

Hi, just a reminder that you're receiving this email because you have expressed an interest in Vermont Department of Health: Physical Activity and Nutrition. Don't forget to add natalie.schubel@state.vt.us to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



## News from the Physical Activity and Nutrition Program



I'm not one to take New Year's resolutions too seriously. Who says you have to wait until the new year to take better care of yourself and your family? But this year, I'm asking you to join me in a resolution that we can keep all year long.

The 2013 results from the Behavior Risk Factor Surveillance System (BRFSS) shows a 2% increase in obesity rates in Vermont since 2012, with overweight rates holding steady at 37%. While we still have some of the best numbers in the nation, we know we can do better. So together, let's work towards a healthier Vermont.

Even small changes can make a big difference. Consider ways to improve health at work by increasing access to healthy foods and physical activity. Encourage coworkers to have walking meetings, or push healthier food options at events and in your cafeteria. We're doing that here at the Department of Health, and we're excited to hear from worksites statewide who are joining the movement. Looking for ideas or tips? Contact us today. We're happy to help and may share your successes in our next newsletter.

Together, we can find ways to bring down obesity and overweight rates in Vermont.

Sue Kamp

Physical Activity and Nutrition Program Administrator

### Healthy Communities

#### Health Impact Assessments for Creating Healthy Communities

In September 2014, the Department of Health hosted a two-day Health Impact Assessment training, led by [Human Impact Partners](#), aimed at helping staff better assist and support partners on Assessments.



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A Health Impact Assessment, or HIA, is a collaborative, systematic approach to explore the effects of policies, plans and projects on overall population health, including projects that relate to transportation or land use.

To date, several HIAs have been completed or are in progress:

- The Health Department's Burlington District Office, in collaboration with the Chittenden County Regional Planning Commission and City of Burlington planning office, completed a preliminary HIA on a North Avenue street design project.
- The Burlington District office began an HIA in Milton for a street redesign project.
- Several Health Department staff are working on an Earned Sick Leave HIA.
- As part of a recent grant to the Health Department from the Association of State and Territorial Health Officials (ASTHO), the Health Department Central and Burlington District Offices are working with the City of Burlington to complete an HIA in Burlington's South End for a land use project. The information gathered at a preliminary stakeholders meeting in January will be used in a series of community planning meetings in February to further define the scope of the HIA and share recommendations with the city in June 2015.

Over the coming months, the Vermont Department of Health will be communicating progress and insights with partners interested in learning more about HIAs or conducting your own.

## Schools

Local wellness policies (LWP) are an important tool for local educational agencies (LEAs) to promote wellness among students, staff and the community. A LWP is a written document that guides



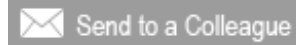
the LEA in creating supportive school nutrition and physical activity environments. At a minimum, it should include goals for nutrition education and promotion, guidelines for foods available on school campus, physical education and activity and other school-based activities that promote wellness. The Vermont Department of Health is collaborating with the Agency of Education and the Department of Agriculture to update Vermont's School Wellness Policy, based on the USDA's Smart Snacks Nutrition Standards for all Foods Sold in Schools, as required by

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**Please forward this newsletter to interested colleagues!**

 Send to a Colleague

## Upcoming events

[Annual Worksite Wellness Conference](#) - March 25, 2015

Check out our website [My Moment](#)

## Stay Connected



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the Healthy, Hunger-Free Kids Act of 2010.

This year, the Department of Health will work closely with Addison Northeast Supervisory Union to support their LWP development process. The materials and strategies created will then be disseminated to other schools statewide to implement healthy changes among our youngest Vermonters.

## Worksite Wellness

### **2015 Worksite Wellness Conference: [Registration Now Open!](#)**



The 2015 Workplace Wellness conference, "Creating Well Workplaces," takes place on March 25, 2015, at the Sheraton Hotel and Conference Center in Burlington. The event will bring together experts from the worksite wellness field, as well as other organizations engaged in employee health, to share knowledge and ideas through a series of breakout sessions. The 2014 Worksite Wellness Awards will also be presented at the conference.

Also see the [full agenda](#).

## Clinical News

The Department of Health has received a Million Hearts Grant to work in communities statewide to improve blood pressure control, which impacts nearly one in three adults in the U.S. Through the grant, the Department of Health has provided blood pressure monitors to twelve libraries across the state to lend to patrons.



Participating libraries include: Rochester Public Library (Rochester), Winooski Memorial Library (Winooski), Pettee Memorial Library (Wilmington), Essex Free Library (Essex Junction), Cobleigh Public Library (Lyndonville), Hartland Public Library (Hartland), Calef Memorial Library (Washington), Baldwin Memorial Library (Wells River), Georgia Public Library (Fairfax), Hartford Library (Hartford), Carpenter-Carse Library (Hinesburg), and Richmond Free Library (Richmond).

Individuals can borrow monitors from the library for up to one month. More information can be found [online](#)

For more information visit the [Association of State and](#)

## Funding News

### **Green Thumbs at Work: Garden Grants for Small Businesses**



The Vermont Department of Health and Vermont Community Garden Network are offering eight grants for small businesses to establish workplace food gardens. The Green Thumbs at Work grants are open to Vermont businesses and organizations with fewer than 50 employees. Each \$1,750 award includes \$500 for materials, a \$250 Gardener's Supply gift certificate and \$1,000 of planning support and technical assistance from Charlie Nardozi and the VCGN. The program aims to improve employee wellness through physical activity and access to fresh produce.

Applications are due Friday, Jan. 30, 2015. Grant winners will be selected based on readiness to develop a workplace garden, existence of a wellness coordinator or wellness committee, the ability to provide matching funds and in-kind services, employee participation and a clear understanding of how the garden will help meet employee wellness goals. Winners will be announced Feb. 23.

For more program details and a link to the online application, go to <http://vcgn.org/green-thumbs-at-work/>. Call (802) 861-4769 for more information.

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