

SOMERSET COUNTY Community Health Improvement Plan



**Robert Wood Johnson
University Hospital
Somerset**

**RWJBarnabas
HEALTH**



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Healthier Somerset Coalition:

- Adult Day of Somerset County
- Anew Wellness, Inc.
- The ARC of Somerset County
- Bernards Township
- Brandywine Senior Care, Inc.
- Bridgewater United Methodist Church
- Bridgewater Marriott
- Carrier Clinic
- Central Jersey Family Health Consortium
- Community Visiting Nurse Association of Somerset County
- The Courier News (Gannett Publishing)
- EmPoWER Somerset
- Final Touch Landscaping, LLC
- Greater Somerset Public Health Partnership
- Green Brook Public Schools
- Horizon NJ Health
- Johnson & Johnson
- Literacy Volunteers of Somerset County
- Middle Earth
- Morris-Somerset Regional Chronic Disease Coalition
- NAMI Somerset County
- Natural Medicine & Rehabilitation
- Nestle Health Science
- NJ Center for Tourette Syndrome & Associated Disorders (NJCTS)
- Nova Spine & Pain Centers
- Regional Center Partnership
- Richard Hall Community Mental Health Center (CMHC)
- RideWise Inc.
- Robert Wood Johnson University Hospital Somerset
- Rutgers Cooperative Extension
- Safe + Sound Somerset
- Sanofi, U.S.
- Somerset County Board of Chosen Freeholders
- Somerset County Business Partnership
- Somerset County Health Department
- Somerset County Health Officers Association
- Somerset County Library System
- Somerset County Superintendent of Schools
- Somerset County Office on Aging and Disability Services
- Somerset County Office of Youth Services
- Somerset County Planning Division
- Somerset County School Nurses Association
- Somerset County Sheriff's Office
- Somerset County Wellness Committee
- Somerset County YMCA
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- Verizon Wireless
- Visiting Nurse Association of Somerset Hills
- We Work For Health
- Zufall Health Center

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- Carrier Clinic
- Community In Crisis
- EmPoWER Somerset
- Healthier Somerset
- Hillsborough Health Department
- Johnson & Johnson
- Middle-Brook Regional Health Commission
- Montgomery Township Health Department
- Netscape Project Manager
- Morris-Somerset Regional Chronic Disease Coalition
- Richard Hall Community Mental Health Center
- RWJS Administration
- RWJS Bariatric Program
- RWJS Behavioral Health
- RWJS Breast Care Center
- RWJS Cardiology
- RWJS Community Health
- RWJS Diversity & Inclusion
- RWJS Emergency Department
- RWJS Infection Prevention
- RWJS Marketing
- RWJS Maternal Child Health
- RWJS Medical Library
- RWJS Nursing
- RWJS Primary Stroke Center
- RWJS Security
- RWJS SteepleChase Cancer Center
- Somerset County Business Partnership
- Somerset County Department of Health
- Somerset County Local Advisory Council on Alcohol and Drug Abuse
- Somerset County Office on Aging Advisory Council
- Somerset County Office on Aging and Disability Services
- Somerset County Planning Division
- Somerset County YMCA
- Somerset Health Care Foundation
- Zufall Health Center

EXECUTIVE SUMMARY

**A community is defined as, “a group of people living in the same place.”
But what makes a community desirable to its members?**

The answer to that question, in part, can be found in the Community Health Improvement Plan (CHIP), a long-term strategic planning tool that identifies a community's priority health issues and outlines a recommended action plan to address those needs. Typically developed every three years, a CHIP guides community decision-making related to health improvement, by providing a vision for the health of the community and a framework for organizations to utilize in developing services and programs to improve the health of the community.

The CHIP development was led by Robert Wood Johnson University Hospital-Somerset (RWJUH-S) and RWJBarnabas Health, in collaboration with Healthier Somerset, a coalition convened by RWJUH Somerset to improve the health and well-being of all who live and work in Somerset County, and members of the Strategic Planning and Internal Oversight Committee, a subcommittee of representatives from Healthier Somerset, including RWJUH Somerset staff. Healthier Somerset is comprised of over 50 members including representatives from businesses, healthcare, education, faith-based communities, non-profit organizations and local and county government.

Development of the CHIP began in September 2018, after the completion of a comprehensive Community Health Needs Assessment (CHNA) that identified significant health needs for Somerset County and the service area of RWJUH-S. The process included a combination of data collection and analysis that resulted in the Strategic Planning and Internal Oversight Committee identifying Somerset County's priority health areas to be addressed in a shared plan for improving the community's health. Specifically, the areas identified include:

- Mental health and substance abuse
- Obesity
- Chronic disease
- Access to care

This document explains the goals, objectives, strategies and partners for addressing each of those priorities through community-based programming. This CHIP does not represent all the activities that are conducted, or will be conducted, by the hospital, coalition or community partners. Other needs identified in the CHNA will be addressed through other activities or deferred as limited resources are deployed to address agreed upon priorities.

DETERMINING HEALTH PRIORITIES

HOW DID WE GET HERE?

