

SUPPORTING HEALTHY COMMUNITIES

WHAT CAN TOWNS DO?



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This document was a collaborative effort between Windsor County Prevention Partners, Mt. Ascutney Prevention Partnership, Two Rivers-Ottawaquechee Regional Commission (TRORC), Southern Windsor County Regional Planning Commission, and Health Connections of the Upper Valley, Inc.

SUPPORTING HEALTHY COMMUNITIES

WHAT CAN TOWNS DO?

Newspaper headlines related to health are often centered around current, unhealthy conditions that are a burden or costly to our society. Less often do we read about the work that local towns, organizations or communities in general are doing to improve the health of citizens now and in the future.

The American Planners Association defines Planning as "... a dynamic profession that works to improve the welfare of people and their communities by creating more convenient, equitable, healthful, efficient, and attractive places for present and future generations."¹

Community health advocates, such as substance abuse prevention coalitions or multi-sector community partnerships, are seeing the value in working with planners because they, too, work to plan for and take action to achieve healthy communities.

Planners and health advocates generally agree that public health, safety and welfare are instrumental for sustainable, vital communities. In addition, cultures of health are an economic development driver in that they preserve historic character of Vermont villages and protect and maintain Vermont's reputation for high-quality, healthy recreation.

Many factors combine together to affect the health of individuals and communities. Personal health is determined by circumstances and environment. Factors

¹ *American Planning Association*

such as where we live, our diet and lifestyle, the state of our environment, genetics, our income, education level, and our relationships with friends and family all have considerable impacts on health. The more commonly considered factors such as access to and use of health care services often have less of an impact.²

By providing a subset of tools and actionable strategies, this guide attempts to encourage both planning and health promotion efforts to address the environmental factors that contribute to the health and well-being of citizens. This is the beginning of a joint effort between local community health professionals and regional planners to develop relationships around shared

² *"The determinants of health." World Health Organization.*



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agendas, provide educational resources, and concrete action that enhances opportunities to pursue health-oriented planning.

The purpose of this guide is to inspire municipalities in East Central Vermont³ to:

- 1) Participate in a proactive visioning process to identify town culture and shared goals related to health.
- 2) Commit to collaboration on creating cultures of health.

Environments that promote good health requires intentional planning.

JOIN IN THE PLANNING FOR YOUR HEALTHY COMMUNITY

Let's work together and plan for healthier communities that are healthy environments; provide affordable, healthy food; and offer access to recreation activities.

Citizens, especially youth, get "messages" from what they see in their surroundings. It is through these messages that culture is developed, thereby influencing choices, resulting in the shaping of the health of an individual and community.

Because specifically addressing health (including substance misuse) in municipal plans and regulations is an emerging field in Vermont, this guide hopes to inspire municipal officials and planning commissions to find creative ways to engage in planning for health.

³ East Central Vermont encompasses 40-towns; the 30 towns in the TRORC region and the 10 towns in the SWCRPC region.

HEALTH IN PLANNING ADVISORY NETWORK

Stemming from the *East Central Vermont: What We Want*⁴ Healthy Communities Workgroup, a collaborative group of regional

planning and community health professionals have continued to meet to further discuss how to support towns and communities in implementing the recommendations in the Healthy Communities chapter from that plan. This guide is a result of that collaboration.

Our next project is to develop a Health in

Planning Advisory Network that will be available to help towns take a proactive stance in creating cultures of health. We know that the capacity of such a Network must be developed intentionally over time, both in developing skills/knowledge and trusting relationships with municipalities.

⁴ *"East Central Vermont: What We Want" is the product of a three-year planning process funded by a Sustainable Communities Regional Planning Grant from the Department of U.S. Housing and Urban Development (HUD) through the Partnership for Sustainable Communities, an interagency partnership consisting of HUD, the Department of Transportation (DOT), and the Environmental Protection Agency (EPA). The program's goal was to support planning efforts that integrate housing, land use, economic and workforce development, transportation, and infrastructure investments in a manner that empowers jurisdictions to consider the interdependent challenges of: (1) economic competitiveness and revitalization; (2) social equity, inclusion, and access to opportunity; (3) energy use and climate change; and (4) public health and (5) environmental impact.*

"It's about policymakers being proactive about having enough park space, having enough recreation centers for young people and that they're kept open. We need the political will to do all this because if not, then 20 years from now, what will our community look like? We're not going to be happy."

~Paul D. Lopez,
Denver City Councilman

WHAT DO TOWN PLANS HAVE TO DO WITH A HEALTHY COMMUNITY?

After extensive research into how best to include public health goals and objectives into the comprehensive planning process, the American Planning Association found that:

“In nearly all cases, including a specific chapter explicitly focused on public health ensured that there was a greater emphasis placed on public health throughout other chapters of the plan as well. Although health is intrinsic to a number of chapters regularly found in comprehensive plans such as parks and recreation, transportation, and the environment, policies in those chapters do not always articulate their connection to health.”⁵

Land development patterns, future land use classifications, and zoning bylaws impact walkability, access to services, and transportation options. With an understanding of how the built environment affects public health, it is possible to create vibrant, active spaces and places.

