

Physical Activity and Nutrition News

New Year, New Website!

Greetings from the Physical Activity and Nutrition staff at the Vermont Department of Health. You may have noticed that with the new year, the Health Department launched a new website. Our new site has much of the great information the old site had and we hope that it is easier to use. When you have a moment, take some time to look at the new features, and in the meantime, if you are looking for our information, this is where you can find the [physical activity and nutrition program pages](#), the [3-4-50 pages](#) and our [performance measure dashboard](#).



Transforming Community Food Shelves to Make Fruits & Vegetables the Easy Choice

Poor diet is one of the top three factors (tobacco use and physical inactivity being the other two) contributing to four chronic conditions, that result in over 50% of all deaths in Vermont ([3-4-50](#)).

The [VT Fresh](#) program, run by the Vermont Foodbank and funded in part by [VDH's SNAP-Ed program](#), aims to change this by promoting healthy eating through direct education and policy, systems and environmental strategies. VT Fresh has been implemented throughout the state at 29 community food shelves as well as 6 hospitals and 6 schools that host the Vermont Foodbank's [Veggie VanGo](#) mobile food shelf. [More](#)



2017 Worksite Wellness Conference
Thursday, March 23, 2017
Sheraton Hotel and Conference Center, Burlington

Registration for the 2017 Worksite Wellness Conference is open! We are excited to

have Eric Karpinski, the creator of the Science of Happiness Program, as our keynote speaker at this year's conference. The day will be filled with workshops, fitness breaks, sharing of best practices and the presentation of the 2016 Worksite Wellness awards. The Worksite Wellness Conference is an excellent opportunity for employers, human resource professionals, employees and others interested in worksite wellness to network, hear from peers on best practices, and learn strategies on a diverse range of topics.

[Register online](#) before March 1, 2017 to get an early bird rate and to take advantage of green commuting opportunities including free tickets on the GMT LINK Express!

National School Breakfast Week March 6-10, 2017

Mark your calendar for the 2017 National School Breakfast Week! This year's theme, "Take the School Breakfast Challenge," encourages parents, students and school officials to start their morning with a healthy breakfast.



National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program to all children and to promote the links between eating a good breakfast, academic achievement and healthy lifestyles.

According to the 2015 Vermont Youth Risk Behavior Survey, only four in ten (40%) Vermont students in grades 9-12 reported eating breakfast every day, a quarter (26%) said they ate breakfast on less than three days a week, and one in ten (11%) reported that they did not eat breakfast on any day of the week. If you are looking for resources and tools to get started, visit the [School Nutrition Association](#).

Vermont Wellness Policy Implementation Tool Now Available

Is your school in the process of revising your School Wellness Policy? Check out the [Vermont Wellness Policy Implementation Tool](#), to help organize your schools wellness policy implementation.

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