

**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>✓ Create a Wellness Team.</li> <li>✓ Adopt a healthy snack policy.</li> <li>✓ Promote health awareness days/months.</li> <li>✓ Support staff wellness programs</li> </ul>	<ul style="list-style-type: none"> <li>✓ Implement a Safe Routes to School plan.</li> <li>✓ Stretch breaks or yoga breaks during class.</li> <li>✓ Free accessible water for all students.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Implement time-wise curricula <a href="#">The TimeWise Curriculum</a>   <a href="#">Healthy Lamoille Valley</a></li> <li>✓ Utilize free smoke/vape free signage and create smoke/Vape-free campus.</li> </ul>

## School Resources

### 3-4-50 Basics

- **Where to begin:** <http://www.healthvermont.gov/3-4-50>
  - See Testimonials
  - Promote health in schools and classrooms.
  - Tips sheets, sign-on worksheets and more.
  - [School Wellness Improves Performance](#) | [Vermont Department of Health \(healthvermont.gov\)](#)

### 3-4-50 School Wellness

- **Whole School** [Whole School, Whole Community, Whole Child](#) | [Vermont Department of Health \(healthvermont.gov\)](#)
- **Community Prevention Services Task Force (CPSTF)** published [A Community Guide Systematic Review: School Dietary and Physical Activity Interventions](#)
  - recommending elementary school-based interventions that combine [meal or fruit and vegetable snack interventions combined with physical activity interventions](#). Interventions increased students' physical activity and fruit and vegetable consumption and decreased the number of students who are overweight or have obesity.
- **Healthy Lamoille Valley Youth Resources** [Youth Resources](#) | [Healthy Lamoille Valley](#)

- **Smoke & Vape-Free/R**
  - Go Smoke Free [Smoke-Free-Resources](#)
    - **Free customized signage and buttlers from** [Healthy Lamoille Valley](#)
    - [Smoke Free Signs](#) from Vermont Department of Health
- **Physical Activity & Nutrition Resources**
  - [School and Early Child Care | Vermont Department of Health \(healthvermont.gov\)](#)
  - [Healthy Vending and Cafeteria Guidance](#)
  - [Vermont Community Garden Network - Resources on Worksite Gardens](#)
  - [Find a CSA](#)
  - [Vermont Farm to Plate](#)
  - [Implementing Vermont's Healthy Food Standards](#)
  - Breastfeeding Friendly Employer
    - Get a certificate for signing on [BFF Brochure](#)
  - Safe Routes to School [Home Page | Safe Routes to School \(vermont.gov\)](#)
  - AARP Walk Audit Toolkit [AARP Walk Audit Tool Kit](#)
  - Walk Audit Worksheets [AARP Walk Audit Tool Kit WorksheetGo! Vermont](#) –
  - [Local Motion](#) - Supports active transportation.
  - [Vermont State Parks Hiking Trails](#)
  - [Lamoille County Resources United Way](#)

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](#)
- [Youth Risk Behavior Survey \(YRBS\) | Vermont Department of Health \(healthvermont.gov\)](#)
- **New 2023** [Vermont Young Adult Survey 2022 \(healthvermont.gov\)](#)
  - Key Findings  
<https://www.healthvermont.gov/sites/default/files/documents/pdf/vermontyoungadultsurvey2022keyfindings.pdf>
- Lamoille Valley Data Profile [Adult Behavior Risk Factor Survey](#)
- Vermont Department of Health [Tobacco Data Pages](#)
- Special Population [3-4-50 Statewide Data Brief](#)



## Contact Us for Technical Assistance

Wendy Hubbard RN, MPH  
Public Health Nurse – School Liaison  
[Wendy.Hubbard@vermont.gov](mailto:Wendy.Hubbard@vermont.gov)  
802-888-1353

Valerie Valcour RN, BSN, MPH  
Public Health Nurse  
[Valerie.valcour@vermont.gov](mailto:Valerie.valcour@vermont.gov)  
802-888-1351

### Healthy Lamoille Valley

<https://www.healthylamoillevalley.org/>



Coordinator: Jessica Bickford, [jessica@healthylamoillevalley.org](mailto:jessica@healthylamoillevalley.org), (802) 730-6599

Policy and Community Outreach Coordinator: Alison Link, [alison@healthylamoillevalley.org](mailto:alison@healthylamoillevalley.org), (802) 851-0760

Youth Substance Prevention Coordinator: Brian Duda, [brian@healthylamoillevalley.org](mailto:brian@healthylamoillevalley.org), (802) 448-2317

### MyHealthyVT

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