

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.

Improve Your Health

- **A great place to start** – MyHealthyVT.org
Whether it's a goal to lose weight, or finding help to manage your diabetes, chronic pain or other long-term health problems, local coordinators connect you with workshops near you. Vermonters who complete our workshops report big improvements in their health and overall well-being.
- **Healthy Eating** - healthvermont.gov/MyMoment
By staying a healthy weight, you feel better and can reduce your risk of heart disease and stroke. A healthy weight can also help control other conditions such as high blood pressure, high blood cholesterol and diabetes.
 - **WIC** [WIC | Vermont Department of Health \(healthvermont.gov\)](http://WIC | Vermont Department of Health (healthvermont.gov))
 - **VT 3-Squares** [3SquaresVT | Department for Children and Families \(vermont.gov\)](http://3SquaresVT | Department for Children and Families (vermont.gov))
 - **CROP Cash** [Crop Cash | NOFA Vermont \(nofavt.org\)](http://Crop Cash | NOFA Vermont (nofavt.org))
- **Smoking, Tobacco and Vaping** – Quit Help Resources | Healthy Lamoille Valley
Increase your success in quitting tobacco or vaping with 802Quits. Get tips and tools - including nicotine replacement therapy – to help you find the path that works for you. **Call 1-800-QUIT-NOW** or visit 802Quits Quit Tobacco & Nicotine
- **Alcohol & Drinking** – healthvermont.gov/alcohol and Resources | Healthy Lamoille Valley
If you're concerned that you or someone you know may need help dealing with alcohol dependency, visit our website for information and treatment and recovery resources.

Try this quick online quiz to see if your drinking habits are safe, risky or harmful: AlcoholScreening.org.
- **Drugs and Substance Use** – healthvermont.gov/FindTreatment
We know how difficult it is to take the first steps to find treatment and help to succeed in recovery. That's why we open as many doors as possible. Whether for yourself or someone you know, potentially life-saving support and treatment is available – right now, near you.
 - **Healthy Lamoille Valley** Resources | Healthy Lamoille Valley
 - **North Central VT Recovery Center** [Addiction | Vermont | Recovery Center \(ncvrc.com\)](http://Addiction | Vermont | Recovery Center (ncvrc.com))
 - **Jenna's Promise** [Jenna's Promise – Saving Lives In Vermont \(jennaspromise.org\)](http://Jenna's Promise – Saving Lives In Vermont (jennaspromise.org))
- **Walk the Walk** – safestreeets.vermont.gov/WatchForMe
It's hard be active in the winter, but even short walks can make a difference. Check out these tips on staying safe while walking, and for watching for others when you drive.

- **Move Your Way** [Walk. Run. Dance. Play. What's your move? - Move Your Way | health.gov](#)

Stay Healthy & Prevent Illness

- **You First** – [YouFirstVT.org](#)
Screening and personalized supports that connect eligible Vermonters to breast, cervical and heart screenings, diagnostic tests and heart healthy lifestyle programs. Members can get free memberships to WW® (Weight Watchers), TOPS® and local gyms, farmers' market coupons, and more.
- **Get Vaccinated** – [healthvermont.gov/immunizations](#)
Vaccinations help protect people from the risk of disease, especially infants who are too young to be vaccinated. And now that it's flu season, you'll want that [flu shot](#) right away.
- **Ready to be Steady** – [FallsFreeVermont.org](#)
Falls, especially among older Vermonters, can lead to chronic health problems and loss of independence. Resolve to improve your balance and prevent future falls with these free screening events and exercise classes.
- **Be Tick Smart** – [healthvermont.gov/BeTickSmart](#)
They'll be back before you know it, so be sure you know what to do to prevent tick-borne diseases.

Take Care of Your Family

- **Children's Integrated Services (CIS)** [Children's Integrated Services - Lamoille Family Center](#)
 - Wendy Hubbard (she/her) [Wendy.Hubbard@vermont.gov](#)
- **Talk with your Kids** – [ParentUpVT.org](#)
Parents are their kids' #1 influence as they navigate the challenges of drugs, alcohol and mental health. ParentUp offers tips and guidance for being the best influence possible.
- **Growing Families WIC** – [healthvermont.gov/wic](#)
WIC gives you access to healthy foods, nutrition counseling and breastfeeding support. If you're pregnant, recently had a baby, or have a child under age 5, WIC is right for you.
- **Prescription Medication Disposal** – [healthvermont.gov/DoYourPart](#)
We make it easy for you to get rid of unused, unwanted and expired medications.
- **Healthy Homes** – [healthvermont.gov/HealthyAtHome](#)
See the simple steps to keeping your home, and everyone in it, healthy and safe. Get useful information about lead poisoning, radon, cleaning chemicals and more.
- **Be Prepared** – [healthvermont.gov/EmergencyPrep](#)
Be ready for the next power outage, flood or other emergency. Create an emergency plan for your family, put together a supply kit, and stay informed by signing up at [vem.vermont.gov/vtalert](#) to get text, email or phone alerts