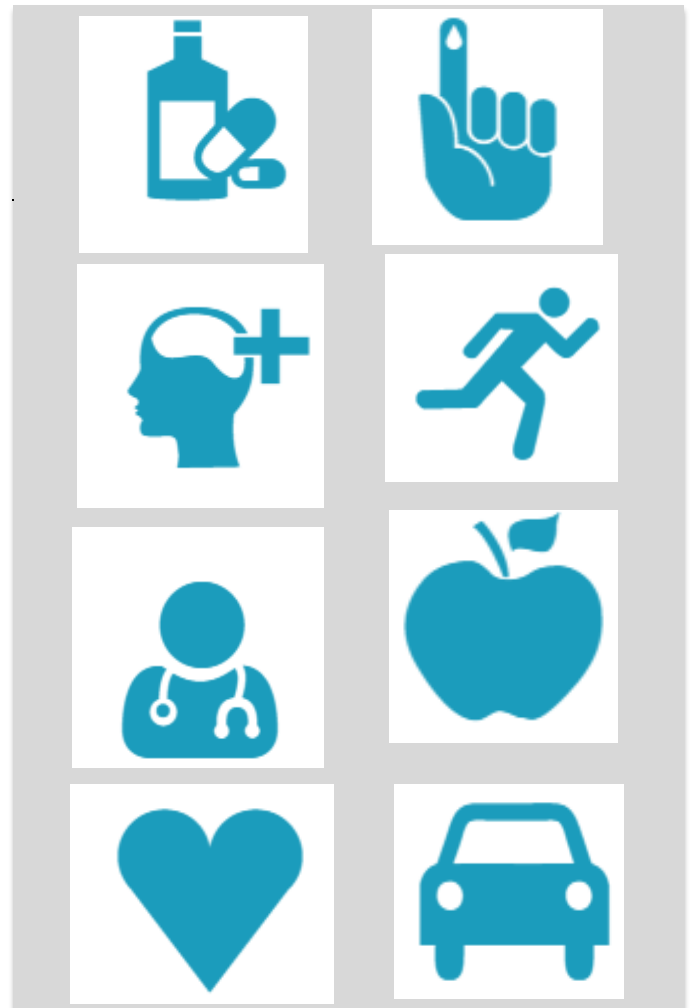


To expand our impact in communities, we aligned the organizational goals of NJHC Partners with the goals of the **Community Health Improvement Plans**.

Coalitions and Workgroups coordinated events, education campaigns, and forums for discussing best practices.

A diverse set of partners across Morris, Passaic, Union, Sussex, and Warren Counties, representing Public Health, Health Care, Human Services, Social Services, Government, Non-Profit and For-Profit Businesses, and Community Organizations, worked together on the CHIP.

Public Health Nurse Screenings and Health Education in municipalities served by the NJHC demonstrated Health Department activities to address Chronic Disease, Cancer, and Access to Care.



Measuring Our Collective Impact

Each county has a Progress Tracker to reflect the progress made toward completing our goals in the priority areas of the CHIP.



The number of individuals impacted by partner organizations are added to the progress tracker to show that they:

