



## *Communities Making a Difference to Help Children Achieve a Healthy Weight*

### WHO WE ARE

The New Jersey Partnership for Healthy Kids (NJPHK) is a statewide program of the Robert Wood Johnson Foundation with technical assistance and direction provided by the New Jersey YMCA State Alliance. The goal of the program is to convene, connect and empower community partnerships across the state to implement environment and policy changing strategies that prevent childhood obesity.

Established in 2009, community coalitions in Camden, Newark, New Brunswick, Trenton, and Vineland are leading efforts in helping children achieve a healthy weight. Today NJPHK's has expanded its impact to improve the health and well-being of children in more than 45 additional New Jersey communities.

### NJPHK PRIORITIES

- Ensure all kids start kindergarten at a healthy weight.
- Make a healthy school environment the norm, not the exception, across our nation.
- Make physical activity a part of the everyday experience for children and youth.
- Make healthy foods and beverages the affordable, available, and desired choice in all neighborhoods and communities.
- Eliminate the consumption of sugar-sweetened beverages among 0-5-year-old children.

### WHY OUR WORK IS NEEDED

- In New Jersey, nearly one in four children ages 10-17 are overweight or obese, leading to a plethora of health issues such as high blood pressure, diabetes and high cholesterol.
- New Jersey ranks 27<sup>th</sup> in overall prevalence of childhood obesity
- New Jersey's obesity-related health care spending could quadruple to \$93 billion by 2018.

## NJPHK AT-A-GLANCE

Working with our community partners, NJPHK has made great strides in implementing more than 200 environment and policy changes that help children and communities achieve a healthy weight through prevention strategies that support access to affordable healthy foods and increase opportunities for safe physical activity. We have:

- Co-sponsored 200 environment and policy changes
- Supported the implementation of 200 Healthy Corner Stores, bodegas, and Concessions
- Implemented Greenwood Ave. Farmers Market in Trenton
- Implemented Complete Streets Policies/Street Scale improvements in all coalition cities
- Installed bike lanes in New Brunswick, Trenton, and Vineland
- Led playground builds and park renovations in Camden, Trenton, and Newark
- Sponsored Healthy Family Weekends at Frost Valley YMCA attended by nearly 200 residents
- Served as thought leaders at local and national events and conferences
- Co-sponsored the annual statewide Culture of Health Conference attended by 400+ public health professionals



In 2017, NJPHK was presented with an NJ Department of Health Population Health Hero Award in recognition of its leadership and commitment to creating changes that surround families with opportunities to make healthy choices.

## CONTACT INFORMATION

**Darrin W. Anderson, Sr., PhD**

*Deputy Director, New Jersey Partnership for Healthy Kids*

*407 Greenwood Ave, Trenton, NJ 08609*

*Phone: 609-278-9622*

*Fax: 609-278-9678*

*Email: [Darrin.anderson@ymca.net](mailto:Darrin.anderson@ymca.net)*



@njhealthykids



New Jersey Partnership for Healthy Kids

[njhealthykids.org](http://njhealthykids.org)