

# New Jersey Partnership for Healthy Kids

## Trenton, NJ



## Communities Making a Difference to Prevent Childhood Obesity

### ABOUT TRENTON

Trenton is New Jersey's capital city where lawmakers regularly convene to discuss policies and actions that impact the well-being of the state. Within the city, interventions are needed to help promote healthy eating and physical activity among Trenton's children.

According to the [New Jersey Childhood Obesity Survey](#) conducted by [Rutgers Center for State Health Policy](#), 48 percent of Trenton children ages 6 to 11 and 46 percent of those ages 12 to 18 are overweight or obese. These rates are higher than the national average.

Only 14 percent of Trenton children over age 2 meet the recommendations for vegetable consumption. Instead, they frequently eat unhealthy foods, such as fast food, sugar-sweetened beverages and sweet snacks.

### KEY ACTIVITIES

NJPHK-Trenton's goals are to increase access to healthy food and create safe places for physical activity by focusing on four strategies:

- Create an agreement between Monument Elementary School and community organizations that will allow residents to use the school's playground for recreational activities outside of normal school hours.
- Partner with Monument School to reactivate the school wellness council and implement a wellness policy to promote healthy eating and increase opportunities for physical activity.
- Partner with community organizations and merchants to endorse a healthy food initiative in the North Ward to increase access to healthy foods among Trenton residents.
- Partner with Trenton residents, New Jersey Future and the city of Trenton to educate the community about the benefits of Complete Streets.

### KEY PARTNERSHIP ACCOMPLISHMENTS

NJPHK-Trenton and its partners work together to increase access to affordable, healthy foods and safe places for physical activity. These partnerships have created the following outcomes:

- Trenton's City Council recently passed one of the most comprehensive Complete Streets policies in the state of New Jersey. The policy ensures that future roadway design and construction plans will consider the needs of people of all ages and abilities, whether they are traveling by foot, bicycle, car or bus. New Jersey Future, a NJPHK-Trenton partner, led the effort that resulted in the adoption of the policy.
- YMCA-Trenton and KaBOOM, a national nonprofit dedicated to saving play for America's children, collaborated on a project where students designed their dream playground. The winning student playground design was built by more than 400 volunteers, including students, parents and community residents.



## New Jersey Partnership for Healthy Kids

### At A Glance

Demographic Profile:

**Population:** 85,403

**White:** 32.5%

**Hispanic/Latino:** 21.5%

**African American:** 52%

**Asian:** 1%

---

**Income below the federal poverty line:** 23%

---

**Population under age 18:** 30%

Source: U.S. Census Bureau

## TRENTON, NJ



## ABOUT NEW JERSEY PARTNERSHIP FOR HEALTHY KIDS

New Jersey Partnership for Healthy Kids (NJPHK) is a statewide program of the [Robert Wood Johnson Foundation](#) (RWJF) 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 in order to design and implement childhood obesity prevention strategies that support access to affordable healthy foods and increase opportunities for safe physical activity. In Trenton, the initiative is led by the YMCA of Trenton and Isles Inc.

### CONTACT

Marissa Davis, Project Manager,  
NJPHK-Trenton  
[mdavis@trentonymca.org](mailto:mdavis@trentonymca.org)  
609.599.9622

## KEY PARTNERSHIP ACCOMPLISHMENTS *continued*

- NJPHK-Trenton partnered with the teachers, staff and students at the Monument School to improve students' active play during recess and provide healthy food choices. Efforts resulted in the launch of playground exercise program with new recess equipment supplied by NJPHK-Trenton; upgrade of school cafeteria, including a new salad bar offering fresh fruits and vegetables; implementation of a "Grab and Go" breakfast program; and the recipient of two grants that will provide fresh fruit and vegetables during the school day and healthy breakfast foods before school.
- Four stores are working with NJPHK-Trenton and The Food Trust to provide more healthy food choices to consumers.



## ABOUT THE ROBERT WOOD JOHNSON FOUNDATION

The Robert Wood Johnson Foundation focuses on the pressing health and health care issues facing our country. As the nation's largest philanthropy devoted exclusively to health and health care, the Foundation works with a diverse group of organizations and individuals to identify solutions and achieve comprehensive, measurable, and timely change. For 40 years the Foundation has brought experience, commitment, and a rigorous, balanced approach to the problems that affect the health and health care of those it serves. When it comes to helping Americans lead healthier lives and get the care they need, the Foundation expects to make a difference in your lifetime. For more information, visit [www.rwjf.org](http://www.rwjf.org). Follow the Foundation on Twitter [www.rwjf.org/twitter](https://twitter.com/rwjf) or Facebook [www.rwjf.org/facebook](https://www.rwjf.org/facebook).