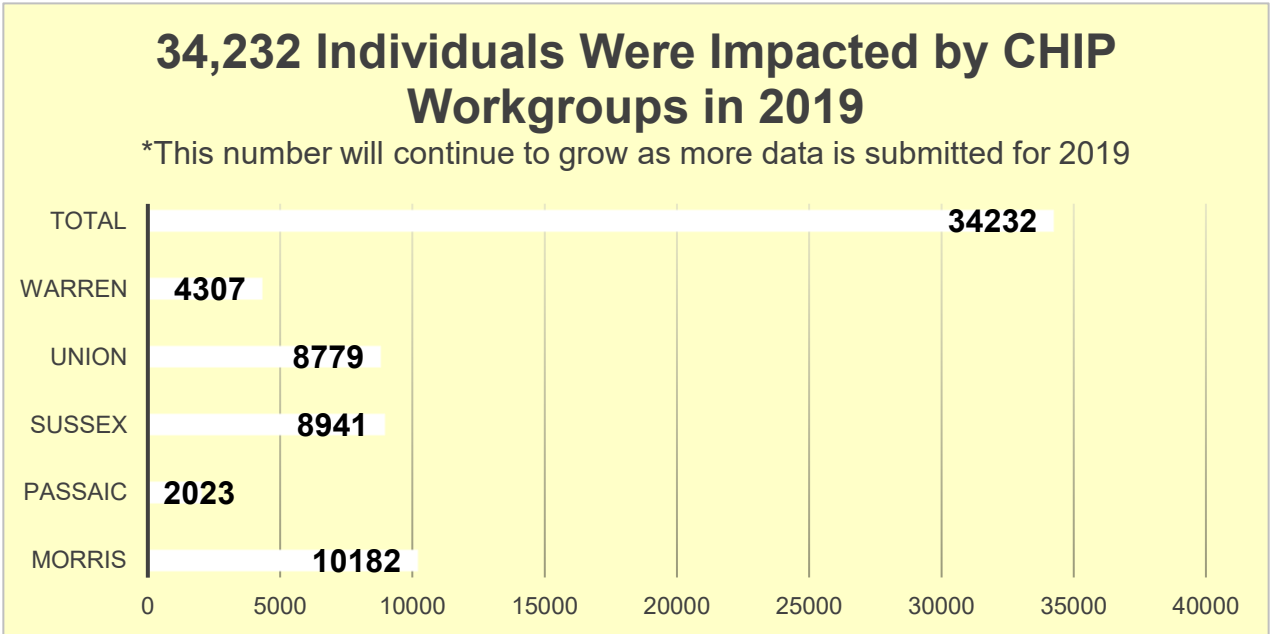
- had a health screening
- received a referral or intervention, or were provided access to integrated care or services
- showed positive changes or demonstrated improved knowledge related to the referenced indicator

The ***collaborative effort*** of multiple organizations sharing a common goal and implementing services, programs, and interventions fosters social connections that lead to positive outcomes.

Organizations that provided information and educational materials in the community are listed on our Partner Pages to demonstrate the outreach efforts related to the CHIP.

Measuring our Collective Impact

As our partners sent us their impact data from 2019, we added their contributions to the work of the CHIP to our Progress Tracker. Due to the COVID-19 pandemic, data collection is an ongoing process. We anticipate receiving and posting 2019 impact data on www.njhealthmatters.org through 2020.



Morris County

Morris County Progress Tracker

Workgroup Highlights:

Chronic Disease – *The Morris Somerset Regional Chronic Disease Coalition* has made strides in 2019 with HPV, breast cancer, sun safety, and other cancer education. The Coalition partnered with the *Northern Maternal and Child Health Partnership* to train Morris County Public Health Nurses about the importance of the HPV vaccine and how to address parent concerns. A very successful partnership with the *African American Wellness Coalition* has resulted in breast cancer prevention education and screening. A *Cancer: Thriving and Surviving Workshop* series was facilitated.

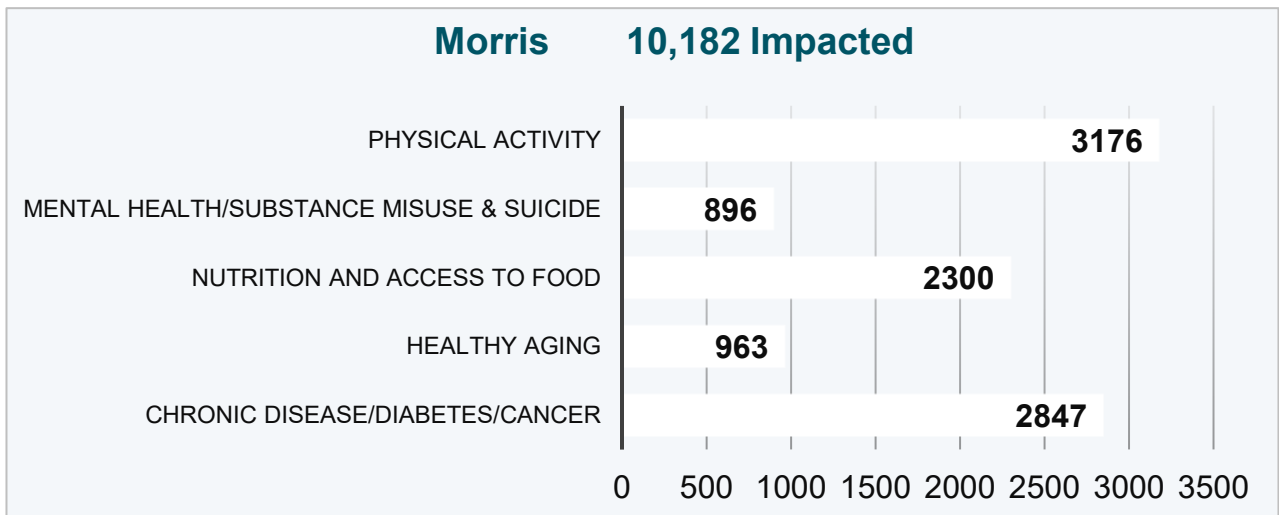
Healthy Aging – 792 individuals participated in senior fitness and wellness programs/activities at the *Madison Area YMCA*.

