In 2020, a record high of more than 93,000 drug overdose deaths were recorded in the U.S. and more than two thirds of these are linked to synthetic opioids like fentanyl. One of the major components of combatting this crisis has been the widespread distribution of naloxone nasal spray (also called Narcan) directly to persons in the community, often for free. Opioid overdose death from respiratory depression can occur within minutes and it is essential that individuals, as well as their friends and family, have access to this lifesaving treatment. Naloxone reverses the opioid overdose by knocking opioids off the receptors, which allows the individual to start breathing on their own. Naloxone has no potential for abuse.
In 2017, New Jersey Division of Mental Health and Addiction Services (NJ DHMAS) and Rutgers Robert Wood Johnson Medical School, Division of Addiction Psychiatry, partnered to create the Opioid Overdose Prevention Network (OOPN) to provide trainings and free naloxone to individuals in NJ. Since its inception, OOPN has trained more than 19,000 individuals on the importance of recognizing an opioid overdose and how to administer naloxone. The OOPN training is 60 minutes long and held live online via Zoom or in-person. Each attendee receives a kit, which contains two doses of naloxone nasal spray (4 mg each), a pair of nitrile gloves, a breathing shield, and a quick guide. Over 20,000 kits have been distributed to attendees, including families, community members, professionals, and first responders.

There were over 15,400 naloxone deployments (NJ Cares, 2023) recorded throughout NJ in 2022 alone. Since it is nearly impossible to record every single naloxone deployment, this number is likely an underestimate. More efforts are needed to ensure that anyone can access naloxone nasal spray if needed. In February 2023, a committee of advisors to the Food and Drug Administration (FDA) voted unanimously to make naloxone nasal spray available without a prescription. The cost has not been determined but could present a barrier to access for some under-resourced communities, so it will be essential for free distribution programs to continue. All efforts are needed to combat the crisis including the step of linking people to evidence-based treatments and medical resources after an overdose. Medications for opioid use disorder such as buprenorphine, methadone, and extended-release naltrexone have all been shown to reduce the risk of subsequent overdose and are considered the gold standard for treatment of opioid use disorder. To register for a training at Rutgers, contact preventoverdose@rwjms.rutgers.edu or call 732-235-4341.

Rafael E. Pérez-Figueroa (Associate Dean for Community Engagement and Public Health Practice at Rutgers School of Public Health) recently authored an editorial, “Access to naloxone in underserved communities.” This was published by the BMJ, which articulated that while the over-the-counter status of naloxone nasal spray will help, affordability and stigma will continue to remain significant barriers to access for some communities.

Grant-Awardee RHSCorps to Expand Pilot Breast Cancer Screening Study

Contributing authors: Humaira Chaudhry (Chair of Radiology, Rutgers New Jersey Medical School), Jack Hemphill (Associate Program Manager, Rutgers Biomedical and Health Sciences), Sara Heinert (Assistant Professor and Co-Director of Research, Department of Emergency Medicine, Rutgers Robert Wood Johnson Medical School), Vince Silenzio (Professor, Department of Urban-Global Public Health, Rutgers School of Public Health), Alex Ruiz (Executive Director of Environmental Health and Safety and University Safety Officer, Rutgers University)

The Rutgers Health Service Corps (RHSCorps) is a new initiative that aims to bring together students, faculty, staff, and community members in collaborative efforts to improve public and population health, increasing Rutgers reach into medically underserved areas. In the summer of 2022, leaders of the RHSCorps launched its pilot project, in partnership with the New Jersey Medical School (NJMS) Department of Emergency Medicine, ScreenNJ, and the NJMS Screening Access of Value to Essex Women and Men (S.A.V.E.) program, to implement a student patient navigator program. This program aims to promote the education and scheduling of breast cancer screening mammograms for University Hospital (UH) Newark emergency department patients who are overdue for screening. To learn more about the formation of the Rutgers Health Service Corps, please refer to Pop Health Central Issue No. 2.

