

## 2015 Key Informant Analysis by Topic and Question

### What's Working

#### ACCESS TO CARE

- “Clients access to healthcare-hospital [through] informative workshops provided by various organizations.”
- “Affordable Care Act implementation--insurance and CHNA requirement for hospitals.”
- “Recent reports published by the feds, the state, and Rutgers indicates that enrollment with the affordable care act in New Jersey has been successful including enrollments by Spanish language people, a high risk group in Morris County.”
- “Our program is successful because we are going to the place of worship and not only going through a curriculum but actually asking for policy changes in the different places of worship. Thus, really tailoring different programs in a specific voice that appeals to the different segments of our community. The other factor that helps our community and their health is to have services in their own language. The increase in cultural competency in the delivery of services in the past few years has helped. Although it still needs to be improved there definitely has been a shift for the better.”
- “Agencies are working together with limited resources to provide the best care for the population of homelessness, victims of violence and mental health.”
- “The Affordable Care Act's improved access to coverage for acute and chronic health problems.”
- “A consistent pattern of awareness by all of our staff based on continued education and effective communication among the medical practitioners, patient navigators and the behavioral health department to ensure the patient's needs (not only medical) are met. These efforts result in better health outcomes for this patient.”
- “High insurance coverage.”
- “The major impact I have seen is the registration for the affordable care act.”
- “Many segments of our population have access to care, regular doctor contact, insurance, etc.”
- “Collaborations working toward healthy communities; access to health screenings.”
- “A community health needs assessment that reforms health system on gaps of care and opportunities to address them.”
- “Increased development of coalitions to increase awareness of health-related issues, e.g., screenings, increased activity, resources (e.g., caregivers coalition).”
- “Health screenings, fairs, senior health centers.”
- “More proactive activity by insurance companies and ACOs to their customers to monitor health and improve patient compliance.”
- “Community sponsored screenings; active health board/coordinator; immigration program; newsletters; excellent senior program; terrific recreational facilities and programs for all groups; active community based organizations helping those in need.”
- “[We have] good community clinics.”
- “Community health day; educational classes on health and diabetes throughout the year; African American wellness coalition (initially about breast cancer).”

## **BEHAVIORAL HEALTH/SUBSTANCE ABUSE**

- “A consistent pattern of awareness by all of our staff based on continued education and effective communication among the medical practitioners, patient navigators and the behavioral health department to ensure the patient's needs (not only medical) are met. These efforts result in better health outcomes for this patient.”
- “Educational programs for children regarding drugs etc. Cooperation with local police on that aspect.”
- “[We help] people with psychiatric disabilities and co-occurring medical and/or substance abuse problems using a mobile multi-disciplinary support service. This includes specialty treatment professionals including substance abuse treatment and primary care.”
- “I think there is more being offered for children/adolescents with bullying, although I don't believe we are where we need to be. I do think people are coming forward and making change.”

## **BUILT ENVIRONMENT**

- “Parks and recreation are being recognized as integral to a healthy community and schools are including a child's health as part of their responsibility.”
- “New bike signals/lanes and community gardens.”
- “New/improved sidewalks.”
- “Local parks and trailways; Morristown adding bike lane; town sports; start of gardens.”
- “Neighborhood walking trails ( Patriots Path); biking trails; park and recreation areas; Morristown fun runs: playgrounds for kids.”

## **CANCER**

- “We are providing a structured and supervised program for cancer survivors to rebuild cardiovascular endurance as well as muscle strength and range of motion.”

## **CARDIOVASCULAR**

- “Posters for stroke awareness, newsletters from CES-Stroke awareness, CPR/First aid courses.”
- “We are providing a structured and supervised program for cancer survivors to rebuild cardiovascular endurance as well as muscle strength and range of motion.”
- “Monthly blood pressure screenings.”
- “[We do] monthly blood pressure screenings, quarterly blood glucose screenings.”