Mental Health and Substance Misuse – The Morris County Sheriff’s Office Hope One mobile recovery access vehicle offers critical support for persons struggling with addiction, with the goals of preventing drug overdoses and deaths. 741 individuals were impacted by Narcan Deployments, Narcan Reversals, Mental Health Services, Recovery Services and Treatment/Rehabilitation Services.

Morris Regional Public Health Partnership – Health Departments conducted health screenings and provided chronic disease and mental health education in their communities.

The Community Health Worker Pilot Program with *Zufall Health* concluded in 2019. Positive outcomes were reported. This program was made possible by a grant from the *Horizon Foundation for New Jersey*.

The **North Jersey Health Collaborative** joined the *Morris County Chamber of Commerce*. By partnering with the Chamber’s Wellness Committee, NJHC engaged with Chamber organizations and businesses to address strategies of the CHIP with their clients and communities.



Passaic County

Passaic County Progress Tracker

Workgroup Highlights:

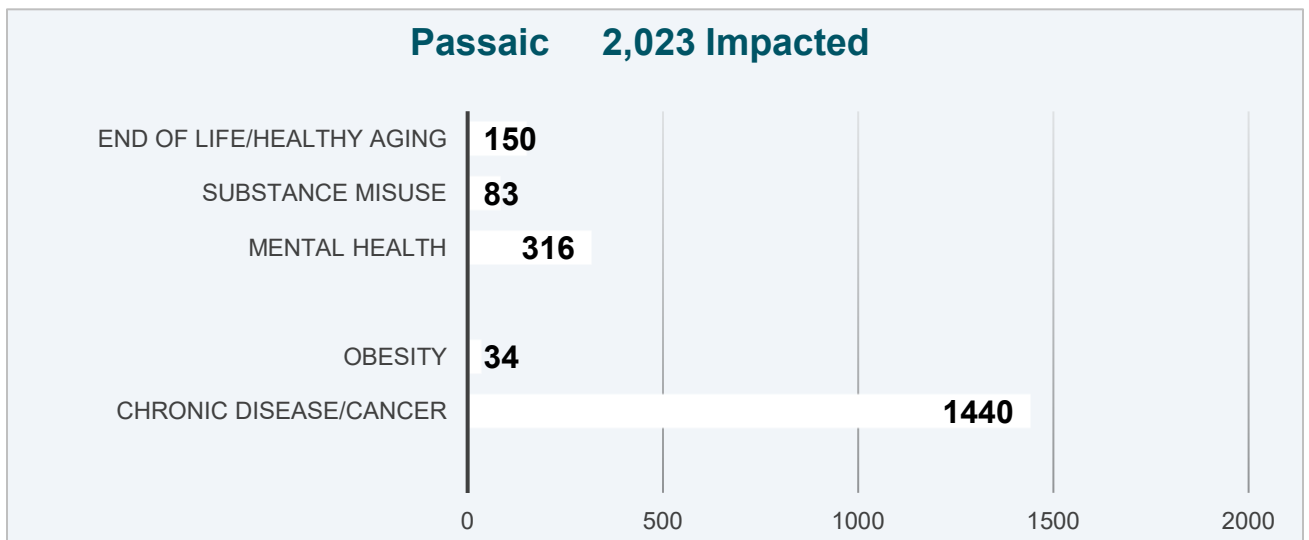
Mental Health – Mental Health Association in Passaic County trained 300 individuals in Mental Health First Aid (MHFA) to help the public identify, understand, and respond to mental illness and substance abuse. Aimed at nonprofessional audiences, MHFA USA seeks to reduce social distance, increase help and help-seeking behavior, and provide strategies to assist a person in crisis.

