



# **BRIDGING THE GAP TO EXCELLENCE**

Pilot Program to Sustainability

2018

## EXECUTIVE SUMMARY

Trenton Youth Wrestling (TYW) is a New Jersey Non-profit LLC with 501(c)(3) status. TYW is a year-round athletic and support program designed to provide Trenton boys and girls with the opportunity to grow personally, build self-esteem and honor achievement utilizing the sport of amateur wrestling as a vehicle.

### **Mission Statement:**

The mission of Trenton Youth Wrestling is to instill in young men and women the ideals of Citizenship, Competitive Greatness and Scholar Athleticism.

### **Core Values:**

TYW has seven Core Values: Inclusion, Respect, Excellence, Integrity, Education, Family and Community.

### **Goals:**

TYW's goal is to utilize its Core Values and launch into the world well-rounded, emotionally and intellectually intelligent individuals driven to pursue excellence in all spheres of their lives.

### **Current Operations:**

TYW currently operates as a school-based program for grades 3-8 operating in the Trenton School District. TYW is affiliated with the U.S. Olympic Committee through membership in USA Wrestling (the national governing body for the sport of wrestling in the United States). As a recognized USA Wrestling Chartered Club, TYW receives liability insurance and ensures all of its Coaches have been vetted by USA Wrestling in keeping with good child protection practices (see our website at : "trentonyouthwrestling.org" for our Child Protection Policy).

### **Pilot Program:**

Three (3) pilot sites were selected for the initial roll-out of the program: Hedgepath/Williams Middle School, Rivera Community Middle School and Parker Elementary School.

The pilot program (2016-2018) for Trenton Youth Wrestling demonstrated a significant upward trajectory. In 2016, the program began with 15-20 athletes, by 2018 TYW had over 70 athletes, spread across all 3 pilot schools. Athletes were given the opportunity to participate, full-time, in practices during the week and to compete, with assistance from the Princeton Wrestling Club, in the Delaware River Wrestling League during the weekends.

## Ongoing & Future Operations:

To date, TYW's Pilot Program has been tremendously successful. Starting with only 3 schools and 10-15 participants TYW has experienced year over year growth of over 100% for the past two years. Culminating in over 70 participants last year. TYW will continue as a Pilot Program for one (1) more year (2018-2019) as we continue to refine our site-specific, transportation, and recruiting strategies. After this season, TYW plans to aggressively expand to the remaining schools in the Trenton School District. TYW would like to increase its level of engagement and add 20-40 athletes from each additional elementary school that participates in the program.

Over time our goal is to expand the program to represent all Trenton Public Schools. This includes thirteen (13) elementary schools and four (4) middle schools. Our expansion goals are supported by TYW's successful, initial, implementation and by the School Districts large pool of untapped participants. Total school enrollment for the 2014-2015 school year from preschool through high school was 13,881 (197 in pre-school; 5,575 in elementary school including kindergarten; 2,322 in middle school; 2,718 in high school).<sup>i</sup>

Ultimately, TYW should provide Trenton Central High School with a steady stream of highly motivated, scholar athletes, that are engaged with their community and school.

## Program Elements

There are three specific elements that make up the initial TYW program:

1. Wrestling
2. Education
3. Community Service

To advance these elements, TYW will engage in the following activities:

## Wrestling

1. *Wrestling Practice and Competition* – Wrestling practice will continue five (5) days a week (November – February) after school and TYW will become a full, stand alone, member of the Delaware River Wrestling League for weekend competitions.
2. *Wrestling Clinics* – We will bring in some of wrestling's best from the collegiate, national and international competition levels to provide clinics. These kinds of events are an ingrained part of our core competencies and some examples are listed below:
  - a) This year we partnered with the Wrestlers in Business Network (WIBN) to hold a clinic focused on women in wrestling. Olympic medalist Sally Roberts (founder of "Wrestle like a Girl") led the clinic for girls in Trenton and drew dozens of female athletes from around the central NJ area.