The process of developing the CHIP began with the collection of wide-ranging community health data, known as the Community Health Needs Assessment (CHNA). The process, which is both quantitative and qualitative, took place from March through August 2018 and included data collection from various organizations, surveys, interviews and focus groups representing demographic groups from across Somerset County.

Specifically, the CHNA uses detailed secondary public health and demographic data at state, county and municipality or zip code levels, as well as primary data collected through a community health survey, a survey of public health officers and other members of the Healthier Somerset Coalition, focus groups and key informant interviews. In addition to the input provided by the Healthier Somerset Coalition, RWJUH Somerset is part of Robert Wood Johnson Barnabas Health (RWJBH) System, which convenes a multidisciplinary, multi-facility Steering Committee that provided additional support and leadership. Also, insight and expertise from the RWJUH Somerset CHNA Data and Internal Oversight Committee helped identify health assets, gaps, disparities, trends, and priorities.¹

As part of its CHNA, Healthier Somerset and Greater Somerset Public Health Partnership held a Community Listening Session on June 28, 2018. Participants identified these factors as key to a healthy community:

- Kind, caring, emotionally and spiritually supportive
- Focused on preventing disease
- Walkable
- Lots of community engagement
- Good parks
- Access to vegetables
- Everyone can access the healthcare they need

Healthier Somerset, in conjunction with the RWJUH Somerset Data and Internal Oversight Steering Committee, used the data collected through the CHNA to determine the County's top health issues.² Specifically, development of the CHIP began with the release of the CHNA in September 2018. After feedback from the Coalition members, the Strategic Planning Committee identified Somerset County's priority health areas.

Prioritization was based upon capacity, resources, competencies, and needs specific to the populations it serves. The selected issues are within Healthier Somerset's and the Hospital's purview, competency and resources to impact in a meaningful manner.³

The complete CHNA, which served as the foundation for developing this CHIP, can be found in its entirety at www.healthiersomerset.org and www.rwjbh.org/somerset.

PURPOSE

Healthier Somerset's goal is to make Somerset County the healthiest county in New Jersey by engaging those who live and work in Somerset County in active participation in good health habits, increasing access to choices that promote healthy lifestyles, and promoting policy changes that improve health. The CHIP presents an action-oriented guide for Healthier Somerset, community partners and the hospital to work together to implement programs that can positively impact the health of the County and its residents.

Collaborating through Healthier Somerset presents a unique opportunity to amplify the efforts of individual organizations and combines strengths as we purposefully work toward the common goals identified in the CHIP.

PROCESS

The priorities in the CHIP were chosen based on an analysis of the CHNA data to determine the level of need and availability of community assets and resources to positively impact that need. In September, the Coalition gathered to rank priority areas for action, using a multi-voting process. Then, from September through November, members of the Strategic Planning and Internal Oversight Committee conducted weekly two-hour meetings to develop objectives and strategies for each identified health priority. Criteria for inclusion in the action plan included

- Reflects an evidence-based strategy such as those identified in the County Health Rankings What Works for Health database
- Has a leader organization that is committed to the strategy
- Has a measurable outcome

- Can show results within 3 years
- Is reproducible in partner settings
- Strategies should be apportioned according to County Health Rankings model (clinical, behavioral, socioeconomic, and environmental strategies)

Two meetings were dedicated to each priority. Upon completion of building the plan around each priority, Healthier Somerset convened an asset mapping session. During the session, the action plans for each priority were presented and members of the Coalition had the opportunity to share feedback, provide input and assign their organizations to the strategies identified in the plans. The CHIP, as shared within this document, represents the final outcome of this process. The draft CHIP was shared with Healthier Somerset, the Strategic Planning and Internal Oversight Committee and the Somerset County community for review and feedback. Feedback received from these reviews is incorporated in the final CHIP.

¹ As defined in the Community Health Assessment, Somerset County/RWUH Service Area, 2018

² Ibid

³ Ibid

DETERMINING HEALTH PRIORITIES *CONTINUED*

OUR GUIDING PRINCIPLES

The process, as described above used the following guiding principles to steer the development of the CHIP:

1. **Integrity:** We honor the process, the data/plan itself, and are open throughout the assessment and planning process with all key stakeholders. We are unbiased, transparent, and welcome differences in opinion and approach to build and foster trust among our partners.

2. **Equity:** All community members will be included in our thought process. We will request and use community voices, experiences, and resources in our assessment, plan, and implementation. We talk about the community as a whole, although data will come from inside and outside. We work to make sure all forums and the plan itself are accessible and understandable to community stakeholders. We ensure the needs of vulnerable populations are integrated in our discussions and approaches.

3. **Effectiveness:** We will use a realistic approach and be driven toward making actual change in our community's health and well-being. We will be thoughtful in our discussions but be mindful of timely decision-making and processes. We will seek to be efficient, leveraging effort and expertise and avoiding duplicative processes whenever possible. We will be cost effective and strive to make strategic use of all available resources.

4. **Evaluation:** We will define measurable targets so we can evaluate and be accountable for our results.

5. **Collaboration:** We will foster and enhance partnerships among public health organizations and with community members and

organizations. We need and value all contributions and commit to being fully participative and engaged in all assessment, planning, implementation, and evaluation activities related to improving our community's health.