Two specific strategies available for shaping the public discourse are Healthy Community Design and Health Impact Assessments.

1) Healthy Community Design is the intentional use of municipal mechanisms to ensure development and community life promotes health; mechanisms such as:

- Zoning and municipal infrastructure to encourage walking, biking, and

other active means of transportation to access work, food, retail, social life, recreation, and services such as good sidewalks or shoulders, locating residences in close proximity to needed services (including designs to meet the needs of those with barriers to mobility or access in general).

- Zoning and municipal policies and practices to support equitable access to healthy foods, especially vegetables and fruits.
- Municipal policies that limit the number, ease of access to, and misuse of “adult only” substances and that limit the expansion of retail businesses whose principal products cause poor health when used in excess.

Community in Action: Weathersfield

In response to a growing concern among citizens related to a drug paraphernalia “head” shop, the Town of Weathersfield engaged in a process to enact a Zoning Bylaw that prohibits any such shop from operating within ½ mile of a school, library, recreation area, or licensed child care facility.

A policy has been placed in the Economic Development element of the Weathersfield Town Plan that is currently being updated stating “The Town shall protect the village character by limiting the location and density of businesses that sell products that cannot be sold to minors.”

⁵ Ricklin, Anna and Nick Kushner. “Healthy Plan Making.” American Planning Association.

Healthy Community Design concepts can be supported by regulatory and non-regulatory planning tools under Vermont Statue 24 V.S.A. SS4302, 4382, 4410, 4430, 4432.

2) Health Impact Assessments (HIA) are a rapidly emerging practice used by public health practitioners – and increasingly by planners – to objectively evaluate the positive and negative effects of a proposal on community health. HIAs are especially useful in areas not typically thought to be health-related, such as:

- The siting of a school, grocery store, or housing development,
- Changing a road or traffic pattern,
- Whether or not certain businesses should be supported to locate within a community.

HIAs can be conducted fairly quickly, or they can involve a more comprehensive process that includes public meetings, extensive stakeholder consultation and/or collection of new data.⁶

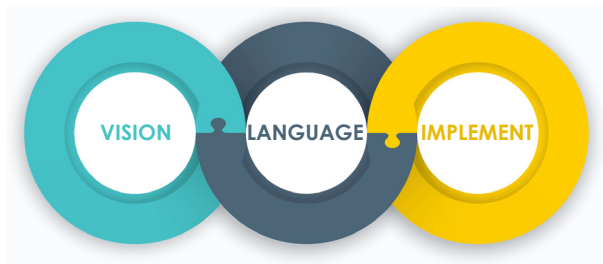
Neither of these strategies are overly complicated but they do require specific skills and knowledge to know when and how to implement them.

ENGAGING THE PUBLIC

The success of any planning project depends largely on how well and how soon communities are engaged. Stakeholder input can help shape the vision, ensure you are responding to local needs, and help to build support for the overall ideas.⁷

⁶ “The HIA Process.” The PEW Charitable Trusts.

⁷ D.I.Y. Creative Placemaking



Vision

- What is our shared community vision? Is health a component?
- Does our town culture invite people to be healthy?
- What key conditions/issues are impacting us now? May impact us in the future? (Who are potential partners with access to data?)

Language

- What language is in town plan elements that support the shared vision?
- How can current elements be enhanced with health language to support the vision? Do we want a stand alone health element?

Implement

- What planning tools or municipal mechanisms are available as a means to implement policy?
- What are health related goals/objectives? What are health targets and metrics?

INCORPORATING HEALTH INTO PLANNING

According to the Vermont Planning Information Center (VPIC):

“Planning can address just about any issue of local concern. The

planning commission is the primary body responsible for planning for the community, usually concentrating on writing the municipal plan as well as supporting plans, such as a complete streets implementation plan or healthy community action plan."

Community planning can be divided into two steps:

- 1) Planning where the visions and goals of the community are discussed and established and a means of achieving the goals are determined.
- 2) Implementation where the goals from the planning stage are brought to reality through projects or regulations.

Currently, municipal plans are not required to specifically address health or healthy community considerations; however, a number of the required elements relate to health or healthy communities, including the following:

- The *Land Use* element designates those portions of town that serve as the compact community center as well as the rural countryside that surrounds it. It includes a future land use map that proposes where certain activities are best suited, including agriculture, recreation, residences, commerce, industry and public facilities. This is usually where the walkable village center is identified and described. It may also discuss complete streets, how agricultural areas support local healthy foods, and other land use and health-related considerations.

Community in Action: Danville

From 1999-2014, the Vermont Arts Council (VAC) partnered with the Vermont Agency of Transportation (VTrans) and the Town of Danville to oversee and manage the Danville Transportation Enhancement Project, a program designed to nurture collaboration between artists, community members, and engineers in the re-development of a section of U.S. Highway Route 2 that runs through the center of Danville, Vermont. This was the first collaboration of its kind in the state. The project focus was on developing roadway designs that would enhance the essence of a small, close-knit, rural community by providing a safe, attractive, and comfortable pedestrian environment in the Village of Danville and celebrate its unique historic, built, and natural features.

