



**Municipality Name:** \_\_\_\_\_

**Contact Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Number of Residents:** \_\_\_\_\_

**To Achieve Bronze Status:** Must have 4/6 Bronze Level activities

**To Achieve Silver Status:** Must have 4/6 Bronze Level activities, and 5/7 Silver activities

**To Achieve Gold Status:** Must have 4/6 Bronze Level activities, 5/7 Silver activities and 8/10 Gold activities

## BRONZE

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If you have municipal-sponsored events, promote at least 1 as a smoke-free/tobacco-free event.

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Review municipal/town plan for health-promoting language using NRPC regional plan as a guide. Identify if there are areas to strengthen health-promoting language.



**Example:** complete streets, local food access, agricultural and recreational land use, tobacco-free spaces, etc.

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List and promote existing safe pedestrian routes.



**Example:** sidewalks, rec paths, parks, designated shoulders, etc.

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Promote availability of fresh, healthy and/or local foods (farmer's market, community gardens, etc.) using online maps, brochures, community bulletin boards, social media, municipal report or other forms of communication.



**Resource:** [HealthyRootsVT.org](http://HealthyRootsVT.org)

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Promote parks and open spaces for all using websites, postings, community bulletin boards, social media, etc

Identify at least 1 breastfeeding friendly space within the community (could include parks) and ensure it is posted with signage.

## SILVER


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Promote tobacco-free public places with adequate signage.

 **Resource:** [http://www.healthvermont.gov/sites/default/files/documents/2016/12/hpdp\\_OrderSmoke-FreeTobaccoSigns16.pdf](http://www.healthvermont.gov/sites/default/files/documents/2016/12/hpdp_OrderSmoke-FreeTobaccoSigns16.pdf)

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Assess current recreation spaces and safe pedestrian routes for accessibility, connectivity, and necessary improvements.


 **Resources:** <http://www.aarp.org/content/dam/aarp/livable-communities/documents-2016/Walk-Audit-Tool-Kit/AARP-Walk-Audit-Tool-Kit-100416.pdf>  
<https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/walkingchecklist.pdf>  
<http://www.ipa.udel.edu/healthyDEtoolkit/docs/WalkabilityAssessmentTool.pdf>

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Assess that there are community activities or events that are accessible to people of all ages, income and abilities. Promote these activities & events using electronic communication, social media, brochures, community bulletin boards, municipal report or other forms of communication.


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Draft health promoting language for town plan, bylaw changes, ordinance reviews, and/or policy reviews.

 **Resource:** <http://www.nrpcvt.com/Publications/Reports/RegionalPlan/SocialRegion.pdf> NRPC  
Social Region: Community Health Goals – pg. 57-62

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Increase access to healthy food in the region by supporting regional agriculture as well as farm and food initiatives.

 **Resource:** <http://www.nrpcvt.com/Publications/Reports/RegionalPlan/SocialRegion.pdf> NRPC  
Social Region: Community Health Goals - pg. 57-62

 **Resource:** Northeast Kingdom Regional Food Plan <http://www.nvda.net/agriculture.php> and <https://www.epa.gov/smartgrowth/local-foods-local-places#toolkit> for local data, refer to Healthy Roots regional food audit data

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Enhance existing infrastructure to support and encourage safe active transportation and recreational activities.

 **Example:** lighting, pedestrian signs, traffic calming, landscaping, bike racks, benches, shade, crosswalk re-painting, VT Youth Conservation Corp partnerships, leveraging grant funds, etc.

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Draft or revise a nutrition policy to include healthy options at town or municipal meetings, events, and buildings.


## GOLD

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Establish tobacco-free public spaces through policy or ordinance.


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Adopt health-promoting language in municipal/town plan using NRPC regional plan as a guide.

 **Resource:** NRPC Social Region: Community Health Goals – pg. 57-62


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Include walking paths, sidewalks, biking paths and/or recreation opportunities in larger projects that meet the definition of having significant regional impact (NRPC goal).

 **Example:** Paving projects, sidewalk plans, development plans, traffic studies/alterations, school placements, etc.

 **Resource:** <http://www.nrpcvt.com/Publications/Reports/RegionalPlan/SocialRegion.pdf> NRPC Social Region: Community Health Goals – pg. 57-62


Incorporate healthy community design through land development patterns, transportation options and site design that enable residents to lead physically active lifestyles and access local food.


 **Resource:** <http://www.nrpcvt.com/Publications/Reports/RegionalPlan/SocialRegion.pdf> NRPC Social Region: Community Health Goals – pg. 57-62

 **Example:** open space, green space, agricultural land, etc.

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Reduce the visibility of alcohol and tobacco products and advertisements through content neutral policy and/or zoning changes.

 **Example:** Signage policy, zoning changes, license policy, etc.

 **Resource:** Refer to Franklin Grand Isle Tobacco Prevention Coalition and Franklin County Caring Communities for local tobacco and alcohol data.


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Establish joint use agreements with schools to allow community access to facilities for recreation during non-school hours, weekends, and holidays.

 **Example:** school and community gardens, etc.

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Increase access to physical activity and healthy recreation space through environmental or municipal infrastructure enhancements.

 **Example:** expanding or starting a recreation department/committee/opportunities, creating new recreation spaces, enhancing and/or beautifying existing recreation space, putting in sidewalks/trails to recreation spaces, secure/ identify/ appropriate funding to achieving these goals, community garden, farmer’s market, CSA pick up sites, connectivity enhancements, etc.

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Determine the role and frequency of alcohol at family-focused events. List and promote alcohol-free events.

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All parks, open spaces and municipal buildings are designated as breastfeeding friendly with signage.

If you have a municipal event and food is offered, make sure there is access to fruits/veggies.

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**Did we miss something, or is your municipality doing something else that is healthy and fun?**

That's Great! Tell us more here:

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**LET'S #RISEVT TOGETHER!**

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