In February 2023, the Rutgers Health Service Corps and the Robert Wood Johnson Medical School (RWJMS) Department of Emergency Medicine received a Community Health, Social Service, and Education Grant for $25,000 from the New Jersey Health Foundation (NJHF). NJHF is an organization dedicated to supporting advances in health-related research throughout New Jersey. Their annual Community Health, Social Service, and Education Grant funds projects that address societal needs, including health and wellness, human services, education, community development, and social services.
The $25,000 NJHF grant will significantly expand the impact of the student patient navigator program by supporting an additional site at the RWJ University Hospital New Brunswick Emergency Department and expanding its reach from 30 patients in the UH Newark pilot to over 300 patients across both sites. Additionally, the funding allows for increased research rigor, as this program will be implemented and evaluated as a clinical trial. The research team will assess the impact and outcomes of the student navigator program using both a control group receiving care-as-usual and an intervention group receiving patient navigator support. Lastly, the grant allows for more interprofessional engagement and collaboration between students, faculty, and staff across various schools, such as the New Jersey Medical School, Robert Wood Johnson Medical School, School of Health Professions, School of Nursing, School of Public Health, and the Ernest Mario School of Pharmacy.

This project is an outstanding example of the Rutgers Health Service Corps mission, which aims to not only aggregate interprofessional public and population health training and service-opportunities but also pilot innovative approaches to improve the health, wellness, and equity in our communities. Receiving NJHF funding sets the stage for establishing a concrete RHSCorps student patient navigator program approach that could be implemented in numerous other health care settings to improve the number of New Jerseyans receiving needed cancer screening education and navigation services. The team next plans to expand the project’s focus to target unmet needs for lung cancer screening in communities across the State of New Jersey.

MATERNAL AND INFANT HEALTH

The following resources further advance the knowledge sharing and discussions about maternal infant health that were shared at the Population Health Consortium meeting in April.

RESOURCE RECOMMENDATIONS

- In February and in honor of Black History Month, the U.S. Department of Health and Human Services (HHS) Office of Intergovernmental and External Affairs held a maternal health stakeholder briefing. This webinar featured HHS’s maternal health priorities and activities for 2023 to advance health equity in maternal health outcomes.

- April 11 through 17 was recognized as Black Maternal Health Week. This health observance takes place during National Minority Health Month, which places the spotlight on the importance of improving the health of racial and ethnic minority and American Indian/Alaska Native (AI/AN) communities and reducing health disparities. Learn more from the stories of the Health Resources and Services Administration (HRSA) grantees and their efforts to advance Black maternal health in the U.S. on this HRSA featured webpage.

- Racial Disparities in Maternal and Infant Health: Current Status and Efforts to Address Them. Despite the significant and ongoing progress to improve medical care, racial disparities in the U.S. persist. This is evident especially when assessing the status of maternal and infant health. Recent events such as the COVID-19 pandemic and the overturning of Roe v. Wade have further raised awareness about health disparities and inequities of maternal and infant health, particularly among people of color. This Kaiser Family Foundation brief provides an overview of racial disparities for specific maternal and infant health measures, describes the factors that impact disparities, and highlights the latest efforts made to address them.
Rutgers University Behavioral Health Care’s (UBHC) Community Outreach Department houses the Maternal Wraparound Program (M-WRAP) that serves Essex, Hudson, Union, Hunterdon, Mercer, Middlesex, and Somerset counties. M-WRAP provides intensive case management and recovery support services to promote maternal health, improve birth outcomes, and reduce the risks and adverse consequences of prenatal substance exposure to opioid dependent pregnant and postpartum women. While the program originally focused on addressing the needs of pregnant and postpartum women with opioid use disorder, M-WRAP has since expanded to provide support to these women with any substance use disorder. Non-clinical recovery supports in the program are free, voluntary, and client-centered with the aim of beginning, strengthening, or sustaining recovery efforts. These services are offered through this program:

- UBHC staff provide Intensive Case Management connecting clients to medical and prenatal care, referring them to substance use treatment services, advocating removal of barriers to access services, and helping to create connections to natural community resources.
- Peer Recovery Supports establish a safe space for clients to share their experiences and build their recovery support network.

For referrals to M-WRAP or other UBHC community-based programs, please complete and submit the following form. More details on the statewide M-WRAP can be found here.

