WHERE WE WORK: BRISTOL, LINCOLN, & STARKSBORO
To select the towns in which to launch our county efforts, we look at certain demographics, household income, nutrition intake, and health outcomes, as well as readiness. We work with our stakeholder group to assess need based on this data and readiness based on qualitative interviews. In 2019, work continued in Bristol, Lincoln, and Starksboro with some programming in Middlebury as it is a community in which surrounding towns congregate.

ORGANIZATIONS REPRESENTED:
Addison County Community Trust, Addison County Home Health and Hospice, Addison County Parent Child Center, Addison County Regional Planning Commission, Building Bright Futures, Counseling Service of Addison County, Elderly Services, Mountain Health Center, One-Care Vermont, Porter Medical Center, Residence at Otter Creek, United Way of Addison County, Vermont Department of Health

MEET YOUR LOCAL RISEVT LEADER
MICHELE BUTLER GILBERT
Michele Butler Gilbert is the Program Manager for RiseVT-Addison County, amplifying and launching initiatives in Bristol, Lincoln, and Starksboro. Michele holds a Bachelor of Science degree from Springfield College, is certified by the American College of Sports Medicine as a Personal Fitness Trainer, and by the American Council on Exercise as a Health Coach. She has been training clients since 1996, specializing in cardiac stress testing & cardiac rehab, sport-specific training, and post-rehab issues. In the past she has worked in the fields of public relations/advertising and also recreation therapy.

WE WORK ACROSS SECTORS
BUSINESSES
Improving wellness policies, increasing healthy food options, encouraging movement, and making worksites breastfeeding friendly.

SCHOOLS
Improving wellness policies, bringing mindfulness to classrooms, encouraging school meals best practices, and launching walk-to-school days.

MUNICIPALITIES
Improving town policies, enlisting civic engagement, making towns more walkable, and increasing healthy food access.
Amplify Grants distributed in Bristol, Lincoln, & Starksboro. Each funded initiative ties into at least one of the Center for Disease Control and Prevention 24 Strategies to Prevent Overweight & Obesity.

Total grant funds distributed to infuse healthcare reform funds into Bristol, Lincoln, & Starksboro, increasing opportunities to embrace healthy lifestyles where Vermonters live, work, learn, & play.

The RiseVT Program Manager in Addison county led 8 projects over the past year. The projects collectively served the entire spectrum of ages, from prenatal women to older Vermonters. These projects have crossed multiple sectors, including schools, local community service organizations, municipalities, and several were community-wide initiatives. Several included improving infrastructure for biking and walking, while others included promoting access to nutrition education, community engagement activities, and promoting the importance of family meals.

RiseVT-Addison County launched the Dinner Together campaign to encourage families to share meals together on a regular basis. This evidence-based initiative was inspired by a 2017 survey of local high school students which showed that teens who regularly ate dinner together (the questions specifically asked about dinner) participated in fewer risky behaviors and had significantly lower substance use. Additionally, research studies support the lifelong benefits of family meals. Eating as a family leads to healthier eating and improves children’s learning and well-being. The campaign includes digital and print outreach materials such as posters, recipe sheets, conversation tips for the dinner table, and more! The campaign also provides information about how having other meals together when dinner isn’t feasible can still have the same impact on youth’s health and wellness. The Dinner Together committee of which our RiseVT Addison County Program Manager is a member, also developed a Family Meals Challenge for local schools to launch in the start of 2020.