For more about the project, go to: www.nefa.org/creative-economy/projects/danville-transportation-project

- The *Transportation* element, discusses transit, walking and bicycling. This is a good place to talk about walkability, complete streets, mobility for all residents, and similar considerations.
- The *Utilities and Facilities* element is usually where public facilities are discussed, including education and recreation.
- The *Energy* section may also include language about more energy efficient transportation options, such as walking and bicycling, as well as more energy

efficient land use development patterns (e.g., creating walkable neighborhoods.)

- The community's desired location, type and scale of economic growth is described in the *Economic Development* element (and often in the *Land Use* element). This is an opportunity to discuss what types of businesses are desired and, in relation to the *Land Use* chapter, where in town they are suitable.

To incorporate health into the planning process, municipal planning commissions should seek to engage the public. Rather than react to an immediate issue, we need to seek public input on how to address root causes and thereby implement proactive policies.

Efforts to include healthy community components in planning are already happening around the region in various forms. To date Weathersfield, Woodstock, Springfield, and Strafford have already included and/or are working on including health components in their town plans.

PLANNING TOOLS

Once priorities have been identified in a visioning and/or data collection process, municipal planning commissions will want to work with community partners, regional planners, and others to match priority areas with planning tools that support an evolution or transformation towards better health.

Planning tools are both regulatory and non-regulatory. Regulatory tools include municipal ordinances adopted under 24 V.S.A. Chapter 59 and bylaws adopted under 24 V.S.A. Chapter 117.

Regulatory tools include:

An ordinance is a regulatory mechanism for a local government. Ordinances include standards that generally apply town-wide, as opposed to zoning bylaws which may establish differing standards for different parts of town. Examples include a noise ordinance or prohibiting public consumptions of alcohol.

Zoning generally establishes what land uses are suitable for certain parts of town, and includes standards for a variety of land use types and provisions for certain protections. While there are many zoning tools, the following are a few that can be applied to public health initiative:

- *Performance standards* can be used to establish acceptable standards or levels of performance required in connection to any use. These often include standards on noise, smoke or dust, outdoor lighting, and fire/explosive hazards.
- *Conditional use*, at a minimum, is an important tool for ensuring that certain uses — due to their scale, intensity or potential for external impacts — meet the five statutory criteria (§4414(3)) intended to ensure that the use does “not result in an undue adverse effect on:
 - 1) The capacity of existing or planned community facilities.
 - 2) The character of the area affected, as defined by the purpose of purposes of the zoning district within which the project is located, and specifically stated policies and standards of the municipal plan.

- 3) Traffic on roads and highways in the vicinity.
- 4) Bylaws and ordinances then in effect.
- 5) Utilization of renewable energy resources."⁸

- *Planned Unit Development* (PUD) allows for flexibility in the zoning standards to encourage compact, pedestrian friendly development patterns.
- *Subdivision bylaws* involves the creation of new lots or development sites and the related infrastructure plan for a project. Subdivision is an important time to consider ideas/development patterns (e.g., lots, streets, and sidewalks) that support active transportation such as walking and biking. In addition, it is a critical time to think about maintaining access to recreational facilities, or avoiding fragmentation of agricultural lands in order to support future local food production.

⁸ "Conditional Use Review." *Vermont Natural Resources Council*.

Non-regulatory tools include:

- *Capital Budget and Programs* allow municipalities to plan ahead for funding projects (e.g., sidewalks, roadway paving/widening shoulders, painting of bicycle lanes).
- *Supporting plans* are additional planning documents that a municipality may develop that support or inform the municipal plan (e.g., bicycle and pedestrian plan, healthy community action plan, climate adaptation plan).

CONTACT INFORMATION

For more information or to get started incorporating health into your town planning, contact:

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Summary of Land Use Bylaw Review Procedures

Types of Review	Function of Review
Permitted Use	Established by right
Site Plan	Evaluates internal site layout and design
Conditional Use	Regulates the external impacts of development
Planned Unit Development	Allows for flexibility in project design
Waivers (zoning)	Allows for a reduction in dimensional standards
Variances	Very stringent criteria to modify zoning standards based on unique circumstances
Flood Hazard Areas	Ensures that development meets or exceeds National Flood Insurance Program standards
Design Review	Regulates the design of structures within designated historic or design review districts
Subdivision	Controls the pattern of future development
Waivers	Ability to waive or modify any subdivision requirements.

A MENU OF OPTIONS

As previously stated, actions taken by a towns/municipalities to create cultures of health usually are driven by community dialogue around a shared vision or problem requiring a solution. However, to provide a few examples of what towns can do (and to highlight what some are already doing), this guide offers the “why” and “how,” summarized in the table below, to implementing health at the town level.