LISTENING LIST

Maternal Health Innovation Podcast: The Maternal Health Learning and Innovation Center (MHLIC) hosts this podcast. MHLIC strives to foster collaboration and learning among diverse stakeholders to accelerate evidence-informed interventions that advance equitable maternal health outcomes through engagement, innovation, and policy. This podcast features maternal health experts and highlights innovative ways to improve our service to women and birthing people and to advance maternal health equity. Season 1 podcast episodes can be accessed here. Episodes for Season 2 can be accessed here.

The Princeton Pulse Podcast: Closing the Racial Divide in Maternal-Infant Health: This inaugural episode of the Princeton Pulse Podcast addresses the issue of maternal and infant health disparities, with a focus on efforts made in New Jersey through policy and the Nurture New Jersey initiative. This podcast episode tackles topics like drivers of health inequities, the resulting outcomes, and what we can do to close the gap to make significant improvements for maternal and infant health.

American Hospital Association: Maternal and Child Health Podcasts: The American Hospital Association has a compilation of podcast episodes that feature this topic area. Latest episodes cover content such as doulas as a strategy to address maternal and infant health, the burden of hypertensive disorders of pregnancy, and bundled care models to improve outcomes for mothers, among other topics.
**POPULATION HEALTH NEWS**

### You Are the Key to HPV Cancer Prevention

**Contributing author: Mary O'Dowd (Executive Director, Health Systems and Population Health Integration, RBHS)**

On Friday, March 3rd, Rutgers Student Health Services sponsored a Grand Rounds educational forum, “You Are the Key to HPV Cancer Prevention” with guest speaker Dr. Meg Fisher, Acting Deputy Commissioner for Public Health Services for the *NJ Department of Health*. This event represents the first public event focused on preventing HPV cancers with interventions targeting the Rutgers student population from a newly formed initiative led by Noa’a Shimoni of Student Health Services and Mary O’Dowd from the Office of Population Health. This partnership includes Rutgers Student Health Services, the NJDOH, ScreenNJ, the RU Cancer Institute of NJ, and Rutgers Students. With nearly 75 participants from Rutgers and community-based partners, this program shared the latest science on the benefits of vaccination to individuals in terms of cancer prevention, the lack of vaccination within the college-aged population, and it engaged participants in discussing how providers can be key players in positively impacting the health of these young people providing lifelong protection.

### Women’s History Month

**Contributing author: Mary O'Dowd (Executive Director, Health Systems and Population Health Integration, RBHS)**

Two events featured contributing authors of *Junctures in Women’s Leadership: Health Care and Public Health* (Rutgers University Press, 2021) who discussed the women featured in the book, the impact of their work in health, as well as how relevant it still is to the current public discourse, including the global COVID-19 pandemic, disparities in health outcomes, and the prevention of disease. On March 9th, an event recognizing the leadership of Edward J. Bloustein, seventeenth president of Rutgers, as a servant leader, scholar, and change agent, drew connections from the book to contributions of the Bloustein School community, *Celebrating 30 Years of Serving Communities and Shaping the World*. On March 13th, the VNACJ – Community Health Center hosted a Women’s Leadership Symposium in Red Bank recognizing the incredible efforts and contributions of their women leaders over the course of the last three years during the pandemic and engaged them in conversations on leadership lessons in health.

From left: Jenna Vaccaro, Mary O’Dowd, Betsy Ryan, and Ruth Carbonneau
Also, in celebration of Women’s History Month, the Associate Alumnae of Douglass College hosted an in-person inaugural Women Moving Forward Conference on March 18th. This event celebrated the association’s 100th anniversary opened with a panel discussion of NJ women leaders titled, “We Won’t Go Back: Better Healthcare After the Lockdown.” The wide-ranging discussion explored lessons learned from the pandemic and the impact on our public health and health care systems and communities with a particular emphasis on women.

CONSORTIUM MEMBER SPOTLIGHT

For this newsletter edition, we want to take a moment to introduce you to some of the new members of the Rutgers Population Health Consortium. Learn more about each member below.

Meet Dr. Christina D. Kang-Yi

Christina D. Kang-Yi, Ph.D., is an Associate Professor in the Department of Psychiatric Rehabilitation and Counseling Professions at Rutgers Biomedical and Health Sciences (RBHS) School of Health Professions. Prior to joining RBHS in December 2022, Dr. Kang-Yi worked as a Research Assistant Professor at the University of Pennsylvania Perelman School of Medicine.

