

## Introduction to this Resource

An individual’s state of health is profoundly influenced by the resources, services, social networks, and physical environments that are accessible to them. Consequently, the community as a whole has a role to play in ensuring that all community members have equitable access to the resources and opportunities that support health and wellbeing. Adding a health chapter to your Town Plan is an important first step in identifying community health needs and developing strategies to improve quality of life for residents. A health chapter can also be used to demonstrate community commitment when applying for health project grants.

This resource was developed by Two Rivers-Ottawaquechee Regional Commission and Mount Ascutney Hospital and Health Center. It presents suggested topic areas that could be incorporated into a health chapter. Under each topic area you’ll find:

- A brief introduction to the topic
- Reflection questions to help inventory a Town’s resources as well as identify resource gaps and inequities
- A link to a table with topically-relevant sample goal, policy, and recommendation language from adopted Town Plans around the state

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## Access to Health Care and other Critical Services

Health care services and other supports like emergency response, recovery centers, and shelters are essential in the prevention, treatment, and management of illness, and in the preservation of mental and physical well-being through the services that they offer. Rural locations are typically served by small facilities or networks that can assist residents with general health care needs but are not suited for more complex acute care services that require specialized services and equipment.

If your Town does not have its own services, the plan can discuss the importance of reliable transportation to access services in nearby towns. Some towns in Vermont have a community nurse. The nurse position may be supported by private funds, public funds, or a mix. The role of a community nurse is typically to educate and assist residents with physical assessment, medication and medical equipment management, coordinating care across providers, connecting people to community resources, assisting with following health care advice, assessing safety in the home, transportation to medical appointments, and providing support to family members. Community nurses supplement and cannot replace primary and specialty medical care services. Many town nurses focus largely on the elderly population to help them age in place safely and in comfort.

### **Questions for Reflection:**

- Where are the following services located?
  - Primary care
  - Mental health services
  - Dental services
  - Other kinds of specialty care, such as maternity care and substance misuse treatment and recovery services
  - Urgent / Emergency care (including emergency room and ambulance / paramedic services)
  - Health screening and other wellness services
  - Nursing care facilities, residential care facilities, and/or assisted living facilities
  - Adult day care services
  - Shelters for the unhoused
  - Cooling / heating centers during extreme weather events
  - Youth services
  - Domestic violence services
  - Restorative justice or court diversion programs
- How hard is it to use the aforementioned services if you don't have access to a car?
- Does your Town have community nursing services?
- Are caregiver respite services available to residents of your Town?
- What other barriers make it hard for people to access health care and other critical services?
- What steps have local service providers taken to meet the unique needs of those who are disproportionately impacted by societal inequities? Priority populations include but are not limited to:
  - Low-income

- Black, Indigenous, and People of Color
- People with disabilities
- LGBTQIA+
- Refugees
- English language learners
- People who are unhoused
- People who were formerly incarcerated

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### Active Living and Active Transportation

As the built environment has become increasingly car-centric, levels of physical activity have correspondingly declined. Reduced physical activity results in a number of health problems. To counter these trends, it is necessary to make communities more conducive to physical activity once again, particularly walking and cycling. The built environment and community programming have a tremendous impact on our ability to maintain an active lifestyle. All of our residents and visitors, inclusive of all abilities, income levels, and identities, need opportunities to regularly integrate physical activity into their lives. Instead of planning solely around the needs of cars, we can create compact development patterns to promote active transportation and we can design our streets, parks, and other public spaces to be safe and welcoming places to walk and bike. The Town will establish/preserve public access to natural recreational areas and provide programs that bring residents together for exercise and sports.

#### **Questions for Reflection:**

- What is it like trying to access critical services (employment, school, medical care, groceries and other retail, etc) if you don't own a car or are unable to drive?
- What barriers exist that prevent or make it hard to use public transit?
- What transportation challenges are faced by those with disabilities who live in your town?
- In what areas of town do you see the most pedestrian and bike traffic?
- What areas in town are dangerous or unwelcoming for pedestrians?
- What areas in town are dangerous or unwelcoming for bicyclists?
- Are there areas in town where sidewalks are in poor condition or are missing and needed?
- Where are the places in town where people switch transportation modes (e.g. cars to biking, transit to walking, biking to transit, etc)? Does the infrastructure in those locations make it easy to switch modes?
- Are recreational areas and social activity centers accessible to those without cars? Are they accessible to those with disabilities?
- What barriers exist that prevent people from participating in recreational programs or other forms of physical activity?
- How easy is it to find information about local trails and how to access them (including parking)?
- Where is new housing being built, and are those locations livable for people without cars?

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## Age-Friendly Environment

Age-friendly environments support the well-being and the participation of people in community life as they age. As we move through the different stages of our lives, our needs change. Do community residents have access to a variety of options that meet their changing needs in the areas of housing, food, employment, social activities and recreation, social services, etc? By creating communities where seniors can safely and happily “age in place,” we create opportunities for different generations to learn from and nurture each other.

### **Questions for Reflection:**

- What housing options are available for seniors who:
  - are downsizing
  - no longer drive
  - cannot live alone
  - are facing financial challenges
- What support systems are in place to help seniors live independently if they wish and are able to do so?
- What transportation options are available for seniors to access critical services (groceries and other stores, medical appointments, libraries and other gathering places, etc)? Are there challenges that make those transportation options hard to access or rely upon?
- What social opportunities and recreational programs are available to seniors?
  - Are they accessible if you have disabilities, or if you cannot drive or don't have a car?
  - Are there inter-generational opportunities and programs?
- Does the town have public spaces where seniors can walk / exercise?
  - Are they accessible to those with disabilities?
  - Are they accessible and safe during the cold months?
- What support systems exist for seniors experiencing food insecurity?
- Where can seniors volunteer in the community?
- How do seniors find out about the resources and opportunities available to them?

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## Child Care

Child care serves as a critical component in the raising of a child or children from working families. Good quality child care helps prepare children for schooling or may even supplement a child's school curriculum, and it provides them with opportunities for socialization. Many children also rely on child care services for meals. Vermont has a program called STARS (Step Ahead Recognition System) for child care, preschool, and afterschool programs. Programs that participate in STARS are stepping ahead — going above and beyond state regulations to provide professional services that meet the needs of children and families. STARS can help parents find a quality program for their children.