End of Life Care – Atlantic Health System launched *Your Decisions Matter*, a community-based initiative to engage the public in conversations about end-of-life care and decision-making – ideally before a medical crisis occurs – in September 2019 at Chilton Medical Center. The launch event was featured in the Holiday 2019 issue of *Wayne Magazine*. Additionally, *Your Decisions Matter* was profiled on [NJ.COM](#) and in *The Star-Ledger's* Health Section of the October 24, 2019 issue. A *Your Decisions Matter* Community Task Force meets to discuss ways to engage the community in the program. The Task Force is made up of community leaders from various religious organizations, libraries, long-term care facilities, rehabilitation centers, etc.

Chronic Disease – *The Summit Medical Group Foundation's Food Health, and Hope Program* helped to combat diabetes by providing 841 free medical screenings.

Passaic County Office of Health Management conducted 598 health screenings.

Chilton Medical Center – 66 Individuals who participated in the Diabetes Education Program showed improvements in their A1c.



Sussex County

Sussex County Progress Tracker

Workgroup Highlights:

The **Sussex County Substance Use Workgroup** collaborates to reduce substance use among county residents. *The Coalition for Healthy & Safe Communities* hosted *Knock Out Opioid Abuse Day* and distributed over 10,000 educational handouts and materials. They presented a workshop for pharmacists to provide an understanding of addiction and the role medication plays in treatment for substance use disorders and the prevention of future suspected overdoses. *The Sussex County Department of Health and Human Services* offered a series of three opioid symposiums at high schools. Various prevention programs were presented to address the risks of using opioids and non-prescribed stimulants. Education was provided on the potential public impact of recreational use of marijuana in communities to the Vernon Town Council and Sussex County League of Municipalities. The Workgroup provides marijuana education in all prevention programs. It continues to increase the number of substance use prevention programs that address tobacco and electronic nicotine in schools, as well as advocating for vaping policies.

The Child Health Crisis (Obesity) Workgroup identified childhood obesity as a focus. It is estimated that one-third of children in kindergarten through sixth grade in Sussex County are overweight/obese. This primary prevention strategy is to work to change the health habits of families by implementing strategies for kids, and their caregivers, and parents. The height and weight that was collected annually by school nurses provided access for the BMI data needed to evaluate the program's effectiveness. BMI data was collected in 2016-17 and 2018-19. The 2018-19 data show an overweight/obesity rate of 33%.

Twenty-three out of 37 (62%) eligible Sussex County schools, grades kindergarten-6 reported their BMI data. This was a total of **5,914** students. The BMI data for 2019-20 is currently being collected.

OBESITY WORKGROUP BMI RESULTS		
Category	# Children	Percentage
Underweight	178	3%
Normal or Healthy Weight	3785	64%
Overweight	1005	17%
Obese	946	16%
TOTAL	5914	100%