## **CHRONIC DISEASES**

- “Our focus is sustainable changes that will support Healthy Nutrition and Physical Activity to reduce obesity and chronic disease.”
- “Free nutrition counseling to 5-10 people/week on cv, weight loss, diabetes, food allergies.”
- “[We] currently have over 25 organizations working to improve healthy living for Elizabeth for healthy nutrition, increased physical activity, school wellness and community health. These collaborations have also helped with our Diabetes Prevention work. We are currently reaching out to doctors and health centers to refer patients.”
- “[We do] monthly blood pressure screenings, quarterly blood glucose screenings.”

## **ECONOMIC HEALTH**

- “Our legal services enable others to access funding such as food, housing etc. as a result of a successful/favorable decision. For example, successful representation in disability care means client has more resources to purchase food and to take care of their health.”
- “SHIP-Medicare counseling, Vita-income tax assistance...Financial health is as important as physical and mental.”

## **MATERNAL CHILD HEALTH**

- “I think there is more being offered for children/adolescents with bullying, although I don't believe we are where we need to be. I do think people are coming forward and making change.”
- “[Our] programs were given lots of equipment and newsletter for the parents. The program was developed to combat childhood obesity. I have seen that this program is working especially with the younger age group. Teaching children at a very young age about reading labels, keep moving is vital in the fight against obesity. Education is the key!”
- “We are addressing the growing concern of childhood obesity by offering all 7th graders a free one year membership and teaching them the basics of fitness and a healthy lifestyle through small group training.”

## **WELLNESS AND LIFESTYLE**

- “[Our] programs were given lots of equipment and newsletter for the parents. The program was developed to combat childhood obesity. I have seen that this program is working especially with the younger age group. Teaching children at a very young age about reading labels, keep moving is vital in the fight against obesity. Education is the key!”
- “Many recreational activities for all age groups, not just all sports.”
- “Having a park or trail within walking distance of people's homes. Not everyone has this but many do in Morris County.”
- “Our focus is sustainable changes that will support Healthy Nutrition and Physical Activity to reduce obesity and chronic disease. To this end our highlights include: Community Gardens, Nutrition Education, Work Site Wellness, Walkability Audit, Community Forum on Health Equity, Development of Sustainable Models...All have impacted several hundred people as well as helped our collation grow to 20 organizations with 40 participants on 4 Work Groups - Access to Healthy Nutrition, Ability for Physical Activity, School Wellness and Community Health.”
- “Free nutrition counseling to 5-10 people/week on cv, weight loss, diabetes, food allergies.”
- “[We have] been affective in making some small changes for individuals on nutrition education, community gardens, worksite wellness and school wellness. [We] currently have over 25 organizations working to improve healthy living for Elizabeth for healthy nutrition, increased physical activity, school wellness and community health. Each work group will be attempting to find solutions which can lead to policy and environmental changes which we can funnel up to an advisory committee of leaders who can influence change.”
- “[We] do free cholesterol screens and diabetes screens. Also individual classes such as nutritional counseling given by dietitians (community classes and lectures).”

- “Within our organization, we are successfully creating a space for seniors to remain active -- physically and socially. The continued health and mobility of many of these members is fostered by their participation. In addition to helping seniors stay fit, we are addressing the growing concern of childhood obesity by offering all 7th graders a free one year membership and teaching them the basics of fitness and a healthy lifestyle through small group training.
- “Neighborhood connections; Great Horizon classes (community schools); bike signals/lane; walking groups (meetup.com); Patriot's Path; community gardens.”
- “Increased outdoor space; partnerships with gyms, farms, etc. to improve obesity rates.”
- “Increased development of coalitions to increase awareness of health-related issues, e.g., screenings, increased activity, resources (e.g., caregivers coalition).”
- “Terrific recreational facilities and programs for all groups.”
- “Local parks and trailways; Morristown adding bike lane; town sports; start of gardens.”
- “Neighborhood walking trails ( Patriots Path); biking trails; park and recreation areas; Morristown fun runs: playgrounds for kids.”

