



FOR IMMEDIATE RELEASE

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Contact:

Kerry Pascetta

Kerry.L.Pascetta@Centene.com

MediaInquiries_NH@Centene.com

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

Bedford, NH – NH Healthy Families, a New Hampshire-based managed care organization recently hosted an assembly in honor of National [*No One Eats Alone® Day*](#), created by the non-profit [*Beyond Differences™*](#). The student-led prevention initiative is designed to promote inclusion in middle schools.

Students at Jaffrey-Rindge Middle School learned about social isolation and the negative impact it can have on student health and academic performance. They were then encouraged to demonstrate inclusion by interacting and eating lunch with students who they don't know.

"NH Healthy Families was proud to host this important event once again this year," said Jennifer Weigand, Plan President and CEO. "No One Eats Alone Day is a key initiative within our youth program that serves to benefit our members as well as the overall community."

"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."

Social isolation is a preventable public-health crisis affecting millions of students and has been identified as a precursor to bullying, self-harm and community violence. Students have shown that when they are given the tools, they will stand up for others as empathetic and caring activists, not passive bystanders. Jaffrey-Rindge Middle School is one of more than 2,250 schools across the country that will celebrate *National No One Eats Alone Day*. The initiative will reach more than one million students in all 50 states.



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NH Healthy Families™ is a managed care organization 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.