

Healthy Community Checklist: Does your community have:

- Affordable fitness and health centers
- Safe Routes to School, Farm-to-School and school wellness teams
- Marked bike lanes, parking racks and “share the road” signs
- Complete Streets policy
- Marked paths and trails with maps available
- School facilities open to the public
- Local meat and produce vendors at farmers markets and corner stores
- Farm-to-Family coupons and EBT (Electronic Benefits Transfer) card access at farmers markets
- School and community gardens
- Local food council/group
- Healthy snacks policy in child care centers and schools
- Local food shelf and community meals
- Workplace wellness programs

Contact Information

Please contact us at the following locations to learn more about our Healthy Living Initiative:

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Green Mountain United Way

Healthy Living Initiative



**Communities increasing
access to healthy foods and
physical activity
opportunities**



Green Mountain
United Way

www.gmunityway.org

**Serving Vermont Counties of
Caledonia, Essex, Orange,
Orleans & Washington**

Bringing together communities to support local, innovative strategies that increase access to healthy foods and physical activity opportunities

Healthy Living Initiative



Vermont was recently ranked first in the nation in overall health. While we continue to be a leader in health, obesity rates in Vermont have been steadily increasing over the last ten years.

Being overweight or obese substantially increases the risk for many chronic diseases such as diabetes, heart disease, stroke and some cancers.

Research proves that consuming fruits and vegetables and exercising the recommended amount of 30 minutes a day can prevent obesity.

Green Mountain United Way is working with local groups to encourage communities to plan, support and learn about strategies that support healthy lifestyles. By increasing opportunities for

physical activity and increasing access to healthy foods, we can build healthy communities - where we work, live, and play.



Building Healthy Communities

Communities are taking steps through local planning to promote healthy eating and physical activity.

Food Councils are developing community gardens, advocating for fresh, local food in schools and forming co-ops and CSA (Community Supported Agriculture) for local bulk buying.

Recreation Committees are maintaining and developing playgrounds, parks, facilities, programming and events.

Farmers Markets are supporting local growing and healthy eating by providing fresh produce and foods.

Schools provide wellness teams, gardens, healthy foods and physical activity opportunities for children.

Biking and Walking Paths offer safe opportunities to exercise.

Corner Markets are oftentimes the only local resource for food in a small community.

Workplace Wellness Programs are offering on-site exercise facilities, healthy foods in vending machines and wellness benefits.

What You Can Do

We all play an important role in building healthy communities. Here's what you can do in your community:

- 1 Join or organize local food and physical activity groups
- 2 Support GMUW and your community by joining a local food systems council or physical activity coalition
- 3 Incorporate healthy, local foods and opportunities for physical activity at community venues
- 4 See the "Community Checklist" on the reverse side of this page and start building a healthy community in your town today!



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