### **Questions for Reflection:**

- What barriers prevent families from accessing child care in our area?
- How can the Town improve access to child care, for example:
  - Providing land, space in a community building, financing through a revolving loan fund, or other financial contributions to support the creation or expansion of a childcare facility
  - If the Town has zoning, does the zoning support the creation of new childcare facilities?
  - Connecting residents with childcare licensing information via the Town website
  - Offering financial assistance for families facing hardship

[Click here for sample Town Plan Goals, Policies, and Recommendations](#)

## Environmental Quality

Safe air, land, and water are fundamental to a healthy community environment. An environment free of hazards, such as secondhand smoke, carbon monoxide, allergens, lead, and toxic chemicals, helps prevent disease and other health problems. Implementing and enforcing environmental standards and regulations, monitoring pollution levels and human exposures, building environments that support healthy lifestyles, and considering the risks of pollution in decision-making can improve health and quality of life.

### **Questions for Reflection:**

- Have former commercial or industrial properties been properly assessed for contamination and cleaned up as needed?
- Is the community negatively affected by noise or light pollution?
- How are groundwater quality and surface water quality being protected? Are there any areas of town where water quality is poor?
- Are there abandoned or derelict buildings in Town?
- Are there buildings in Town that are at higher risk of fire than others?

[Click here for sample Town Plan Goals, Policies, and Recommendations](#)

## Faith, Wisdom, and Spirituality

Is your Town a place where a wide variety of traditions, values, and spiritual practices are freely expressed and are honored? Residents have the right to seek inner peace, meaning, purpose, connectedness, wisdom, and guidance for right action in their own ways. Faith- and values-based communities actively seek to understand and support one another.

### **Questions for Reflection:**

- Are there any groups that are consistently excluded from community meetings or events because of conflicts with their religious observances?
- What opportunities exist for people to build deep connections with similar-minded and different-minded people?
- How does the Town respond when acts of intolerance or hatred are perpetrated?

[Click here for sample Town Plan Goals, Policies, and Recommendations](#)

## Healthy Food Access and Choice

Food access is not simply a health issue but also a community development and equity issue. For this reason, access to healthy, affordable, and culturally appropriate food is a key component not only in a healthy, sustainable local food system, but also in a healthy, sustainable community. Stores, farm stands and farmers markets, community meals, food shelves, and community gardens are all opportunities to create access to healthy foods.

### **Questions for Reflection:**

- Where can community members go if they need free food?
  - What kinds of foods are offered there? Is there a limit on quantity? Can a person maintain a healthy and balanced diet if they are relying upon that food source?
  - What are the hours of operation? Does the schedule pose any barriers to working adults?
  - If the in-town options are closed, where is the next nearest location where someone can get food?
- What are the demographics of the people who rely upon local food assistance operations? Moreover, who is not going – in other words, are there any demographic gaps that might indicate barriers to access?

- Do local stores and other points of sale offer a selection of affordable and healthy food? Do they accept food stamps?
- What measures are in place to ensure continued supply of food in the event of a community-wide emergency?
- Are school lunches well-balanced and nutritious?
- What supports exist for food-insecure families to feed their children when school is not in session?
- Do local residents have access to community garden space?
  - Are there cost or knowledge barriers to participating in a community garden?
  - How can those barriers be lowered?

[Click here for sample Town Plan Goals, Policies, and Recommendations](#)

## Healthy Homes

Housing is the best-known predictor of health. Lead exposure in old buildings can lead to significant abnormalities in cognitive development; asbestos and radon exposure can increase the chance of developing lung cancer; uncontrolled moisture, mold, pests, and other triggers cause or exacerbate asthma and other respiratory dysfunction; inadequate heat can lead to use of inappropriate heating sources potentially resulting in fires or carbon monoxide poisoning; and poorly maintained stairwells and other structures can cause injuries. The risk of falls for older adults is another healthy home concern, particularly when these adults are living in old housing stock that may have uneven floors, narrow stairs, or other potentially hazardous features. The high cost of housing places a tremendous strain on low-income households. Low-income households are also often concentrated in lower quality housing, resulting in disproportionately higher risk of harm to their health.

### **Questions for Reflection:**

- What is the quality of the rental housing stock in town?
  - Have those properties been evaluated for exposure to hazardous building materials (e.g., lead paint or pipes, asbestos, mold, PCBs, etc.)?
  - What support or resources can be provided to renters and landlords to ensure that lower income community members are not disproportionately harmed by poor housing?
- Are property owners aware of radon levels in their buildings, and have they been connected to resources to help them mitigate exposure?
- What supports are available to homeowners and renters who are struggling to pay their heating costs?
- Are a variety of housing types and price points available in town? Are there housing options that are well suited for:
  - Families with young children

- Single adults
- Senior citizens
- People with disabilities
- What can the Town do to support the development of more affordable housing?
- Is affordable housing served by public transportation? Is it within walking distance of stores and services?
- What supports exist for residents who want to homeshare?
- What is it like to be unhoused in our town? Are unhoused people being persecuted by neighbors and/or police? What can the Town do to help unhoused residents feel seen, valued, and supported in our community?

[Click here for sample Town Plan Goals, Policies, and Recommendations](#)

## Social Inclusion & Sense of Community

Social inclusion represents a vision for a “society for all” in which every person has rights, responsibilities, and an active role to play. Creating accessible and welcoming spaces for people of all abilities and identities yields dramatic benefits for mental health and overall quality of life, and is therefore a critical step in creating and sustaining healthy communities. In small communities, social ties can be very strong, but those ties are also often accompanied by strong social pressure to conform. That pressure emerges in mostly unspoken ways, and often results in exclusion of and discrimination against residents. When exclusion becomes the norm/expectation (usually unspoken, sometimes overt) in a community, everyone ultimately suffers.

### **Questions for Reflection:**

- Are parks, streets, and other public spaces accessible to those with disabilities?
- Who comes and who doesn't come to community wide meetings or events? Why might people choose not to participate?
- What can the Town do to build community amongst residents who come from different backgrounds, in ways that acknowledge and honor our differences?
- What are the spaces in town where people can gather?
- How much of the community's diversity is reflected in the makeup of the Selectboard, Town staff, and other local decision-making bodies?
- What systems are in place to support grassroots mutual aid efforts in the community? How do neighbors find out about each others' needs, and how do they spread the word and recruit help when help is needed?

