

Family Health

Our vision **for a healthy Trenton** includes every family in the greater Trenton area having the opportunity to thrive.



Families in Trenton face deep and persistent health inequities. Many mothers experience complications during pregnancy, and outcomes are worst among the Black and Hispanic birthing population.

Infants are more likely to be born too early or too small, while children grow up with higher rates of asthma, obesity, and preventable hospital visits. These challenges are linked to poverty, food insecurity, unstable housing, and systemic barriers to accessing quality care.

Improving family health outcomes requires community-driven solutions that address both medical care and social conditions.



3x likelihood a Black mother in Mercer County experiences poor/negative outcomes from pregnancy-related complications compared to a white mother in NJ.

Black infants in Mercer County are **2x** more likely as white infants to die before their first birthday.

1 in 4 Trenton families struggles with food insecurity, compared to about 1 in 10 households statewide.

>30% of children in Trenton live in poverty, almost 3 times the statewide average.

Maternal and Infant Health Innovation Center (MIHIC)

THT serves as the lead multi-service organization for this statewide initiative. MIHIC positions Trenton as a hub for testing and scaling innovative strategies to reduce disparities in maternal and infant health outcomes.

Paid Leave Benefits Navigation

THT supports expectant parents in learning about the paid family leave benefits they are entitled to during and after pregnancy. Our Community Care Team provides one-on-one support to help families navigate the process.

Maternal Health Stakeholders (MHS)

Convenes cross-sector partners to co-develop strategies addressing maternal, infant, child, and family health. This collaboration has advanced policy and supported regional initiatives such as the current statewide rollout of universal home visiting program (Family Connects).

NJ Department of Health EXHALE

THT partnered with the Trenton Public School District to identify students chronically absent due to asthma-related issues. Now in its second year, THT is collaborating with local schools to identify these students and support them in accessing the care they need to go to school.

SHORT-TERM GOALS

- Increasing the number of families supported in addressing food, housing, and health needs.
- Improving social determinants of health (SDoH) needs in order to reduce prenatal and postpartum high risks.

LONG-TERM OUTCOMES

- Lowering rates of maternal and infant mortality in Trenton to align with statewide averages.
- Reducing the proportion of children testing positive for elevated lead levels.
- Reducing the number of students who are chronically absent in Trenton-area schools.