

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"> ✓ Promote local resources for active living and healthy eating. ✓ Support a vibrant local food economy to increase access to healthy foods. ✓ Encourage gardening spaces in housing and commercial development where space is available. 	<ul style="list-style-type: none"> ✓ Create shared use agreements with public schools for public access when school not in session. ✓ Establish local review process to ensure Complete Streets concepts are used in all transportation projects. 	<ul style="list-style-type: none"> ✓ Pass content-neutral advertising restrictions to limit promotion of unhealthy products (e.g. tobacco, cannabis and sugary drinks). ✓ Limit the number of tobacco retailers through town plan or zoning language. ✓ Establish a Cannabis Control Commission in your town.

Community 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 ○ Cities & Towns Support Whole Community Health Vermont Department of Health (healthvermont.gov) 	
3-4-50 Community	
Community Engagement	<p>VT Council on Rural Development: Engagement Prj.</p> <ul style="list-style-type: none"> • Community Leadership In Action <p>Healthy Lamoille Valley</p> <ul style="list-style-type: none"> • Community Planning Toolkit: Healthy Lamoille Valley
Health Equity	<p>United Way Lamoille County</p> <p>Lamoille County Resources United Way</p> <ul style="list-style-type: none"> • Working Communities Challenge : Partnerships <p>NEK Prosper</p>

	<p>https://nekprosper.org/</p> <p>Vermont Healthy Communities Technical Assistance Communities – Vermont Healthy Communities (healthycommunitiesvt.com)</p> <ul style="list-style-type: none"> • Resources Resources – Vermont Healthy Communities (healthycommunitiesvt.com) <p>Health Equity Planning Toolkit Health Equity Planning Toolkit - Lamoille County Planning Commission (lcpvt.org)</p>
<p>Age Friendly</p>	<p>Age Strong VT</p> <ul style="list-style-type: none"> • DIY Community Cookbook DIY+Community+Cookbook 2021+c.pdf • Age Strong Vermont: Our Roadmap for an Age-Friendly State Vermont Department of Health (healthvermont.gov) <ul style="list-style-type: none"> ○ Scroll down to see Healthy Aging Data Reports by County • Dementia Friendly America Dementia Friendly America (dfamerica.org)
<p>Access to Healthy Foods</p>	<ul style="list-style-type: none"> • New 2024 Report Food Security Roadmap Vermont Food Security: Roadmap to 2035 VT Farm to Plate • Local Planning for Food Access Local Planning for Food Access Toolkit • Vermont Community Garden Network - Resources on Worksite Gardens • Find a CSA • Community Gardens https://www.aarp.org/livable-communities/tool-kits-resources/info-2023/creating-community-gardens.html • Healthy Community Design http://www.healthvermont.gov/sites/default/files/documents/2016/12/active_living_healthy_eating_community_design_resource.pdf
<p>Access to Physical Activity</p>	<ul style="list-style-type: none"> ○ VTrans https://vtrans.vermont.gov/highway/local-projects/bike-ped/resources • Go! Vermont – Promotes active and green commuting at the workplace. • Local Motion - Supports active transportation. • Vermont State Parks Hiking Trails • Healthy community Design http://www.healthvermont.gov/sites/default/files/documents/pdf/HPDP_HCD-Addendum.pdf • Walk Audits <ul style="list-style-type: none"> ○ Bicycling and Walking by Older Adults (aarp.org) ○ 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) ○ Americawalks.org/how-to-conduct-a-walk-audit • The Community Guide Physical Activity: Built Environment Approaches The

	Community Guide
Prevention and Recovery Friendly Communities	<ul style="list-style-type: none"> • Community Planning Toolkit: Healthy Lamoille Valley • Community Resources Healthy Lamoille Valley • 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 • Recovery-Friendly Employers Recovery Vermont • Cannabis Regulations Resources Cannabis Healthy Lamoille Valley
Grants & Planning Support	
<p>Regional Planning Commissions ACCD VCRD</p> <ul style="list-style-type: none"> • Lamoille County Planning Commission (lcpcvt.org) • Home (nvda.net) <p>VT Community Foundation Directory https://fdovermont.foundationcenter.org/</p> <p>VT-Designated Downtown and Village Centers CPR-Funding-Directory.pdf (vermont.gov)</p> <p>Northern VT Economic Development District Funding Tool - NVEDD</p> <p>Northern VT Development Association Grant Opportunities - Northeastern Vermont Development Association (nvda.net)</p> <p>VT Better Places Resources Better Places Resources Agency of Commerce and Community Development (vermont.gov)</p> <p>VTrans Bike/Pedestrian Grants Bicycle and Pedestrian Program Agency of Transportation (vermont.gov)</p> <p>Healthy Lamoille Valley https://www.healthylamoillevalley.org/3-4-50-partnerships/</p>	
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	
<ul style="list-style-type: none"> • 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) • New 2023 Food Insecurity: Chronic Disease & Quality of Life (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 	

Healthy Community Design & Planning for Prevention

Healthy Community Design

- [Community | Vermont Department of Health \(healthvermont.gov\)](http://healthvermont.gov)
- **Healthy Community Policy Example:** Hyde Park Healthy Community
<https://hydeparkvt.com/wp-content/uploads/2019/05/Hyde-Park-Healthy-Community-Policy-4-15-2019-FINAL.pdf>

Health Equity Planning Toolkit

- [Health Equity Planning Toolkit - Lamoille County Planning Commission \(lcpvvt.org\)](http://lcpvvt.org)

Preventing Youth Substance Misuse and Building Protective Factors

- [Community Planning Toolkit: Preventing Youth Substance Misuse and Building Protective Factors | Healthy Lamoille Valley](#)

Local Planning for Food Access

- [local planning for food access a toolkit for vermonts communities.pdf \(vtfarmtoplate.com\)](http://vtfarmtoplate.com)

Northern VT Development Association (NVDA)

- Food Systems <http://www.nvda.net/food-resources.php>
- Cycling in the Kingdom <http://www.nvda.net/files/cyclingthekingdom070413.pdf>

Northwest Regional Planning Commission updated Planning for Prevention guide.

- https://docs.wixstatic.com/ugd/cf375c_a1502a222b8a4d2682492c3415bc800d.pdf

Twin Rivers Health Chapter Template

- <https://d2zhgeghghqjuwb.cloudfront.net/accounts/12213/original/Health-Chapter-Template-Final.pdf?1554831628>
- Twin Rivers Ottauquechee Regional Planning Commission
 - <https://www.trorc.org/health/>