Topic	Strategy	Why?	How?	Supporting Documents
Healthy Foods	Community Gardens	<ul style="list-style-type: none"> • Access to healthy food for vulnerable populations • Neighbors connect • Opportunity for Nutrition lessons 	<ul style="list-style-type: none"> • Land use laws (comprehensive plan policies and zoning codes) • Provide \$ support • Inventory municipal land to determine vacant lots for gardening 	<p>National Policy & Legal Analysis Network (NPLAN)—A legal toolkit for community gardens: www.changelabsolutions.org/publications/ground-rules</p> <p>See Appendix A—Model Language for Town Plans</p> <p>“Establishing Protections for Community Gardens.” ChangeLabSolutions: www.changelabsolutions.org/sites/default/files/CommunityGarden_FactSheet_21041106.pdf</p>
	Incentives for retailers offering healthy food options	To recruit and attract healthy food retail projects	<ul style="list-style-type: none"> • Consider healthy food retail in general plans and land use decisions • Consider incentives or permitting enhancements that could potentially reduce the cost or financial risk of a healthy food project 	<p>See Appendix A—Model Language for Town Plans</p> <p>NPLAN—How to use Economic Development Resources to Improve Access to Healthy Food: www.changelabsolutions.org/sites/default/files/How_to_Use_Economic_Development_Resources-ENGLISH_FINAL_2009-rebranded2015.pdf</p> <p>NPLAN—Healthy Retail: A Set of Tool for Policy and Partnership: www.changelabsolutions.org/healthy-retail-tools</p>
	Share space with partners providing foods to vulnerable populations	Increase access to healthy food through affordable and donated measures	<ul style="list-style-type: none"> • Increase number of food shelves and/or hours of operation • Shared use agreements to congregate meal sites 	See Appendix A—Model Language for Town Plans

Topic	Strategy	Why?	How?	Supporting Documents
Physical Activity	Utilize "shared" or "joint" use agreements	Maximize the use of public resources to benefit the community as a whole.	<ul style="list-style-type: none"> • Identify the need and opportunities in Town Plan • Establish necessary agreements 	<p>See Appendix A—Model Language for Town Plans</p> <p>"Checklist for Developing a Joint Use Agreement (JUA)." ChangeLab Solutions: www.changelabsolutions.org/sites/default/files/CLS_JointUse_checklist_FINAL_20120517_1.pdf</p> <p>"Model Joint Use Resolution." ChangeLab Solutions: www.changelabsolutions.org/sites/default/files/Model_JU_Resolution_FINAL_20120125-rebranded.pdf</p>
	Safe Streets for active transportation	Encourage towns to become "Active Living Communities"	<ul style="list-style-type: none"> • Town Plan language • Public Works/ Highway Policy • Town Highway/ Subdivision street standards • Conduct Walkability/ Bikeability Assessment • Complete Streets Implementation Guidelines • Traffic Calming Study • Bicycle/ Pedestrian Plan 	<p>"Burlington Complete Streets Guidance." Burlington Department of Public Works: www.burlingtonvt.gov/sites/default/files/DPW/CompleteStreets/CompleteStreets-Reporting-v2.2.1-workingdraft.pdf</p> <p>Jericho, VT's Bicycle and Pedestrian Master Plan: www.ccrpcvt.org/wp-content/uploads/2016/02/Jericho_Bike_Ped_Plan_FINAL_20150521.pdf</p> <p>NPLAN - Model Language (downloadable in Word format): www.changelabsolutions.org/publications/complete-streets-res-local-gov</p>
	Shared recreation opportunities across towns w/o recreation centers	Increase physical exercise opportunities for small towns or towns lacking buildings available for exercise/ recreation	Engage in multi-municipality cooperation to make recreation programs/ amenities more realistic and affordable	Multi-municipal partnerships for Recreation and Parks: conservationtools.org/guides/90-multi-municipal-partnerships-for-recreation-parks

Topic	Strategy	Why?	How?	Supporting Documents
Building healthy town culture	Limiting "adult only" outlet density/location	To contribute to a decline of substance abuse rates among youth and adults, towns can create policies in the municipal planning process by using regulatory and non-regulatory tools	<ul style="list-style-type: none"> • Work with community coalitions on mapping/data gathering • Define a vision with public engagement for the broader community ~ establishing goals and objectives, select implementation program • Adopt and implement a plan 	<p>Ludlow, VT's Ordinance Prohibiting Drug, Tobacco & Vaping Paraphernalia Establishments & Further Prohibiting Marijuana Dispensaries: www.ludlow.vt.us/vertical/sites/%7B78E8DA21-0D46-4486-AF59-9D2B5A1048F3%7D/uploads/Town_Ordinance_prohibit_vaping_marijuana_June_6_2016.pdf</p> <p>Weathersfield, VT's Zoning Bylaw addressing Drug and Tobacco Paraphernalia Establishments: healthandlearning.org/wp-content/uploads/2016/05/Drug-Paraphernalia-Amendment-Text-with-signatures-021616.pdf</p> <p>"Using Licensing and Zoning to Regulate Tobacco Retailers." Tobacco Control Legal Consortium: publichealthlawcenter.org/sites/default/files/resources/tclc-guide-licensingandzoning-2011.pdf</p>
	Restricting use of "adult only" products in outdoor spaces, at town sanctioned events, and on town property including town buildings, parks and vehicles	Adults in community model healthy behavior/recreation for youth	<ul style="list-style-type: none"> • Identify the need and opportunities in Town Plan • Establish necessary ordinances 	<p>Hartland, VT's Smoking Policy: hartland.govoffice.com/index.asp?SEC=37C22B72-89EC-44EC-B2A8-9AF8F0218704&DE=130269D1-462C-43A6-B5FD-20935C1BF8E5&Type=B_BASIC</p> <p>See Appendix B—Weathersfield Outdoor Parks & Recreational Facilities</p> <p>"Tobacco Disparities: Evidence Supports Policy Change." Public Health and Tobacco Policy Center: www.tobaccopolicycenter.org/documents/Tobacco%20Disparities-Evidence%20Supports%20Policy%20Change.pdf</p>

