



# NEW JERSEY HEALTH CARE QUALITY INSTITUTE

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## Quality Institute Announces Mayors Wellness Campaign 2022 New Jersey “Healthy Town” Winners

*Find Out What NJ Cities and Towns are Doing the Most to  
Improve Health and Wellness in Their Communities*

**PRINCETON, New Jersey** – The New Jersey Health Care Quality Institute today announced the Mayors Wellness Campaign “Healthy Town” winners for 2022. These cities and towns improve health and wellness in their communities through innovative programs in areas such as exercise, healthy eating, and mental health education and awareness.

The Mayors Wellness Campaign (MWC) is a program of the Quality Institute in partnership with the New Jersey State League of Municipalities. In addition to fourteen Healthy Town winners, another seventeen towns were designated as 2022 “Healthy Town to Watch,” and seven were designated as 2022 “Healthy Town Up-and-Coming.”

Each year, communities participating in the MWC complete a comprehensive Healthy Town application outlining the research they’ve done to identify their community health needs and explaining how they have organized their local MWC committee. The application also highlights the actions the towns have taken to make their communities healthier places to live, work, and play.

Here’s a listing of the winners and the efforts that helped them receive this recognition.

### 2022 Healthy Towns

**Borough of Bay Head, 2022 Healthy Town**

The Borough of Bay Head has achieved a Healthy Town designation for the second year in a row. The Borough's focus on community events and activities provides residents with multiple options for engaging in health and wellness activities. The addition of a "Gratitude Tree," where residents can publicly display what they are grateful for, has created a dialogue about mental health and encouraged community members to support each other.

"Bay Head is so excited and honored to once again be declared a Healthy Town," said Mayor Bill Curtis. "Our programs have been well planned and well attended. Our volunteers do a magnificent job year in and year out and I salute Meryl Clement and Sarah Erbe, our Co-Chairs, and their group for all they do. We have wellness programs for every age group and utilize our town and our location on the beach to our advantage. It is our privilege and pleasure to be associated with the Quality Institute and the Mayor's Wellness Campaign. We applaud all they do, and our residents benefit greatly from the tremendous programming ideas, support, webinars, and tools they provide us."

### **Borough of Wildwood Crest, 2022 Healthy Town**

The Borough of Wildwood Crest has been designated a Healthy Town for the third year in a row. The members of the MWC have a longstanding commitment to creating a culture of wellness in the community through active lifestyles. In an effort to address the changing needs of residents, the Borough has launched mental health focused activities such as meditation and yoga and social connectedness opportunities.

"The Borough of Wildwood Crest is honored to receive the Healthy Town designation for a third consecutive year," said Mayor Donald Cabrera. "I am happy our community is known for its wellness initiatives, including being clean and safe. I thank the Quality Institute for recognizing Wildwood Crest once again. I also thank our recreation wellness team for their hard work, dedication, and creative ideas.

"I would love to network and learn more about other communities' wellness programs – and if anyone is looking to learn more about our program, please reach out. I congratulate all communities and participants in the MWC. We are all doing great things! We are off and running for 2023," Mayor Cabrera said.

### **City of Asbury Park, 2022 Healthy Town**

The City of Asbury Park, a longtime member of the MWC, earned another Healthy Town Designation for 2022. The city capitalizes on community partnerships offering free health screenings and farmers' markets in collaboration with Hackensack Meridian Health and Interfaith Neighbors, among other partners.

"The City of Asbury Park is pleased to be recognized as a 2022 New Jersey Healthy Town by the Quality Institute and its statewide MWC," said Mayor John Moor. "Receiving gold-level designation is a testament to the hard work being done by our MWC and city staff. Their efforts, along with the continued support of local community organizations, health care partners, and residents help promote a culture of health and active lifestyle for all of Asbury Park."

### **City of Paterson, 2022 Healthy Town**

The City of Paterson has once again received a Healthy Town designation. The City's commitment to improving health and wellness for residents includes large infrastructure investments, health awareness campaigns, integration of wrap-around services for residents, and partnership with St. Joseph's Medical Center.

“Keeping Patersonians healthy is a priority and a point of pride,” said Mayor Andre Sayegh. “Our unprecedented investment in our parks, playgrounds, and pools is a testament to our commitment to the health and well-being of our residents. We are honored to once again earn the gold-level designation of being a Healthy Town in New Jersey.”

