

Health Education, Promotion and Management

Our vision for a healthy Trenton includes population health outcomes from chronic disease falling in-line with the rest of Mercer County.



Trenton residents face steep barriers to achieving good health. Many struggle with limited access to primary care, preventive screenings, and reliable health information.

Social and economic inequities—such as poverty, language barriers, and lack of transportation—make navigating a fragmented healthcare system even harder.

Without strong health education and promotion, families often lack the knowledge and support to make informed decisions, leaving them more vulnerable to preventable illnesses such as diabetes, asthma, and hypertension, as well as higher healthcare costs.



Nearly **18%** of Trenton adults lack health insurance, 2.5x higher than the state average.

Almost **25%** of Trenton residents do not visit a primary care provider annually, 1.5x higher than the state average.

Nearly **25%** of Trenton residents live below the poverty line, 2.5x higher than the rest of the state.

15% of Trenton adults have diabetes, 1.5x higher than NJ average.

12% have asthma, 1.3x higher than NJ.

38% have hypertension, 1.4x higher than NJ.

Cancer Education and Early Detection (CEED)

THT leads the NJ Department of Health's CEED program in Mercer County, partnering with local providers to deliver breast, prostate, colorectal, and cervical cancer screenings to those who might otherwise go without. To date, THT has facilitated screenings for 4,000+ residents.

Diabetes Support

THT provides education, outreach, and care management to help residents better control their condition and avoid complications. In 2024-2025, THT delivered diabetes education and care management to 300+ patients.

Asthma Support

THT provides assessments to identify respiratory triggers while offering coaching on long-term disease management. Families are also equipped and empowered with digital tools to monitor their condition—helping to reduce emergency visits.

Tuberculosis Care and Testing

THT provides dedicated tuberculosis support across Mercer County. Our team includes a registered nurse who provides training and clinical support to help residents access testing, manage their condition, and navigate follow-up care.

Heart Health

The Cardiac Opportunities for Resilience and Empowerment (CORE) program provides support to people living with or at-risk of cardiovascular disease to improve health outcomes and reduce hospital visits. Participants learn to manage hypertension and ways to improve their overall heart health.

SHORT-TERM GOALS

- Expand access to health education events and preventive screenings for diabetes and cancer in community settings to reach at least 1,000 additional residents within the next year.
- Strengthen care management services for diabetes and hypertension, helping residents build self-management skills and consistent connections to primary care.
- Provide training and support to Community Health Workers (CHWs) to enhance outreach, navigation, and referrals for both medical and social needs.

LONG-TERM OUTCOMES

- Percent of Trenton adults with diabetes decreases toward the state average.
- Percent of Trenton adults with a primary care visit in the past year increases, closing the gap with New Jersey overall.
- Percent of Medicaid members with a hospital encounter for potentially preventable problems decreases.