Topic	Strategy	Why?	How?	Supporting Documents
Building healthy town culture (con't)	Limit advertising of "Adult-Only" substances	Ensures that messages seen throughout community are supporting a shared value of health	<ul style="list-style-type: none"> • Retail licensing ordinances • Point of Sale strategies • Content-neutral advisory ordinances or sign codes(ex: no more than 30% of total outward facing window of businesses are covered with Adult only use substances information/logos 	<p>State laws already regulate tobacco sales and establish penalties for illegal sales to minors, however enforcement mechanisms and penalty structures, make them difficult to enforce at the local level. A local tobacco retailer licensing law, on the other hand, empowers local law enforcement to impose meaningful penalties for illegal sales to minors and ensure compliance with all existing laws—ensuring that local communities can prioritize enforcement even when state and federal authorities are unable to do so: www.changelabsolutions.org/sites/default/files/TobaccoRetailerLicensingfactsheet_FINAL_20120907.pdf</p> <p>"Content Neutral Advertising Laws." Tobacco Control Legal Consortium: publichealthlawcenter.org/sites/default/files/resources/tclc-guide-contentneutralads-2011l.pdf</p> <p>"Restricting Tobacco Advertising." Tobacco Control Legal Consortium: publichealthlawcenter.org/sites/default/files/resources/tclc-guide-restricttobadvert-2011.pdf</p> <p>"Point of Sale Strategies." Tobacco Control Legal Consortium: cphss.wustl.edu/Products/Documents/CPHSS_TCLC_2014_PointofSaleStrategies1.pdf</p> <p>See Appendix C—Point-of-Sale Strategies Ranked by Legal Feasibility</p>

Sample Language for Town Plans

Element of Town Plan	General Health	Increase Physical Activity	Increase Access to Healthy Foods
(A) A plan for a municipality may be consistent with the goals established in Section 4302 of this title and compatible with approved plans of other municipalities in the region and with the regional plan and shall include the following:			
(1) A statement of objectives, policies and programs of the municipality to guide the future growth and development of land, public services and facilities, and to protect the environment.	<p>[Town] is committed to fostering the health and well-being of all residents.</p> <p>[Town] will consider community health when making decisions and setting policy.</p> <p>[Town] will build relationships and implement procedures that make community health a priority.</p> <p>[Town] will utilize health impact assessments in the evaluation of future land use decisions and projects.</p> <p>[Town] will integrate health and smart growth considerations, including in-fill development; compact, transit oriented development; mixed-use buildings; walkable, bikeable neighborhoods; and green building practices into general plans, area specific plans, and zoning decisions.</p>	<p>[Town] will encourage patterns of land use, population density, transportation strategies and street design to promote walking, biking and public transportation and support access to fresh and healthy foods for all — regardless of age, ability and income.</p> <p>[Town] will create and maintain recreational facilities and opportunities for all community users — with special attention to the needs of handicapped, youth, elders, those with low incomes, and people from a variety of ethnic groups, who may not be current users.</p> <p>[Town] will encourage or require new residential and mixed-use developments to include sidewalks, outdoor open space, recreational facilities, and community gardens.</p> <p>[Town] will incorporate shared-use trails in development planning to connect communities, schools, and other facilities, and to increase residents' options for physical activity.</p>	<p>[Town] will increase availability and access to groceries, farmers' markets and community gardens to expand healthy eating options for lower-income Vermonters.</p> <p>[Town] will have a vibrant local food economy to increase access to healthy foods.</p> <p>[Town] will provide incentives to food retailers to offer healthier food and beverage choices in underserved areas.</p> <p>[Town] will provide incentives for the production, distribution, and procurement of foods and other products from local farms.</p> <p>[Town] will support agricultural enterprises including processing and distribution facilities.</p> <p>[Town] will allow and encourage infrastructure and businesses that are necessary for thriving farm businesses such as machinery supply and repair shops, saw mills, bed and breakfasts, and other businesses that can help farm families improve profitability.</p>