### **City of Plainfield, 2022 Healthy Town**

The City of Plainfield has received a Healthy Town designation for the fifth year in a row. The city's longstanding dedication to health and wellness programs has made its MWC program a standout across the state. Some of the city's successful programs in 2022 include continued vaccination efforts, emergency food programs, health fairs and health education, and increased opportunities for residents to stay active.

“We've been working hard to improve health outcomes in our city,” said Mayor Adrian O. Mapp. “I'd like to thank the Quality Institute for recognizing our efforts by giving us this gold-level designation. At the end of the day, it's about improving the quality of life for every resident. Access to healthy foods, forming healthy physical habits, and educating our community about the importance of good health are all facets that combine to form a lifestyle supporting good health. We will continue this path to good health and ensure that Plainfield's health habits can be emulated.”

### **Evesham Township, 2022 Healthy Town**

For the third year in a row, Evesham Township is a Healthy Town. The township continues to provide impressive programming covering a wide range of health topics such as physical activity, mental health, food insecurity, inclusivity, and social connectedness. Programs are offered for all ages, although there is a focus on older adults and school age children, groups that need the most support.

“Evesham Township is so proud to have once again received the distinguished Healthy Town award through the Mayors Wellness Campaign,” Mayor Jaclyn Veasy said. “The MWC has been an invaluable partner in Evesham's efforts to continually reevaluate and expand the ways our municipality delivers programs to support our residents' physical, mental and spiritual health. I look forward to our township being a part of this great initiative for years to come.”

### **Freehold Borough, 2022 Healthy Town**

Freehold Borough has been designated as a 2022 Healthy Town. MWC programming includes a comprehensive Freehold Food Safety Net program, health education on topics ranging from safe housing issues to healthy eating, and efforts to create an inclusive environment for residents with disabilities.

“Freehold Borough is proud to be recognized by the Quality Institute as a 2022 Healthy Town, a gold star designation,” said Mayor Kevin Kane. “The Mayors Wellness Committee’s mission is to improve the health and wellness of all our residents. We recognize that health is more than a visit to the doctor – it’s a community effort to address the social determinants of health. Working with our community partners, we strive to breakdown the social determinants of health barriers by providing education, programs, and events for all our residents to empower them to improve health outcomes in Freehold Borough.”

### **Hillsborough Township, 2022 Healthy Town**

Hillsborough Township has received its first Healthy Town designation in 2022. The Township has worked to grow the program over the last few years and the result is a comprehensive health and wellness program that includes employee wellness activities, “Walk With the Mayor” events, education about mental health and stigma, and programs aimed at underserved populations.

“Hillsborough Township is honored and excited to be recognized by the Quality Institute as a 2022 Healthy Town, the Gold Level Designation,” said Mayor Shawn Lipani. “Our Mayors Wellness Committee mission is to improve the health and wellness of the community and it is through innovative programs and outreach that we continue to engage our residents.”

### **Jefferson Township, 2022 Healthy Town**

Jefferson Township has been designated as a 2022 Healthy Town. The Township works with health experts and community partners to provide varied and comprehensive programming for residents. Health education topics covered selfcare, coping with anxiety, Narcan trainings, and heart health.

“In my first term as Mayor of Jefferson Township, one of my many goals and priorities was to do my best to help improve the health and wellness of our community through the Quality Institute’s Mayors Wellness Campaign program,” said Mayor Eric Wilsusen. “We are so very proud to achieve the Healthy Town designation for our program. We are excited that after four years of determination, and even through a pandemic, and working with all our partners, we achieved the top designation. I must thank my program coordinator and wife, Kristine Wilsusen, for all her hard work. We will continue to improve our programming to help improve the overall health and wellness of our community. I also need to thank the Quality Institute team members for all their support.”

### **Princeton Township, 2022 Healthy Town**

Princeton Township has been awarded a Healthy Town Designation in 2022. In the past year the Township has added a focus on mental health and wellness. One of their most successful programs has been a book club at the local library to encourage education and discussion about mental health topics.

“The Municipality of Princeton is honored to be chosen by the Quality Institute as a Healthy Town for 2022. Throughout last year, our Mayors Wellness Committee team engaged over 500

residents in mental wellness activities that were rooted in increasing awareness, education, and incidence reduction. Princeton chose to address mental health because of the City Health Dashboard, which provides town-level data on a variety of health metrics, including those related to social determinants of health,” said Mayor Mark Freda.