## What Needs to Change

### ACCESS TO CARE

- “Would like to see greater awareness of the programs and services available to individuals from sources which may not be considered "usual" providers.”
- “Consistent and effective communication amongst the local healthcare organizations concerning health issues, updates and latest innovative methods to treat patients alike is a must to improve the level of communication between healthcare providers and patient in order to improve health outcomes.”
- “I would like to see a system that connects medical, public health and social service efforts to best support the residents of our communities and to create sustainable change.”
- “Assist people to enroll in the affordable care act insurance opportunity.”
- “The greatest barrier to improving the health of Morris County residents remains the lack of willingness of health care providers to accept the payments offered through alternative forms of healthcare payments. The Affordable Care Act has help fund additional insurance plans, such as HMOs, however most providers in Morris County refuse their payments.”
- “Public Awareness of access to health care and healthy activities.”
- “Adequate insurance coverage and affordable health services is still something many of our families struggle with on a daily basis and more so when there is an emergency situation. in the Hispanic community there are specific health problems affecting the community and we should be focusing our efforts to combat these on a larger scale and not with one or two programs. I guess more local awareness of what this looks like in our very own communities.”
- “Some homeless overuse emergency services (ambulance).”
- “Education and information in the right languages and the right levels will help too. Also if we provide screenings must provide solutions.”
- “Improved access to care, particularly specialty services.”
- “We need to address advance care planning in the community, especially in nursing homes.”

- “[We need] increased transparency/availability of resources, decreased redundant/separate efforts; resources to reach out to those who are "shut in" with decreased mobility and access to health care. [We need] fewer uninsured patients.”
- “[We need to] address access: reach out to those that really need to take advantage of the activities, opportunities, and programs.”
- “People suffer from Information overload: people need help interpreting and changing behaviors.”
- “[We need] improved communication regarding programs available to people.”
- “Reaching Seniors who are living at home in need of companionship/socialization.”

## **BUILT ENVIRONMENT**

- “There needs to be more programs that address the needs of the homeless population.”
- “[We need] more affordable housing.”
- “We missed an opportunity for bike lanes, walking paths on our streets.”
- “Having a park or trail within walking distance of people's homes. Have a farm market or distribution center for local fresh foods within a 10 min drive of people's homes.”
- “Transportation expansion.”
- “More community gardens.”
- “Improved transportation for low-income, seniors, and people with disabilities.”
- “We need more bike lanes; more community gardens; better transportation.”
- “We need neighborhood gardening areas.”

## **BEHAVIORAL HEALTH/SUBSTANCE ABUSE**

- “I'd like to see more emphasis on emotional health and well-being. For example programs designed to help children (or adults) eat right and exercise, will have a hard time being successful without also addressing underlying emotional reasons that many people overeat.”
- “I'd like to see more peer support programs available for youth. Peer support builds resilience, breaks down barriers, improves communication, develops leadership, and decreases isolation. The peer support model provided by [some local] organizations work beautifully and powerfully for children grieving the loss of a parent or sibling due to death. But the model is also applicable for supporting children dealing with any type of loss and any type of life challenge. As a community-based model it is simple and affordable and yet life-changing and transformative.”
- “Change/limit access to prescription medicine that can be used for abuse ex. Painkillers, etc. Work on substance abuse issues in Sussex county. More collaborations for agencies [on this topic] in regards to combining community events...[it's] easier for the community.”
- “Decrease the number of underage drinking. Decrease the numbers of drinking and driving. Decrease the numbers of alcohol/drug related incident/calls. Decrease numbers of suicides.”
- “Stress reduction, substance Abuse, sensitivity to those who do not have the resources to live healthfully.”
- “Continue to develop organizational community wide meetings of Community Benefit Organizations with major "other" players in the delivery of healthcare inclusive of Behavioral Healthcare and other supports within our community.”
- “Substance abuse [is] very high.”
- “[We need to address] substance abuse and mental health issues.”

- “There needs to be more funding available to help persons with mental health, homelessness, violence in their lives to successfully live in the community.”
- “Better, more coordinated care between traditional health and mental health clinicians and other health and mental health community resources.”
- “More tobacco education, support groups, free medicine to help individuals quit. Lobby the State of NJ to have \$\$ put in the budget. NJ is the only state in the Union to have no money in its budget and collects close to a billion in taxes dollars in settlement taxes and \$2.70 on every pack.”

