Building Healthier Communities Through Municipal Action

bit.ly/GoldStarHealth
What makes some people healthy and others unhealthy?

Social & Environmental Determinants of Health (SEDoH) → Conditions impacting how long we live and how well we live.

King County, WA
Health Outcomes

- Length of Life (50%)
- Quality of Life (50%)

Health Factors

- Health Behaviors (30%)
  - Tobacco Use
  - Diet & Exercise
  - Alcohol & Drug Use
  - Sexual Activity
- Clinical Care (20%)
  - Access to Care
  - Quality of Care
- Social & Economic Factors (40%)
  - Education
  - Employment
  - Income
  - Family & Social Support
  - Community Safety
- Physical Environment (10%)
  - Air & Water Quality
  - Housing & Transit

Policies & Programs

County Health Rankings model © 2014 UWPHI
Expand Our Health Catalog

- **Address SEDoH**
  - Tackle the issues impacting public health
  - Influence individual behavior where appropriate
  - Develop programs & policies

- **Build a Culture of Health**
  - Municipal decision making through a health lens
  - Collaboration with community stakeholders
  - Institutionalize procedure

- **Address Issues of Health Equity**
Municipal Determinants of Health

• Understanding the municipal role impacting the determinants of health

• Municipalities have key authority:
  o Planning and zoning, regulating housing, clean water, transportation networks, economic development, access to healthy food, wellness programs, policing and safety, etc.

• The high-impact strategies overlap with sustainability

• Starts with an assessment of local issues
Steps to Achieve Gold Star in Health

**STEP 1**
Assess Community Health Needs & Create Plan

Complete LOCAL HEALTH ASSESSMENT & ACTION PLAN

**STEP 2**
Implement Strategies

TWO REQUIRED ACTIONS:
1) Best Practices for Local Boards of Health
2) Integrating Health in Municipal Decision-Making

At least TWO ‘HIGH IMPACT’ ACTIONS

At least TWO ADDITIONAL ACTIONS

*Non-required actions must be drawn from at least 3 Health Gold categories

*Non-Sustainable Jersey actions may also be submitted as “Innovative Projects” for consideration.
Steps to Achieve Gold Star in Health

**STEP 3**
Apply

SUBMIT APPLICATION for Gold Star in Health

**STEP 4**
Application Review

⭐ GOLD STAR IN HEALTH AWARDED after successful implementation of strategies addressing the community's health needs

RESUBMISSION

3 Years Later

Updates to initially submitted actions & implementation of new actions will be required to maintain Gold Star

*Requirements still under development
Building Healthier Communities
Through Municipal Action

Township of Maplewood, Essex County NJ

Candice Davenport, RN, BSN, MPH, MCHES, HO
Health Officer, Public Health Nursing Supervisor, Health Educator

November 17, 2021
How Do We Integrate A Health Lens into Municipal Decision Making?

A. Bi-weekly department head meetings
B. Monthly BOH presentations
C. Health in All Policies Resolution
D. Monthly Code Enforcement meetings
E. Various Committees
   1. Senior Advisory
   2. Environmental Advisory
   3. Municipal Alliance
   4. Recreation and Human Services
   5. Sustainable Jersey
   6. Adult Use Cannabis
   7. Master Plan Development
A Strong Board of Health Creates the Vision for Integrating Health

- New Jersey Local Board of Health member
  - Local Board of Health Member Orientation Training
- Monthly BOH presentations
Integrating Health into Municipal Decision Making: Moving to Action
Community health needs assessment

- Community Health Needs Assessment/Community Health Improvement Plan
- Townships can benefit from applying for the NJDOH Strengthening Local Public Health Capacity Grant/Vulnerable Populations outreach Coordinator (VPOC)

- Grant requires a community needs assessment and goal setting → aligning vulnerable population outreach goals with Sustainable Jersey Health Gold Actions
Public Health Efforts = Health Gold Actions

Integrating Health into Municipal Decision Making

Health in All Policies Resolution

- Township of Irvington
- NJ Department of Agriculture
- South Orange Maplewood School District
- Department of Community Services
- Department of Public Works
- Volunteers

Expanded Supplemental Food: Summer Meals Program

Healthy Homes Inspection and Training

- Registered Environmental Health Specialists
- Building Department
- Code Enforcement
- Court

Bicycle and Pedestrian Improvement Projects

- NJ DOT: Safe Routes to School Grants
- Department of Community Development
- Engineering / DPW
- Springfield Ave Partnership/Maplewood Village Alliance
- SOMA Two Towns for All Ages
- Department of Community Services - Cultural Arts
- Police
- Maplewood Bikeway Network Plan

Vulnerable Populations Identification for Emergencies

- Township OEM
- Vulnerable Populations Outreach Coordinator
- SOMA Two Towns for All Ages
- Senior Social Worker
- Crisis Intervention Social Worker
What’s Next on the Horizon?
Thank you

Candice Davenport
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Community Health and Wellness Plan

Plan History
• American Planning Association
  Plan4Health Grant – 2015
• Initial Focus on physical activity and nutritious food
• Edward J. Bloustein School of Planning and Public Policy at Rutgers University
• Initial review and outreach by Trenton Health Team 2018-2019
• 2020 update
• Second round of public comments
• Adoption January 28th, 2021
Community Health and Wellness Plan