- b) Last year we hosted Olympic gold medalist Kyle Snyder and Ohio State Head Wrestling Coach Tom Ryan in Trenton for a discussion and wrestling event. Kyle Snyder spoke with Trenton youth about the determination and perseverance it takes to realize your dreams. Coach Ryan spoke eloquently about his faith in god, in wrestling, and in the spirit he sees in the Trenton youth.
  - c) In July, 2018 we hosted a Free Weeklong Wrestling Clinic in Trenton. The Clinic was led by Coach Canaan Bethea and Included sessions from Coach Jason Sabol and Robert Prunetti (Head Coach Trenton High School). The clinic ran from 10am – 3pm Monday through Friday (July 16<sup>th</sup> – 20<sup>th</sup>) and was attended by just under 40 youth wrestlers from the Trenton area.
3. *Summer Wrestling Camps* - We will establish relationships that offer scholarships and space for TYW athletes at various wrestling camps each summer. Five of the region’s universities who offer wrestling as a sport, Princeton, Rider, Rutgers, The College of New Jersey and Stevens Institute of Technology run wrestling camps.
  4. *Strategic Partnerships* – We will establish additional partnerships with government and the private sector, in and outside of the wrestling community, to advance the mission of Trenton Youth Wrestling. As mentioned above, we have a good relationship with WIBN and USA Wrestling. We also have an ongoing relationship with the Princeton Wrestling Club (PWC) who generously provided uniforms, shoes, and headgear in addition to logistical support for our participation at wrestling events for the past two years.



Wrestlers and Coaches of Trenton Youth Wrestling.

Free Clinic, July 2018.



**WRESTLERS IN BUSINESS NETWORK**  
 PRINCETON CHAPTER  
 and  
**Wrestle Like a Girl inc.**

**WRESTLE LIKE A Girl**  **WRESTLERS IN BUSINESS NETWORK**  
 PRINCETON CHAPTER

*Proudly Present*

**A Wrestle Like a Girl Empowerment Clinic**

Where: Parker Elementary School 820 S Warren St. Trenton, NJ 08611  
 When: Monday, January 8th from 4:00 - 6:00 p.m.  
 Check In: 3:00 - 3:45 p.m.

*FREE for all girls who wrestle or want to wrestle*  
*Parents: You are welcome to stay and watch.*  
*Wrestlers in Business members will be on hand. Mingle & learn more about the organization!*

Questions can be directed to: [Sally@wrestlelikeagirl.org](mailto:Sally@wrestlelikeagirl.org)  
 719-581-7112

Sally Roberts; U.S Special Forces Veteran, Olympic Medalist, and founder of Wrestle Like a Girl coaching in Trenton.

Trenton Youth Wrestling in Cooperation with the Wrestlers in Business Network and hosted the FREE event at Parker Elementary School to empower female wrestlers.





Kyle Snyder; 3-time NCAA Champion, Olympic Gold Medalist, and World Champion on the mat with youth wrestlers from Trenton and at the All-Star Classic.



Helen Maroulis, Americas first female Olympic Gold Medalist in wrestling, on the mat teaching fundamentals to Trenton Youth Wrestlers and others at the 52<sup>nd</sup> NWCA All-Star Classic.

## Education

The education component of TWY's program is designed specifically to support: literacy, the arts, experiential learning, and tutoring opportunities for our scholar-athletes. To accomplish these things, TYW will look to partner with some of the best organizations both locally and nationally who are doing work in these areas.

Organizations we will initially recruit include: The McCarter Theater in Princeton, NJ to offer arts education enrichment opportunities and the Travis Manion Foundation headquartered in Doylestown, PA for their Character Does Matter (CDM) education programming.

In future years we will look for opportunities to take TYW participants out to experience hands-on learning, and to support our alumni who are headed to high school, we will look to add college tour, internship opportunities and financial literacy programs.

## **Community Service**

Every participant in TYW will learn the importance of giving back to the community. The notion of "being in service to others" is echoed in our Core Values and we will instill this spirit in TYW wrestlers. We would like to start by taking advantage of the Travis Manion Foundation's "Operation Legacy Program" (the Program is a twice annual nationwide event series that brings veterans, families of fallen heroes and community members together through local service projects).

## **Program Budget and Costs**

The budget for the first two full years of the program starting July 1 and ending June 30<sup>th</sup> for each is \$253k for Year 1 (2018-2019) and \$286k for Year 2 (2019-2020). As a school-based program, it makes sense for our budget cycles and fiscal year to match.

The budget would then grow annually in the following four years as staff, program sites (3-4 per year), number of participants and programming are added. We anticipate the annual budget then being maintained in the \$735k range starting in Year 6.