Sussex County

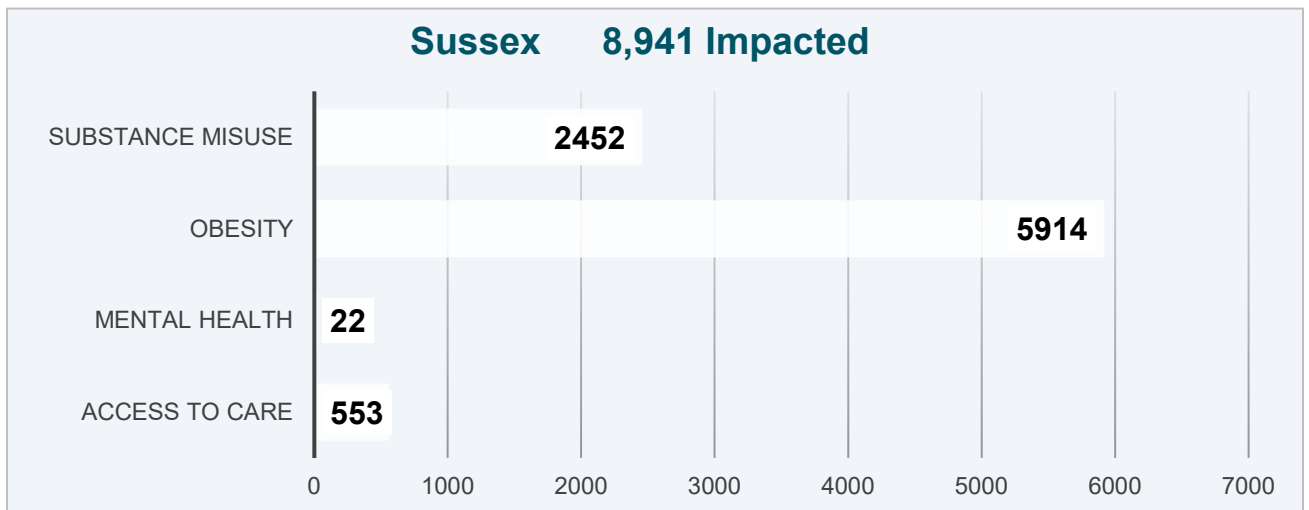
Sussex County Progress Tracker

The Child Health Crisis (Obesity) Workgroup is collaborating with more than 17 county agencies and organizations, as well as Rutgers University, Montclair State University and The College of St. Elizabeth, to achieve the goals of this initiative. Meaningful change requires leadership. States and communities are demonstrating that obstacles can be overcome, effective strategies can be implemented, and schools can play a strong role in improving the lives of young people through physical activity and healthy eating

The group began development of a Playbook for Schools that will showcase programs and strategies that districts can utilize to increase physical activity and improve eating habits. The Playbook will be posted on the NJHC website so that other districts could access it and use it as a model.

Access to Care – *The Sussex County Department of Health and Human Services* conducted health screenings at various locations.

The Forward Franklin Alliance (FFA) grant funding has expired, but the **FFA** continues to identify and prioritize the most pressing needs of the community, build upon existing strengths, and take action to break down barriers that prevent healthy living.



Union County

Union County Progress Tracker

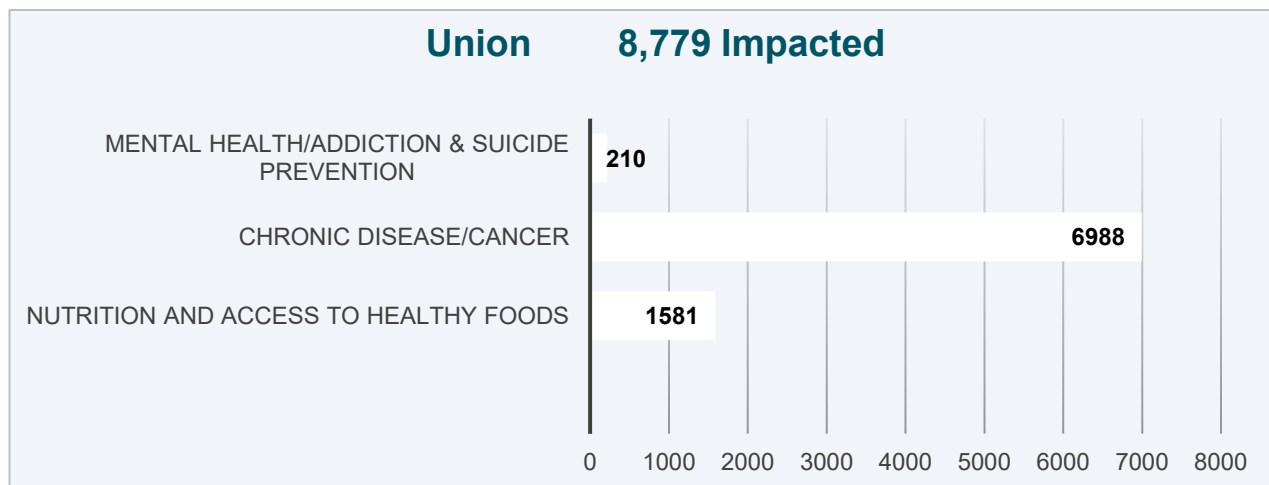
Workgroup Highlights:

Chronic Disease and Cancer – *The Gateway Family YMCA* and the *Shaping Elizabeth Coalition* provided education, events, and outreach through multiple community organizations and events to address chronic disease, cancer and nutrition, and physical activity. *MedPro Wellness* helped employees, members, and patients achieve medically relevant results using technology to deliver meaningful services. A total of 1,399 individuals received in-person/virtual health coaching sessions. *Fanwood-Scotch Plains YMCA* impacted 266 individuals through Diabetes Prevention and Self Management, Arthritis, Blood Pressure Self-Management, Parkinson's, Livestrong at the YMCA, and One Step MS Programs. *The Summit Medical Group Foundation's Food Health, and Hope Program* helped to combat diabetes by providing 841 free medical screenings, healthy food and diabetes education to change behaviors. *The Rutgers Cancer Institute of New Jersey* provided 107 preventative lung and colorectal cancer screenings.

