

**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>✓ Prominently display healthy foods and beverages.</li> <li>✓ Avoid placing candy or toys next to tobacco, alcohol or cannabis products. <i>Think eye level of youth.</i></li> <li>✓ Get <b>Free</b> quit support materials <a href="#">Resources   Healthy Lamoille Valley</a></li> </ul>	<ul style="list-style-type: none"> <li>✓ Accept 3 Squares <a href="#">Retailers — Vermont Food Help</a></li> <li>✓ Promote 3Squares <a href="#">3SquaresVT Campaign Toolkit</a>.</li> <li>✓ Be a WIC Grocer <a href="#">Information for Grocers</a></li> </ul>	<ul style="list-style-type: none"> <li>✓ Display a sign with the number of passed compliance checks for your store. <a href="#">VT-DLC-Resources</a></li> <li>✓ Display your Healthy Lamoille Valley Retailer Recognition Certificate proudly!</li> <li>✓ Recognize staff who pass compliance checks!</li> </ul>

## Healthy Retailer Resources

### 3-4-50 Basics

- **Where to begin:** <http://www.healthvermont.gov/3-4-50>
  - See Testimonials
  - Promote health in the workplace, at school and childcare, and in our communities
  - Tips sheets, sign-on worksheets and more

### 3-4-50 Retailer Wellness

- **Smoke & Vape-Free/Recovery-Friendly**
  - Go Smoke Free [Smoke-Free-Resources](#)
    - **Free customized signage and buttlers from** [Healthy Lamoille Valley](#)
    - [Smoke Free Signs](#)
  - Vermont Department of Health
    - [Quit Help Resources | Healthy Lamoille Valley](#)
  - Recovery-Friendly Employers [Recovery Vermont](#)
- **Retailer & Cannabis Resources**

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- BEFORE**
- AFTER**

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

- [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 \(healthvermont.gov\)](#)
- 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](#)