6. **Innovation:** We are forward-thinking and creative in our approach and accept that this can sometimes be disruptive or uncomfortable when we challenge our old ways of thinking and doing. We will be flexible and adaptable to new approaches and challenges as they arise.⁴

Healthier Somerset will begin implementing the CHIP following approval by the RWJUH Somerset Advisory Board and the RWJBarnabas Health Board of Directors. Implementation of the action plan will include the establishment of committees within Healthier Somerset to focus on each of the priority areas.

CONSIDERATIONS

The development of the CHIP encompassed multiple components to ensure delivery of a comprehensive improvement plan relevant to the health needs of the community. While this CHIP focuses on Somerset County, the health priorities in this document are reflective of the national and statewide health backdrops. Healthy People 2020 is the federal government's plan to promote a healthier nation over the decade. For more information on Healthy People 2020 visit www.healthypeople.gov. New Jersey's decade long health promotion program. Healthy NJ 2020 top priorities include:

1. Access to Primary Care
2. Improved Birth Outcomes
3. Increase Childhood Immunization Rates

4. Reduce deaths from coronary heart disease

5. Reduce obesity

6. Mental health and substance abuse (was added by the New Jersey Department of Health to the state list of leading health priorities for the 2017-2020 State Health Improvement Plan)

Healthier Somerset's priorities align with Healthy NJ 2020 priorities. For more information about Healthy NJ 2020 visit <https://www.state.nj.us/health/chs/hnj2020/about/introindex.shtml>.

To identify measures of success at the start, the planning process incorporated the S.M.A.R.T. (Specific Measurable Achievable Relevant and Timely) goal-setting framework. Additionally, the process included a root cause analysis for each health priority. The health priorities and strategies were also cross-walked with the County Health Rankings to help ensure that the actions identified in the CHIP will help to foster the overall vision of Healthier Somerset of becoming the healthiest county in the state by enhancing the health and well-being of those who live and work in Somerset County.

To track implementation of the CHIP and ensure progress, members of Healthier Somerset identified as community assets and resources within the plan, will sign letters of agreement between themselves and Healthier Somerset to assign clear accountability roles, share data across all agencies, and report progress to the Coalition monthly.

⁴ As outlined in the Somerset County, NJ Community Health Improvement Plan, 2016

PRIORITY 1: MENTAL HEALTH AND SUBSTANCE ABUSE

OVERVIEW:

Behavioral health refers to a constellation of mental health and substance use disorders which together affect more than 25% of Americans aged 18 and over. These disorders are recurrent, serious and may co-occur, but they are treatable and many people recover. Mental disorders are health conditions characterized by alterations in thinking, mood, and/or behavior associated with distress and/or impaired functioning. Risk factors for mental illness include family history, stressful life situations, chronic medical conditions, brain damage, and substance abuse. Substance abuse refers to a set of related conditions associated with the consumption of mind- and behavior-altering substances that have negative behavioral and health outcomes. Risk factors for substance abuse are similar to mental health conditions and also include poverty and drug availability. Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems. As mental health and substance abuse relate to Somerset County, in 2016, 12.5% of Somerset County residents reported a history of depression, up from 9.2% in 2012 and in the same year, the percentage of Somerset County residents reporting heavy drinking was higher than Hunterdon, Morris, and NJ rates.⁵

Assets/resources

The following organizations represent the community assets and resources identified for the mental health and substance abuse action plan:

- All Municipal Human Resources
- Alliances
- Bernards Township
- Board of Education, School Student Assistant Counselor
- Carrier Clinic
- Community in Crisis
- County School Supt
- EmPoWER Somerset
- Franklin Alliance
- Mental Health Directs
- Middle Earth
- Municipal Alliances
- NJCTS
- Somerset County Office on Aging Transportation
- Provider organizations
- Richard Hall CMHC
- RWJBarnabas Health
- RWJUH Somerset
- Safe + Sound Somerset
- SCSNA
- Somerset County Business Partnership
- Somerset County Superintendent of Schools
- Somerset County YMCA
- Somerset PEDS
- The ARC, TAC/RUCC program
- Youth Transportation
- Zufall Health Center

⁵ As defined in the Community Health Assessment, Somerset County/RWUH Service Area, 2018

PRIORITY 1:

MENTAL HEALTH AND SUBSTANCE ABUSE

GOAL: ADDRESS MENTAL HEALTH AND SUBSTANCE ABUSE CONCERNS THROUGH TREATMENT, PREVENTION, AND HEALTH PROMOTION

KEY CHNA FINDINGS:

- In 2016, 12.5% of Somerset County residents reported a history of Depression, up from 9.2% in 2012
- In 2016, the percentage of Somerset County residents reporting heavy drinking was higher than Hunterdon, Morris, and NJ rates

OBJECTIVES:

1. Reduce the prevalence of depression by 10% (from 12.5% to 11%) by December 31, 2021
2. Reduce the prevalence of substance abuse by 10% from 5.5% to 4.95% by December 31, 2021