Element of Town Plan	General Health	Increase Physical Activity	Increase Access to Healthy Foods
<p>(2) A land use plan, consisting of a map and statement of present and prospective land uses, indicating those areas proposed for forests, recreation, agriculture, residence, commerce, industry, public/semi-public uses and open spaces reserved for flood plain, wetland protection, or other conservation purposes; and setting forth the present and prospective location, amount, intensity and character of land uses and the appropriate timing or sequence of land development activities in relation to the provision of necessary community facilities and services.</p>		<p>[Town] will adopt high-density mixed-use residential, commercial and office zoning with housing situated within walking and bicycle-riding distance of attractive, pedestrian-friendly commercial areas.</p> <p>[Town] will encourage in-fill development and density to increase walkability, potential for public transit and maximize use of town infrastructure.</p> <p>[Town] will protect open space for recreational use.</p> <p>[Town] will provide access to parks, shared-use paths and trails, or open spaces within reasonable walking distance of most homes.</p> <p>[Town] will incorporate shared-use trails to connect communities, schools, and other facilities, and increase residents' options for physical activity.</p>	<p>[Town] will support local zoning and other regulation that helps to preserve and protect agricultural land.</p> <p>[Town] will protect primary agricultural soils; work with agricultural specialists to assess exceptional soils and locations for local food production and distribution.</p> <p>[Town] will require gardening spaces in housing and commercial development projects where sufficient space is available. If space is not available on individual lots, make provisions for community gardens within walking distance of all new development.</p> <p>Open space [Town] will develop an open space plan that focuses on agricultural land preservation and identifying locations for market and community gardens.</p> <p>[Town] will establish a local land trust and/or a fund for conservation of key parcels identified in the open space plan.</p> <p>[Town] will allow select agricultural practices in open spaces set aside in permitting — e.g., community gardens or small agricultural enterprises in open spaces of cluster housing.</p>

Element of Town Plan	General Health	Increase Physical Activity	Increase Access to Healthy Foods
<p>(3) A transportation plan, consisting of a map and statement of present and prospective transportation and circulation facilities showing existing and proposed highways and streets by type and character of improvement and where pertinent, parking facilities, transit routes, terminals, bicycle paths and trails, scenic roads, airports, railroads and port facilities, and other similar facilities or uses, with indications of priority and need.</p>		<p>[Town] strives to create a balanced transportation system that provides for safety and mobility of pedestrians, bicyclists, those with strollers and in wheelchairs at least equal to that of automobile drivers.</p> <p>[Town] will use Complete Streets guidelines in the development of all new projects, maintenance and repair of roads, and zoning decisions.</p> <p>[Town] will work with regional authorities to improve transit services linking residents with destinations (jobs, retail outlets, health services, educational facilities) to decrease residents' reliance on cars and increase physical activity.</p> <p>[Town] makes every effort to create continuous bicycle routes and sidewalks.</p> <p>[Town] will improve the street, sidewalk, and street-crossing safety of routes to schools in order to encourage/allow students to walk or bike to school on a regular basis.</p>	

Element of Town Plan	General Health	Increase Physical Activity	Increase Access to Healthy Foods
<p>(4) A utility and facility plan, consisting of a map and statement of present and prospective community facilities and public utilities showing existing and proposed educational, recreational and other public sites, buildings and facilities, including hospitals, libraries, power generating plants and transmission lines, water supply, sewage disposal, refuse disposal, storm drainage and other similar facilities and services with indications of priority of need, costs and methods of financing.</p>	<p>Inventory should include local resources for active living:</p> <ul style="list-style-type: none"> • hiking or walking trail(s) • biking path(s) • public park(s) • public swimming pool • river with canoe/kayak/boat • watersport access • skate park • ice skating rink • roller skating rink • town recreational center (e.g., YMCA or town recreational facility) • private fitness facility • playground(s) • playing fields or courts 		<p>Municipal Facilities: [Town] will model best practices related to promoting healthy communities at all municipal facilities and events (such as providing nutritious foods).</p> <p>[Town] will identify and make available town-owned empty lots and vacant fields for community gardens and/or farmers' markets.</p> <p>[Town] will identify all public vacant properties that could be used for community-supported agriculture, community gardens and farmers' markets.</p>
<p>(5) A statement of policies on the preservation of rare and irreplaceable natural areas, scenic and historic features and resources.</p>		<p>[Town] will protect natural, scenic and recreational areas so that they may be maintained as destinations for hiking, biking and other physical activities.</p> <p>[Town] will seek to establish public access to hunting and fishing and other outdoor recreation activities.</p>	
<p>(6) An educational facilities plan consisting of a map and statement of present and projected uses and the local public school system.</p>		<p>[Town] will work with the school board to renovate or rebuild schools located in neighborhoods that students can easily walk or bicycle to and from, or when building new schools ensure that they are located in areas that are easily accessible by walking, bicycling, and public transit.</p> <p>[Town] will pursue joint use agreements for community use of school facilities for physical activity and recreation.</p>	<p>[Town] will work with schools to establish school gardens open to both students and the community at large.</p> <p>[Town] will establish joint use agreements for using school sites for community gardens and farmers' markets.</p> <p>[Town] will work with school board to endorse Farm to School programs and provide procurement support.</p>