A community health assessment survey was co-administered to gain resident feedback on pressing health challenges. Mental health was identified as a top health concern of Princeton both through the dashboard and community health assessment. In response to these findings, Princeton’s MWC team brainstormed a variety of evidence based mental health wellness activities which included: gardening, watercolor painting, and book club discussions around mental health that were delivered throughout the community.

“The success of our MWC in 2022 was driven by continued community partnerships with the Princeton Public Library, Arts Council of Princeton, Princeton Corner House, Garden Club of Princeton, Princeton Senior Resource Center, Trinity Counseling, and Princeton Care Center,” said Mayor Freda.

### **Scotch Plains Township, 2022 Healthy Town**

Scotch Plains Township received a Healthy Town designation for the fourth year in a row. One of the pillars of the program is its collaboration with community organizations and businesses. Programs offered in 2022 included yoga classes, farmers’ markets, breast cancer awareness events and "Kindness Tables" to spread positivity through artwork.

“I am very pleased that Scotch Plains is once again being recognized as a 2022 Healthy Town,” said Mayor Josh Losardo. “Our Mayors Wellness Committee mission, comprising many community volunteers, is squarely focused on improving the health and wellness of our residents. In Scotch Plains, we recognize that health is more than a visit to the doctor – it's a way of life. Throughout 2023, we will continue to offer quality programs and events for all our residents, empowering them to improve their health in new and fun ways.”

### **Township of Hamilton, 2022 Healthy Town**

The Township of Hamilton is a first time Healthy Town designee. The MWC offers programs such as health screenings, free exercise opportunities, community events, COVID-19 vaccinations and free Narcan kits to the community. Their programs are aimed at addressing Social Determinants of Health to support the health and wellness of residents.

“It’s an honor for Hamilton to be recognized as a 2022 New Jersey Healthy Town gold level winner by the Quality Institute. Our Mayors Wellness Committee aims to improve the overall health and wellness of Hamilton residents by engaging our community in wellness activities throughout the year. Our MWC Committee and community partners will continue to work hard in 2023 to provide opportunities for our residents to improve their personal health,” said Mayor Jeff Martin.

### **Vernon Township, 2022 Healthy Town**

The Township of Vernon received a 2022 Healthy Town designation. The Vernon MWC capitalizes on community partnerships that create increased access to a variety of health and

wellness activities for residents. In 2022, programs included “Walks with the Mayor,” Art in the Park, and programs designed specifically to promote inclusivity for children of all abilities.

“It is always an honor to have your town positively recognized by the Quality Institute. This year has special significance,” said Mayor Howard Burrell. “After years of being recognized as a Healthy Town to Watch, this year the Quality Institute presented Vernon's the gold level designation of Healthy Town! This award and the rigorous standards of performance that are necessary for its achievement are validation of the success of our on-going efforts to make Vernon Township an even better town in which to live and raise a family, as well as a town where businesses want to locate and prosper.

“I want to thank Mishelle Downtain, our town's Director of Recreation and Community Affairs, for the key role she played in leading our Mayors Wellness Committee team in the planning, organizing, directing, and coordinating functions required in researching and gathering the information and data required for the application to be considered for this prestigious award.”

### **Woodbridge Township, 2022 Healthy Town**

Woodbridge Township is one of the longest standing partners of the MWC and has again received a Healthy Town designation. In recent years, the Township has turned to data to drive programming, partnering with Healthier Middlesex to assess community needs.

"We are honored to once again be designated a New Jersey Healthy Town by the Quality Institute," said Mayor John E. McCormac. "Our administration puts health and wellness at the top of our priorities for our constituency, especially with Council President Gregg Ficarra leading the charge as the Wellness Committee's Chairman. We are committed to ensuring that all 100,000+ Woodbridge Township residents continue to have access to wellness programs and activities."

## **2022 Healthy Towns to Watch**

### **Belleville, 2022 Healthy Town to Watch**

The Township of Belleville is a second time Healthy Town to Watch designee. The township's ongoing partnership with Clara Maas Medical Center - RWJ Barnabas continues to contribute to the program's success. The collaboration results in a wealth of services for residents including health screenings, in-person workshops, and health education.

“I am very proud that Belleville has been recognized by the Quality Institute as a 2022 Healthy Town to Watch,” Mayor Michael Melham said. “During my time as mayor, so much of the focus has been on creating a healthier and, ultimately, happier Belleville. We have been doing yoga under the cherry blossoms, participating in 5K runs on Veterans Day and pushing away from our desks in town hall to go for walks on our lunch breaks. We have created more active

park space, hosted drives to create access to nutritious food and emerged from the COVID-19 health crisis determined to become more fit and more active.”