The overarching goal of Dr. Kang-Yi’s research is to generate actionable evidence to improve mental health care for vulnerable populations with psychiatric needs. She has achieved this goal by partnering with publicly funded agencies to identify priorities, critical problems, and questions, examine outcomes of interest, and develop ways to scale effective programs. For example, Dr. Kang-Yi’s series of large-scale effectiveness evaluations of school mental health programs, which used sophisticated methods to integrate Medicaid claims and school records, demonstrated the limited effectiveness of school mental health programs in schools with poor behavior management strategies in place, as measured by out-of-school suspensions. Her research also has addressed disparities in mental health and promoted cultural responsiveness in mental health care through diverse collaborative studies. Dr. Kang-Yi and her colleagues’ prenatal mental illness study found that Black and Hispanic women with psychiatric disorders are 19% and 59% more likely than White women with psychiatric disorders to have pregnancy complications. This study addressed the importance of preconception interventions for prenatal mental illness, especially given its association with pregnancy complications and was selected for the Editor’s Choice 2021 of Psychiatric Services, a Journal of American Psychiatric Association.
Dr. Kang-Yi is excited to join the Rutgers Population Health Consortium and looks forward to collaborating with the members of the Consortium to advance mental health care for vulnerable populations. She leads the Implementation and Outcomes Evaluation Working Group of the Department of Psychiatric Rehabilitation and Counseling Professions. She is currently interested in developing and implementing innovative service interventions that lead to preventing youth suicidal behavior and suicide in under-resourced areas and promoting mental health equity.

Dr. Kang-Yi received her Ph.D. from Columbia University School of Social Work and MSW from the University of Pennsylvania School of Social Policy and Practice. She was a joint postdoctoral fellow of the Department of Psychiatry at the University of Pennsylvania Perelman School of Medicine and the City of Philadelphia Department of Behavioral Health.

Meet Dr. Novneet Sahu

Novneet Sahu, M.D., MPA, FAAEM, FAAFP, is an emergency and family medicine physician at Rutgers New Jersey Medical School and focuses on the well-being of our populations by addressing the many social determinants of health to improve health outcomes and promote health equity. Dr. Sahu is active in clinical practice, education, and research in both emergency medicine and family medicine focused on patients who experience poorer health outcomes due to social and structural inequities. He partners with the University Hospital Familiar Faces program and leads multidisciplinary case discussions with community health workers and community health chaplains to provide insights into complex patient cases who utilize the emergency department frequently. Mental health and substance use is often confounding in this population, and he works with the Newark Community Opioid Response Team, which is a collaboration between University Hospital EMS and the Newark Community Street Team to provide a community-led response to substance use disorder in Newark. Many patients in our Newark population have no address and Dr. Sahu maintains active collaboration with the Newark Office of Homeless Services to develop and expand innovative sheltering programs that include clinical care. Food insecurity also affects many of our patients in Newark and Dr. Sahu partners with local and regional organizations to empower patients to overcome economic, knowledge, skill, and access barriers to healthy food. These efforts have included making SNAP (Supplemental Nutrition Assistance Program) Navigators available, hosting food workshops, and creating urban agriculture at homeless shelters in Newark.

Dr. Sahu co-directs the Social Determinants of Health rotation for second-year Emergency Medicine Residents where physicians in training focus on the social, economic, and environmental factors that affect access to health services. Dr. Sahu co-developed a Climate Change and Health seminar for medical students to better prepare them to address the environmental impacts on population health. Dr. Sahu also currently serves as the Interim Chair for the New Jersey Medical School Department of Family Medicine in Newark, NJ. The Department of Family Medicine provides clinical care to a large Medicaid and uninsured population through the New Jersey Family Practice Center and the Student Family Health Care Center respectively. Dr. Sahu believes that cross-sector collaboration is one essential component to addressing the complex and multifaceted nature of population health and hopes that through this work we can create a healthier and more equitable society for all.
RBHS STUDENT HEALTH CORNER

2023 Healthy Minds Study

Contributing authors: Noa’a Shimoni (Associate Vice President for Student Health and Wellness, Rutgers University; Associate Vice Chancellor for Student Affairs, Student Health and Wellness at Rutgers-New Brunswick) and Joyce Porter (Project Manager, RBHS)