Element of Town Plan	General Health	Increase Physical Activity	Increase Access to Healthy Foods
<p>(7) A recommended program for the implementation of the development plan.</p>		<p>[Town] will develop a master bike and pedestrian plan and/or an alternative transportation plan.</p> <p>[Town] will provide incentives for developers to provide sidewalks, parks, bike paths, etc. (e.g., density bonuses, permit streamlining).</p> <p>[Town] will require that a portion of the transportation budget be apportioned for pedestrian and bicyclist amenities including street traffic calming measures, street lamps, sidewalks, bike racks.</p> <p>[Town] will maintain a network of walking routes.</p> <p>[Town] will maintain a network of biking routes.</p> <p>[Town] will enhance access to public transportation (e.g., bus stops, van pool services, park and ride).</p> <p>[Town] will maintain a network of parks.</p>	<p>[Town] will provide incentives to encourage food retailers to provide healthy foods.</p> <p>[Town] will provide incentives to stimulate establishment of new food retailers (e.g., shops and markets).</p> <p>[Town] will provide supports to agricultural enterprises and businesses.</p>
<p>(8) A statement indicating how the plan relates to development trends and plans for adjacent municipalities, areas and the region developed under this title.</p>			

Element of Town Plan	General Health	Increase Physical Activity	Increase Access to Healthy Foods
(9) An energy plan, including an analysis of energy resources, needs, scarcities, costs and problems within the municipality, a statement of policy on the conservation of energy, including programs, such as thermal integrity standards for buildings, to implement that policy, a statement of policy on the development of renewable energy resources, a statement of policy on patterns and densities of land use likely to result in conservation of energy.		[Town] will support infrastructure for bicycle, pedestrian and transit links energy, land use and transportation planning.	
(10) An economic development element that describes present economic conditions and the location, type, and scale of desired economic development, and identifies policies, projects, and programs necessary to foster economic growth.		<p>[Town] will calculate and present the economic benefit to downtowns, housing developments, and residents, of creating and maintaining safe and attractive facilities that support active living (sidewalks, bike lanes, trails, recreation, open space).</p> <p>Safe and attractive facilities that support active living (sidewalks, bike lanes, trails, recreation, open space) support [Town's] economic growth and development.</p>	<p>[Town] will calculate the economic benefits to downtowns, housing developments, and residents, of creating and maintaining facilities and policies that support access to healthy food (farmers markets, community gardens, preserving agriculture lands).</p> <p>Facilities and policies that support access to healthy food (farmers markets, community gardens, preserving agriculture lands) support [Town's] economic growth and development.</p>
(11) A housing element that shall include a recommended program for addressing low- and moderate-income persons' housing needs as identified by the regional planning commission. The program may include provisions for conditionally permitted accessory apartments within or attached to single family residences		[Town] provides a range of housing types and affordable housing units that are connected to schools, safe areas for physical activity and healthy food access via safe walking and biking routes and public transportation.	

Element of Town Plan	General Health	Increase Physical Activity	Increase Access to Healthy Foods
which provide affordable housing in close proximity to cost-effective care and supervision for relatives or disabled or elderly persons.			
(B) The maps called for by this section may be incorporated on one or more maps, and may be referred to in each separate statement called for by this section.		[Town] will produce road maps that identify infrastructure and amenities for all road users — motorized vehicles, bicyclists, pedestrians and wheelchair users.	
<p>(C) Where appropriate, and to further the purposes of Section 4302 (goals) of this title, a municipal plan shall be based upon inventories, studies, and analyses of current trends and shall consider the probable social and economic consequences of the proposed plan. Such studies may consider or contain, but not be limited to:</p> <p>(1) Population characteristics and distribution, including income and employment.</p> <p>(2) The existing and projected housing needs by amount, type, and location for all economic groups within the municipality or region.</p> <p>(3) Existing and estimated patterns and rates of growth in the various land use classifications, and desired patterns and rates of growth in terms of the community's ability to finance and provide public facilities and services.</p>	<p>Review data available through the Vermont Department of Health to assess current community health status including:</p> <ul style="list-style-type: none"> • diabetes • heart disease and stroke • respiratory diseases • overweight and obesity • physical activity • nutrition • traffic-related injury 	[Town] will collaborate with interested parties to complete walkability/ bikeability audits to identify inconvenient or dangerous routes and prioritize infrastructure improvements to areas with the most need.	[Town] will collaborate with interested parties to complete a community food audit to identify existing access and future opportunities to increase access to healthy foods.

Appendix B

Weathersfield Outdoor Parks & Recreational Facilities Tobacco-Free Policy

Section 1: Rationale

WHEREAS, the Town of Weathersfield believes that tobacco use in the proximity of children and adults engaging in or watching outdoor recreational activities at Town of Weathersfield facilities is detrimental to their health and can be offensive to those using such facilities; and WHEREAS, the Town of Weathersfield has a unique opportunity to create and sustain an environment that supports a non-tobacco norm through a tobacco-free policy, rule enforcement, and adult-peer role modeling on outdoor recreational facilities; and

WHEREAS, the Town of Weathersfield own believes parents, leaders, and officials involved in recreation are role models for youth and can have a positive effect on the lifestyle choices they make; and

WHEREAS, cigarettes, once consumed in public spaces, are often discarded on the ground requiring additional maintenance expenses, diminish the beauty of the town's recreational facilities, and pose a risk to toddlers due to ingestion; and

WHEREAS, the Town of Weathersfield Select Board determines that the prohibition of tobacco use at the town's recreational facilities serves to protect the health, safety and welfare of the citizens of our town and its guests.

