

## Lincoln Park Residents Eat Well, Live Well With Ongoing Initiative

By Henry M. Holden

The Borough of Lincoln Park has been involved in a variety of health initiatives, mostly due to the leadership and dedication of Health Officer/Public Health Nurse Kathy Skrobala.

"As a nurse and health officer, I have seen the impact of chronic diseases on patients whom I have cared for," she said. "I know the importance that our lifestyle choices can have on the quality and longevity of life. I teach the 'Study of Human Diseases' at Montclair State University, and tell my students that 80-percent of chronic diseases are caused by our behaviors. We can dramatically reduce the burden of disease by how we eat, play and live.

"We started the Eat Well, Live Well in Lincoln Park initiative because of a \$20,000 grant

the Borough of Lincoln Park received in 2016, from the Atlantic Health System and Chilton Medical Center," she continued. "This grant provided under the "Healthy Communities Network" encourages active living and healthy eating to improve the health and longevity of people in Lincoln Park and New Jersey. The grant funds service oriented organizations and nonprofit organizations.

"There's a two-year grant period for two initiatives for healthy eating and active living," said Skrobala. "There are a lot of good things happening in Lincoln Park, so we decided on a campaign of recognition for the health-related activities that we are doing here."

The town doesn't have its own high school with a track, so the town built a half-mile walking path along the historic Morris Canal.

The seniors formed a walking club where they can gather to walk together. As an added enticement, if seniors walk three times a week for 20 minutes, they can receive a raffle ticket to win a prize.

"We partnered with 202 Bistro, Georges Diner, and Wolfson's Market to create heart-healthy menus. We created the "healthy corner store initiative" with Wolfson's Market where we feature healthy foods and provide education about the nutrition foods.

"We also partnered with ShopRite, in Lincoln Park, to promote healthy food choices for residents, customers and

employees," said Skrobala.

"We have different programs in the community such as at sporting events or at Lincoln Park Day where we teach about healthy nutrition.

"We partnered with Lincoln Park Care Center and JDT Medical Rehab Center with any healthy nutritional related activities they are doing. For instance, they installed the salad bar for their employees to have a healthy salad at lunchtime. We created banners and stickers so that one can recognize an organization that is participating in the Eat Well Live Well Lincoln Park program."

*continued on page 8*

---

### Eat Well, Live Well...

*continued from page 2*

Monday is an important day "We have a Monday campaign that was formulated by three universities," said Skrobala. "What they discovered was that people are more likely to change unhealthy habits on a Monday rather than any other day of the week. Whatever they've done on the weekend is past. It's now Monday and they can start a new week with

a fresh start.

"So, every Monday we put a new message out on social media, and electronic media, such as the sign in front of the municipal building. It's a different message, succinct, and something that could be related to food, physical activity, stress, cigarette smoking, or specific disease, such as Alzheimer's. For more information visit: <http://www.lincolnpark.org/>.