

**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>✓ Identify a clean and private space to help support nursing mothers.</li> <li>✓ Adopt a healthy snack policy for meetings.</li> <li>✓ Feature motivational signage to use stairs, bring healthy snacks.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Support walking breaks.</li> <li>✓ Try walking meetings.</li> <li>✓ Support group-lead stretch breaks.</li> <li>✓ Support annual physicals, screenings, and dental cleanings.</li> <li>✓ <a href="#">Physical Activity Breaks for the Workplace, Resource Guide, May 2021 (cdc.gov)</a></li> </ul>	<ul style="list-style-type: none"> <li>✓ Foster alternative break options to support employees trying to quit smoking e.g. <a href="#">Free Online Mind Games - MindGames.com</a></li> <li>✓ Utilize free smoke/vape free signage for worksites.</li> </ul>

## Work Site 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>○ Promote health in the workplace, at school and childcare, and in our communities</li> <li>○ Tips sheets, sign-on worksheets and more</li> </ul> </li> </ul>
3-4-50 Worksite Wellness
<ul style="list-style-type: none"> <li>• <a href="#">Worksite-Wellness</a> Resources <ul style="list-style-type: none"> <li>○ Worksite Wellness <a href="#">Toolkit</a></li> </ul> </li> <li>• <a href="#">Wellness Resources - MyHealthyVT</a></li> <li>• <b>NEK Prosper</b></li> <li>• <a href="https://nekprosper.org/">https://nekprosper.org/</a></li> <li>• <b>Smoke &amp; Vape-Free/Recovery-Friendly</b> <ul style="list-style-type: none"> <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> </ul> </li> </ul>

<ul style="list-style-type: none"> <li>▪ <a href="#">Smoke Free Signs</a> from Vermont Department of Health</li> <li>○ <a href="#">Quit Help Resources   Healthy Lamoille Valley</a></li> <li>○ <a href="#">Recovery-Friendly Employers</a> <a href="#">Recovery Vermont</a></li> <li>○ <a href="#">How to Get Help   Vermont Department of Health (healthvermont.gov)</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Pregnant Worker &amp; Breastfeeding Friendly Employers</b> <ul style="list-style-type: none"> <li>○ <b>Celebrate</b> <a href="#">World Breastfeeding Week 2023</a> <ul style="list-style-type: none"> <li>▪ <a href="#">Breastfeeding Friendly Employer Project Survey (surveymonkey.com)</a></li> <li>▪ <a href="#">Promote a Family-Friendly Workplace   Vermont Department of Health (healthvermont.gov)</a></li> </ul> </li> <li>○ <a href="#">VT Breastfeeding Laws (healthvermont.gov)</a></li> <li>○ <a href="#">Pump Act</a> <a href="#">The PUMP Act Explained (usbreastfeeding.org)</a></li> <li>○ <a href="#">Pregnant Workers Fairness Act</a> <a href="#">U.S. Equal Employment Opportunity Commission (eeoc.gov)</a> &amp; <a href="#">abetterbalance.org</a> <ul style="list-style-type: none"> <li>▪ <b>Infographic</b> <a href="#">PWFA Reasonable Steps Infographic (eeoc.gov)</a></li> </ul> </li> </ul> </li> <li>• <b>Healthy Food Choices</b> <ul style="list-style-type: none"> <li>○ <a href="#">Promote Healthy Food Choices at the Workplace</a> <ul style="list-style-type: none"> <li>▪ <b>Sample Nutrition</b> <a href="#">Policy for Worksite</a></li> </ul> </li> <li>○ <a href="#">Promote a Family-Friendly Workplace</a> <ul style="list-style-type: none"> <li>▪ <b>Get a certificate for signing on</b> <a href="#">BFF Brochure</a></li> </ul> </li> <li>○ <a href="#">Healthy Vending and Cafeteria Guidance</a></li> <li>○ <a href="#">Vermont Community Garden Network - Resources on Worksite Gardens</a></li> <li>○ <a href="#">Find a CSA</a></li> <li>○ <a href="#">Vermont Farm to Plate</a></li> <li>○ <a href="#">Implementing Vermont's Healthy Food Standards</a></li> </ul> </li> <li>• <b>Emotional Wellbeing</b> <ul style="list-style-type: none"> <li>○ <a href="#">Support the Emotional Wellbeing of Employees</a></li> <li>○ <a href="#">Mental Health Initiative - United Way of Northwest Vermont</a></li> </ul> </li> <li>• <b>Physical Activity</b></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>• <a href="#">Help Employees Get Daily Physical Activity</a> <ul style="list-style-type: none"> <li>○ <b>Sample Physical Activity</b> <a href="#">Policy for Worksite</a></li> </ul> </li> <li>• <a href="#">Lamoille County Resources United Way</a> <ul style="list-style-type: none"> <li>○ <a href="#">Working Communities Challenge : Partnerships</a></li> </ul> </li> </ul>
<p>Community Resource Specialists <a href="#">VT 211</a> and the <a href="#">United Way of Lamoille County resource page</a> Every resource in the community is compiled in one spot.</p>
<h2>3-4-50 Data</h2> <ul style="list-style-type: none"> <li>• <a href="#">Population Health Surveys &amp; Data</a></li> <li>• <b>New 2023 Report</b> <a href="#">2021 VT BRFSS Data Summary (healthvermont.gov)</a></li> <li>• <b>New 2023</b> <a href="#">Diabetes &amp; Heart Disease Data Pages (healthvermont.gov)</a></li> </ul>

- **New 2023** [Adult Tobacco Use Data Brief \(healthvermont.gov\)](https://healthvermont.gov/adult-tobacco-use-data-brief)
- 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](#)



**Contact Us for Technical Assistance**

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## Healthy Lamoille Valley

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



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**MY HEALTHY  
VERMONT**

## [MyHealthyVT](#)

Workshops

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