THEREFORE, be it resolved that tobacco use is prohibited in outdoor recreational facilities. No person shall use any form of tobacco at or on any outdoor recreational facilities, including the restrooms, spectator and concession areas. These facilities include Hoisington Field (behind the old Perkinsville School), the Salmond Covered Bridge, Tenney Hill Road pond, and the land at the Meetinghouse.

Section 2: Enforcement

1. Appropriate signs shall be posted in the above specified areas.
2. The community, especially facility users and staff, will be notified about this policy.
3. Staff will make periodic observations of recreational facilities to monitor for compliance.
4. Any person found violating this policy may be subject to immediate ejection from the recreation facility for the remainder of the event or days use.

Section 3: Effective Date

This policy statement is effective immediately upon the date of adoption.

Adopted this 3 day of June, 2010, in Weathersfield, Windsor County, State of Vermont.

Weathersfield Select Board

How to: Types of Point-of-Sale Strategies

Point-of-Sale Strategies Ranked by Legal Feasibility*

















Policy	Page #	Rating	Examples
1 REDUCING (OR RESTRICTING) THE NUMBER, LOCATION, DENSITY & TYPES OF TOBACCO RETAIL OUTLETS			
1a Establishing a licensing system with fees or increasing licensing fees	15		At least 126 communities
1b Reducing the number of tobacco retail outlets	15		Huntington Park, CA
1c Restricting the location of tobacco retail outlets	15		Santa Clara, CA; Santa Barbara, CA; New Orleans, LA; Baldwin Park, CA
1d Requiring a minimum distance between tobacco retail outlets	16		Santa Clara, CA
1e Prohibiting the sale of tobacco products at certain types of establishments	16		San Francisco, CA; 80 MA localities
1f Limiting the number of hours/days when tobacco products can be sold	16		
2 INCREASING THE COST OF TOBACCO PRODUCTS THROUGH NON-TAX APPROACHES			
2a Establishing minimum price laws	16		Over 25 states; New York, NY
2b Prohibiting price discounting	17		Providence, RI; New York, NY
2c Restricting sale based on pack size for non-cigarette tobacco products	17		Boston, MA; New York, NY; Many MA localities
2d Implementing mitigation fees	17		San Francisco, CA
2e Implementing sunshine or disclosure laws	17		
3 IMPLEMENTING PREVENTION AND CESSATION MESSAGING			
3a Requiring the posting of quitline information in retail stores	19		Indiana; Boston, MA
3b Requiring the posting of health warnings at hookah lounges	19		Suffolk, NY
3c Requiring the posting of graphic health messages at the point of sale	22		

= Green Light or ‘recommended’ = Yellow Light or ‘recommended with caution’ = Red Light or ‘not recommended’ = Exploratory

*Feasibility at the local level will depend on state law

How to: Types of Point-of-Sale Strategies

Point-of-Sale Strategies Ranked by Legal Feasibility*

	Policy	Page #	Rating	Examples
4	RESTRICTING POINT-OF-SALE ADVERTISING			
4a	Implementing content-neutral advertising laws	22		Ramsey County, MN; Henderson, NV; Milwaukee, WI
4b	Limiting the placement of tobacco retail advertising outside certain store locations	24		
4c	Limiting the times when tobacco retail advertising is allowed	24		
4d	Limiting the placement of tobacco retail advertising inside stores	24		
4e	Limiting the manner of tobacco retail advertising	24		
5	RESTRICTING PRODUCT PLACEMENT			
5a	Prohibiting self-service access to non-cigarette tobacco products	25		Bristol, MA; many states
5b	Limiting the times when tobacco products are displayed	25		
5c	Restricting the number of products that can be displayed	26		
5d	Prohibiting product displays	26		
6	OTHER POINT-OF-SALE STRATEGIES			
6a	Prohibiting the sale of flavored non-cigarette tobacco products	26		Maine; Providence, RI; New York, NY
6b	Raising the minimum legal sale age (MLSA) to buy tobacco products	26		Alabama; Alaska; New Jersey; Hawaii
6c	Requiring that tobacco retail clerks meet the minimum legal sale age (MLSA)	27		Alabama; Alaska; Utah
6d	Implementing stricter laws on the sale and use of commercial roll-your-own (RYO) tobacco	27		Vermont; Illinois
6e	Including a “shame law” in the tobacco retailer licensing ordinance	27		Sierra Madre, CA
6f	Implementing a licensing incentive program	27		Vista, CA
6g	Regulating the sale of e-cigarette and other nicotine-delivery systems	27		California; Minnesota; Tennessee; Wisconsin

 = Green Light or ‘recommended’  = Yellow Light or ‘recommended with caution’  = Red Light or ‘not recommended’  = Exploratory

*Feasibility at the local level will depend on state law