

3-4-50 is a statewide effort to create an epiphany about the behaviors that lead to chronic disease in our state and to engage partners from all sectors in strategies to improve health across our state.

3-4-50 *Vermont* Partners help to create healthy and thriving Vermont schools, businesses, communities and individuals. Our Partners understand the importance of community-based efforts to help create a healthy and thriving Vermont. Please join this effort and become a 3-4-50 *Vermont* Partner. Partners commit to:

- Maintain their current activities that promote healthy and vibrant communities, businesses, schools and individuals.
- Demonstrate sustained support by putting 3-4-50 principles into practice in at least one of the following ways in their worksite and/or in their work:
 - a. Adopting or updating their policies that support health and wellness
 - b. Improving organizational and service delivery systems that support healthy Vermonters
 - c. Promoting changes in the physical environment that make it easier for people to be healthy
 - d. Supporting their organization's membership in implementing recommended strategies
- Promote and support programs, initiatives or policies that encourage people to improve their health and well-being through physical activity, good nutrition and a tobacco-free lifestyle.
- Share resources, best practices, and success stories with the 3-4-50 *Vermont* team, partners and others within their sphere of influence.

Vermont is already one of the healthiest states in the country. But there is still tremendous progress to be made. Please join with the Health Department and many other cities & towns, businesses, non-profits, schools, child care centers, hospitals & healthcare providers and individual Vermonters who have taken steps to help make Vermont a healthier and more vibrant state – sign on to our 3-4-50 *Vermont* Partners commitment letter and we will recognize your organization on our web pages, highlight your success stories and share your best practices.

For more information, please contact the 3-4-50 *Vermont* team at 3-4-50@vermont.gov or if you are ready to sign up now, please sign below and return to Julie Arel, Vermont Department of Health, 108 Cherry St, Burlington, VT 05401 or julie.arel@vermont.gov.

Yes, sign us up! Our organization wants to be a 3-4-50 *Vermont* Partner.

Signature of Authorizing Official

Name of Organization & Date