

**3-4-50** is a simple but powerful way to understand and communicate the overwhelming impact of chronic disease in Vermont. **3-4-50** represents **3 behaviors** – lack of physical activity, poor nutrition and tobacco use – that lead to **4 chronic diseases** – cancer, heart disease/stroke, type 2 diabetes and lung disease – resulting in more than **50 percent** of all deaths in Vermont.

To create meaningful change, commitment is needed from all corners of Vermont: businesses, schools and colleges, cities and towns, and individual Vermonters. 3-4-50 can inspire action at all levels, building a foundation for longer and healthier lives for Vermonters, and reduce the escalating costs to treat preventable diseases.

**Get credit for your work!**

<https://www.healthvermont.gov/3-4-50/3-4-50-partners>  
[3-4-50 Partnerships](#) | [Healthy Lamoille Valley](#)

Some Simple Low/No Cost Examples		
<ul style="list-style-type: none"> <li>✓ Promote local resources for active living and healthy eating.</li> <li>✓ Support a vibrant local food economy to increase access to healthy foods.</li> <li>✓ Encourage gardening spaces in housing and commercial development where space is available.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Create shared use agreements with public schools for public access when school not in session.</li> <li>✓ Establish local review process to ensure Complete Streets concepts are used in all transportation projects.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Pass content-neutral advertising restrictions to limit promotion of unhealthy products (e.g. tobacco, cannabis and sugary drinks).</li> <li>✓ Limit the number of tobacco retailers through town plan or zoning language.</li> <li>✓ Establish a Cannabis Control Commission in your town.</li> </ul>

## Community Resources

3-4-50 Basics	
<ul style="list-style-type: none"> <li>• <b>Where to begin:</b> <a href="http://www.healthvermont.gov/3-4-50">http://www.healthvermont.gov/3-4-50</a> <ul style="list-style-type: none"> <li>○ See Testimonials</li> <li>○ <a href="#">Cities &amp; Towns Support Whole Community Health   Vermont Department of Health</a> (<a href="http://healthvermont.gov">healthvermont.gov</a>)</li> </ul> </li> </ul>	
3-4-50 Community	
Community Engagement	VT Council on Rural Development: Engagement Prj. <ul style="list-style-type: none"> <li>• <a href="#">Community Leadership In Action</a></li> </ul> Healthy Lamoille Valley <ul style="list-style-type: none"> <li>• <a href="#">Community Planning Toolkit:   Healthy Lamoille Valley</a></li> </ul>
Health Equity	United Way Lamoille County <a href="#">Lamoille County Resources United Way</a> <ul style="list-style-type: none"> <li>• <a href="#">Working Communities Challenge : Partnerships</a></li> </ul> NEK Prosper

	<a href="https://nekprosper.org/">https://nekprosper.org/</a>  <b>Health Equity Toolkit</b> <a href="#">Health Equity Planning Toolkit - Lamoille County Planning Commission (lcpvvt.org)</a>
<b>Access to Healthy Foods</b>	<ul style="list-style-type: none"> <li>• <a href="#">Vermont Community Garden Network - Resources on Worksite Gardens</a></li> <li>• <a href="#">Find a CSA</a></li> <li>• Community Gardens <a href="https://www.aarp.org/livable-communities/tool-kits-resources/info-2023/creating-community-gardens.html">https://www.aarp.org/livable-communities/tool-kits-resources/info-2023/creating-community-gardens.html</a></li> <li>• Healthy Community Design <a href="http://www.healthvermont.gov/sites/default/files/documents/2016/12/active_living_healthy_eating_community_design_resource.pdf">http://www.healthvermont.gov/sites/default/files/documents/2016/12/active_living_healthy_eating_community_design_resource.pdf</a></li> </ul>
<b>Access to Physical Activity</b>	<ul style="list-style-type: none"> <li>○ <b>VTrans</b> <a href="https://vtrans.vermont.gov/highway/local-projects/bike-ped/resources">https://vtrans.vermont.gov/highway/local-projects/bike-ped/resources</a></li> <li>• <a href="#">Go! Vermont</a> – Promotes active and green commuting at the workplace.</li> <li>• <a href="#">Local Motion</a> - Supports active transportation.</li> <li>• <a href="#">Vermont State Parks Hiking Trails</a></li> <li>• Healthy community Design <a href="http://www.healthvermont.gov/sites/default/files/documents/pdf/HPDP_HCD-Addendum.pdf">http://www.healthvermont.gov/sites/default/files/documents/pdf/HPDP_HCD-Addendum.pdf</a></li> <li>• Walk Audits <ul style="list-style-type: none"> <li>○ <a href="#">Bicycling and Walking by Older Adults (aarp.org)</a></li> <li>○ AARP Walk Audit Toolkit <a href="#">AARP Walk Audit Tool Kit</a></li> <li>○ Walk Audit Worksheets <a href="#">AARP Walk Audit Tool Kit Worksheet</a></li> <li>○ Safe Routes to School <a href="#">Home Page</a>   <a href="#">Safe Routes to School (vermont.gov)</a></li> <li>○ <a href="#">Americawalks.org/how-to-conduct-a-walk-audit</a></li> </ul> </li> <li>• The Community Guide <a href="#">Physical Activity: Built Environment Approaches   The Community Guide</a></li> </ul>
<b>Prevention and Recovery Friendly Communities</b>	<ul style="list-style-type: none"> <li>• <a href="#">Community Planning Toolkit:   Healthy Lamoille Valley</a></li> <li>• <a href="#">Community Resources   Healthy Lamoille Valley</a></li> <li>• Go Smoke Free <a href="#">Smoke-Free-Resources</a> <ul style="list-style-type: none"> <li>○ <b>Free customized signage and buttlers from</b> <a href="#">Healthy Lamoille Valley</a></li> </ul> </li> <li>• <a href="#">Smoke Free Signs</a> from Vermont Department of Health</li> <li>• Recovery-Friendly Employers <a href="#">Recovery Vermont</a></li> <li>• Cannabis Regulations Resources <a href="#">Cannabis   Healthy Lamoille Valley</a></li> </ul>
<b>Grants &amp; Planning Support</b>	
Regional Planning Commissions   ACCD   VCRD	

