

2022-2023 Activities

The [Mayors Wellness Campaign \(MWC\)](#) is a statewide community health initiative of the [New Jersey Health Care Quality Institute](#) in partnership with the [New Jersey State League of Municipalities](#). The MWC provides you with ideas, tools, and technical assistance to assess your local health needs and implement programming to improve the health and wellness of your community.

By joining the MWC, you will be able to take part in opportunities to learn, collaborate, and build your local programs, such as:

- In person and virtual events, seminars, and technical support for your MWC
- Help collecting, reviewing, and using data
- Incentives to support your MWC
- Help publicizing your great work

MWC Activities Agenda

October

Sign the Pledge and “Put Your Town on the Map” Campaign: Recommit to improving the health and wellness of your community by signing the annual MWC Pledge of Participation. Participating towns will be entered into the MWC Incentive Drawing.

MWC Health Champion Nomination:

Nominate someone who has shown a dedication to health in your town to be awarded as MWC Health Champion. It’s a great way to recognize a staff member or volunteer’s commitment.

December

Webinar: 2022 New Jersey Healthy Town

Application: MWC staff will answer your questions about the application and provide examples from past Healthy Town Designees.

MWC Health Champions Announced

January

Winners Announced: MWC Incentive Drawing

February

Mayors Wellness Campaign Workshop:

Workshop for local officials, public health officers, and MWC volunteers on community health topics.

April to May

Healthy Town Awards Presented to Designated Towns

November

2022 New Jersey Healthy Town Application:

Healthy Town designations are a great honor for towns, achieved through an annual competitive process. If you’ve been running a MWC in your community, make sure that we and others know about your efforts and share your best practices across the state.

Engage with the MWC at the NJ State League of Municipalities Conference:

- Attend the MWC Panel: *Bringing Health to Your Community With the MWC*. Hear from 3 other NJ mayors leading campaigns and get ideas to start or improve your MWC *Public Health CEs available - tell your local health officers*.
- Visit Quality Institute’s MWC staff at our booth (#107) and sign the pledge.

Statewide Survey Campaign: Complete an online survey to provide MWC data from your town. Participating towns will be entered into the MWC Incentive Drawing.

March

Announced: 2022 NJ Healthy Town Designees

June to August

County MWC Town Hall Meetings:

Participate in a Town Hall Meeting with other leaders in your county to hear challenges, successes, and program ideas from your neighbors.

Mayors Wellness Campaign Workshop:

Workshop for local officials, public health officers, and MWC volunteers on community health topics.

In addition to our **Annual Program Activities**, this year we will continue our focus on mental health through the following activities:

- Adult and Youth Mental Health First Aid Trainings.
- Technical assistance in 3 NJ communities to support local mental health initiatives.

This work is generously supported by [The Horizon Foundation for New Jersey](#).



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Information regarding the details of each activity will be shared over the coming months. For questions about these events or to learn more about the MWC, contact: [Julie DeSimone](mailto:jdesimone@njhcqi.org), MWC Program Officer, jdesimone@njhcqi.org | 609-452-5980.