Overlook Medical Center conducted 2,102 diabetes screenings.

Nutrition – 2,000 Union County residents attended nutrition class in groups of 30 with the *The Rutgers Cooperative Extension*. 75% of participants (1,500) demonstrated improved knowledge of nutrition in a post-class assessment.

The Union County Health Officers Association – Health Departments conducted health screenings and provided chronic disease and mental health education in their communities.



Warren County

Warren County Progress Tracker

Workgroup Highlights:

With more than 40 government, community service provider, health care, and private partnerships, the *Warren County Community Health Improvement Coalition (WCCHIC)* is dedicated to improving the health and well-being of Warren County residents.

WCCHIC wrapped up 2019 with some great community health accomplishments. With a guiding focus on access to care, *the WCCHIC* worked closely with NJ 2-1-1 and Sussex/Warren Central Intake to ensure that partner information was accessible and accurate.

Chronic Disease Workgroup worked on increasing partnership, as well as outreach with local physicians. *Norwescap* and *the New Jersey Cancer Education and Early Detection (NJCEED)* Program provided comprehensive outreach, education and screening services for breast, cervical, colorectal and prostate cancers.

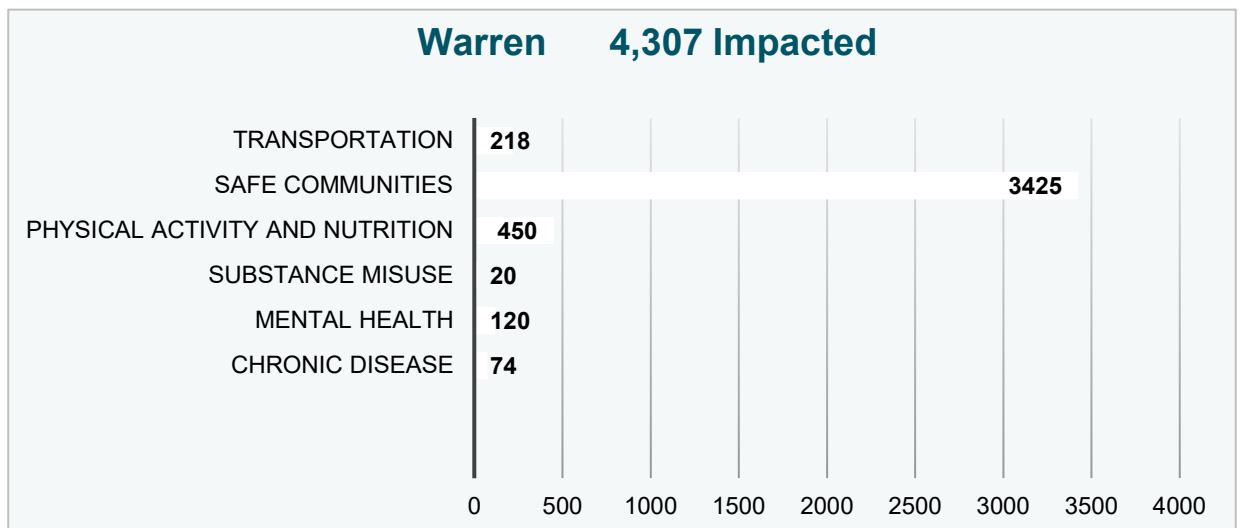
The Economic Stability Workgroup worked with *Atlantic Health System* to look at social determinants of health and the impacts on community health in the county, as well as working with other economic development and advisory groups across the county.

The Substance Use and Mental Health Workgroups prepared for a county-wide Health and Wellness Field Day event and began establishing a collaborative *Suicide and Overdose Fatality Review* team.

The Safe Communities Workgroup worked with schools and businesses to implement programming to reduce domestic violence and sexual assault. A total of 3,425 individuals were positively impacted by these programs.

The Nutrition and Physical Activity Workgroup developed a social media campaign for 2020, and is continuing partner outreach.

The Transportation Workgroup conducted travel training and partner outreach and planned the launch of a transportation survey to better understand ridership in Warren County.



Morris County Diabetes CHW Intervention Pilot Had a Positive Impact on Participants

Diabetes is a leading cause of death and disability in NJ. In Morris County, 7.9% of adults (20+ yrs) have been diagnosed with diabetes, and 8.1% have been diagnosed with prediabetes (CDC, 2013).

