

## Physical Activity and Nutrition News



The latest data regarding physical activity in Vermont shows that **59% of adults and 23% of high school students met their physical activity recommendations.** ([2015 BRFSS](#) and [2015 YRBS](#))

Physical activity is one of the health behaviors that can help prevent diseases like cancer, heart disease, and diabetes. We need to work together to encourage Vermonters to be more physically active - especially our teens.

One of the ways we are doing this is through our [3-4-50](#) campaign, announced in our Summer 2016 newsletter. Since then, Commissioner Chen has spoken at community meetings in Morrisville and Springfield to introduce the campaign and ask community leaders to stand with the Health Department in driving down the three behaviors. More community meetings are scheduled for this fall. We are also pleased that the Mt. Ascutney Accountable Communities for Health workgroup based their action plan on the principles of 3-4-50.

Thank you in advance for joining us in encouraging physical activity in Vermont and sharing the 3-4-50 news.

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### Walk to School Day

Join children and adults around the world in celebrating International Walk to School Day on October 5th, 2016. Walking to school is a great way to get some exercise while being a part of a global event that promotes health, to identify safer routes for walking and to improve air quality. To learn more about International Walk to School events, visit <http://www.walkbiketoschool.org/> or talk to your local school about supporting their walk to school event.



Overlapping with the walk to school day is

also the Way to Go! Challenge, happening September 26th through October 7th. This year the winning K-12 school will receive a Vermont-manufactured AllEarth Solar Tracker. Simply walk, run, bike, bus or carpool to school for a chance to win. Your Walk to School Day counts! Please help spread the word and sign-up for this wonderful event.

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## Local School Wellness Policy: Final Rule

We are thrilled to announce the USDA Final Rule was released July 2016. The newly issued Local School Wellness Policy final rule empowers schools and communities to take a more active role in the health of their children and provides clarification to the expanded provisions to marketing, stakeholder engagement, nutrition guidelines, public notification, triennial assessments, and timeline for implementation. For more information about the ruling and how you can get involved, please visit: <http://www.fns.usda.gov/tn/local-school-wellness-policy>.

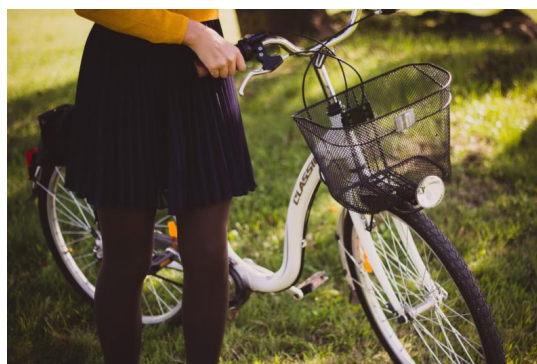


### After School Activities Matter:

58% of Vermont high school students who met physical activity guidelines participated in at least 5 hours of after school activities in an average week. Of those who did not meet physical activity guidelines, only 35% participated in at least 5 hours of after school activities. (2015 YRBS)

## Increasing steps during the workday

The health risks of a sedentary lifestyle are well-known. Extended sitting significantly increases risk for heart disease, stroke, diabetes, joint problems and other important health concerns. Research suggests that a sedentary lifestyle can increase risk of heart disease almost to the same extent as smoking but since sitting is even more prevalent, some public health professionals have adopted the phrase "sitting is the new smoking" (Centers for Disease Control and Prevention).



Even for those that exercise regularly, extended sitting during the day can increase risk of health problems. For many of us, the workday has barriers to being physically active. In fact, sedentary jobs have increased 83% since 1950, with less than 20% of the workforce being employed in a physically active job (American Heart Association). However, there are many simple ways that employees can stay active during the workday. In addition to promoting health and reducing risk of disease, increasing physical activity can also improve productivity and support mental health through stress reduction (Centers for Disease Control and Prevention). Employers can promote physical activity through various worksite wellness initiatives including policies, incentives, and making small changes around the office. For more

information, see the [Creating a Healthier Worksite Toolkit](#). [More....](#)

## 2016 Worksite Wellness Award Application Now Open!

The Vermont Department of Health has opened the application for the 2016 Governor's Awards for Excellence in Worksite Wellness. These awards recognize employers that have a commitment to worksite wellness and will be presented by the Governor at the 2017 Worksite Wellness Conference on March 23rd, 2017 at the Sheraton Hotel and Conference Center in Burlington. The 2016 awards are for work done in the time period between 9/1/2015 - 8/31/2016. **The deadline for applications is October 31st, 2016.** Click [here](#) to complete your application.

Registration for the conference will open in January of 2017. Contact [Ashwinee.Kulkarni@vermont.gov](mailto:Ashwinee.Kulkarni@vermont.gov) with any questions.

## Barre City Leading the Nation in National Obesity Prevention Efforts

Last year, Barre City became the first Vermont city to join over five hundred local elected officials from communities across America to address the nation's childhood obesity epidemic by signing up for Let's Move! Cities, Towns and Counties (LMCTC). This project is a key part of First Lady Michelle Obama's Let's Move! initiative, which is dedicated to reversing the childhood obesity epidemic within a generation. Barre's participation also marked the participation of all 50 states. [More....](#)



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