[Click here for sample Town Plan Goals, Policies, and Recommendations](#)



## Substance Misuse Prevention and Response

Substance misuse is a significant challenge in all communities, large and small. The impacts of individual behaviors and choices ripple out to affect household members, neighbors and friends, and ultimately the rest of the community. When one person is struggling, we all struggle. Those who are in recovery need community support to achieve their goals, and their success ultimately benefits everyone.

### **Questions for Reflection:**

- Does the Town allow age-restricted substances in any public spaces or events where they might trigger those who are in recovery or expose youth to unhealthy behaviors?
  - Does the Town have a smoke-free/vape-free ordinance for public spaces and events?
  - Is there signage to inform residents and visitors of restrictions on substance use in public spaces?
- How close are retailers of age-restricted substances to sensitive community spaces like schools, libraries, daycares, playgrounds and recreational fields, community centers, and recovery centers? Could zoning be used to establish buffer zones?
- What supports are available to people who are struggling with substance misuse? What barriers to access might exist?
- Does the Town regulate the discharge of odors (e.g., smoke) beyond the property line?
- What can be done to raise awareness of the impacts of substance misuse, and the recovery resources available?

[Click here for sample Town Plan Goals, Policies, and Recommendations](#)

## Other Suggestions and Resources

[Click here for sample Town Plan Goals, Policies, and Recommendations on other topics not listed above.](#)

Keep in mind that health-related Town Plan language doesn't have to be restricted to a health chapter. Many other elements of a Town Plan also have an impact on health. Health considerations can be

integrated into many chapters, including for example Transportation, Housing, Natural Resources, Community Facilities and Services, etc.

When developing goals, policies and recommendations for a plan, remember:

- A GOAL represents the state of affairs that a plan is intended to achieve. A POLICY is an expression of how to meet a goal. A RECOMMENDATION is a means by which to implement a policy, through an action by a person or group.
- Goals and policies are more likely to become reality when concrete recommendations are developed for each policy, and when implementation logistics (timelines, costs, responsible parties, etc.) are thought through and documented.

### Planning Resources

Below is a list of additional resources that can inform the development of a Health Chapter in a Town Plan:

- TRORC Regional Plan (accessible at <http://www.trorc.org/trorc-regional-plan/>)
- East Central Vermont: What We Want (accessible at <http://www.trorc.org/ecv-what-we-want/>); refer to Healthy Communities Section
- Department of Health – Vermont Healthy Community Design Resource: <https://www.trorc.org/healthpolyclearinghouse/link-vermont-healthy-community-design-resource/>
- Supporting Healthy Communities: What Can Towns Do? (accessible at: <https://www.trorc.org/healthpolyclearinghouse/supporting-healthy-communities-what-can-towns-do-vt/>)
- TRORC Health page: <https://www.trorc.org/health/>
- Health Impact Assessments (HIAs): HIAs are a tool that can help communities, decision makers, and practitioners make choices that improve public health through community design. HIA is a process that helps evaluate the potential health effects of a plan, project, or policy before it is built or implemented. HIA brings potential positive and negative public health impacts and considerations to the decision-making process for plans, projects, and policies that fall outside traditional public health arenas, such as transportation and land use. An HIA provides practical recommendations to increase positive health effects and minimize negative health effects. HIAs are flexible and can range from simple to complex, depending on the project or policy being evaluated. Vermont Department of Health Offices of Local Health may be able to assist Towns with conducting HIAs.
  - <http://www.healthvermont.gov/about/reports/health-impact-assessments>
  - <http://www.healthvermont.gov/local>

### Implementation Resources

- Rural Community Health Toolkit: <https://www.ruralhealthinfo.org/toolkits/rural-toolkit>

### **Town Ordinances to Support Health & Wellness**

The Health Chapter may include recommendations to pass ordinances that support healthy communities. Examples of such ordinances include:

#### Alcoholic Beverage Control Ordinance:

Pass an ordinance prohibiting people from consuming or possessing opened containers of alcoholic beverages in public places.

#### Smoking/Vaping Ordinance:

Pass an ordinance prohibiting the use and disposal of tobacco, tobacco substitute, and cannabis products and equipment on town-owned land.

#### Advertisement Ordinance:

Pass an ordinance establishing limits on retail advertising. Sign ordinances must be content-neutral, meaning the regulations cannot be based on the content of the sign, and the regulations must apply equally to all businesses. Such ordinances can serve a dual purpose of preserving the rural character of a town while protecting youth and vulnerable populations from advertising that encourages substance use. Ordinances can regulate the number, size, height, and placement of signs, types of signs (e.g., blinking lighted signs), as well as limit the amount of window space covered by signage (e.g., 10%).

#### Retail Location/Density

Pass a zoning ordinance restricting the location and/or density of retailers of age-restricted products such as alcohol, tobacco, vaping products, and cannabis.

**APPENDICES**

## Health-Related Content in Town Plans, by Health Topic

### Access to Health Care and other Critical Services – Town Plan Language

Town	Goals	Policies	Recommendations	Source
Arlington	[None provided.]	The Town should make every effort to maintain and extend access to medical, dental, and auxiliary services.	The Town should identify vulnerable populations including the disabled, elderly and others who may need assistance, particularly in an emergency	<a href="https://arlingtonvermont.org/wp-content/uploads/2020/07/ArlingtonTownPlan_AdoptedJune29.2020.pdf">https://arlingtonvermont.org/wp-content/uploads/2020/07/ArlingtonTownPlan_AdoptedJune29.2020.pdf</a> p. 107
Bethel	<b>Goal 1:</b> High-quality medical care should be available to all Bethel residents.	<b>Policy a:</b> It is the policy of the Town to support and encourage the development of local health care facilities and counseling services and help residents locate and efficiently access health care as close to home as possible.	<b>Recommendation a.1:</b> The Town will continue to work with Stagecoach and White River Ambulance to ensure residents have transportation to health and wellness services.	<a href="https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf">https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf</a> p. 55-56
		<b>Policy b:</b> It is the policy of the Town to support programs that improve medical services for Bethel residents.	<b>Recommendation b.2:</b> The Town should make its facilities and resources available for community health and wellness programs/services, such as health screening days.	<a href="https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf">https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf</a> p. 56
		<b>Policy c:</b> It is the policy of the Town to support the development of assisted living or other medical facilities or services dedicated to supporting seniors in Bethel.	<b>Recommendation c.1:</b> The Town should look for opportunities to support residents who wish to age in place.	
	<b>Goal 2:</b> To maintain appropriate ambulance service	<b>Policy d:</b> It is the policy of the Town to support efforts to decrease response times for emergency services.	<b>Recommendation d.1:</b> The Town should continue its relationship with White River Valley Ambulance and other community groups.	