## **CANCER**

- “[We need to address] cancer rates for breast and skin.”
- ““There are many health issues plaguing our communities including obesity, diabetes and certain cancers that are preventable, treatable and sometimes even reversed with proper diet and nutrition.”
- “More tobacco education, support groups, free medicine to help individuals quit. Lobby the State of NJ to have \$\$ put in the budget. NJ is the only state in the Union to have no money in its budget and collects close to a billion in taxes dollars in settlement taxes and \$2.70 on every pack.”

## **CARDIOVASCULAR**

- “Funding Phase III Cardio Rehab program for patients recovering from heart disease and open heart surgery.”

## **CHRONIC DISEASES**

- “We have a large population of [clients] from India. These people are vegetarians. A large majority of these adults suffer from adult onset diabetes. I would like see specific programs addressing and educating them on controlling their diabetes.”
- “There are many health issues plaguing our communities including obesity, diabetes and certain cancers that are preventable, treatable and sometimes even reversed with proper diet and nutrition.”
- “We would like to see a focus on diabetes prevention.”

## **COMMUNICABLE DISEASES**

- “[We need] more educational programs regarding public health and outbreaks, like enterovirus or ebola virus.”

## **ECONOMIC HEALTH**

- “The greatest barrier to improving the health of Morris County residents remains the lack of willingness of health care providers to accept the payments offered through alternative forms of healthcare payments. The Affordable Care Act has help fund additional insurance plans, such as HMOs, however most providers in Morris County refuse their payments.”
- “There needs to be more programs that address the needs of the homeless population.”
- “[We need] greater income equality - the gap between the rich and poor keeps growing.”

## MATERNAL CHILD HEALTH

- “I'd like to see more peer support programs available for youth. Peer support builds resilience, breaks down barriers, improves communication, develops leadership, and decreases isolation. The peer support model provided by [some local] organizations work beautifully and powerfully for children grieving the loss of a parent or sibling due to death. But the model is also applicable for supporting children dealing with any type of loss and any type of life challenge. As a community-based model it is simple and affordable and yet life-changing and transformative.”
- “We would like to see a focus on childhood obesity and school wellness.”
- “We need to lower childhood obesity rates.”
- “We need to address childhood obesity, especially among the underserved.”
- “[We need] greater involvement of schools in nutrition education.”
- “Children are underserved.”
- “There should be improved emphasis on exercise in schools.”

## WELLNESS AND LIFESTYLE

- “Public Awareness of access to health care and healthy activities.”
- “There are not many affordable opportunities for exercise or movement activities for families. The need for recreation departments to really start more activities like soccer leagues for both children and adults.”
- “[We need to support] tobacco cessation.”
- “[Eradicate] food deserts.”
- “Access to healthy foods and knowledge on what that looks like. People need to be able to buy affordable healthy foods close to home but also have the knowledge to make the healthy choice. Working with the entire family is important, especially to impact obesity. Getting to the right people and ensuring that all people are able to participate. Health equity is extremely important. Meeting people where they are at and providing what they need to be healthy. We have seen community gardens bring communities together and provide needed fresh vegetables. Whether they are sustainable for long term change we are not sure. If we could find sources of fresh fruits and vegetables at low cost in convenient locations consistently this may be helpful.”
- “I think there should be more opportunity for healthy living changes. Example instead of sitting thru a free lecture that says yoga and meditation is good for you- there should be more free meditation and yoga classes offered. For people who can't afford gyms- more walking groups and exercise in the park programs, etc.... These things can be expensive and people may not be able to afford to go. Therefore educating that it is good for them is futile.”
- “Less smoking, less obesity, more medication compliance.”
- “We missed an opportunity for bike lanes, walking paths on our streets.”
- “Way too much dependence on medications to treat everything. More prevention and education on diet, exercise, health lifestyle. The mind and body are disconnected in our healthcare system. We need to reconnect them with an integrated/holistic approach.”
- “Having a park or trail within walking distance of people's homes. Have a farm market or distribution center for local fresh foods within a 10 min drive of people's homes.”
- “Healthy Eating. Increase in Exercise.”

