

Stand Together with 3-4-50

SHOW YOUR COMMITMENT TO REDUCING CHRONIC DISEASE

Thank you for your dedication to promoting health and reducing the risk of chronic disease. **Please check off wellness measures that your community currently employs or will accomplish within the next 12 months.**

BRONZE

Must check at least five to achieve bronze level

- Organize free and accessible health and fitness community events
- Conduct a community walk/bike audit
- Promote local resources for active living and healthy eating
- Regularly assess condition of parks and recreation facilities, maintaining or improving as needed
- Install bike racks in frequently used public places
- Establish Safe Routes to Schools program
- Conduct retailer audits on access to and promotion of tobacco and other unhealthy products

SILVER

Bronze level plus at least four from silver level

- Include health-supporting language in town plans
- Establish local review process to ensure Complete Streets concepts are used in all transportation projects
- Create easy and safe walking, biking and affordable public transportation options to access municipal services, parks, recreation and open spaces
- Establish or support a farmers' market or community garden
- Add a permanent town budget line item for recreation investments
- Pass and enforce tobacco-free or smokefree policies in public spaces
- Monitor implementation of state-required tobacco-free school grounds and events
- Create shared use agreements with schools for public access when school is not in session
- Pass content-neutral advertising restrictions to limit promotion of unhealthy products (e.g. tobacco and sugary drinks) and increase visual appeal of community

GOLD

Silver level plus at least three from gold level

- Establish and promote mixed-use development ordinances requiring ease of access, transportation choices, green space, sidewalks, etc.
- Limit the number of tobacco retailers through town plan or zoning language
- Create a connected, community-wide network of bike lanes, sidewalks and crosswalks
- Require healthy food options at all municipal snack bars, vending machines, and town-sponsored events
- Improve visual appeal of public spaces with planting, lighting, benches, artistic bike racks, wayfinding signs
- Restrict the sale of tobacco near schools, child care centers and playgrounds
- Create tobacco-free or smokefree shopping areas

