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Resource Guide Now Available to Help New Jerseyans Adopt Healthier Lifestyles

Team from The Cancer Institute of New Jersey Instrumental in Compiling Nutrition and Exercise Info

New Brunswick, N.J., July 24, 2008 – Did you know that only 26-percent of New Jersey residents consume the recommended five servings of fruits and vegetables each day and more than 37-percent of adults in the state are overweight? Those Center for Disease Control statistics are just a few that epidemiology researchers at The Cancer Institute of New Jersey (CINJ) and the state Office of Cancer Control and Prevention (OCCP) hope to improve on with the dissemination of healthy lifestyle information they compiled in the latest *New Jersey Nutrition and Physical Activity Programs* resource guide. CINJ is a Center of Excellence of UMDNJ-Robert Wood Johnson Medical School.

The 235-page booklet focuses on nutrition, wellness and physical activity programs at hospitals, community centers and other entities throughout all 21 counties. The guide stems from a database developed by the Nutrition and Physical Activity Workgroup of the Task Force on Cancer Prevention, Early Detection, and Treatment in New Jersey.

Elisa Bandera, M.D., Ph.D., an epidemiologist at CINJ and assistant professor of epidemiology at UMDNJ-Robert Wood Johnson Medical School and the School of Public Health, served as chair for the workgroup. She says the main focus is to promote healthier lifestyles for New Jersey residents, “This guide provides a one-stop resource for individuals and organizations to look for nutrition and exercise programs that address their particular needs. While many people know they need to do something to improve their health, they don’t know where to get started. This booklet will help take away some of that mystery.”

According to Margaret L. Knight, R.N. MEd, executive director of the OCCP, the programs contained in the guide will help toward goals of the New Jersey Comprehensive Cancer Control Plan and the Healthy New Jersey 2010 initiative. “With this comprehensive resource, we not only hope to promote healthy eating patterns and exercise plans for cancer prevention, but we also hope it will foster a reduction in obesity rates and an increase in the amount of physical activity a person does as well as the amount of fruits and vegetables they eat,” she noted.

The information in the guide is broken down by county and provides vital information as to whether classes, workshops, counseling, fitness equipment and healthy on-site eating options are available. Also highlighted is whether a program serves a targeted population, such as seniors.

The *New Jersey Nutrition and Physical Activity Programs* guide is now available at local libraries or online at <http://www.state.nj.us/health/ccp/npap/index.shtml>. As entities update or offer new programs, they will have an opportunity to provide that information to the workgroup via a link located below the online guide.

About The Cancer Institute of New Jersey

The Cancer Institute of New Jersey is the state's first and only National Cancer Institute-designated Comprehensive Cancer Center, and is dedicated to improving the prevention, detection, treatment and care of patients with cancer. CINJ's physician-scientists engage in translational research, transforming their laboratory discoveries into clinical practice quite literally bringing research to life. The Cancer Institute of New Jersey is a center of excellence of UMDNJ-Robert Wood Johnson Medical School. To support CINJ, please call the Cancer Institute of New Jersey Foundation at 1-888-333-CINJ.

The Cancer Institute of New Jersey Network is comprised of hospitals throughout the state and provides a mechanism to rapidly disseminate important discoveries into the community. Partner Hospital: Robert Wood Johnson University Hospital. Affiliate Hospitals: Bayshore Community Hospital, CentraState Healthcare System, Cooper University Hospital*, Jersey Shore University Medical Center, JFK Medical Center, Morristown Memorial Hospital, Overlook Hospital, Raritan Bay Medical Center, Robert Wood Johnson University Hospital at Hamilton (CINJ-Hamilton), Saint Peter's University Hospital, Somerset Medical Center, Southern Ocean County Hospital, The University Hospital/UMDNJ-New Jersey Medical School*, and University Medical Center at Princeton. *Academic Affiliate

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