

NewsRelease

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NEVADA SCHOOL DISTRICT EMPLOYEES LOSE HALF TON OF WEIGHT WITH GOVERNMENT PUBLICATION

WASHINGTON—Employees at the second largest school district in the State of Nevada, Washoe County, have literally lost a half ton of weight in just one month with the help of a dietary guide produced by the U.S. Government Printing Office. The GPO is led by Nevadan and Washoe County resident Bruce James.

“It makes me proud to know the lives of thousands of people in my state and my county are better today thanks to an innovative joint project between the GPO and our customer, the U.S. Department of Health and Human Services,” said James.

Approximately 2,800 Washoe County School District employees and their families used the HHS consumer-friendly book, *A Healthier You: Based on the Dietary Guidelines for Americans* as part of an overall nutrition and activity wellness program to drop a combined 1,300 pounds in one month.

“Millions of Americans are becoming more concerned about better health and living longer lives,” said Aaron Hardy, Wellness Coordinator for the Washoe County School District. “By using this solidly researched guide produced by HHS and GPO, we created a simple program that appears to be an excellent model for obesity prevention.”

GPO worked with HHS staff to make the nutrition terminology easy to understand, include recipes, worksheets for planning weekly menus, and a physical activity planner. The size of the book was also reformatted to the standard size frequently displayed in popular bookstores.

"Americans can find this book in their own neighborhood bookstore," said CAPT Penelope Slade Royall, a commissioned officer in the U.S. Public Health Service and Director of HHS's Office of Disease Prevention and Health Promotion. "GPO was instrumental in helping us develop a credible health book that would appeal to consumers interested in making healthy eating and physical activity choices. It was truly a collaborative effort in the best interest of our Nation's health."

ONLINE ORDERS: Email orders can be sent to orders@gpo.gov. Visit GPO's online bookstore at http://bookstore.gpo.gov/collections/healthier_you.jsp.

PHONE: Call toll free 866-512-1800, or in the DC metro area, call 202-512-1800 from 11:30 a.m. – 9:00 p.m.

IN PERSON: GPO's Bookstore is located at:
710 North Capitol Street, NW
Washington, D.C. 20401

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MAIL ORDERS: Superintendent of Documents
PO Box 371954
Pittsburgh, PA 1520-7954

The GPO sells thousands of books, pamphlets, magazines and journals, posters and CD-ROMs from Federal agencies in all three branches Government. These publications are available to the public directly from GPO and through commercial sales channels. Many of GPO's consumer-oriented publications are available through the Federal Citizen Information Center in Pueblo, Colorado. Noteworthy titles sold by GPO include *A Healthier You: Based on the Dietary Guidelines for Americans*, published by the Department of Health & Human Services; *Welcome to the United States: A Guide for New Immigrants*, published by the Department of Homeland Security; and the *9/11 Commission Final Report*. For more information, go to GPO's U.S. Government Bookstore at: <http://bookstore.gpo.gov>.

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