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Contact: daylyn finnegan, Project Assistant, 802-885-2126, dfinnegan@vermontel.net

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30+5 Goes to Washington

Healthy Initiatives Community Program Gives Presentation

The 30+5 Program, a health intervention service, gave a presentation based on their project to a group of grantees at the annual HRSA (Health Resources and Services Administration) Conference. The Office of Rural Health Policy chose the 30+5 Program, Project Coordinator Nancy Schaefer and Project Assistant daylyn finnegan, from grantees based all around the United States to be one of 8 presenters at the Washington, D.C. Conference. 30+5 promotes a minimum of 30 minutes of activity a day and at least 5 servings of fruits and vegetables. The primary target group is middle schoolers (6th, 7th, and 8th graders) in Riverside Middle School in Springfield and Windsor High School and State Street School in Windsor. They are guided by the PAN (Physical Activity and Nutrition) Consortium which consists of doctors, nurses, dietitians, businesses, school personnel, and other community members interested in the health and well-being of the local children. The presentation centered on what the program has already accomplished as they are moving into the third year of their 3-year Rural Health Care Services Outreach grant and how they've been working in and with the local schools. They promote healthier lifestyles through nutrition education and offerings of non-competitive physical activities. For more information about this and other activities, please call 30+5 at 802-885-2126.