We plan to have a diverse funding base to include corporations, foundations, individual donors, local and State government grants and sponsorship opportunities.

## WHY TRENTON?

**Trenton's youth are at risk. The Trenton Youth Wrestling program can mitigate some of this risk.**

There is great need for programs that can assist our young people, especially those in urban areas, to break out of the cycles of poverty, obesity, low graduation rates, high dropout and absentee rates, youth unemployment, violence and incarceration. Trenton is fighting all these issues at an elevated level:

1. *Children Living in Poverty*: 36.8% of Trenton's children are living below poverty compared to 14.3% at the state level. <sup>ii</sup> Trenton's district schools enroll a higher percentage of Free Lunch and Free or Reduced-Price Lunch students 84% and 89% respectively. <sup>iii</sup>
2. *High School Graduation Rates*: In 2011, Trenton boasted a 41.1% graduation rate. With the change in the statewide graduation formula in 2014, the districtwide graduation rate is now 55.7%. <sup>iv</sup> Even with the adjusted rates Trenton students continue to be over 27% less likely to graduate than their contemporaries.
3. *Dropout and Absentee Rates*: Trenton shows a 28% drop out rate -- more than all other District in the area. <sup>v</sup> The Absentee rate was 32% for Trenton Public School's K-12 students —one of the worst in the state. <sup>vi</sup>
4. *Youth Unemployment*: In New Jersey, only 21% of youth (ages 16 to 19) and 59% of young adults (ages 20-14) were employed. <sup>vii</sup>
5. *Youth Gun Violence*: Trenton ranks fourth nationally for teen gun violence. An AP and USA Today report placed Trenton near the epicenter of youth gun violence. <sup>viii</sup>
6. *Youth Incarceration Rates*: According to statistics provided by law enforcement, approximately 1,174 juveniles were apprehended within city limits by Trenton Police Department (TPD) officers. That statistic includes individuals who were apprehended by TPD more than once but does not include juveniles apprehended by state police or other agencies working in the city. <sup>ix</sup>
7. *Youth Incarceration Costs*: "the average costs of the most expensive confinement option for a young person..." is \$148,767 a year. For New Jersey, youth incarceration is more expensive; as of 2014 New Jersey spends up to \$196,133 to incarcerate one young person each year. <sup>x</sup>
8. *Obesity*: Nationally, one in three children and teens are obese or overweight. Among children today, obesity is causing a broad range of health problems. These health problems include: high blood pressure, type 2 diabetes and elevated blood cholesterol levels. There are also psychological effects. Obese children are more prone to: low self-esteem, negative body image and depression. <sup>xi</sup> New Jersey overall ranks 21st among all states with high overweight and obesity rates among adolescents ages 10-17 with a combined overweight/obesity rate of 31.7%. <sup>xii</sup>

## WHY WRESTLING?

**Trenton's youth are at risk. The Trenton Youth Wrestling program can mitigate some of this risk.**

**Wrestling is a universal sport** that empowers young people regardless of age, height, weight, sex, handicap or even athletic ability. It does not require innate speed or hand-eye coordination. It is both an individual and a team sport. Wrestling demands commitment, perseverance and mental grit from its participants.

**Wrestling participation** "...Due to its physical and tactical nature that pushes emotional levels...offers unique moral-development experiences such as maturity of self-concept, decision making, self-control and sportsmanship. More specifically, through the concept of fair play, students can learn to obey rules and develop personal and social responsibility for their behavior. "

**Wrestling is a great conditioner.** The U.S. Department of Health and Human Services released key guidelines for exercise for children and youth including: overall, 60 minutes or more of physical activity daily; vigorous-intensity aerobic physical activity at least 3 days a week; muscle-strengthening physical activity at least 3 days of the week; bone-strengthening physical activity on at least 3 days of the week. Wrestling not only covers all these guidelines, it also teaches participants how to eat healthy and manage weight.

**Wrestling is inexpensive.** No costly equipment is required (compared to most other sports) just a pair of shoes, wrestling headgear, and a t-shirt and shorts or singlet. The average cost, per athlete, is approximately \$150 for a full season (\$80 shoes, \$30 headgear, \$40 singlet). This cost can be lowered significantly by sharing headgear and reusing shoes and singlets from season to season. A high-quality set of headgear will last 8 seasons and handing down shoes and singlets will typically last 3 seasons or more.

