



FOR IMMEDIATE RELEASE

Media Contact:
Hilda Martinez
Communications Coordinator
hmartinez@cvhnclinics.org
(559) 255-4300, ext. 16

March is National Nutrition Month®

Central Valley Residents of All Ages Encouraged to Eat Right

Fresno, Calif., March 10, 2009—The Central Valley Health & Nutrition Collaborative, in conjunction with the American Dietetic Association, is encouraging local residents of all ages to eat right and get healthy. Eating right at any age is a key factor in maintaining a healthy weight and reducing the risk of chronic diseases, especially cancer, heart disease, and type 2 diabetes.

“What a person eats can significantly impact his or her life,” said Jim Vidak, County Superintendent of Schools, Tulare County Office of Education. “For example, we know that children who eat well perform better in school. Good nutrition is vital for overall health and development and can positively affect success in school.”

Throughout the month of March, local organizations in the Collaborative, including First 5 Fresno County, Tulare County Office of Education, Health Net, Dairy Council of California, Anthem Blue Cross and the Fresno County Office of Education, will be reminding Valley residents that eating right is important and easy.

Below are a few simple steps everyone can take to eat better and live healthier.

1. Adopt a few specific small changes such as adding a piece of fruit daily to your diet.
2. Plan out meals to prevent unhealthy, last minute choices.
3. Select food that is nutrient rich—packed with vitamins, minerals, fiber and other nutrients—like colorful fruits and vegetables, low-fat dairy foods like milk and yogurt and whole-grains.
4. Increase physical activity for overall health and fitness—60 minutes for children and at least 30 minutes for adults.
5. Be aware of special needs. Nutritional needs can vary according to age and overall level of health.

For more information, visit the American Dietetic Association at www.eatright.org, or visit www.cvhnc.org.

About the Central Valley Health & Nutrition Collaborative

The Central Valley Health & Nutrition Collaborative (CVHNC) is comprised of more than 100 health and nutrition-related partner organizations and more than 250 individuals who are committed to the health of residents in Mariposa, Merced, Madera, Fresno, Tulare, Kings and Kern Counties. The Collaborative brings organizations together to address regional health concerns through policy, prevention and intervention activities.

For more information about the collaborative, visit www.cvhnc.org or call (559) 255-4300.

##