STRATEGY AND TACTICS	PERFORMANCE INDICATOR	RESPONSIBLE PARTY
1.1 Provide 3 new satellite locations to offer weekly older adult activities.	<ul style="list-style-type: none"> • # of new locations • # of programs offered at these locations • # of seniors attending these programs • # of clinical interventions held (screening, time of day) 	<ul style="list-style-type: none"> • Somerset County Office on Aging and Somerset County Transportation Division • Richard Hall CMHC • RWJUH Somerset • Somerset County YMCA
1.2 Increase participation in school-based programs by 25% and add peer mentoring in 2 additional schools by June 30, 2020.	<ul style="list-style-type: none"> • # of new peer mentoring programs added • # of participants in peer mentoring • # of participants in school-based programs (not only in peer mentoring) 	<ul style="list-style-type: none"> • SCSNA • The ARC, TAC/RUCC program • Franklin Alliance • Middle Earth
1.3 Train 600 people in Mental Health First Aid between Jan. 1, 2019 and Dec. 31, 2021.	<ul style="list-style-type: none"> • # of people completing MHFA training 	<ul style="list-style-type: none"> • EmPoWER Somerset • Carrier Clinic • Bernards Township • SCSNA • Board of Education, School student assistant counselor • Richard Hall CMHC • Somerset County YMCA • Mental Health Directs • Franklin Alliance • Somerset County Department of Human Services (County Alcoholism and Drug Abuse Coordinator) • Somerset County YMCA
1.4 Train 50 MHFA Trainers by December 31, 2020.	<ul style="list-style-type: none"> • # of people completing MHFA training 	<ul style="list-style-type: none"> • EmPoWER Somerset • Carrier Clinic • Bernards Township • Mental Health Direct • Richard Hall CMHC
1.5 Enhance existing bullying prevention programs with adding modules on social skills by June 30, 2020.	<ul style="list-style-type: none"> • # of school districts adding social skills modules to anti-bullying programs • # of students receiving expanded social skills education 	<ul style="list-style-type: none"> • SCASA • NJCTS • Safe + Sound Somerville • Franklin Alliance <p>All school districts have anti-bullying programs by law. Municipal Alliances work with the schools on these issues. May be SACs as opposed to Alliances.</p>

PRIORITY 1: MENTAL HEALTH AND SUBSTANCE ABUSE *CONTINUED*

**GOAL: ADDRESS MENTAL HEALTH AND SUBSTANCE ABUSE CONCERNS
THROUGH TREATMENT, PREVENTION, AND HEALTH PROMOTION**

STRATEGY AND TACTICS	PERFORMANCE INDICATOR	RESPONSIBLE PARTY
1.6 Increase the number of Middle School & High School students involved in weekly after-school activities by 25% by June 30, 2021 including adding after school bus service where not available.	<ul style="list-style-type: none"> # of students participating in after-school activities Utilization rates of after-school buses 	<ul style="list-style-type: none"> Somerset County Superintendent of Schools Municipal Alliances Youth Transportation Richard Hall CMHC Community in Crisis Somerset County YMCA
1.7 Increase the number of employers offering Employee Assistance Programs as part of their Wellness program.	<ul style="list-style-type: none"> # of Employers offering Employee Assistance Programs Utilization rates of EAP programs 	<ul style="list-style-type: none"> Somerset County Business Partnership All Municipal Human Resources
1.8a Increase the availability of "Screening/ Brief Intervention/ Referral to Treatment" (SBIRT) programs in schools by 20% by June 30, 2021.	<ul style="list-style-type: none"> # of schools offering SBIRT # of students utilizing SBIRT 	<ul style="list-style-type: none"> Somerset County Superintendent of Schools Alliances Provider organizations NJCTS Somerset County Department of Human Services (County Alcoholism and Drug Abuse Coordinator)
1.8b Increase the availability of SBIRT in medical settings.	<ul style="list-style-type: none"> # of medical community settings utilizing 	<ul style="list-style-type: none"> Somerset County Department of Human Services (County Alcoholism and Drug Abuse Coordinator)
1.9a Engage the community of Manville to identify community factors that influence substance abuse by December 31, 2019.	<ul style="list-style-type: none"> Community Forum held # of participants 	<ul style="list-style-type: none"> RWJUH Somerset The ARC PACT program Raritan Valley Habitat for Humanity Somerset County YMCA Middle Earth
1.9b Develop and implement an evidence-based intervention(s) to address the community factor(s) identified in the Forum by December 31, 2020.	<ul style="list-style-type: none"> Intervention identified Intervention implemented (specific intervention measures to be based on intervention selected) Manville targeted intervention on substance abuse 	<ul style="list-style-type: none"> RWJUH Somerset partnering with Alliances/Manville community groups
1.10 Increase the number of mental health providers who have evening hours and who accept insurances.	<ul style="list-style-type: none"> # of mental health providers with evening hours # of mental health providers who accept insurance 	<ul style="list-style-type: none"> Anew Gen Psych Richard Hall CMHC RWJUH Somerset Carrier Clinic
1.11 Sponsor a Grand Rounds/Professional Education Seminar on routinely screening patients for mental health as part of primary care visit.	<ul style="list-style-type: none"> # of educational programs held # of providers trained 	<ul style="list-style-type: none"> RWJUH Somerset SCSNA Somerset PEDS NJCTS Richard Hall CMHC Zufall Health Center

Recommended Policy and Practice Changes

Advocate for more mental health professionals to accept insurance in order to increase access to care and reduce mental health and substance abuse issues.