Town	Goals	Policies	Recommendations	Source
Fairfax	Support and encourage activities and community infrastructure, both social and physical, which enable and sustain the health and well-being of all residents.	To encourage opportunities to provide convenient access to health and human services for Fairfax residents	[None provided.]	<a href="https://www.fairfax-vt.gov/vertical/sites/%7BA7F085CD-5C79-4CCF-8878-6AF1EF4F216C%7D/uploads/FairfaxTownPlan-Appendix_Adopted_2018_small_(1).pdf">https://www.fairfax-vt.gov/vertical/sites/%7BA7F085CD-5C79-4CCF-8878-6AF1EF4F216C%7D/uploads/FairfaxTownPlan-Appendix_Adopted_2018_small_(1).pdf</a> p.38
Glover	Work toward making Glover an inclusive and safe community where people from all backgrounds and identities feel welcome and at home	Encourage and expand volunteerism and citizen participation in the town’s activities.	<ul style="list-style-type: none"> <li>• Look into the possibility of setting up a walk-in clinic, urgent care facility, addiction counseling, teen safety shelter, and after school programs in Glover.</li> <li>• Assess the need for a dental program at Glover School - such as the Ronald McDonald Dental Mobile Unit.</li> </ul>	<a href="https://townofglover.com/wp-content/uploads/2018-Glover-Town-Plan.pdf">https://townofglover.com/wp-content/uploads/2018-Glover-Town-Plan.pdf</a> p.23
Jeffersonville	For Jeffersonville to expand quality affordable healthcare options available to the local community.	<ul style="list-style-type: none"> <li>• Jeffersonville supports any reasonable proposal to locate a community health, dental, assisted living, or skilled nursing facility in the Village.</li> <li>• New health facilities are encouraged in the Village Core, provided no new structures are created within the 100-year floodplain (as defined on the most recent FEMA maps). If such facilities are located within existing structures located within the floodplain, the structure shall be flood proofed in accordance with most recent FEMA guidelines. Given the vulnerable populations served by such facilities, measures should be taken to protect them during larger flood-events, including, but not limited to, elevating utilities to at least the 500-year flood elevation.</li> </ul>	Jeffersonville supports the development of elderly housing, assisted living, and skilled nursing facilities that are compatible with the physical and cultural characteristics of the community and are properly protected against flooding, and are not located within the 100-year floodplain (as defined on the most recent FEMA maps).	<a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1_Final_Jeffersonville_Village_Plan.pdf">https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1_Final_Jeffersonville_Village_Plan.pdf</a> p.61-62
		[None provided.]	Jeffersonville supports investigating additional community wellness initiatives, such as a community paramedic program.	

Town	Goals	Policies	Recommendations	Source
Montpelier	<p><b>Goal 2:</b> More than 50 percent of Montpelier residents report that the availability of affordable quality health care in Montpelier is “good” or “excellent.”</p>	<p><b>Policy 2a:</b> By 2020, develop and use measures to regularly report citizens’ opinions of the accessibility of affordable health services and the quality of care they receive.</p>	<p>[None provided.]</p>	<p><a href="https://www.montpelier-&lt;br/&gt;vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier- vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.232</p>
		<p><b>Policy 2b:</b> Ensure Montpelier residents have access to a wide variety of health care services in a number of different forms.</p>	<p><b>2b.1.</b> Support efforts to create and sustain collaborations among providers, organizations, businesses, and individuals. Support existing and new outreach and prevention programs.  <b>2b.2.</b> Ensure Montpelier is a vibrant community that draws and retains health providers and professionals.  <b>2b.3.</b> Support the REACH Program, which is a Care Bank as a complementary system of health and elder care.  <b>2b.4.</b> Experiment with developing a healing arts package (Community Supported Healing Arts, or CSH, package, similar to Community Supported Agriculture) for people to experience a variety of healing arts and support local businesses.  <b>2b.5.</b> Make full use of a variety of methods—online networking, local media, volunteer outreach, etc.—to ensure everyone is aware of the opportunities available to them.</p>	
	<p><b>Goal 3.</b> Seniors and people with disabilities report that they have the support and resources needed to live independently in the community.</p>	<p><b>3a.</b> Ensure that seniors and people with disabilities have the support and resources necessary to live independently.</p>	<p><b>3a.2.</b> Expand the availability of, and access to, caregiver respite services.</p>	<p><a href="https://www.montpelier-&lt;br/&gt;vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier- vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.233-234</p>
<p><b>Goal 4:</b> By 2040, the capacity exists locally to provide all appropriate support services to people with mental illness.</p>	<p><b>4c.</b> Increase adequacy of, and access to, mental health services and treatment for addiction.</p>			

