

Report

New Jersey Council on Physical Fitness and Sports

New Jersey: The Wellness State
....dedicated to health, nutrition, recreation and wellness

June 2005 - July 2006

Dear Governor Corzine and State Legislature:

We are pleased to present the report of current activities undertaken by the New Jersey Council on Physical Fitness and Sports. The Council is enthusiastic about the projects that have been launched during this time period and aims to increase the momentum of the efforts that have begun this year by institutionalizing the activities on an annual basis. We aim to develop recognition of our state as "New Jersey...the wellness state." Offering annual mini-grants for *healthy community development* will help us reach this vision by funding all of the 566 New Jersey municipalities over time.

The New Jersey Council on Physical Fitness and Sports fully supports the *New Jersey Obesity Prevention Task Force Action Plan* and encourages you to accept the plan in its entirety and appropriate funds so that its recommendations can be carried out successfully. Only a comprehensive plan can be impactful and change the current trends. Obesity has reached epidemic proportions and New Jersey obesity rates continue to increase in children, youth and adults. Being overweight has serious consequences to children and adolescents and adults although children will be faced with having to live longer with these consequences. Obesity places young people at risk for high blood pressure, high cholesterol, early coronary heart disease, stroke, certain types of cancers, asthma, type 2 diabetes (previously considered an adult disease), musculoskeletal disorders, insulin resistance, to name a few, as well as social discrimination which can lead to poor self esteem, depression, and other psychological disorders. Therefore, preventing obesity is critical.

Making healthy eating choices and being physically active on a regular basis are sound prescriptions that must be embraced. Beyond personal impact, the cost of health care in this State is another very strong reason for focusing on this area. We support the State in this important work. The expertise of the Council members makes it possible to address these issues. We look forward to working with you as New Jersey makes strides to decrease obesity and chronic disease across the lifespan. Thank you for your anticipated support.

Council Members

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Coordinator, Health and Physical Education, Department of Education
Council activity highlights during this reporting period include the following three projects:

I. The Inaugural Leaders' Academy for Healthy Community Development

The Academy was held on May 12, 2006 at the Trenton Lafayette Yard Marriott and hosted by the New Jersey Council on Physical Fitness and Sports and the New Jersey Department of Health and Senior Services. The Academy, attended by approximately 150 participants, was designed to encourage dialogue among community members with the ultimate goal of improving the health of New Jersey residents. Commissioner of Health and Senior Services, Fred M. Jacobs, M.D., J.D. welcomed participants to the Inaugural Academy and challenged all in attendance to be physically active to both improve health and impact chronic disease and to personally model healthy behavior within their communities. A keynote address on the role of the physical environment and healthy community design was presented by Dr. Robert Chauncey, Director for Policy Analysis at the National Center for Bicycling & Walking. Panelists from the Department of Education, Department of Health and Senior Services, Department of Agriculture, Department of Transportation, Department of Community Affairs, The Mayors Wellness Campaign and the American Lung Association of New Jersey discussed timely state highlights. Both individuals and community teams were invited to participate.

II. 20 Mini-grants of \$2500 awarded for Healthy Community Development

Community teams who attended the Inaugural Leaders' Academy for Healthy Community Development were eligible to submit an application and compete for mini-grants of 2500 dollars to launch a community based wellness initiative. Utilizing available state funds, 20 mini-grants were awarded at the Leaders' Academy held on May 12, 2006. Criteria for awards included: submission of an application by established deadline, application reviewed through a rating process and community team attendance at the Leaders' Academy on May 12, 2006.

Mini-Grant Awards for Healthy Community Development initiatives 2006:

Borough of Wallington	Develop and distribute a calendar/guide to recreation facilities & programs - for ALL ages including walking paths, parks, sports
Belvidere School District	Expand fitness opportunities in the park. Complete a trail in Hriczak Park. Install fitness stations
Edison Health Dept.	Develop a pedometer walking program for people over 50 - increase numbers of residents walking 30 min/3 times a week
City of Garfield	Print and distribute copies of a resource guide that promotes healthy living
Sussex Co. Division of Health	Create a walking plan. Identify and mark walking paths. Create and distribute path maps.
Twp. of Lawrence	Develop Nut Exercise & Theatre program (acronym is NEAT). Promote community wellness including senior lite jazzercise, a Fun Run on Community Day and Dog Days Of Summer for parents of pets.
Twp. of S. Brunswick	"Walking for a Healthy South Brunswick" - kick off event June 17, 2006 including smoking, nutrition, exercise
Woodbridge Twp. Health Dept.	Create a Historic Walking Tour
Twp. of Mansfield	Piggyback on an existing Annual Field Day to be titled "healthy living comes to town day!"
Twp. of Denville	Increase awareness and kick off "Project Pathways" which will connect open spaces
Gloucester Co. Dept. of Health	Promote walking resources in the county and municipality, utilize existing facilities, develop walking clubs, promote existing parks for exercise
West Windsor Twp.	Launch of "Walk West Windsor!" Will include a planned Community Day, walking maps will be distributed.
Borough of Collingswood	Create community based health promotion campaign. Conduct events with partners: farmers market kick-off, nutrition carnival planned with high school students, faith based programs, historic walking tour and health fair event in collaboration with community wide expo.
Twp. of Irvington	Offer summer swim lessons at the municipal pool for youth and older adults and purchase needed equipment
City of Vineland Dept. of Health	Develop indoor walking program for year round fitness. Work with partners to determine locations
Twp. of Medford	Create map and brochure to increase awareness of walking & biking paths
Borough of Hightstown	Develop walking journals and maps, distribute pedometers for "Healthy Hightstown Walking Program"
Twp. of Ocean Dept. Human Services	"Walk-in discount" effort - expand walking program to senior centers and trails in parks
Twp. of Franklin	Create a walk-able community by promoting the development and maintenance of an active lifestyle; and to coordinate 4 - 12 novel walking events.
Brigantine North Middle School	Expand modeling fitness program for faculty and staff at Middle School. This is an opportunity to MODEL good health behaviors to students

III. Get Fit New Jersey!

A User's Guide to Better Health and Fitness for People of All Ages

This publication is a project of the Council on Physical Fitness and Sports, which was originally proposed to meet the Governor's Office fitness challenge and specifically address the needs of the people of New Jersey. This publication consists of 21 chapters which were written by a Council member or resource member. The publication was released at the Inaugural Leaders' Academy for Healthy Community Development on May 12, 2006 and is available in print, CD format and downloadable by chapter from the New Jersey Department of Health and Senior Services web site at <http://nj.gov/health/fhs/njcpfs/index.shtml>