



Physical Activity and Nutrition News

Improving Health in Vermont

After a year of work, the Vermont Department of Health released its [State Health Improvement Plan](#) for 2019-2023. This plan, based on what was learned during the [State Health Assessment](#) last year, is written through a health equity lens. Areas of focus include chronic disease, oral health, substance use prevention, mental health and child development. The plan was developed with many partners outside of state government, and it is meant to be implemented by all Vermonters concerned about health.



Join us in finding ways to implement the plan in your sector: worksite wellness, school health and wellness, healthy communities, assuring food access.... the list goes on and on. For more information, contact [Sue Kamp](#).

Spring into Active Transportation

Spring is finally upon us in Vermont and this often means we are looking for opportunities to get outside, be active, and enjoy the fresh air. Active Transportation days are scheduled this month:

Bike to School Day: May 8

Bike to Work Day: May 17

[Learn more...](#)



Construction Season: Opportunity for Healthy Community Design & Active Commuting

Ever wonder as you sit in, and slowly drive through, construction traffic if the project you are driving through could help you be more active? Spring in Vermont brings longer days and warmer temperatures, a great motivator for getting outside and active. Spring also brings the start of construction season which can bring unique opportunities for ensuring

communities are safe and accessible for physical activity, and for trying alternative modes of commuting. **Here** are some ideas on how to make the most of current and future construction projects in your community.



Getting Started with Worksite Wellness

Most Vermonters spend more than one third of every weekday at work, which means the programs, policies and environment at their worksite significantly influence their health – and by extension, the health of the organization they work for. Worksite wellness strategies cover a wide range of topics, from promoting physical activity and supporting mental health and emotional well-being, to reducing injury at the workplace. So, how do you know where to start? [More...](#)



Food Bites



*By Rebecca
O'Reilly, MS, RD*

Rebecca is busy organizing us for a desk to 5K challenge this spring, but will be back in our summer issue!



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