### **Bernardsville, 2022 Healthy Town to Watch**

After receiving a bronze designation in 2021, Bernardsville Borough has bolstered programming and achieved a silver designation, Healthy Town to Watch in 2022. In addition to physical health and wellness activities being offered, the Borough's close collaboration with local nonprofit, Communities in Crisis, provides residents with data-informed mental health and substance use disorder programming.

“I am thrilled that the Quality Institute has designated Bernardsville as a 2022 Healthy Town to Watch. The Mayor's Wellness Campaign Committee is committed to serving the health needs of all our residents and I am grateful to all our partners in the community that are helping us achieve our health goals,” said Mayor Mary Jane Canose.

### **The Borough of Bergenfield, 2022 Healthy Town to Watch**

The Borough of Bergenfield has been designated as a 2022 Healthy Town to Watch. The Borough offers a variety of health and wellness programs including yoga classes, COVID-19 vaccine clinics, mental health awareness events, and a variety of recreational physical fitness activities for residents.

“I am proud that the Borough of Bergenfield has been recognized by the Quality Institute as a 2022 Healthy Town to Watch,” said Mayor Arvin Amatorio. “When we kicked off the Mayor's Wellness Campaign last year at Conlon Hall, I was amazed at the community support from our volunteers, sponsors, and vendors. We held a calendar full of events that encouraged our residents to get out and get fit while also enjoying the beautiful natural resources our town has to offer. This is not a one-time occurrence, but rather a mission to continue to better the community of Bergenfield. We look hope to surpassing our accomplishments in 2023.”

### **Borough of Bradley Beach, 2022 Healthy Town to Watch**

The Borough of Bradley Beach is a first time Healthy Town to Watch designee. The Borough launched its MWC in 2021 and continued to offer health and wellness activities in 2022, including “Walks with the Mayor,” blood drives, youth bike safety events and more.

“Along with all members and supporters of the Bradley Beach Mayors Wellness Campaign, I am very proud our Borough has been recognized as a 2022 Healthy Town to Watch,” said Mayor Larry Fox. “In its first year of formation, the Mayors Wellness Committee has worked to encourage activities that promote health and wellness and, at the same time, encourage a town-wide community spirit of participation. Our efforts are boosted by this designation, and we are eager to move ahead toward increased programs, greater involvement, and the healthiest successes.”

### **Borough of Franklin Lakes, 2022 Healthy Town to Watch**

The Borough of Franklin Lakes is a Healthy Town to Watch for the second year in a row. In addition to extensive recreation and mental wellness programming, the Borough incorporates volunteerism and charitable donations into its activities. This extends access to all residents and creates community connectedness.

“I’m delighted, but not surprised, that Franklin Lakes has been awarded, again, a Healthy Town to Watch silver award. Beginning with former Mayor Frank Bivona’s Wellness Campaign, and led by our Community Director Dina Robinson, Franklin Lakes has been committed to improving the health and wellbeing of its residents through a variety of programs. Congratulations to all involved in this outstanding program,” said Mayor Charles Kahwaty.

### **Borough of Old Tappan, 2022 Healthy Town to Watch**

The Borough of Old Tappan is a first-time applicant and received a Healthy Town to Watch designation. The Borough's MWC was reinvigorated late in the year and has accomplished an impressive amount in a short period of time. The Borough's Speaker Series provided important community education on topics such as healthy lifestyle choices during the holidays and the effects of social media.

“We are honored and very proud that Old Tappan has been recognized by the Quality Institute as a 2022 Healthy Town to Watch,” said Mayor John Kramer. “This recognition would not have been possible without the hard work and initiative of our Mayor Wellness Committee. The goal of our committee is to promote health-forward programs to support Old Tappan residents and to improve their fitness and nutrition while strengthening our community. Working with our community partners, we'll strive to provide programs and events for all our residents to empower them to improve health outcomes in the Borough of Old Tappan.”

### **Borough of Oradell, 2022 Healthy Town to Watch**

The Borough of Oradell has been designated a 2022 Healthy Town to Watch. This longtime MWC program offers a full calendar of events and activities to residents to support their efforts to maintaining healthy lifestyles. A recent focus on mental health and wellness has expanded the program's reach.