- “There are many health issues plaguing our communities including obesity, diabetes and certain cancers that are preventable, treatable and sometimes even reversed with proper diet and nutrition. The community at large would benefit from nutrition education, specifically on the benefits of adopting a high or exclusive plant-based diet. Not only are plant strong diets deemed as adequate and sustainable during all stages of life by the American Dietetic Association, but has also shown to be the health-promoting diet in various comprehensive and extensively conducted research studies. Let's get our communities to learn about the importance of choosing "forks over knives" and consume foods that will actually create sustainable health benefits.”
- “We would like to see a focus on childhood obesity, school wellness, and overall community health which would impact sustainable change for healthy eating and physical equity in low income vulnerable communities.”
- “Identify venues and opportunities to educate residents about healthy lifestyle choices. Lower childhood obesity rates.”
- “I would like to see additional opportunities for programs outside of our building. Partnering with other organizations in our community who are focused on healthy living would provide additional space and a broader audience to the message of healthy living.”
- “More community gardens.”
- “We should focus on nutrition, exercise, [and] stress reduction.”
- “We need to address diet (more attention to what we eat) and exercise (more of it at all ages).”
- “We need more community gardens.”
- “Reaching Seniors who are living at home in need of companionship/socialization.”
- “More programs offered at recreation centers.”
- “We need more family events at parks....turkey trots, holiday run/walks; neighborhood gardening areas.”
- “More tobacco education, support groups, free medicine to help individuals quit. Lobby the State of NJ to have \$\$ put in the budget. NJ is the only state in the Union to have no money in it's budget and collects close to a billion in taxes dollars in settlement taxes and \$2.70 on every pack.”

## Organizational Strengths

### ACCESS TO CARE

- “[We provide] direct service delivery to those with limited access.”
- “Our organization has served the community through a range of services for over 38 years. Our expertise has relied in our bilingual, bi-cultural services. Presently, we are also leading the charge with providing legal immigration services.”
- “[We provide] Access to physicians and other healthcare providers.”
- “We provide legal representation for individuals with housing evictions, disability cases for social security, Medicare, health access.”
- “[We have] the ability to assist clients with shelter, counseling and legal advocacy.”
- “Our staff is able to accept and meet each member where they are and help them take the next step in their journey with care and compassion. We do not turn anyone away from the life changing opportunities that we offer because of an inability to pay.”



## **BUILT ENVIRONMENT**

- “Permanent housing is also an important ingredient for health and we have partnerships with housing organizations to assist the people we serve to access decent, affordable living arrangements.”
- “We provide legal representation for individuals with housing evictions, disability cases for social security, Medicare, health access.”
- “[We have] the ability to assist clients with shelter, counseling and legal advocacy.”
- “[We provide] facilities [for] physical activity, gardening, meeting space, event locations.”
- “As a public agency, we are the primary county provider of parks, open space, facilities, etc. Our programs reach across demographic sectors. Most programs are free or low cost. Parks and facilities are scattered throughout the county. Besides the space to hold programs and gather residents together, we are also enhancing our community connections and partnerships and are able to tap into this network to ensure that parks and recreation are recognized as a resource for community health.”
- “We are well versed and talented in creating parks and trails within communities and articulating why these features are important green infrastructure. We work with landowners to explain conservation alternatives for their properties. We work with legislators at all levels to defend already preserved lands. We manage 25,000 acres of natural areas to protect natural resource values. We organize an annual conference and programs for the NJ Land Trust Network that promote best practices, successful strategies and solutions to common problems. Our staff helps towns and counties preserve land that can be considered an essential infrastructure for health and wellness.”