On March 1st, RBHS launched the Healthy Minds Study (HMS). HMS is a national, web-based, student survey that examines mental health, service utilization, and related issues among students. It utilizes validated measures and proprietary questions to gain understanding of the prevalence of mental health conditions, attitudes, access to mental health on campus, help-seeking behaviors, and barriers to service utilization. The survey was conducted at RBHS as part of our JED Campus initiative to improve student mental health, substance misuse, and suicide prevention at Rutgers. The survey closed on March 22nd and results became available in April. Parallel surveys were administered at Rutgers Camden, Newark, and New Brunswick. The University of Michigan will avail the national data and benchmarks at the end of the academic year.

Data collected will allow us to see trends in mental health. We first administered the full HMS in January 2020 before the pandemic and followed this up with a brief subset of questions in January 2022. RBHS will utilize the survey results to determine the state of mental health in our community and inform future programs and resources to best serve our student population. To learn more about the Healthy Minds Study, visit Healthy_Minds_Study - Healthy Minds Network.

FUNDING OPPORTUNITIES

- National Institute on Minority Health and Health Disparities (NIMHD): Community Level Interventions to Improve Minority Health and Reduce Health Disparities. This initiative builds upon the NIMHD’s Community-Based Participatory Research (CBPR) program that was established in 2005. NIMHD is seeking to support and fund research that develops and tests community-level interventions focused on improving minority health and reducing health disparities. An emphasis will be on community-engaged research approaches that apply the NIMHD Research Framework to assess and address health determinants beyond the individual level. NIMHD will commit an estimated total of $10,000,000 to fund about six awards. The maximum project period is five years. This funding opportunity expires on August 10, 2023. Full details about this request for applications can be found at this webpage.

- The Educational Equity & Excellence Collaborative (E3C): E3C Innovation Fund Grant. E3C is a new university-wide initiative that is housed in the Rutgers Office of the Executive Vice President for Academic Affairs (EVPAA). Access and success resources for students from first-generation college families, modest-income backgrounds, and/or historically underrepresented groups are at the forefront of this initiative. E3C is now accepting grants proposals for the Innovation Fund Grants. Rutgers faculty, staff, and students can apply for a one-time grant of up to $25,000 that emphasizes increased college access and promotion of undergraduate student success for first-generation students. Proposals are due on June 2, 2023 for the grant period of Fall 2023 and Spring 2024. Inquiries can be emailed to Tania Tabora, E3C’s Community & Project Manager. Full details can be accessed on the E3C Innovation Fund website.
• Health Resources & Services Administration (HRSA): Screening and Treatment for Maternal Mental Health and Substance Use Disorders. This program seeks to expand health care providers’ capacity to screen, assess, treat, and refer pregnant and postpartum people for mental health and substance use disorders. HRSA will provide up to $750,000 per award (up to 14 awards). The period of performance is five years, from September 30, 2023 to September 29, 2028. The deadline for submitting an application is June 2, 2023. For more details and to apply, refer to the Grants.gov webpage. For any questions, contact wellwomancare@hrsa.gov.

• Health Resources & Services Administration (HRSA): Maternal Health Research Collaborative for Minority-Serving Institutions (MH-RC-MSI) Research Centers (RCs) & Maternal Health Research Collaborative for Minority-Serving Institutions (MH-RC-MSI) Coordinating Center (CC). The Maternal Health Research Collaborative for Minority-Serving Institutions seeks to establish a multi-institutional research network that consists of and provides support for minority-serving institutions. Their goal is to build the capacity for these institutions to conduct research that analyzes and strives to improve disparities in maternal mortality, severe maternal morbidity, and maternal health outcomes. Additionally, this collaborative focuses on using the evidence to identify and inform community-based solutions to address health disparities and advance health equity. There are two open funding opportunities. The opportunity for research centers aims to build the capacity of institutions to conduct maternal health disparity research. The opportunity for coordinating centers provides technical assistance and support to the research centers in building their institution’s research capacity in maternal health disparity research. Please refer to the respective links above for each funding opportunity to learn more about the collaborative, the purpose of each opportunity, eligibility, application requirements, and contacts for inquiries.