PRIORITY 2: OBESITY

OVERVIEW:

Obesity and overweight are abnormal or excessive fat accumulation that presents a health risk. A crude population measure of obesity is body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height (in meters). A person with a BMI of 30 or more is considered obese; a person with a BMI equal to or more than 25 is overweight. Once considered a problem only in high income countries, overweight and obesity rates are now increasing in low and middle-income countries, particularly in urban settings. Being overweight or obese can have a serious impact on health. Overweight and obesity are risk factors for a number of chronic diseases, including: cardiovascular disease (mainly heart disease and stroke), Type 2 diabetes, musculoskeletal disorders like osteoarthritis, and some cancers (endometrial, breast and colon). These conditions cause premature death and disability. Onset of increased risk begins when someone is only slightly overweight, and the risk increases as weight rises. Many conditions cause long-term consequences for individuals and families. In addition, the costs of care are high. Prevention and wellness programs are necessary to address the insidious effects of excess weight. Approximately 39.8% of the U.S. population, or 93.3 million adults, are affected by obesity according to the 2015-2016 National Center for Health Statistics data brief. The obesity trend is relevant to the health of the county as 61.9% of Somerset County residents are overweight or obese (higher in those with less than a college education) and the percent of Somerset County residents reporting no leisure time physical activity between 2015-2016 trended upward from 15.8% in 2014 to 23.6% in 2016.⁶

The CHIP action plan, as outlined below, highlights opportunities to address the obesity trend.

Assets/resources

The following organizations reflect some of the community assets and resources poised to assist in implementing the obesity portion of the action plan:

- Bridgewater Mall Management
- County School Superintendents
- Franklin Senior Center
- Jersey Fresh Initiative
- NJ YMCA State Alliance
- RCDC
- Richard Hall CMHC
- RideWise Inc.
- Roots and Shoots, Bridgewater
- Rutgers Bloustein
- Rutgers Master Gardeners
- RWJBarnabas Health
- RWJUH Somerset
- SCASA
- SCSNA
- Somerset County Business Partnership
- Somerset County Superintendent of Schools
- Somerset County Park Commission
- Somerset County Planning Division
- Somerset County Tourism
- Walking Club
- Y-First Physician Referral Program
- Somerset County YMCA
- Zufall Health Center

⁶ As defined in the Community Health Assessment, Somerset County/RWUH Service Area, 2018

PRIORITY 2:

OBESITY

GOAL: PREVENT & REDUCE OBESITY THROUGH STRATEGIES THAT PROMOTE HEALTH

KEY CHNA FINDINGS:

- Between 2015-2016 the percent of Somerset County residents reporting no leisure time physical activity trended upward from 15.8% in 2014 to 23.6% in 2016.
- 61.9% of Somerset County residents are overweight or obese (higher in those with less than a college education)

OBJECTIVES:

1. Increase the number of adults who report any leisure time physical activity 10% from 76% to 84% by December 31, 2021
2. Reduce adult overweight and obesity prevalence 5% from 61.9% to 58% by December 31, 2021

STRATEGY AND TACTICS	PERFORMANCE INDICATOR	RESPONSIBLE PARTY
2.1 Advance implementation of 3 multi-use trails in Somerset County plans by December 31, 2021 (<i>especially those that close connectivity gaps, and who have advocacy partners</i>).	<ul style="list-style-type: none"> • Miles of multi-use trails added to Master Plan • Miles of multi-use trails in design phase • Miles of multi-use trails built • Utilization rate of pathways 	<ul style="list-style-type: none"> • RideWise Inc. • Somerset County Planning • Somerset County Park Commission • Montgomery Township Planning
2.2 Increase awareness of Somerset County's multi-use trails by including them in Somerset County Tourism's "10 Things to Do" list by June 30, 2019. Distribute list at 4 community events per year through December 31, 2021.	<ul style="list-style-type: none"> • Published — 10 things to do list • # of community day events attended • # of participants receiving the list at events • # of downloads • Central Link at County Park's website of all events 	<ul style="list-style-type: none"> • Somerset County Planning • Somerset County Tourism • Somerset County Park Commission • SCASA • Zufall Health Center
2.3 Contact 4 Municipalities per year to discuss built environment policies. <ul style="list-style-type: none"> - SRTS - Pathways - Land use and infrastructure policies and regulations to promote active lifestyles 	<ul style="list-style-type: none"> • # of 1-page advocacy fact sheets prepared • # of presentations to elected officials • # of trainings to stakeholders on HIAP • Recruit advocates/ local champions — # of advocates recruited 	<ul style="list-style-type: none"> • RideWise Inc. • Sustainable Jersey • Somerset County Planning
2.4 Increase the number of Employee Wellness programs in Somerset County business community.	<ul style="list-style-type: none"> • # of Employee Wellness programs • # of businesses recognized for exemplary programs 	<ul style="list-style-type: none"> • Somerset County Business Partnership
2.5 Have 3 additional municipalities adopt Complete Streets Policies by December 31, 2021.	<ul style="list-style-type: none"> • # of HIAP trainings to local officials, including mixed use • # of advocacy presentations to elected officials • # of municipalities adopting Complete Streets 	<ul style="list-style-type: none"> • RideWise Inc. • Somerset County Planning • RCDC • Rutgers Bloustein
2.6 Have 3 additional schools launch or revitalize school gardens by June 30, 2021.	<ul style="list-style-type: none"> • # of schools implementing or revitalizing school gardens • # of school gardens with a sustainability plan 	<ul style="list-style-type: none"> • Somerset County Superintendent of Schools • Rutgers Master Gardeners • Jersey Fresh Initiative • Roots and Shoots, Bridgewater • SCSNA