Town	Goals	Policies	Recommendations	Source
Morristown	[None provided.]	<ul style="list-style-type: none"> <li>• Support a 24/7 staffed community located, patient centered, Emergency Medical Service.</li> <li>• Support community education related to emergency medical situations such as, CPR/AED training, and Stop the Bleed Programming</li> <li>• Support community wide AED signage and recognition programs</li> <li>• Continue support of the Heartsafe community designation</li> <li>• Support Morristown Emergency Medical Service in its application to achieve the Vermont Pediatric Safe Agency designation</li> <li>• Offer Narcan response kits to at risk populations</li> </ul>	[None provided.]	<a href="https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf">https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf</a> p.59-60
Reading	<b>1.</b> Town officials, committees, business and other organizations or groups will actively promote health and wellness in Reading		<ul style="list-style-type: none"> <li>• The Reading-West Windsor Aging in Place Committee shall establish 501(c)(3) nonprofit status.</li> <li>• With support of the participating Town Select Boards, the Reading-West Windsor Aging in Place Committee will seek funding to support a part-time community nurse position and subsequently hire a Community Nurse to serve the towns of Reading and West Windsor.</li> </ul>	<a href="https://readingvt.gov/office.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf">https://readingvt.gov/office.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf</a> p.94-96
Royalton	<b>Goal 1.</b> Promote health and wellness in Royalton.	<b>7.</b> Support the wellbeing and safety of children and families.	<b>9.</b> Explore methods for increasing accessibility to family and child resources, including but not limited to resources for domestic violence prevention.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf</a> p.50-51
Springfield	<b>2 .</b> Support and maintain policies and practices that promote cross-generational, physical, emotional and behavioral health, as well as social well-being.	<b>7.</b> Support partnerships with school district, Parks & Recreation, health service providers and other organizations that facilitate year-round community health, wellness, prevention and early intervention activities for all ages and abilities.	[None provided.]	<a href="https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf">https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf</a> p.136-138

Town	Goals	Policies	Recommendations	Source
Springfield (continued)	<b>2 .</b> Support and maintain policies and practices that promote cross-generational, physical, emotional and behavioral health, as well as social well-being.	<b>8.</b> Support the school district’s Wellness Committee and local healthcare providers in assuring access for youth to medical and dental services. <b>23.</b> Recruit post-secondary institutions to Springfield for training mid-level professionals in primary health, prevention and long-term care.	[None provided.]	<a href="https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf">https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf</a> p.136-138
Weathersfield	<b>10.4.1.</b> Promote healthy community initiatives through comprehensive community planning and design that support public health, safety and welfare.	[None provided.]	<b>10.6.2.</b> Actively publicize area existing health and human service agencies, health programs, transportation services, and recreational activities for residents and visitors. <b>10.6.6.</b> The town will consider obtaining ambulance coverage based in Springfield for the western part of the town.	<a href="https://www.weathersfieldvt.org/sites/g/files/vyhlif6216/f/uploads/weathersfieldtownplan_0.pdf">https://www.weathersfieldvt.org/sites/g/files/vyhlif6216/f/uploads/weathersfieldtownplan_0.pdf</a> p.106-108
Wilmington	<b>GOAL 5:</b> Offer local community health support services.	<b>Policy 1:</b> Ensure availability of and make the community aware of local health, mental health and substance abuse treatment and recovery services. Arrange for supplements to existing services for improved availability and access.	<b>Action 5.1.1:</b> Encourage mental health and substance abuse providers to provide services locally. <b>Action 5.1.2:</b> Ensure availability of services for elderly and disabled including transportation, meal delivery, health care services support. <b>Action 5.1.3:</b> Promote the use of ‘211’to access existing services, such as: DV Community Cares, DV Community Partnership, SASH, Food Pantry, Families First, Habitat for Humanity, Windham/Windsor Housing Trust, Churches, Medical Facilities, Mental Health Providers, Drug and Alcohol Abuse Programs, Police, Fire, and Rescue.	<a href="https://wilmingtonvermont.us/wp-content/uploads/2018/10/Town-Plan-as-Adopted-10-2-18.pdf">https://wilmingtonvermont.us/wp-content/uploads/2018/10/Town-Plan-as-Adopted-10-2-18.pdf</a> p.29



Town	Goals	Policies	Recommendations	Source
Woodstock	<p><b>Goal 1</b> - Support the availability of comprehensive health care in the Woodstock community.</p>	<p><b>Objective 1.1.</b> Support use of the Ottauquechee Health Center</p>	<p><b>Action 1.1.1.</b> Regular articles in the Vermont Standard.  <b>Action 1.1.2.</b> Community conversations on health care.  <b>Action 1.1.3.</b> Recognize availability of free care for those unable to afford medical care.  <b>Action 1.1.4.</b> Ensure awareness of the range of care available (ophthalmology, dermatology, etc).</p>	<p><a href="https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf">https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf</a> p.47-48</p>
		<p><b>Objective 1.2.</b> Work with Mt. Ascutney Hospital to ensure efficient and effective functioning of the Center</p>	<p><b>Action 1.2.1.</b> Appoint a town designated representative to work with the Ottauquechee Health Center Advisory Council.  <b>Action 1.2.2.</b> Create a welcoming and informative environment in the Center, possibly through a volunteer program. <b>Action 1.2.3.</b> Help promote the importance of the Center in Vermont’s Blue Print for Health.</p>	
		<p><b>Objective 1.3.</b> Support the Community Care Coordinator Program. Recognize this as a crucial community-based health program to provide access to resources.</p>	<p><b>Action 1.3.1.</b> Provide town funds for this service.  <b>Action 1.3.2.</b> Recognize the importance of access to the CCC at the Senior Center as well as at the Health Center.  <b>Action 1.3.3.</b> Provide regular on-going feedback of the program ensuring community member access and satisfaction.</p>	
		<p><b>Objective 1.4.</b> Explore and study ways to provide an emergency care facility in Woodstock to treat individuals who need immediate emergency lifesaving care on an economically viable basis.</p>	<p><b>Action 1.4.1.</b> Consider providing an emergency treatment facility in Woodstock.</p>	
		<p><b>Objective 1.5.</b> Provide Support for the terminally ill and their families.</p>	<p><b>Action 1.5.1.</b> Establish a hospice.</p>	

Town	Goals	Policies	Recommendations	Source
Woodstock (continued)	<b>Goal 5</b> - Increase access to local mental and behavioral health services.	<b>Objective 5.1.</b> Reduce suicide and self-inflicted injuries risk and rate	<p><b>Action 5.1.1.</b> Promote awareness that suicide is a public health issue.</p> <p><b>Action 5.1.2.</b> Develop and implement strategies to promote positive public attitudes toward being a consumer of mental health including substance abuse and suicide prevention services.</p> <p><b>Action 5.1.3.</b> Training for recognizing at-risk behavior and delivering effective treatment.</p> <p><b>Action 5.1.4.</b> Improve access to mental health and substance abuse services and better coordinate services in a variety of community institutions.</p>	<p><a href="https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf">https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf</a> p.49</p>

