

Promoting Health of Youth in Camden, New Jersey

Jihaan Mutasim (SPH/GSBS) & Rose A. Parks (SOM)

Academic Preceptors: Pamela A. Ohman Strickland, PhD. (UMDNJ-SPH) & Dr. Joshua A. Coren, D.O., MBA, FACOF (UMDNJ-SOM)

Community Preceptor: Andy Joshua

Healthy People 2020

Bridging the Gaps Focus Areas

Adapted from HP2010 and HP2020

Adolescent Health

Early and Middle Childhood

Nutrition and Weight Status

Oral Health

Physical Activity



Every week a fitness class was conducted to improve the physical activity of the camp Street Leaders.



In effort to improve the health of children in Camden, UrbanPromise has formed a partnership with Revolution Foods who provides healthy lunch options to each camp site.



The absence of complete streets and the abundance of corner stores which lack healthy options are examples of the built environmental barriers found in Camden, NJ.



In the oral health class children learned how to maintain good oral hygiene and the importance of oral health.



Dr. Bruce Main, the founder of UrbanPromise, has worked diligently since 1988 to improve the lives of children and teens in Camden, NJ.

Parks and Mutasim worked with youth of UrbanPromise in Camden, NJ promoting health in the areas of physical activity, nutrition, and oral hygiene.



The staff at UrbanPromise assisted in the development of the program and have showed true dedication to the children of Camden, NJ



The nutrition classes, taught by the Assistant Team Leaders, focused on the elements of "MyPlate" and the importance of eating a balanced diet.