

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"> ✓ Identify a clean and private space to help support nursing mothers. ✓ Adopt a healthy snack policy for events. ✓ Promote health awareness days/months. 	<ul style="list-style-type: none"> ✓ Support walking breaks. ✓ Try walking meetings. ✓ Support group-lead stretch breaks. ✓ Offer stress reduction activities. ✓ Physical Activity Breaks for the Workplace, Resource Guide, May 2021 (cdc.gov) 	<ul style="list-style-type: none"> ✓ Foster time-wise activities during free time. Free Online Mind Games - MindGames.com ✓ Utilize free smoke/vape free signage and receptacles away from the building.

Service Organization Resources

3-4-50 Basics
<ul style="list-style-type: none"> • Where to begin: http://www.healthvermont.gov/3-4-50 <ul style="list-style-type: none"> ○ See Testimonials ○ Promote health in the workplace, at school and childcare, and in our communities ○ Tips sheets, sign-on worksheets and more ○ Service Orgs Support Health (healthvermont.gov)
3-4-50 Service Organization Wellness
<ul style="list-style-type: none"> • Physical Activity & Nutrition Resources https://www.healthvermont.gov/wellness/physical-activity-nutrition • Wellness Resources - MyHealthyVT • Smoke & Vape-Free/Recovery-Friendly <ul style="list-style-type: none"> ○ Go Smoke Free Smoke-Free-Resources <ul style="list-style-type: none"> ▪ Free customized signage and buttlers from Healthy Lamoille Valley ▪ Smoke Free Signs from Vermont Department of Health ○ Quit Help Resources Healthy Lamoille Valley

- Recovery-Friendly Employers [Recovery Vermont](#)

- **Healthy Food Choices**

- [Promote Healthy Food Choices at the Workplace](#)
 - [Sample Nutrition Policy for Worksite](#)
- [Promote a Family-Friendly Workplace](#)
 - [Get a certificate for signing on BFF Brochure](#)
- [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](#)
- **Lamoille Hunger Council** [Join Your Local Hunger Council — Hunger Free Vermont \(hungerfreevt.org\)](#)

- **Emotional Wellbeing**

- [Support the Emotional Wellbeing of Employees](#)

- **Physical Activity**

- [Go! Vermont](#) – Promotes active and green commuting at the workplace.
- [Local Motion](#) - Supports active transportation.
- [Vermont State Parks Hiking Trails](#)
- [Help Employees Get Daily Physical Activity](#)
 - [Sample Physical Activity Policy for Worksite](#)
- [Lamoille County Resources United Way](#)
 - [Working Communities Challenge : Partnerships](#)
 - Walk Audits
 - AARP Walk Audit Toolkit [AARP Walk Audit Tool Kit](#)
 - Walk Audit Worksheets [AARP Walk Audit Tool Kit Worksheet](#)
 - Safe Routes to School [Home Page | Safe Routes to School \(vermont.gov\)](#)
- [NEK Prosper](#)
- <https://nekprosper.org/>

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

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Healthy Lamoille Valley

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MyHealthyVT

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Workshops
Diabetes Management, Diabetes Prevention, Quit
Smoking, High Blood Pressure,