### Active Living & Active Transportation – Town Plan Language

Town	Goals	Policies	Recommendations	Source
Berkshire	<b>Goal 6.</b> Maintain and enhance community infrastructure and activities, both social and physical, which sustain and improve the health and wellbeing of all residents.	<p><b>6)</b> New construction or major reconstruction of roads and highways in the Town should identify the feasibility of accommodating all users by way of paths, sidewalks, or shoulders wide enough for use solely non-motorized means of transportation, when economically feasible or in the public interest.</p> <p><b>7)</b> Sidewalk or pedestrian facilities should be provided in populated areas, including the hamlets of East and West Berkshire, and alternative recreational paths for public use should be designated by the Town where appropriate.</p>	[None provided.]	<p><a href="https://6eade072-06b3-4cb0-b552-9093f98282cd.filesusr.com/ugd/cf375c_ecfa826316da4ed2b6141ea1b5a1e26e.pdf">https://6eade072-06b3-4cb0-b552-9093f98282cd.filesusr.com/ugd/cf375c_ecfa826316da4ed2b6141ea1b5a1e26e.pdf</a> p.89-90</p>

Town	Goals	Policies	Recommendations	Source
Bethel	<b>Goal 3:</b> The Town will promote health, safety and wellness for all of its residents.	<b>Policy f:</b> It is the policy of the Town to promote healthy lifestyle choices for its residents, including but not limited to healthy food choices, prevention of substance misuse, access to physical exercise and recreation, and promotion of active transportation methods such as walking and biking.	<b>Recommendation f.3:</b> The Town should promote use of parks and recreation facilities.	<a href="https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf">https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf</a> p. 56
Bridgewater	<b>Goal: 1.</b> Promote health and wellness in Bridgewater	<b>4.</b> Promote active transportation through walking and biking.	<b>4.</b> Promote use of park and recreation facilities.	<a href="https://www.trorc.org/wp-content/uploads/2013/09/Bridgewater-TP-Final.pdf">https://www.trorc.org/wp-content/uploads/2013/09/Bridgewater-TP-Final.pdf</a>
		<b>5.</b> Improve parks, recreation facilities, and open spaces for accessibility and community mingling.	<b>5.</b> Consider accessibility when developing public spaces and recreational opportunities.	p.88-89
East Montpelier	<b>Goal 4.4:</b> Protect recreational spaces and develop new recreational areas in various parts of town.	<b>Action 4.4.2:</b> Develop a trail along the Winooski River in East Montpelier Village.	[None provided.]	<a href="https://eastmontpeliervt.org/wp-content/uploads/2018/06/2018-Town-Plan-small.pdf">https://eastmontpeliervt.org/wp-content/uploads/2018/06/2018-Town-Plan-small.pdf</a> p.34
	<b>Goal 4.5:</b> Maintain a proactive and supportive relationship between the town, trail-user groups, and landowners.	<b>Action 4.5.1:</b> Support efforts to locate off-road segments of the Cross Vermont Trail in East Montpelier.	[None provided.]	<a href="https://eastmontpeliervt.org/wp-content/uploads/2018/06/2018-Town-Plan-small.pdf">https://eastmontpeliervt.org/wp-content/uploads/2018/06/2018-Town-Plan-small.pdf</a> p.36
	<b>Goal 4.6:</b> Maintain and expand the existing trail system to create connected loops and links to villages and population centers.	<b>Action 4.6.2:</b> Consider new trail links to connect villages and East Montpelier Elementary School with the trail system.	[None provided.]	<a href="https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf">https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf</a> p. 36

Town	Goals	Policies	Recommendations	Source
East Montpelier (continued)	<p><b>Goal 6.2:</b> Ensure that the road network provides safe and adequate transportation for all road users balanced with retaining the scenic and natural character of roadways.</p>	<p><b>Action 6.2.1:</b> Ensure that all state transportation projects meet the goals of this plan including accommodating pedestrian and bicycle use and protecting the character of the roadside.</p> <p><b>Action 6.2.2:</b> Provide safe, attractive and convenient pedestrian and bicycle facilities in East Montpelier Village. Priorities are sidewalks and bicycle lanes connecting the Upper Village to the Lower Village and the Lower Village to East Montpelier Elementary School.</p> <p><b>Action 6.2.3:</b> Provide marked bicycle lanes with all new paving projects.</p>	[None provided.]	<p><a href="https://eastmontpelier.vt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf">https://eastmontpelier.vt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf</a> p. 70-71</p>
	<p><b>Goal 6.3:</b> Reduce traffic speeds and improve safety in villages and areas with pedestrians and bicyclists.</p>	<p><b>Action 6.3.1:</b> Implement traffic calming measures in villages and areas with pedestrians and bicyclists.</p>	[None provided.]	
Fairlee	<p><b>Goal 1</b> To promote health and wellness in Fairlee.</p>	<p><b>2.</b> It is the policy of the Town to promote active transportation through walking and biking.</p>	<p><b>3.</b> The Town should explore bike path options.</p>	<p><a href="https://www.trorc.org/wp-content/uploads/2013/10/Fairlee-Town-Plan-adopted-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Fairlee-Town-Plan-adopted-2020.pdf</a> p.6</p>