**Wrestling builds leadership skills** and a "can do" attitude. Wrestling has produced U.S. Presidents, Cabinet Officials, and Speakers of the House of Representatives. The CEOs of Charles Schwab and Kraft Foods, and General Managers of major sports teams, including the New York Yankees, all come from the wrestling community.

**Wrestling has a proud tradition in Trenton.** Trenton, is a natural place to launch a youth wrestling program and not just because it is the state capital or because wrestling as a sport is very much embedded in the psych of the Garden State. Trenton is also home to New Jersey's "First Family of Wrestling" – the Betheas. They are a long-standing family of talent and character and are living proof that wrestling and scholarship can make one's dreams come true.

**As legendary wrestling coach and Olympic gold medalist, Dan Gable famously said:**

***"Once you have wrestled, everything else is easy."***

## CONCLUSION

The U.S. Department of Health and Human Services states “It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.” Wrestling does just that and more: it allows boys and girls to participate, it challenges you physically and mentally, it produces results when you give it your all and it demands that you learn new things; even about yourself. However, TYW is about more than just wrestling. It seeks to broaden horizons through education (in the arts and sciences) and inspire to volunteerism through community service.

TYW, through its Mission Statement and Core Values looks forward to building well-rounded, healthy, and productive members of the Trenton community writ-large.

***“What if...this program grew to its potential? What if these young girls and boys get the same great coaching, teaching, role models, and mentorship that I was blessed to have? What if Trenton Youth Wrestling produced an Olympian? Why not?” –Kyle Snyder, Olympic Gold Medalist.***



Dr. Mark McLaughlin, Founder of Trenton Youth Wrestling with Coach Gormley and some of the Trenton Youth Wrestlers at a Delaware River Wrestling Quad Meet.

## ABOUT THE OFFICERS AND COACHES OF TRENTON YOUTH WRESTLING

**Dr. Mark McLaughlin** is Chairman of the Board and CEO of Trenton Youth Wrestling. Dr. McLaughlin is a board-certified neurosurgeon. Dr. McLaughlin's passion is to use the lessons he's learned in his career to help others courageously engage all aspects of life and athletics. By sharing his reflections on personal and professional life experiences, he aims to help others better understand themselves.

Dr. McLaughlin is the founder of Princeton Brain and Spine. He received his undergraduate degree in philosophy from the College of William & Mary. He graduated with his medical degree from Virginia Commonwealth University with Alpha Omega Alpha honors and completed his residency in neurosurgery at the University of Pittsburgh. He then went on to complete a fellowship in complex spine surgery at Emory University. He has published over 100 articles on neurosurgery and spoken internationally about his field.

A former NCAA Division I wrestler, Dr. McLaughlin was inducted into the National Wrestling Hall of Fame in 2016. He is a member of the Congress of Neurological Surgeons and American Association of Neurological Surgeons, and resides in Princeton, NJ with his wife Julie.

**Alex Bethea** is a Board Member and Director of Operations. Mr. Bethea is a City Council Member of Trenton NJ since 2010.

Mr. Bethea is the epitome of class and an outstanding example of a locally involved citizen. Now retired, after 40 years of teaching and administration with the Trenton Board of Education, his exemplary citizenship extends beyond the school house into the community. Mr. Bethea is an ideal champion for Trenton Youth Wrestling, its Mission, and core values.

Mr. Bethea graduated from The College of New Jersey (TCNJ) with a bachelor's degree in Health and Physical Education/Fitness. He remains active with the Omega Psi Phi Fraternity and supports their Cardinal Principles of manhood, scholarship, perseverance, and uplift. The Fraternity has many notable leaders in the arts, academics, athletics, entertainment, education, government and scientific fields.

Mr. Bethea is the proud father of 9 children including several wrestlers. His son Isaac (wrestled for Trenton Central High School), followed by brothers: Jaaziah (who wrestled at George Mason University), Arron, Canaan, Ray, and May all of whom wrestled at the University of Pennsylvania. Canaan and Ray remain active wrestlers and both are Wrestling Coaches and mentors for Trenton Youth Wrestling. All told the Bethea brothers have won 19 Mercer County Championships, 13 District Titles, 5 Regional Crowns, and 1 State Championship since 1999. This enduring legacy reinforces the Betheas' title as the "First Family of Trenton Wrestling".

