



nh healthy families™

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**JAFFREY-RINDGE MIDDLE SCHOOL AND NH HEALTHY FAMILIES CELEBRATE
NATIONAL ‘NO ONE EATS ALONE DAY’**

Bedford, NH – (April 13, 2022) – Last week, students at Jaffrey-Rindge Middle School joined leaders at NH Healthy Families for [No One Eats Alone® Day](#), a positive prevention initiative designed to promote inclusion among students.

On April 8, representatives from NH Healthy Families hosted the event in honor of created by the nonprofit [Beyond Differences™](#). More than 300 students participated in activities designed to teach them about the negative impact social isolation can have on health and academic performance.

Social isolation affects millions of students each year and has been identified as a precursor to bullying, self-harm, and community violence. Amid the ongoing COVID-19 pandemic, promoting mental health has gained increased importance, as students continue to deal with stressors from the pandemic and social distancing. Through *No One Eats Alone Day*, students have shown that if they are given the tools, they will stand up for others as empathetic and caring activists, not passive bystanders.

“At NH Healthy Families, we’re committed to helping children lead healthier lives by providing them with safe environments to discuss challenges,” said Clyde White, NH Healthy Families Plan President and CEO. “We are proud to work with Jaffrey-Rindge Middle School again this year to celebrate *No One Eats Alone Day*, giving students in New Hampshire the tools they need to remain focused on their health and social lives.”

“*No One Eats Alone Day* is especially relevant this year as we begin to loosen the COVID restrictions and students reconnect in person at the lunch table,” said Shauna Smith, Jaffrey-Rindge Middle School Teacher. “We commend NH Healthy Families for once bringing this important program to our school, one in which our students look forward to every year.”

Jaffrey-Rindge Middle School joined more than 2,500 schools across the country that celebrated *No One Eats Alone Day* this year. The initiative reached more than 1 million students in all 50 states.

National *No One Eats Alone Day* is sponsored by the [Centene Charitable Foundation](#).

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About NH Healthy Families

NH Healthy Families™ is a health plan serving the needs of New Hampshire residents through the state Medicaid program, Ambetter™ marketplace exchange product, and Wellcare, our Medicare Advantage product. Our locally based employees and fully integrated Medical, Behavioral and Wellness programs provide innovative health solutions to every region of the state with the express purpose of transforming



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the health of the community, one person at a time. NH Healthy Families is a wholly owned subsidiary of Centene Corporation, a diversified healthcare enterprise. Information is available at NHhealthyfamilies.com.