



BUILDING A CULTURE OF HEALTH IN NEW JERSEY: *A Systems Approach to Promoting Population Health*



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Building a Culture of Health in NJ Conference Promotes Best Practices for Healthy Communities

Largest NJ Public Health Conference to feature Physician & Social Media Maven Dr. Mike and four-time Olympian, NJ Hall of Fame Inductee Joetta Clark Diggs

Edison, NJ –November 29, 2017 – More than 400 public health professionals, social workers, educators, dietitians, and community leaders from across the state will come together for the Building a Culture of Health in New Jersey: A Systems Approach to Promoting Population Health Conference on Wednesday, November 29 at the Pines Manor in Edison, N.J from 9:00 am – 3:30 pm.

Local experts will lead [12 morning and afternoon workshops](#) on a variety of public health topics including: youth and mental health, social-emotional learning, the health care needs of the underserved immigrant and LGBTQIA populations, the Opiate epidemic and advancing policies to create a Culture of Health. **For the complete conference agenda, click [here](#).**

“Our goal is to help communities create policy and environmental changes that address social determinants of health and improve overall health outcomes for New Jersey families,” stated Dr. Darrin Anderson, State Program Director, New Jersey Partnership for Healthy Kids (NJPHK).

The daylong conference will also feature two dynamic keynote speakers – social media entrepreneur Dr. Mikhail (Mike) Varshavski D.O. and four-time Olympic runner and New Jersey native Joetta Clark Diggs.

Better known as ‘Doctor Mike,’ Dr. Varshavski is a family medicine physician and philanthropist based out of New York and has a massive following on social networks like Instagram (2.6 million followers). Doctor Mike uses his platform to encourage medical students and educate people on important primary healthcare topics. He has appeared on television programs (*The Doctors, Dr. Oz*) and has also contributed to multiple popular online publications (*Shape, Women’s Health, Livestrong*).

Clark Diggs is a four-time Olympian, Motivational Extraordinaire and NJ Hall of Fame Inductee who had a successful 24-year career as a competitive 800-meter and 1500-meter runner, winning many collegiates, national, and world championships. Along with her decorated running career, Clark Diggs is a physical health and wellness advocate for children and teens nationwide.

The conference is co-sponsored by the New Jersey Partnership for Healthy Kids, New Jersey Department of Health, Rutgers University Family & Community Health Sciences, Rutgers New Jersey Agricultural Experiment Station, American Academy of Pediatrics—NJ Chapter, Atlantic Health System, Family Health Initiatives, Mental Health Association in New Jersey, Inc., New Jersey Health Initiatives, New Jersey Hospital Association, New Jersey YMCA State Alliance, Partners for Health Foundation, Robert Wood Johnson Foundation, and Salem Health & Wellness Foundation.

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About New Jersey Partnership for Healthy Kids

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 design and implement childhood obesity prevention strategies that support access to affordable healthy foods and increase opportunities for safe physical activity in the cities of Camden, Newark, New Brunswick, Trenton, and Vineland. For more information, visit: www.njhealthykids.org. Follow NJPHK on [Twitter](#) and [Facebook](#).

About the Robert Wood Johnson Foundation

The Robert Wood Johnson Foundation is the largest private foundation in New Jersey and the nation’s largest philanthropy working to improve the health and health care of all. The Foundation is striving to build a national Culture of Health that will enable all to live longer,

healthier lives now and for generations to come. RWJF has invested more than \$1.5 billion in New Jersey since 1972. For more information, visit <http://www.rwjf.org/nj>. Follow the Foundation on Twitter at <http://www.rwjf.org/twitter> or Facebook at <http://www.rwjf.org/facebook>.