“Oradell is honored to be recognized as a 2023 Healthy Town to Watch by the Quality Institute and is proud of the work we do to improve the physical and psychological health of our residents,” said Mayor Dianne Didio. “We are also grateful to our many partners who bring terrific programming, services, and events to the campaign. We look forward to continuing to improve our residents’ wellness in 2024!”

### **Borough of Rutherford, 2022 Healthy Town to Watch**

The Borough of Rutherford has been awarded a Healthy Town to Watch designation. In addition to a variety of health and wellness programs, the Borough had great success with its return to a Bike Rodeo after the pandemic forced the program to go on hiatus. The event gave over 200 students access to bike safety education and bike helmets.



“Rutherford is thrilled to be named a 2022 Healthy Town to Watch by the Quality Institute,” said Mayor Frank Nunziato. “I’d like to thank the Rutherford Green Team and Mayors Wellness Committee for all their hard work allowing us to be recognized for our Mayors Wellness Campaign programs. I’m incredibly proud that we can promote physical, mental, and emotional health through community events and activities in Rutherford.”

### **Borough of Cresskill, 2022 Healthy Town to Watch**

After receiving a bronze designation in 2021, the Borough of Cresskill has continued to strengthen programming and has been designated a Healthy Town to Watch in 2022. Successful activities in 2022 included a community 5K and an educational series on nutrition.

“I am so excited for the Borough of Cresskill to be recognized by the Quality Institute as a 2022 Healthy Town to Watch,” said Mayor Benedict Romeo. “Our Board of Health and Mayors Wellness Committee mission is to improve the health and wellness of our residents. We recognize that health is more than a visit to the doctor – it’s a way of life. Working with our community partners, we’ll strive to continue to provide programs and events for all our residents to empower them to improve health outcomes in Cresskill.”

### **Deerfield Township, 2022 Healthy Town to Watch**

Deerfield Township has been designated as a 2022 Healthy Town to Watch. The township partnered with Inspira Health to host a health fair, provides physical fitness activities for seniors, and works to create a sense of community for all residents of the township.

“As Mayor, my pride in seeing Deerfield Township recognized statewide for health and wellness is profound. Our Township Committee, Mayors Wellness Committee and employees have worked so hard to give our residents tools to encourage healthy choices and behaviors as individuals, and as a community. This program has helped Deerfield in so many ways and has served as a source of comfort and support to many,” said Mayor Abigail Perlstein-O’Brien.

### **Borough of Fort Lee, 2022 Healthy Town to Watch**

Borough of Fort Lee is a 2022 Healthy Town to Watch. Two of the most successful programs for the year include a Fit Lifestyle Challenge for residents as well as a Footsteps Employee Walking Challenge. These programs reached a wide range of residents and employees and showcased the Borough's partnerships with local businesses and organizations.

“I am so excited and humbled for the Borough of Fort Lee to be recognized by the Quality Institute as a 2022 Healthy Town to Watch,” said Mayor Mark J. Sokolich. “Our Mayor's Wellness Campaign committee mission is to formulate innovative ways that our residents can improve their health and wellbeing by participating in our many events in town. Our amazing team works very diligently, and I thank them for their tireless efforts, with support from our Borough Administrator, Borough Council, and myself to bring many innovative programs to the forefront in our community. These programs are for all our residents and focus on improving their health and wellbeing in the Borough of Fort Lee.”

### **Borough of Glen Rock, 2022 Healthy Town to Watch**

Glen Rock is a first time Healthy Town to Watch designee. The MWC tackles a variety of health topics including advance care planning, physical activity and exercise, and mental health stigma reduction.

“I am proud of the Borough of Glen Rock for being recognized by the Quality Institute as a 2022 Healthy Town to Watch,” said Mayor Kristine Morieko. “Our Mayors Wellness Committee mission is to improve the health and wellness of our residents. When we create healthy habits, we create new possibilities to enjoy life. Working with our community partners, we'll strive to provide programs and events for all our residents to empower them to improve health outcomes in Glen Rock.”

### **Highlands Borough, 2022 Healthy Town to Watch**

Highlands Borough has been designated as a 2022 Healthy Town to Watch. The Borough uses resident feedback and survey data to drive programming and respond to community needs. Physical health activities combined with community education were provided to ensure residents had access to programming to improve their health and wellness.