- [Lamoille County Planning Commission \(lcpvvt.org\)](http://lcpvvt.org)
- [Home \(nvda.net\)](http://nvda.net)

**VT Community Foundation Directory** <https://fdovermont.foundationcenter.org/>

**VT-Designated Downtown and Village Centers** [CPR-Funding-Directory.pdf \(vermont.gov\)](#)

**Northern VT Economic Development District** [Funding Tool - NVEDD](#)

**Northern VT Development Association** [Grant Opportunities - Northeastern Vermont Development Association \(nvda.net\)](#)

**VT Better Places Resources** [Better Places Resources | Agency of Commerce and Community Development \(vermont.gov\)](#)

**VTrans Bike/Pedestrian Grants** [Bicycle and Pedestrian Program | Agency of Transportation \(vermont.gov\)](#)

**Healthy Lamoille Valley** <https://www.healthylamoillevalley.org/3-4-50-partnerships/>

Community Resource Specialists [VT 211](#) and the [United Way of Lamoille County resource page](#)  
Every resource in the community is compiled in one spot.

## 3-4-50 Data

- [Population Health Surveys & Data](#)
- **New 2023 Report** [2021 VT BRFSS Data Summary \(healthvermont.gov\)](#)
- **New 2023** [Diabetes & Heart Disease Data Pages \(healthvermont.gov\)](#)
- **New 2023** [Adult Tobacco Use Data Brief \(healthvermont.gov\)](#)
- **New 2023** [Food Insecurity: Chronic Disease & Quality of Life \(healthvermont.gov\)](#)
- Lamoille Valley Data Profile [Adult Behavior Risk Factor Survey](#)
- Vermont Department of Health [Tobacco Data Pages](#)
- Special Population [3-4-50 Statewide Data Brief](#)
- Department of Substance Use 2022 Annual [Data and Reports](#)

## Healthy Community Design &

## Planning for Prevention

Municipal & Regional Planning Examples

### Healthy Community Design

- [Community | Vermont Department of Health \(healthvermont.gov\)](#)
- **Healthy Community Policy Example:** Hyde Park Healthy Community  
<https://hydeparkvt.com/wp-content/uploads/2019/05/Hyde-Park-Healthy-Community-Policy-4-15-2019-FINAL.pdf>

### Health Equity Planning Toolkit

- [Health Equity Planning Toolkit - Lamoille County Planning Commission \(lcpvvt.org\)](#)

### Preventing Youth Substance Misuse and Building Protective Factors

- [Community Planning Toolkit: Preventing Youth Substance Misuse and Building Protective Factors | Healthy Lamoille Valley](#)

**Local Planning for Food Access**

- [local planning for food access a toolkit for vermonts communities.pdf \(vtfarmtoplate.com\)](#)

**Northern VT Development Association (NVDA)**

- Food Systems <http://www.nvda.net/food-resources.php>
- Cycling in the Kingdom <http://www.nvda.net/files/cyclingthekingdom070413.pdf>

**Northwest Regional Planning Commission updated Planning for Prevention guide.**

- [https://docs.wixstatic.com/ugd/cf375c\\_a1502a222b8a4d2682492c3415bc800d.pdf](https://docs.wixstatic.com/ugd/cf375c_a1502a222b8a4d2682492c3415bc800d.pdf)

**Twin Rivers Health Chapter Template**

- <https://d2zhgeghghqjuwb.cloudfront.net/accounts/12213/original/Health-Chapter-Template-Final.pdf?1554831628>
- Twin Rivers Ottauquechee Regional Planning Commission
  - <https://www.trorc.org/health/>