Town	Goals	Policies	Recommendations	Source
Jeffersonville	To maintain, develop, expand, and enhance recreational facilities and opportunities.	Jeffersonville recognizes the value of the planned Lamoille Valley Rail Trail, Cambridge Greenway, and other trail networks. Jeffersonville supports infrastructure investments that will allow businesses and community members to take full advantage of this opportunity.	<ul style="list-style-type: none"> <li>• Jeffersonville should identify and fill gaps in the existing recreation trail network and establish itself as a “hub” for local and regional recreation amenities.</li> <li>• Jeffersonville, in partnership with other organizations and the Town of Cambridge, should develop a comprehensive plan for amenities, facilities, and aesthetics for the Lamoille Valley Rail Trail and other trail systems.</li> <li>• Jeffersonville supports Cambridge Rail Trail Committee in their effort to extend Cambridge Greenway to Williamson Road, and eventually to Cambridge Village.</li> </ul>	<a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1. Final Jeffersonville Village Plan.pdf">https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1. Final Jeffersonville Village Plan.pdf</a> p. 61-62
		Jeffersonville supports responsible development of additional indoor and outdoor recreational facilities within the Village. Passive recreation such as trails is an acceptable use of areas within the 100-year floodplain (as defined on the most recent FEMA maps), provided no new structures are created.	<ul style="list-style-type: none"> <li>• The Village should work with other groups in the community to address various recreation issues, assist the development of recreational facilities, and support and coordinate the efforts of local recreation, trail, and conservation groups.</li> <li>• Jeffersonville should continue to explore development of additional indoor and outdoor recreation and enrichment facilities.</li> </ul>	
	To encourage more physical activity through land use plans and policies.	<ul style="list-style-type: none"> <li>• All public roads in Jeffersonville should provide for safe walking and biking.</li> <li>• Jeffersonville’s youth should be provided with opportunities to walk or bike to school, sound nutrition, and information pertinent to healthy living.</li> </ul>	[None provided.]	

Town	Goals	Policies	Recommendations	Source
Jeffersonville (continued)	For suitable amounts and types of land to be set aside in Jeffersonville for public use and enjoyment.	<ul style="list-style-type: none"> <li>• Natural, scenic, and recreational areas should be protected so that they may be maintained as destinations for hiking, biking, and other physical activities.</li> <li>• Public access to a wide variety of outdoor recreation activities should be preserved.</li> </ul>	[None provided.]	
Montpelier	<b>Goal 1.</b> By 2040, the incidences of preventable illness, injury and premature death in Montpelier are significantly reduced; life expectancy increases; and there is an improvement in quality of life for those who suffer from chronic diseases.	<b>1b.</b> Make Montpelier a place where it is easy to integrate physical activity into daily life.	<b>1b.1.</b> Design roads in major transportation-ways to make biking and walking viable alternatives to automobile use. <b>1b.2.</b> Develop and maintain affordable, indoor community wellness options so that community members can stay active year-round. <b>1b.3.</b> Increase involvement in groups like CAN! to encourage participation in physical activity with neighbors. <b>1b.4.</b> Introduce additional “neighborhood-scale” recreational opportunities, and ensure larger regional facilities are well-served by alternative transportation. <b>1b.5.</b> Make full use of a variety of methods—online networking, local media, volunteer outreach, etc.—to ensure everyone is aware of the opportunities available to them.	<a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.230-231
		<b>1c.</b> Promote ways to integrate physical activity and nutritious eating habits into the workplace.	<b>1c.1.</b> Encourage fitness programs/challenges in the workplace. Set up public/private partnerships to support these programs. <b>1c.2.</b> Encourage employers to support employee participation in noncompany, healthy lifestyle programs.	

Town	Goals	Policies	Recommendations	Source
Montpelier (continued)	Goal 1 (continued)	<p><b>1d.</b> Increase the number of youth participating in outdoor educational programs.</p>	<p><b>1d.1.</b> Support and enhance existing outdoor educational opportunities and encourage the development of programs that promote physical activity.</p> <p><b>1d.2.</b> Increase the understanding of “outdoor classroom” opportunities at school.</p> <p><b>1d.3.</b> Make full use of a variety of methods—online networking, local media, volunteer outreach, etc.—to ensure everyone is aware of the opportunities available to them.</p>	
Morristown	[None provided.]	<ul style="list-style-type: none"> <li>• Draft zoning bylaw changes that require major development and redevelopment projects in the core of the village to provide pedestrian and bicycle amenities, such as sidewalks, bike lanes, bicycle parking, and/or other streetscape improvements.</li> <li>• Encourage the addition of more pedestrian amenities in the village (such as benches, seats, water fountains, shade/street trees) that enhance the pedestrian experience, especially in the downtown.</li> <li>• Ensure that adequate and appropriate lighting exists for streets, parks, recreation facilities, sidewalks, bike paths, and bike lanes to promote their use during non-daylight hours, especially during the short winter days.</li> <li>• Plan for the routine maintenance of municipally designated bike lanes/routes (to the extent permitted by town &amp; village funding).</li> <li>• Support the conservation or protection of commonly-used cross country ski-trails, such as the Catamount Trail, VAST Trails, the trails around Bliss Hill, and the trails on private land abutting the school property.</li> <li>• Support the Rail Trail as an important pedestrian, transportation, and wellness amenity.</li> </ul>	[None provided.]	<p><a href="https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.1_9.2022.pdf">https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.1_9.2022.pdf</a> p.58</p>

Town	Goals	Policies	Recommendations	Source
Morristown (continued)	[None provided.]	<ul style="list-style-type: none"> <li>• Increase access to park and recreation opportunities for all.</li> <li>• Evaluate the additional cost associated with building and maintaining safe, pleasant streets for walking and biking, paying particular attention to high traffic areas by schools. Pedestrian and bike oriented transportation options provide residents with the option to walk/bike rather than drive, lessening traffic congestion, and improving our air quality.</li> <li>• Prioritize protection and use of municipally owned recreational and natural spaces, including the Town Forest, Oxbow Riverfront Park, and the portions of the Clark property that can be safely accessed by the public (in relation to the active hydro facility, and the sensitive ecological integrity of this area).</li> <li>• Improve and expand the existing trail system that accesses Oxbow Riverfront Park, including formalizing the footpath that connects the park to the terminus of Foundry St.</li> <li>• Add an access point, or footpath, connecting Foundry Street to the Rail Trail, which would formalize Rail Trail access at each side of the Oxbow park peninsula, and also create a small walking loop through Oxbow Park that is accessed from the Rail Trail.</li> <li>• Encourage the purchase of natural areas for recreational purposes and wildlife corridors.</li> </ul>	[None provided.]	<a href="https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf">https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf</a> p.58