• Robert Wood Johnson Foundation (RWJF): Pioneering Ideas – Exploring the Future to Build a Culture of Health. The Robert Wood Johnson Foundation is seeking proposals that aim to impact health equity and make progress toward building a culture of health. The topic areas of special interest for this call for proposals include the future of evidence, the future of social interaction, the future of food, and the future of work. There is not an explicit range for budget requests. The grant period ranges from one to three years. Applications are accepted on a rolling basis throughout the year. To learn more about the eligibility and selection criteria and apply, please refer to the RWJF website.

• American Psychological Foundation: Marian R. Stuart Grant. This grant aims to support the research, practice, or education of early career psychologists on the connection between mental and physical health, particularly for work that advances public health. This grant is open for early career researchers who are no more than 10 years postdoctoral. Applications are due by July 1, 2023. Grant awardees may receive up to $20,000. Full details about eligibility requirements and how to apply can be found on the grant webpage.

• Rutgers Equity Alliance for Community Health (REACH): Community-Academic Grants Program. REACH emphasizes improved health outcomes for economically disadvantaged communities by addressing the social determinants of health, particularly education, employment, food access and food security, housing, and population health. Target cities covered by REACH include Camden, Newark, and New Brunswick. REACH’s grant funding focuses on bringing research into practice through partnerships and community engagement. The REACH Community-Academic Grants Program is set up as two types of funding categories. Community impact grants fund projects that impact the community through evidence-based strategies for change. Projects are not required to have a research focus or lead to research funding. Research seed grants fund projects with the potential to advance knowledge and identify these evidence-based strategies for change. Unlike the community impact grants, the research seed grants must focus on research and lead to research funding. Full details about each grant opportunity and instructions for applying can be found in the 2023 Request for Proposals document.
**ANNOUNCEMENTS**

*Is a project considered human subject research (needs IRB review) or exempt as a quality improvement activity?*

A new flowchart was recently developed under the direction of Dr. Ethan Halm, RBHS Vice Chancellor for Population Health, by a multidisciplinary group including Human Research Protection Program (HRPP) and New Jersey Alliance for Clinical and Translational Science (NJ ACTS) staff.

This self-service tool is designed to help investigators determine whether their project is human subject research or a quality improvement activity and provides guidance on when IRB review and approval is required. This tool can be found on the IRB website, under Quality Activities in the section on HRPP Guidance Topics. It can also be viewed directly, [here](#).

The New Jersey iPHD Project received 17 applications to facilitate research to improve the health and well-being of New Jersey residents

After a successful inaugural cycle that provided pilot funding to four projects to address urgent health issues in the state, the iPHD Project received 17 applications in Cycle II to address one or more iPHD research priorities. These research priorities include: combating the opioid epidemic, improving maternal and infant health, addressing the social determinants of health, and supporting the response to COVID-19 and other public health emergencies. Proposals will undergo a rigorous review process and the iPHD Governing Board will approve the release of data sets and pilot funding in late-summer 2023. The iPHD Project is managed by the Rutgers Center for State Health Policy with funding support from the New Jersey Department of Health (NJDOH). For more information, visit the iPHD website.

**Rutgers School of Public Health Ranked #22 in the U.S.**

The 2023–2024 U.S. News & World Report has recently announced the best graduate schools and programs of public health in the country. Rutgers School of Public Health has been ranked as number 22 and thus is counted as one of the top 25 schools in the country. We applaud the School of Public Health’s commitment to training the next generation of public health professionals and its contributions to research, education, and service. More details about this recognition can be viewed in this School of Public Health news article.

**UPCOMING EVENTS**

**RADx-UP COVID-19 Equity Evidence Academy**

Wednesday, September 27 & Thursday, September 28, 2023, 12–3:30 p.m.

This year’s Evidence Academy is titled, “From Practice to Policies: Sustaining Lessons Learned for Community Engagement in COVID-19 Testing Equity.” This event will feature speakers and sessions around the topic of promising approaches and lessons learned in community engagement through COVID-19 testing and vaccines. This event will serve as a platform for collaboration and a means to identify strategies to bring these lessons learned into practices and policies. The agenda for the Evidence Academy will be forthcoming. To view resources from past Evidence Academy sessions, please refer to the RADxUP website.