PRIORITY 2: OBESITY *CONTINUED*

GOAL: PREVENT & REDUCE OBESITY THROUGH STRATEGIES THAT PROMOTE HEALTH

STRATEGY AND TACTICS	PERFORMANCE INDICATOR	RESPONSIBLE PARTY
<p>2.7 Create Grand Rounds Program to encourage exercise “prescriptions”</p> <p>Increase # of physician referrals to exercise programs such as Somerset County YMCA’s “B. Fit” / Y-First Physician Referral Program or equivalent programs by 50% by 12/31/2021</p>	<ul style="list-style-type: none"> • Number of Grand Rounds or Physician Education programs provided on increasing physical activity • # of referrals to exercise prescriptions issued 	<ul style="list-style-type: none"> • RWJUH Somerset • Somerset County YMCA • SCSNA • Zufall Health Center • Richard Hall CMHC
<p>2.8 Have elementary schools implement 30 daily minutes of Active Recess by December 31, 2021.</p> <p>Gym minimum standards policy middle/ HS adopted by all school districts.</p> <p>Use curriculum to bring physical activity to 5 additional day cares/school programs by June 30, 2021.</p> <p>Bring evidence based physical activity curriculum to 5 additional schools/ daycares by June 30, 2021.</p>	<ul style="list-style-type: none"> • % of schools implementing • Uniform Implementation Plan Developed • # of meetings with principals on physical activity 	<ul style="list-style-type: none"> • Somerset County Superintendent of Schools
<p>2.9 Increase # of schools participating in “Walk & Bike to School Month” by 10% every October until 2021.</p>	<ul style="list-style-type: none"> • # of schools participating • # of students participating 	<ul style="list-style-type: none"> • RideWise Inc. (SRTS) • Somerset County Superintendent of Schools

Recommended Policy and Practice Changes

Three additional municipalities adopt Complete Streets Policies by December 31, 2021.

PRIORITY 3: CHRONIC DISEASE

OVERVIEW:

Chronic diseases are non-communicable diseases that are prolonged in duration and are rarely cured completely. These conditions include heart disease, cancer, stroke, diabetes and arthritis. Two of these chronic diseases—heart disease and cancer—together accounted for nearly 48% of all deaths in the U.S. Chronic diseases tend to become more common with age. Eighty-nine percent of Americans over the age of 65 have at least one chronic condition, and 68% or more have two or more chronic diseases. Chronic diseases and conditions are on the rise worldwide. An aging population and behavioral factors including the adoption of more sedentary lifestyles are pushing obesity rates and cases of diseases such as diabetes upwards. According to the World Health Organization, chronic disease prevalence is expected to rise 57% by the Year 2020.⁷ Specifically, as documented in the CHNA for Somerset County:

- Four of the top 5 leading causes of death for Somerset County are chronic diseases: diseases of the heart, cancer, stroke and Alzheimer's Disease
- Hospitalized patients from Somerville and Manville had among the highest rates for heart failure and CHF diagnosis
- More than a quarter (26.7%) of Somerset County residents indicated they were told they had high blood pressure
- A third of Somerset County residents reported high cholesterol
- Patients using a hospital service from Skillman reported the highest rate for cancer diagnosis (45.62/1000)
- Residents of Manville had the highest rate of COPD
- The percent of Somerset County residents reporting arthritis increased from 18.8% in 2013 to 22.5% in 2016

These health needs are addressed through the CHIP action plan to be implemented by the community assets and resources, as presented on the following pages.

Assets/resources

The following organizations outline community assets and resources in place to address the chronic disease action plan:

- Bridgewater Commons Mall
- Montgomery Health Department
- Office on Aging
- Richard Hall CMHC
- RWJUH Somerset
- SCASA
- SCSNA
- Somerset County Health Department
- Somerset County Superintendent of Schools
- Somerset County YMCA
- Somerset County Transportation Division
- Y-First Physician Referral Program
- Zufall Health Center

⁷ As defined in the Community Health Assessment, Somerset County/RWUH Service Area, 2018

PRIORITY 3:

CHRONIC DISEASE

GOAL: REDUCE THE IMPACT OF CHRONIC DISEASE THROUGH EDUCATION, PREVENTION AND MANAGEMENT

KEY CHNA FINDINGS:

- Four of the top 5 leading causes of death for Somerset County are chronic diseases: diseases of the heart, cancer, stroke and Alzheimer's Disease
- Hospitalized patients from Somerville and Manville had among the highest rates for heart failure and CHF diagnosis
- More than a quarter (26.7%) of Somerset County residents indicated they were told they had high blood pressure
- A third of Somerset County residents reported high cholesterol
- Patients using a hospital service from Skillman reported the highest rate for cancer diagnosis (45.62/1000)
- Residents of Manville had the highest rate of COPD
- The percent of Somerset County residents reporting arthritis increased from 18.8% in 2013 to 22.5% in 2016

OBJECTIVES:

1. Reduce Somerset County diabetes rate 3% from 9.3% to 9.0% by December 31, 2021
2. Increase hypertension screening and referrals to treatment for identified high risk populations 30% from 1,114 to 1,448 by December 31, 2021

STRATEGY AND TACTICS	PERFORMANCE INDICATOR	RESPONSIBLE PARTY
3.1 Create Grand Rounds Program to encourage exercise "prescriptions." Increase # of physician referrals to exercise program such as Somerset County YMCA's "B. Fit"/Y-First Physician Referral Program or equivalent programs by 50% by December 31, 2021.	<ul style="list-style-type: none"> • # of new locations • # of programs offered at these locations • # of seniors attending these programs • # of clinical interventions held (screening, time of day) 	<ul style="list-style-type: none"> • Office on Aging Transportation • Richard Hall CMHC • RWJUH Somerset
3.2 Increase participation in school-based programs by 25% and add peer mentoring in 2 additional schools by June 30, 2020.	<ul style="list-style-type: none"> • # of participants registered in program • Marketing plan developed and implemented • # of people at monthly meetings 	<ul style="list-style-type: none"> • Somerset County Superintendent of Schools • RWJUH Somerset • Bridgewater Commons Mall • Richard Hall CMHC
3.3 Provide 3 new satellite locations to offer weekly older adult activities.	<ul style="list-style-type: none"> • # of new locations • # of programs offered at these locations • # of seniors attending these programs • # of clinical screening interventions held 	<ul style="list-style-type: none"> • Office on Aging • Somerset County Transportation • Somerset County YMCA • SCASA
3.4 Engage high-utilization communities (i.e. Manville, Somerville and Skillman) to identify community factors that influence prevalence of chronic disease by December 31, 2019.	<ul style="list-style-type: none"> • Community Forums held • # of participants 	<ul style="list-style-type: none"> • RWJUH Somerset • Montgomery Health Department • Somerset County Health Department
3.5 Increase participation in evidence-based chronic disease self-management programs by 50% by December 31, 2021.	<ul style="list-style-type: none"> • # of participants • # of series held 	<ul style="list-style-type: none"> • Office on Aging • Somerset County YMCA • RWJUH Somerset • Richard Hall CMHC • Montgomery Health Department

PRIORITY 3: CHRONIC DISEASE *CONTINUED*

GOAL: REDUCE THE IMPACT OF CHRONIC DISEASE THROUGH EDUCATION, PREVENTION AND MANAGEMENT

STRATEGY AND TACTICS	PERFORMANCE INDICATOR	RESPONSIBLE PARTY
3.6 Increase number of physician practices that include referrals to evidence-based chronic disease self-management programs on their checklist/SOPs by 10% by December 31, 2021.	<ul style="list-style-type: none"> • # of practices with referral SOP • # of referrals provided 	<ul style="list-style-type: none"> • RWJUH Somerset • Richard Hall CMHC • Zufall Health Center
3.7 Develop a joint marketing plan for all providers of evidence-based chronic disease self-management programs in the service area by December 31, 2019.	<ul style="list-style-type: none"> • Marketing Plan Developed • Elements listed in marketing plan implemented 	<ul style="list-style-type: none"> • Office of Aging • Richard Hall CMHC
3.8 Conduct a Grand Rounds training for physicians on how to refer patients to evidence-based chronic disease self-management programs by December 12, 2019.	<ul style="list-style-type: none"> • # of trainings held • # of physicians attending 	<ul style="list-style-type: none"> • RWJUH Somerset • Richard Hall CMHC • SCSNA

Recommended Policy and Practice Changes

Advocate for the adoption of smoke-free parks both public and private within the county.

PRIORITY 4: ACCESS TO CARE

OVERVIEW:

An individual's ability to access health services has a profound impact on every aspect of their health. Regular and reliable access to care can prevent disease and disability, detect and treat illnesses or health conditions, increase quality of life, and increase life expectancy. Access to quality preventive care may detect disease at earlier, more treatable stages. The largest barrier to access is a lack of insurance. People without insurance are less likely to have a regular source of care and more likely to skip routine medical care due to cost. Both of these factors increase risk of serious illness and disability. Individuals with a usual source of care have better outcomes, fewer disparities, and lower costs. Health literacy and transportation are additional barriers to health. Language, culture, and low health literacy are other barriers to high quality care. In addition to financial and environmental barriers, access to healthy foods presents a barrier to maintaining one's personal health. In order to eat healthier, people need better access to healthy and affordable food.⁸ Somerset County is not immune to these barriers to access to care. In particular, the CHNA outlined the following issues:

- Resident concerns regarding the lack of health equity and transportation, the lack of health professionals for medically underserved populations and health literacy
- Approximately 7% of Somerset County residents had limited access to healthy food
- In 2016, nearly 7% of Somerset County residents 18-64 were uninsured

The action plan for the CHIP, as outlined below, identifies ways the community assets and resources will work to mitigate these health disparities.

