



nh healthy families.

FOR IMMEDIATE RELEASE

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**JAFFREY-RINDGE MIDDLE SCHOOL AND NH HEALTHY FAMILIES
PARTICIPATES IN
NATIONAL *NO ONE EATS ALONE DAY***

Bedford, NH – NH Healthy Families recently sponsored the Jaffrey-Rindge Middle School student celebration of *National [No One Eats Alone® Day](#)*, a positive prevention initiative designed to promote inclusion among students.

Representatives from NH Healthy Families hosted an assembly in honor of *No One Eats Alone Day*, created by the non-profit [Beyond Differences™](#). More than 300 Jaffrey-Rindge students participated in activities designed to teach them about social isolation and the negative impact it can have on a student's health and academic performance. The students then engaged in a simple act of kindness at lunch – making sure no one is eating alone by sitting with students who they didn't know. They were given ice breaker topics to spur conversations and highlight their commonalities.

Social isolation affects millions of students and has been identified as a precursor to bullying, self-harm and community violence. 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 building and maintaining children's health, and that includes providing them with resources to succeed in life,” said Jeff Grahling, NH Healthy Families Plan President and CEO. “We are proud to partner with Beyond Differences to celebrate No One Eats Alone Day, and bring light to social issues that affect students in New Hampshire.”

“Social isolation is a preventable public health problem,” says Laura Talmus, co-founder and executive director of Beyond Differences. “We've learned through teachers and families that *No One Eats Alone Day* is a powerful step and positive initiative that can change the culture in schools to be a more welcoming place for all.”

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

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 and Ambetter™ marketplace exchange 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 the health of the community, one person at a time. NH Healthy Families is a wholly owned subsidiary of Centene Corporation, a diversified, multi-national healthcare enterprise. Information is available at NHhealthyfamilies.com.



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