“The Highlands Mayors Wellness Campaign team is excited to be named a 2022 Healthy Town to Watch, the silver level designation. Highlands will continue to utilize our partnership with the MWC to host wellness programming throughout 2023. These events will encourage both healthy lifestyles and increase community awareness of the factors contributing to health outcomes. My goal is to encourage a holistic approach to promote sound mental, nutritional, and physical health through activity and education. For the last three years, I have been committed to improving the health and wellness of Highlanders and will continue to do so in the future,” said Mayor Carolyn Broullon.

### **Morristown, 2022 Healthy Town to Watch**

Morristown has been designated a Healthy Town to Watch in 2022. A wide variety of activities were offered through partnerships with recreation groups, the school district, the faith-based community, local nonprofits, and Atlantic Health system.

“I am thrilled to learn that Morristown is being recognized as a 2022 Healthy Town to Watch,” said Mayor Tim Dougherty. “Our community, boasting top-notch health education programs, countless indoor and outdoor activities, and spectacular parks and green spaces, is certainly deserving of this great honor. As we all know, the greatest wealth is health, and we strive daily to make our community as rich as possible in the currency of healthy lifestyles. Thank you to the Quality Institute for acknowledging our efforts.”

### **Norwood, 2022 Healthy Town to Watch**

Norwood has been designated as a Healthy Town to Watch for the second year in a row. The Borough provides opportunities for residents to come together and focus on health throughout the

year. A blood drive in collaboration with the American Red Cross and a breast cancer awareness event in partnership with the American Cancer Society were among some of the most successful events in 2022.

“Norwood is once again honored to receive the designation of Healthy Town to Watch. We will continue to provide our residents with educational programs and activities that promote physical, emotional, and mental wellbeing as well as providing a social connection for our community,” said Mayor James Barsa.

#### **Stafford Township, 2022 Healthy Town to Watch**

Stafford Township has been named a Healthy Town to Watch in 2022. While Stafford continues to focus on environmental sustainability, the expansion into communitywide health and wellness offerings such as farmers markets, school safety, and mental health awareness strengthened the program.

“I am so excited for Stafford Township to be recognized by the Quality Institute as a 2022 Healthy Town to Watch,” said Mayor Gregory E. Myhre. “Our Mayors Wellness Committee mission is to improve the health and wellness of our residents in Stafford Township. We recognize that health is more than a visit to the doctor; it's a way of life. Working with our community members, we'll strive to provide programs and events for all our residents to empower them to improve their health in our active community.”

#### **Township of South Brunswick, 2022 Healthy Town to Watch**

The Township of South Brunswick has been named a Healthy Town to Watch. After receiving a bronze designation in 2021, the Township grew its MWC programming to strengthen mental health focused opportunities for residents such as a Suicide Awareness Walk, yoga and mindfulness classes, and health education series.

“On Behalf of the Township of South Brunswick, please allow me to convey our gratitude for recognition by the Quality Institute as a 2022 Healthy Town to Watch,” said Mayor Charlie Carley. “The Mayors' Wellness Campaign committee mission is to improve the health and wellness of all New Jersey residents. We recognize that health is more than a visit to the doctor. Working with our community partners in the educational, recreational and health care professions, South Brunswick will continue to provide programs and events for all our residents so we can improve health outcomes in our town.”

The following towns were designated as *2022 Healthy Towns Up-and-Coming*

#### **Atlantic City, 2022 Healthy Town Up-and-Coming**

Atlantic City is one of the newest partners of the MWC and the Quality Institute is excited to designate the city as a 2022 Healthy Town Up and Coming. Atlantic City focuses on providing free health and wellness activities to residents to ensure equal access for the entire community.

“The Great City of Atlantic City is honored to receive this Healthy Town designation for 2022. The MWC programs, senior citizens' programs, and youth programs are all programs that my administration implemented to make our city a healthy city,” stated Mayor Marty Small. “We will continue to keep putting our best foot forward and leading by example,” he said.

#### **Berkeley Heights Township, 2022 Healthy Town Up-and-Coming**

Berkeley Heights is a first time Healthy Town Up and Coming designee. The township focused its 2022 programming on ensuring that the seniors in the community had access to health information, wellness activities, and opportunities to stay socially connected.

“I am so please Berkeley Heights Township has been awarded a 2022 Healthy Town Up and Coming,” said Mayor Angie Devanney. “Physical and mental health are so important, especially after enduring a global pandemic. The two are uniquely intertwined, so as we settle into normalcy an emphasis on health will be the priority of our Township. ... I want to thank Councilwoman Susan Poage for spearheading this effort. As a runner myself, I am excited to get started on making our community as healthy as possible.”