Mr. Bethea resides in Trenton NJ with his wife Gloria.

**Dr. Benny Soffer** is a Board Member and the Treasurer of Trenton Youth Wrestling. Dr. Soffer was the Medical Director for Medical Information Systems and Clinical Process improvement at Yale New Haven Hospital from 2002-2005. In 2005 he became the co-founder of Consonance Capital, a healthcare investment firm located in New York City.

Dr. Soffer received his Bachelor of Arts degree from Williams College and his Medical Degree from Emory University. Dr. Soffer earned an MBA from Yale University and continues to manage Consonance Capital today. Dr. Soffer brings financial expertise and a genuine commitment to wrestling in addition to a passion for assisting under privileged youth. Dr. Soffer currently serves on the Board of the Princeton Wrestling Club.

Dr. Soffer was a State Champion wrestler from Georgia and wrestled at Williams College from 1990-91. He resides in Princeton NJ with his wife Janet and son Eli.

**Mr. Robert Schmidt** is a Board Member and the Secretary of Trenton Youth Wrestling. Mr. Schmidt is an entrepreneur and commodities trader. He is currently the founder of CyVantage (a cyber “Defense Contracting” firm), a Board Member of the Cyber Conflict Studies Association and the Intelligent Cyber Research LLC. Mr. Schmidt is also a Guest Lecture for Johns Hopkins Graduate School in Intelligence Analysis and a Member of the Atlantic Council. Mr. Schmidt is also the Chairman of the Board of Directors of the Princeton Wrestling Club.

Mr. Schmidt was a Member of the Chicago Board of Trade, the Chicago Mercantile Exchange and the Chicago Board of Options Exchange. He is a qualified Arbitrator for FINRA and a Department of Defense expert on money laundering and terrorist financing.

Mr. Schmidt wrestled at Hinsdale South High School (Illinois) and Princeton High School (New Jersey). In College he wrestled “unattached” with support from Valparaiso University (Indiana). He resides in Montgomery, NJ with his wife Patti and son Isaac.

**Mr. Canaan Bethea** is the Director of Mentorship. Canaan is currently the Assistant Wrestling Coach at George Mason University. He is also a Counselor for Beat the Streets of Philadelphia, and Residential advisor/tutor and counselor for the University of Pennsylvania’s Upward Bound program, and a Peer Counselor at UPenn.

Canaan has a bachelor’s Degree in Psychology from the University of Pennsylvania and a Master of Science in Educational Psychology from George Mason University.

Canaan began wrestling at an early age with the Princeton Amateur Wrestling Society (PAWS). He finished his outstanding High School wrestling career with a 126-12 record (setting the county win

record) and finished second in the NJ State Tournament and 5<sup>th</sup> at the High School Nationals. In College Canaan finished 5<sup>th</sup> and 2<sup>nd</sup> in the EIWA Championships and qualified for the NCAA tournament in 2012 and 2015. Canann is currently an Olympic hopeful with the Pennsylvania Regional Training Center in Philadelphia.

**Ms. Gloria Bethea** is the Director of Tutoring. Ms. Bethea is currently the Learning Academy Director. She formerly practiced as a Nurse Clinician. She credits patient education training for equipping her to homeschool her nine children. A sought-after tutor, her tutoring and nursing philosophies are the same: always consider the whole person when serving someone - their attitude, informational processing strengths and weaknesses, learning style, nutritional health, organizational skills and personality. She is a founding member of the Trenton Children's Chorus (TCC) advisory board and has served on the board of MentorPOWER, as a volunteer writing coach for Trenton Central High School, and as a member of the Action Team that researched, evaluated and planned the reorganization of Trenton Central High School into career focused, small learning communities. Mrs. Bethea is the recipient of the 2008 Z-HOPE Humanitarian of the Year Award and the 2015 Tre'Devon Lane Foundation's Community Service Award.

Ms. Bethea holds undergraduate and graduate degrees from the University of Pennsylvania.

She resides in Trenton NJ with her husband Alex.

**Coach Glenn Gormley** is the Athletic Director for Trenton Youth Wrestling. Coach Gormley was a small business owner for 27 years and is currently the Director of Collegiate Initiative for Wrestle Like a Girl, Inc.