Under the supervision of with Michelle Blanchard, Director of Special Populations at Zufall Health, this pilot Community Health Worker (CHW) Intervention Program brought education, connection to clinical services, and coaching support from a certified, bilingual community health worker, Kristian Galindo, Adults who were diabetic or prediabetic and reside in Morris County were eligible to participate in the program. Once a month, the CHW provided education on diabetes, meal planning, monitoring diabetes, exercise, and self-management.

Enrolled	81
Graduated	67
Non-graduates who received long-term support	14
Attended monthly education sessions at Param Adult Day Care	93
Individuals impacted	174



Based on results from participated pre- and post-surveys:

- 70% agreed that they learned “a lot about diabetes by participating in this program” and “this program connected them to resources in the community that they felt they needed to be healthy.”
- 65% of enrolled participants “made healthy changes to my behaviors because of this program” and responded that “this program helped them improve my health.”
- 85% were “very satisfied with their participation this program.”
- 90% agreed that “having access to a Community Health Worker helped them more effectively manage my diabetes.”

An additional 87% stated that they “made healthy changes to their behaviors because of this program.”



The **Forward, Franklin** initiative – which would not have been possible without the support from the **BUILD Health Challenge** – puts the Borough of Franklin, located in Sussex County, front and center in creating a healthier place to live.

Its two broad goals *to increase a sense of community by re-imagining Franklin’s identity and enhancing public spaces to aid social connection and belonging; and establish a local, data-informed, cross-sector resident and organizational group (called the Forward Franklin Alliance)* has given residents an active voice in local resource allocation and policy decision-making.

The program brings together residents, non-profits, hospitals, public health, business and local policy and planning officials to develop a shared sense of responsibility for improving the health of the community. The Forward Franklin Alliance (FFA) continues to identify and prioritize the most pressing needs of the community, build upon existing strengths, and take action to break down barriers that prevent healthy living. The end result is greater opportunities for health and well-being in Franklin.

For more information or to get involved, send an email to ForwardFranklinAlliance@gmail.com.



The
BUILD
HEALTH
Challenge

Our Supporters

2019 Operating Revenue	
Funding Partners	\$52,750
Grant Administration Fees	\$24,824
Interest Earned	\$949
Website	\$57,111
TOTAL OPERATING REVENUE	\$135, 634
2019 Operating Expenses	
General Operating Expenses	\$61,521
*Website	\$57,111
TOTAL OPERATING EXPENSES	\$118,632
**2019 Grant Expenses	
Robert Wood Johnson Foundation (Morristown United for Healthy Living)	\$54,100
Horizon Foundation For New Jersey (Zufall Health Community Health Worker Pilot)	\$72,203
BUILD 2.0 (Forward, Franklin)	\$165,199
TOTAL GRANT EXPENSES	\$291,502

*The NJHC Website was donated by Atlantic Health Systems

**Grant Expenses were paid from prior year grant revenue

Thank You

Thanks to all of the NJHC Partners for your many contributions this year. Special appreciation to our 2019 Funding Partners for their leadership on our Board of Trustees and financial support of our collective work.

2019 Funding Partners

Catalyst:

Atlantic Health System
Morris Regional Public Health Partnership

Transformer:

Madison Area YMCA
Morris County Office of Health Management
Morris County Park Commission
Morristown Division of Health
Mount Olive Health Department
Passaic Regional Public Health Partnership
Pequannock Township Health Department
Sussex County Department of Health and Human Services, Division of Health
Warren County Health Department
Wayne Township Health Department

Supporter:

NJ 2-1-1 Partnership
Randolph Township Health Department
Rockaway Township Health Department
Skylands RSVP of NORWESCAP
Trans Options
Township of Hanover Health Department
Union County Health Officers Association
Westfield Regional Health Department

Grantor:

Horizon Foundation

Our Leadership Team: 2019 NJHC Board of Trustees

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NJHC Passaic County Committee
Chair

Marconi Gapas

Union County Health Officers
Association
Union Health Department

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Madison Area YMCA
NJHC Finance Committee Chair
NJHC Morris County Committee Chair

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Morris Habitat for Humanity
NJHC Finance Committee

Kathryn Whitehead, BSN, RN

Township of Hanover Health Department

Management:

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To learn more about the NJHC or how your organization can participate in the North Jersey Health Collaborative, visit our website at www.njhealthmatters.org or email info@njhealthmatters.org.

This Report was published on July 18, 2020



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