#### **Clark Township, 2022 Healthy Town Up-and-Coming**

Clark Township is a first time Healthy Town Up-and-Coming Designee. The Township focused on physical activity for residents of all ages through healthy living activities, physical fitness activities, and programming targeting children's health.

“I am thrilled to accept the 2022 Healthy Town Up-and-Coming designation on behalf of the Clark Community,” said Mayor Sal Bonaccorso. “Health comes in many forms including physical, mental, and emotional. The Mayors Wellness Committee worked hard last year and will continue this year to build programming throughout our Township that offers connections and opportunities for our residents to live and build better and healthier lifestyles.”

#### **Cranbury, 2022 Healthy Town Up-and-Coming**

Cranbury Township received a Healthy Town Up-and-Coming designation for the second year in a row. The Township's collaboration with its Municipal Alliance Committee results in mental health awareness activities for residents as well as a focus on substance use disorder prevention.

“Cranbury is proud to be recognized by the Quality Institute as a 2022 Healthy Town Up-and-Coming designee. It is a great distinction and further proof of Cranbury's commitment to promoting a healthy lifestyle. Our tight-knit community prioritizes open space and parks for us to relax and enjoy, as well as community events that bring us together. The Mayors Wellness Committee worked diligently to develop meaningful programs with lasting impact, and we are looking forward to continuing those efforts,” said Mayor Michael Ferrante

#### **Township of Denville, 2022 Healthy Town Up-and-Coming**

The Township of Deville is a 2022 Healthy Town Up-and-Coming. The Township's focus on physical activity programs for all ages includes yoga, tennis, and pickleball lessons, adult sports leagues, and bike safety programs.

"It is wonderful news to hear that Denville has been awarded a 2022 Healthy Town Up and Coming designation. Our Recreation Director, Nick Panetta, and the Recreation Committee work hard with all our partnering organizations to provide a wide variety of recreational programs and events. I would like to thank our Town Council for their unwavering support of our Recreational Programs for our youth, adults, and seniors and to our recreational facilities," said Mayor Thomas Andes.

### **Hanover Township, 2022 Healthy Town Up-and-Coming**

Hanover Township is a first time Healthy Town Up-and-Coming designee. Programs focused on physical activity and healthy living include a "Hit the Trails" campaign to encourage residents to utilize local outdoor spaces, chair yoga for older adults and individuals with disabilities, and a community garden.

"Hanover Township is excited to be recognized as a Healthy Town Up-and-Coming in 2023. Our re-commitment to this initiative comes at the right time. We have a clear vision and mission. Through our innovative programs put together with outstanding agencies and partners, Hanover Township residents of all ages will be able reap the benefits of physical, mental, and emotional wellness," said Mayor Thomas Gallagher.

### **Township of Maplewood, 2022 Healthy Town Up-and-Coming**

As a first-time applicant, the Township of Maplewood has been designated a 2022 Healthy Town Up-and-Coming. In response to community needs, the township provided significant support around food insecurity. Programs included a seasonal farmers' market, community fridge, and a summer meals program.

"We're extremely grateful to the Quality Institute for their recognition and support of our efforts to build greater community health and wellness through a holistic spectrum of diverse and equitable events or programs throughout the year. These intergenerational physical, mental, emotional, and spiritual health programs, as well as healthy and equitable infrastructure, municipal services, land use and zoning, and economic development, all contribute to health and wellness and are part of my Mayor's Wellness Campaign," said Mayor Dean Dafis.

### **For More Information**

To learn more about the MWC, visit: <http://www.njhccqi.org/MWC> or contact Julie DeSimone at [jdesimone@njhccqi.org](mailto:jdesimone@njhccqi.org).

### **About the New Jersey Health Care Quality Institute**

*The New Jersey Health Care Quality Institute's (Quality Institute) mission is to improve the safety, quality, and affordability of health care for everyone. Our membership comes from all*

*stakeholders in health care. Together with our 100 plus members, we are working towards a world where all people receive safe, equitable, and affordable health care and live their healthiest lives.*

**About the Mayors Wellness Campaign**

*The Mayors Wellness Campaign is a program of the New Jersey Health Care Quality Institute in partnership with the New Jersey State League of Municipalities. The program empowers mayors across New Jersey with evidence-based tools, strategies, and support to champion health and wellness in their communities.*