Assets/resources

The assets and resources listed below represent those identified to assist with the access to care priority:

- | | |
|--|---|
| • Advocacy to NJ Transit | • Richard Hall CMHC |
| • CVNA | • RWJUH Somerset |
| • Department of Transportation | • SCASA |
| • Doctors of Tomorrow | • Somerset County Superintendent of Schools |
| • EmPoWER Somerset | • SCSNA |
| • Family Practice | • Somerset County Library System |
| • Future Health Care Leaders of America | • Somerset County Transportation |
| • HCINJ | • Somerset County YMCA |
| • Health Departments | • Somerset County Youth Leadership |
| • Literacy Volunteers of Somerset County | • Zufall Health Center |
| • NJCTS | |

⁸ As defined in the Community Health Assessment, Somerset County/RWUH Service Area, 2018

PRIORITY 4:

ACCESS TO CARE

GOAL: IMPROVE ACCESS & AWARENESS OF HEALTH CARE SERVICES FOR THOSE LIVING & WORKING IN SOMERSET COUNTY INCLUDING UNDERSERVED POPULATIONS

KEY CHNA FINDINGS:

- Key informants expressed concern over (1) the lack of health equity and transportation; (2) the lack of health professionals for medically underserved populations; and (3) health literacy
- Approximately 7% of Somerset County residents had limited access to healthy food
- In 2016, nearly 7% of Somerset County residents 18-64 were uninsured

OBJECTIVES:

1. Reduce the number of uninsured by 5% from 7% in 2018 to 6% in 2021
2. Reduce the number of individuals who lack Primary Care Physicians by 5% from 14,985 in 2018 to 14,236 in 2021

STRATEGY AND TACTICS	PERFORMANCE INDICATOR	RESPONSIBLE PARTY
<p>4.1 Explore potential opportunities to enhance bus services from Bound Brook, Manville, and Somerville to RVCC by December 31, 2021 so that:</p> <ul style="list-style-type: none"> • People get an education to get a job with health insurance & no longer be underserved • Increase enrollment of people from these communities in nursing/allied health programs 	<ul style="list-style-type: none"> • # of advocacy encounters • # of new or expanded routes 	<ul style="list-style-type: none"> • Somerset County Transportation • Advocacy to NJ Transit
<p>4.2 Explore the potential development of a school-based Health Center by December 31, 2021.</p>	<ul style="list-style-type: none"> • Identify existing models • Identify potential funders • Identify best-demonstrated practices • Plan for the development of a school-based clinic 	<ul style="list-style-type: none"> • EmPoWER Somerset • Somerset County Superintendent of Schools • SCSNA • SCASA • Zufall Health Center • Middle Earth • RWJUH Somerset • Richard Hall CMHC
<p>4.3 Recruitment of Minority Students for Health Care Careers.</p>	<ul style="list-style-type: none"> • # of career days • # of high school internships 	<ul style="list-style-type: none"> • RWJUH Somerset • Health Departments • Future Health Care Leaders of America • Somerset County Youth Leadership • Doctors of Tomorrow • SCSNA • SCASA
<p>4.4 Implement text message appointment reminders, medication adherence reminders, and self-management reminders (effective for smoking cessation and prenatal care).</p>	<ul style="list-style-type: none"> • # of text message appointment reminders • # of medication adherence reminders • # of self-management reminders 	<ul style="list-style-type: none"> • HCINJ • RWJUH Somerset • Richard Hall CMHC

PRIORITY 4: ACCESS TO CARE *CONTINUED*

GOAL: IMPROVE ACCESS & AWARENESS OF HEALTH CARE SERVICES FOR THOSE LIVING & WORKING IN SOMERSET COUNTY INCLUDING UNDERSERVED POPULATIONS

STRATEGY AND TACTICS	PERFORMANCE INDICATOR	RESPONSIBLE PARTY
4.5 Educate providers on uses of telemedicine to increase # of people receiving monitoring for chronic illness who may have difficulty getting to a doctor's office (diabetes, hypertension in elderly or underserved).	<ul style="list-style-type: none"> • # of participants • # of unscheduled doctor's visits avoided 	<ul style="list-style-type: none"> • CVNA • Zufall Health Center • Department of Transportation • Richard Hall CMHC
4.6 Enhance health literacy through education.	<ul style="list-style-type: none"> • # of libraries offering programs • # of ESL programs 	<ul style="list-style-type: none"> • Somerset County Library System • Richard Hall CMHC • Somerset County YMCA • NJCTS • Literacy Volunteers of Somerset County
4.7 Increase the # of doctor's offices with evening hours.	<ul style="list-style-type: none"> • # of offices implementing evening hours 	<ul style="list-style-type: none"> • RWJUH Somerset • Referral Program • SCSNA • Zufall Health Center • Richard Hall CMHC

Recommended Policy and Practice Changes

Explore potential opportunities to enhance bus services from Bound Brook, Manville, and Somerville to RVCC.

**Robert Wood Johnson
University Hospital
Somerset**

RWJBarnabas
HEALTH