## **BEHAVIORAL HEALTH/SUBSTANCE ABUSE**

- “[We offer] free peer support, programs, and services for children who have lost a family member for as long as they need. This provides them with skills and long-term coping for their long term well being.”
- “Proven effectiveness of hotlines for decreasing states of anxiety and hopelessness. Proven effectiveness of hotlines to prevent emergency situations. Proven cost effectiveness of hotlines. Excellent community trainings in Excellence in Listening, Mental Health First Aid, Suicide Awareness, Applied Suicide Intervention Skills and Learning to Prevent Teenage Suicide. Want to partner to outreach to more people, expand the known continuum of mental health services and to collaborate with other mental health agencies and providers for cost effectiveness.”
- Our main strength is building resilience in children and teens coping with loss. [We] also do an excellent job of training volunteers and educating adults and youth in the community about grief and loss, its impact on emotional and physical health, and what the community can do to support anyone who is grieving. We have expertise in the peer support model, volunteer management and training, collaboration and community education.”
- “[We are] expanding services by integrating wellness and primary care with our mental health services and supports.”
- “[We have] the ability to assist clients with shelter, counseling and legal advocacy.”

## **CANCER**

- “[Our] cancer exercise program provides a safe, supervised environment that allows each survivor to progress at their own pace and be supported along the way. After the expense of cancer treatment the fact that there is no fee makes the program accessible where a fee based program many not be. Our

staff is able to accept and meet each member where they are and help them take the next step in their journey with care and compassion. We do not turn anyone away from the life changing opportunities that we offer because of an inability to pay.

#### **CARDIOVASCULAR**

- “We support heart patient's through in-hospital visits before and after open heart surgery.”

#### **ECONOMIC HEALTH**

- “[We offer] SHIP and VITA programs.”

#### **ENVIRONMENTAL HEALTH**

- “We have primarily strengths in environmental aspects of public health.”

#### **MATERNAL CHILD HEALTH**

- “[We have] Ideas for early childhood programs and school age programs.”
- “The mission of our school is to provide high-quality pre-school education to all of our children regardless of the family's ability to pay. Given our 17 year history, we have deep expertise in project base learning, family support, incorporating the arts, and meeting the health needs of our children.”
- “[We have] strong committed leadership focused on strengthening the foundations of community for youth development, healthy living and social responsibility.”
- “[We bring] knowledge on healthy eating and physical activity standards for schools and working with children. We are currently working with 7 schools to support changes for improved nutrition and physical activity.”

#### **WELLNESS AND LIFESTYLE**

- “[We have] strong committed leadership focused on strengthening the foundations of community for youth development, healthy living and social responsibility. We bring health and wellness expertise.”
- “[We provide] facilities [for] physical activity, gardening, meeting space, event locations.”
- “[We have] expertise in physical activity and living healthy and community collaboration....[We bring] knowledge on healthy eating and physical activity standards for schools and working with children. We are currently working with 7 schools to support changes for improved nutrition and physical activity. [We have] contacts with the Department of Health, Union County Agencies and municipalities who support policy and environmental changes for health living.”
- “As a public agency, we are the primary county provider of parks, open space, facilities, etc. Our programs reach across demographic sectors. Most programs are free or low cost. Parks and facilities are scattered throughout the county. Besides the space to hold programs and gather residents together, we are also enhancing our community connections and partnerships and are able to tap into this network to ensure that parks and recreation are recognized as a resource for community health.”
- “We are well versed and talented in creating parks and trails within communities and articulating why these features are important green infrastructure. We work with landowners to explain conservation alternatives for their properties. We work with legislators at all levels to defend already preserved lands. We manage 25,000 acres of natural areas to protect natural resource values. We organize an

annual conference and programs for the NJ Land Trust Network that promote best practices, successful strategies and solutions to common problems. Our staff helps towns and counties preserve land that can be considered an essential infrastructure for health and wellness.”

- “Our organization provides a wide range of community programs. We have specialists in all areas. Registered Dietitians provide the nutrition lectures; physical therapists provide the musculoskeletal health lectures, etc.... This provides the community the ability to receive information from experts in each field.”
- “We have a long history of providing fitness and healthy living options to our community. Our fitness centers have the latest equipment, our class offerings are varied and our trainers, instructors and staff are trained by national organizations as well as being governed by the principles of [our organization]. We have been able to adapt and fill needs within the community as they arise.
- “We offer non-professional social support through weekly discussion groups, and a diverse schedule of weekly programs designed to educate, entertain, and engage. We offer opportunities for civic activism and partner with northern NJ non-for-profits to help their programs through education, collaboration, benefit shows and other fundraisers.”