

For Immediate Release

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Health coalition: Start the New Year on a healthy note

Get Healthy CT's tips and activities for a healthier body, mind and spirit

Get Healthy CT covers Fairfield and New Haven counties

BRIDGEPORT, Conn. – Jan. 5, 2015 – Get Healthy CT, the regional wellness coalition of hospitals, health departments and other health and social service providers, is urging area residents to start the New Year on a healthy note by committing to a healthy diet and regular exercise.

Visit GetHealthyCT.org and click on “Monthly Health Feature” for information about

- Top Health and Fitness Apps
- *The First Chapter of a Year of Being Well* by Michael and Susan Dell
- 10 Tips on Being a Healthy Role Model for Children
- Mindfulness in Eating
- Let's Move Activity Chart
- Family Activities Calendar

Most information is available in English and Spanish. Direct access is available at: <http://gethealthyct.org/wp-content/uploads/2015/01/January-2015-FINAL-packet.pdf>

An archive of previous monthly features is also available.

Get Healthy CT focuses on a different obesity prevention topic each month and provides resources in print and online. Printed information packets are also available at Bridgeport area libraries, community centers, regional health departments, and other locations.

Get Healthy CT is a community coalition that works in the greater Bridgeport, New Haven, and Greenwich regions to make the “healthy choice the easy choice.” Get Healthy CT provides information about being healthy and connects people to local resources to support healthy eating and physical activity through its website GetHealthyCT.org. More than 150 large and small businesses and nonprofit and community organizations have joined the coalition to date, along with individuals and families, too.

Obesity in the Region:

The obesity rates in the United States and greater Bridgeport region are increasing due to many factors such as portion sizes, food choices, lack of convenient supermarkets in neighborhoods, consumer advertising, food costs, and more sedentary lifestyles. Likewise, it is clear that obesity

contributes to other serious health complications including diabetes, high blood pressure, and high cholesterol, to name a few. According to the *Greater Bridgeport Community Health Assessment* (March 2013), survey respondents in Bridgeport, Easton, Fairfield, Monroe, Stratford, and Trumbull report obesity rates ranging from 16% to 32%.

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About Get Healthy CT

Founded in 2010, Get Healthy CT (GHCT) is a coalition of large and small businesses and nonprofit and community organizations that are collaborating to reduce obesity in the greater Bridgeport, New Haven, and Greenwich regions. To accomplish this goal, Get Healthy CT strives to educate and encourage people to eat healthier and exercise more in order to stay healthy and productive and be the connecting point through its website to help people find affordable, healthy foods and low or no cost ways to be active. There is no cost to become a member. To learn more, visit GetHealthyCT.org or search for Get Healthy CT on Facebook.