Trenton Health Team Documents
• Community Health Needs Assessment - 2013
• Community Health Improvement Plan - 2014
• Community Health Needs Assessment Update - 2016
• Community Health Needs and Assets Assessment - 2019
Community Health and Wellness Plan

Plan Structure

• Current health status
• Health vision for Trenton
  • Increase access to health foods and nutrition
  • Increase physical activity among Trenton residents
• Improve access to healthcare and health literacy
• Promote health housing conditions
Community Health and Wellness Plan

New Issues Addressed
• Seniors
• Adverse childhood experiences

Significant Expansions
• Maternal and infant health
• HIV/AIDS
• Employee wellness program
• Substance use disorder

Center for Disease Control, 2020
https://www.cdc.gov/violenceprevention/aces/about.html
Community Health and Wellness Plan

Health and the Master Plan
• Implementation – Leads, Partners
• Milestones
• Future issues identified
• Guidance for other Planning
• Guidance for Boards
• Support for grant applications

Future Issues
1. Asthma and other respiratory illnesses
2. Health needs of people with disabilities
3. Dental Care
4. Vision Care
5. Pediatric Immunizations
6. Communicable disease and pandemics
Health in Zoning Update and Redevelopment Plans

1. Removing barriers to grocery stores
2. Primary care in all zones
3. Locally grown food
   1. Community gardens
   2. Farmers markets
   3. Residential chickens and bees
4. Equitable distribution of parks
5. Bicycle parking
Thank You
Building Healthier Communities Through Municipal Action

Anthony Talerico, Jr.  
Mayor - Borough of Eatontown
Why do I make health a central part of my activities and decisions in government?

Well - in my real life, I am a Registered Nurse.
What is Eatontown Doing??

**Mayors Wellness Campaign**
- Healthy Mind
- Healthy Body
- Healthy Community

**Complete Streets Initiatives**
- Complete & Green Streets For All Model Ordinance
- Advice from Experts
- Connectivity and 10 Minute Walk Initiative
Mayors Wellness Campaign
## Earn 105 Points!

<table>
<thead>
<tr>
<th>Healthy Mind</th>
<th>Healthy Body</th>
<th>Healthy Community</th>
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<tbody>
<tr>
<td>Mental Health</td>
<td>Sports Clinics</td>
<td>Come to Community Day</td>
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<tr>
<td>Covid Experience</td>
<td>Town Walks</td>
<td>Participate in a Town Hall Meeting</td>
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<tr>
<td>Bullying &amp; Shaming</td>
<td>Bicycling</td>
<td>Register to Vote</td>
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<tr>
<td>Traditionally “unspoken” Issues</td>
<td>Alone - Teams - With Family</td>
<td>Join a Borough Committee</td>
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Nature Walk
80 Acres Park - Eatontown

Event by Kimberly Lofgren and Eatontown Mayor's Wellness Campaign

80 Acres Park
Industrial Way E, Eatontown, NJ 07724

Group · Members of Eatontown Mayor's Wellness Campaign

Anthony Talerico Jr.
Oct 9

We had a nice time at this morning’s nature walk in the arboretum. Participants earned 10 points: 5 for Healthy Bodies and 5 for Healthy Minds. What programs would you like to see? We have tons of ideas, but we’d love to hear yours!
Come and join us at this year's

HALLOWEEN CELEBRATION

Games, prizes, and spooky surprises await!

FRIDAY | OCTOBER 22 | 6:00-8:00PM
MEADOWBROOK ELEMENTARY SCHOOL
Earn points by taking a photo of you having fun at the event in your costume!

Exercise your right to vote.

No matter your party affiliation. No matter your beliefs.
VOTE. Every voice matters.
Complete Streets Initiatives

Borough of Eatontown
In Recognition of Your Local Complete Streets Policy

Presented by
NJDOT, FHWA, and VTC
New Jersey Complete Streets Summit
2019

Eatontown’s Model Ordinance
How can we make our town more connected?
10-MINUTE WALK

Make the 100% Promise to ensure that everyone in your city has safe, easy access to a quality park within a 10-minute walk of home by 2050.

Anthony Talerico
EATONTOWN, NEW JERSEY

EATONTOWN PARK WALKERS

Take a walk in our Eatontown Parks for some Eco-Therapy. Spend time outdoors observing the sounds and sights of nature in our community parks. Great time of year to begin exploring our parks while increasing your personal fitness level. Our parks are open dawn to dusk daily.

F. Bliss Price Arboretum & Wildlife Sanctuary- Wyckoff Road
Husky Brook Park – Grant Avenue & Route 36
80 Acres Park- Wall St. & Industrial Way East
Wampum Memorial Park – Route 38 & West Street
Walcott Park – South Street & Willow Street
The Covid Effect on Park Usage

Encouraged use of our parks.

Rotated activities in all parks.

“Talk up” the parks and the connections to them to a captive audience.

Encouraged Borough funding of Complete Street Initiatives.
Q&A

SustainableJersey.com