Coach Gormley wrestled at the University of Tennessee for a year and then wrestled for William & Mary from 1980-84. He was an Assistant Coach at W&M from 1984-89. Coach Gormley helped produce 6 EIWA Champions and 2 EIWA "Outstanding Wrestlers. In addition, he coached 2 College State Championship Teams and 5 wrestlers who were inducted into the W&M Athletic Hall of Fame.

Coach Gormley received his BBA from William & Mary in 1984 and followed up with an MBA in 1989.

**Coach Jason Sabol** is a Senior Coach for Trenton Youth Wrestling. Coach Sabol is a Health and Physical Education Teacher in Trenton, NJ. He is a Certified Red Cross WSI/Lifeguard, a South-East Pennsylvania (SEPA) National Team Coach since 2005 and a MAWA Junior Olympic Freestyle Coach from 2004-14. Coach Sabol was a NWCA Scholar All-American at Ursinus College (class of 2005).

In addition, Coach Sabol coached: Delran High School AA and Middle School Youth; the "Wrecking Crew" Wrestling Club; Cinnaminson Middle School (South Jersey Middle School Champions);

Camden Catholic High School (12 years; 10 Team State Titles, 3 Individual State Champions, and 11 State Place winners). He is currently the Assistant Coach at Temple University producing 4 NCWA All-Americans.

## APPENDIX A: ENDNOTES

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<sup>i</sup> Wikipedia.com, Trenton Public Schools information with school enrollment data via NCES for the 2014-2015 school year:

[https://en.wikipedia.org/wiki/Trenton\\_Public\\_Schools](https://en.wikipedia.org/wiki/Trenton_Public_Schools)

<sup>ii</sup> City Data – Trenton, New Jersey Poverty Rate Data Profile:

<http://www.city-data.com/poverty/poverty-Trenton-New-Jersey.html>

<sup>iii</sup> Save Our Schools NJ, Demographics, Trenton City Public Schools & Charters, 2013-14:

<http://www.saveourschoolsnj.org/save/corefiles/wp-content/uploads/2014/10/Trenton-Charter-School-Data.pdf>

<sup>iv</sup> NCES – The Condition of Education, Public High School Graduation Rates, Updated April 2017:

[https://nces.ed.gov/programs/coe/indicator\\_coi.asp](https://nces.ed.gov/programs/coe/indicator_coi.asp)

<sup>v</sup> Towncharts.com, Trenton New Jersey Education Attainment Charts, 2018:

<http://www.towncharts.com/New-Jersey/Education/Trenton-city-NJ-Education-data.html>

<sup>vi</sup> The Trentonian, “Trenton Public Schools ranks as one of worst in state with student absenteeism” September 2016: <http://www.trentonian.com/article/TT/20160914/NEWS/160919882>

<sup>vii</sup> The Bonner Center for Civic and Community Engagement “Youth Employment: Trenton & Beyond” Issue Brief, February 2013

<https://tppb.pages.tcnj.edu/files/2012/12/Youth-Employment-Trenton-Issue-Brief.pdf>

<sup>viii</sup> The Trentonian, “Trenton ranks fourth nationally for teen gun violence” September 2017:

[http://www.trentonian.com/opinion/20170908/la-parker-trenton-ranks-fourth-nationally-for-teen-gun-violence?source=most\\_viewed](http://www.trentonian.com/opinion/20170908/la-parker-trenton-ranks-fourth-nationally-for-teen-gun-violence?source=most_viewed)

<sup>ix</sup> The Trentonian, “The state of juvenile crime in Trenton” August 2015:

<http://www.trentonian.com/article/TT/20150823/NEWS/150829906>

<sup>x</sup> Youth Justice New Jersey, biggest takeaways from the Justice Policy Institute’s 2014 report, “Sticker Shock: Calculating the Full Price Tag for Youth Incarceration”: <http://www.youthjusticenj.org/the-problem/the-costs/>

<sup>xi</sup> American Heart Association August 2014: [http://www.heart.org/HEARTORG/GettingHealthy/Overweight-in-Children\\_UCM\\_304054\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/Overweight-in-Children_UCM_304054_Article.jsp)

<sup>xii</sup> State of Obesity.org 2016 Report: <https://stateofobesity.org/states/nj>

