



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

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

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.

List and promote existing safe pedestrian routes.



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

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: nofavt.org

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

Promote tobacco-free public places with adequate signage.


 **Resource:** <https://risevt.page.link/TobaccoSignage>

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

 **Resources:** <https://risevt.page.link/AARPwalkAudit>
<https://risevt.page.link/Walkability>
<https://risevt.page.link/WalkabilityAssessmentTool>

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.


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

 **Resource:** Find your regional planning commission here: vapda.org.
Check out this example: <https://risevt.page.link/NRP>
NRPC Social Region: Community Health Goals – pg. 57-62

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

 **Resource:** <https://risevt.page.link/NRP>
NRPC Social Region: Community Health Goals – pg. 57-62

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.

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



GOLD

Establish tobacco-free public spaces through policy or ordinance.

Adopt health-promoting language in municipal/town plan using.

-  **Resource:** Find an example at: NRPC Social Region: Community Health Goals – pg. 57-62

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.
-  **Example:** <https://risevt.page.link/RegionalPlanning>
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.

-  **Example:** <https://risevt.page.link/RegionalPlanning>
NRPC Social Region: Community Health Goals – pg. 57-62
-  **Example:** open space, green space, agricultural land, etc.

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.

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.

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.

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

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.



