



## Promote physical activity and access to healthy, local food.

Planning that weaves together compact development, transportation choice, and open space can prevent sprawl but can also improve people’s health and well-being. How? When people have safe places for walking or biking, and when schools, housing, services, and businesses are close by, people are more likely to be active in their day-to-day lives. In addition, policies that support productive agricultural lands, that allow for value-added processing, and allow farmers markets contribute to a community’s health. This *Scorecard* focuses on active living and healthy food, but “healthy community design” includes many additional issues, such as air quality, tobacco use in public venues and events, preventing injury, and more.

**TIPS FOR ACCURATE SCORING:**

Look at the town plan and maps that identify open space

Contact your Vermont Department of Health district office

Look at the zoning bylaw to see whether grocery stores, farmers markets, etc. are permitted or conditional uses

### A. Does the town plan include health-promoting language (such as, “[Town] will consider impacts on community health when setting policy.”)?

- Yes, health promoting language is included throughout the plan .....  3
- There is health promoting language in some sections of the plan.....  2
- No, our community does not have such language in the plan .....  1

### B. Does your town have a coalition or advisory board working to promote community health (for example, programs that promote physical activity, reduce alcohol and tobacco use, develop health-promoting policies, and Safe Routes to School)?

- Yes, there is a group in town that works on various community health programs in partnership with other stakeholders (e.g., planners, road foreman, town officials, health experts, community volunteers) .....  3
- There are some community health efforts underway in our town, but they are mostly project by project, with little coordination .....  2
- We do not currently have any efforts like this underway in our town.....  1

### C. Does the town or a community group evaluate development projects, infrastructure spending, and/or town policies to understand their impacts on the community’s health? (One tool for doing this is a “health impact assessment.”)

- Yes, we assess projects, policies, and investments with an eye towards whether they make the town healthier and safer.....  3
- We complete assessments, but not consistently, or we are getting ready to start .....  2
- We have not undertaken assessments of this kind .....  1





“A resilient community is one that promotes public health and well being; where people have access to healthy food choices, reliable healthcare, and a natural environment where they can be physically active.”

- *Susan Coburn, nutrition and physical activity chief for the Vermont Department of Health*

**D. Does your town’s zoning support access to healthy foods by allowing grocery stores, co-ops, and general stores near where people live?**

- Yes, and most residents, including those without access to cars, can easily reach a retailer that sells healthy foods, such as a large grocery store, general store or food co-op, farmers market, or farm stands.....  3
- There are places to purchase healthy foods, but options are limited, require a car to access, or are not competitive with less healthy options .....  2
- Residents need to drive a long distance to access healthy foods, or most of the nearby options do not carry healthy foods (convenience stores, for example) .....  1

**E. Does the town own land – including town greens, municipal parks, school grounds – that are designated for community gardens, or used for farmers markets?**

- Yes, there are community gardens and/or farmers markets on municipal land .....  3
- Not yet, but we are working on it.....  2
- No, we have not designated land for these purposes.....  1

Score: \_\_\_\_\_

Scoring	Suggested Steps for Building Resilience
13-15 Resilient Community	<ul style="list-style-type: none"> <li>• Conduct <b>health impact assessments</b> to evaluate projects for public health impacts.</li> <li>• Ensure that <b>zoning</b> supports preserving agricultural land and related enterprises (processing, farmers markets, etc.).</li> </ul>
9-12 In Transition	<ul style="list-style-type: none"> <li>• Add <b>health promoting language</b> to the town plan.</li> <li>• Complete a <b>health survey</b> to guide future infrastructure investments and projects.</li> </ul>
5-8 Needs Your Attention!	<ul style="list-style-type: none"> <li>• Contact the <b>Department of Health’s District Office</b> or the <b>Town Health Officer</b> for advice on healthy communities.</li> <li>• Form a working group or committee to undertake community health projects.</li> </ul>