Town	Goals	Policies	Recommendations	Source
Orange	<b>Goal 8.</b> Maintain and enhance healthy choices for the residents of Orange including active and passive recreational opportunities; local food choices; and access to natural, scenic, or environmental amenities.	<ol style="list-style-type: none"> <li>1. Support the Town Recreation Committee in the effort to develop and maintain recreation facilities and infrastructure that will provide recreation opportunities for all residents</li> <li>4. Maintain and enhance recreational facilities and opportunities.</li> <li>2. Ensure the preservation of and access to important natural and scenic resource areas for recreational use.</li> <li>5. Encourage more physical activity through public land use plans and policies.</li> <li>7. Support public access to natural, scenic, or environmental recreation opportunities including hiking, hunting, fishing, and other activities.</li> </ol>	<ol style="list-style-type: none"> <li>1. Assess existing recreation facilities and prioritize any upgrades that may be necessary.</li> <li>2. Identify grants or other funding sources that could be used to support recreational priorities for the community.</li> <li>3. Identify locations that can support public access to outdoor recreation amenities including hunting, fishing, bird watching, hiking, or similar activities.</li> <li>5. Require large land use projects to include open space or similar amenities in their plans to ensure open land is preserved and accessible to the community.</li> </ol>	<a href="https://orangevt.org/wp-content/uploads/2021/05/Orange-Vermont-Town-Plan.pdf">https://orangevt.org/wp-content/uploads/2021/05/Orange-Vermont-Town-Plan.pdf</a> p.63-64
Reading	<b>1.</b> Town officials, committees, business and other organizations or groups will actively promote health and wellness in Reading.	<ol style="list-style-type: none"> <li>2. Promote healthy lifestyle choices for Reading’s residents, including but not limited to healthy food choices, prevention of substance misuse, access to physical exercise and recreation, and promotion of active transportation methods such as walking and biking.</li> <li>8. Create a balanced and equitable transportation system that provides for the safety and universal mobility of pedestrians, bicyclists, strollers and wheelchairs.</li> <li>9. Incorporate active transportation design features into new development projects.</li> </ol>	<ul style="list-style-type: none"> <li>• The Recreation Commission and other groups will collaborate to plan and build a network of paths or trails for walking and non-motorized exercise activity in locations convenient to the Village Center, hamlets and throughout town.</li> <li>• The Recreation Commission will consult with landowners and create a map of nonmotorized paths and trails and other recreational places of interest</li> </ul>	<a href="https://readingvt.gov/office.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf">https://readingvt.gov/office.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf</a> p.94-96
Royalton	<b>Goal 1.</b> Promote health and wellness in Royalton.	<ol style="list-style-type: none"> <li>4. Promote active transportation through walking and biking.</li> </ol>	<ol style="list-style-type: none"> <li>5. Promote use of park and recreation facilities and expand walking and biking opportunities.</li> <li>10. Consider conducting Health Impact Assessments for proposed projects when appropriate.</li> </ol>	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf</a> p.50-51

Town	Goals	Policies	Recommendations	Source
Springfield	<p>1. Engage the community, especially youth, seniors, and other underrepresented populations, and building a culture of healthy living and lifestyle choices, including healthy eating and substance free and active living</p>	<p>2. Maintain zoning regulations which encourage active lifestyles and access to healthy food.</p> <p>9. Create adequate sidewalks throughout the developed portion of Springfield and, where possible, connect them to trails or pathways outside the developed portion of Springfield.</p> <p>15. Continue to support recreational programs in partnership with the School District, Town of Springfield Parks and Recreation Department, and area health centers, where appropriate.</p> <p>19. Review previous plans and feasibility studies to form a pedestrian and bicycle master plan that could also include a walking bridge across the Black River from Mineral to Main Streets and a stairway from Wall to Main Streets.</p> <p>27. Promote shared use agreements that allow expanded use of public buildings for physical activity. 28. Encourage mandatory physical education for all students who are not involved in seasonal athletics by promoting collaboration between the Town, School District and other local entities to assure that all youth are given the opportunity to be involved in year-round physical exercise programs. Ensure that there are adequate opportunities for students to participate regardless of their ability.</p>		<p><a href="https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf">https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf</a> p.136-139</p>
Waterville	[None provided.]	<p>Waterville supports opportunities for residents of all ages to engage in physical and recreational activities, benefiting their health and wellness.</p>	<p>Waterville should seek funds and opportunities to promote health activities for residents.</p>	<p><a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1.2019_Waterville_Town_Plan_Final.pdf">https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1.2019_Waterville_Town_Plan_Final.pdf</a> p.38</p>

Town	Goals	Policies	Recommendations	Source
Weathersfield	<p><b>10.4.1.</b> Promote healthy community initiatives through comprehensive community planning and design that support public health, safety and welfare.</p>	<p><b>10.5.3.</b> Major developments will strive to create a balanced transportation system that provides for the safety and mobility of all users and that furthers the Complete Streets principles.</p>	<p><b>10.6.1.</b> Consider utilizing a health impact analysis as part of a complete local land use permit application for commercial and industrial uses.</p>	<p><a href="https://www.weathersfieldvt.org/sites/g/files/vyhlf6216/f/uploads/weathersfieldtownplan_0.pdf">https://www.weathersfieldvt.org/sites/g/files/vyhlf6216/f/uploads/weathersfieldtownplan_0.pdf</a> p.106-108</p>
		<p><b>10.5.5</b> The town should improve awareness of and public access to public-owned recreation facilities such as the Weathersfield School Gymnasium/Auditorium, Hoisington Field, and the Town Forest.</p>	<p><b>10.6.2.</b> Actively publicize area existing health and human service agencies, health programs, transportation services, and recreational activities for residents and visitors. <b>10.6.7.</b> Evaluate current goals and mission of Parks and Recreation Commission, and create policies that govern commission activities and expenditures.</p>	
		<p><b>10.5.6.</b> Development will not diminish public access to existing public recreational facilities.</p>	<p><b>10.6.1.</b> Consider utilizing a health impact analysis as part of a complete local land use permit application for commercial and industrial uses.</p>	
Wolcott	<p>To maintain and enhance recreational facilities and opportunities.</p>	<ul style="list-style-type: none"> <li>• Take active part in making the Lamoille Valley Rail Trail a rural trail facility that will provide opportunities for all users to enjoy nature and the scenic Vermont landscape to its fullest.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a comprehensive plan for amenities, facilities and aesthetics for the Lamoille Valley Rail Trail in town.</li> <li>• Address various recreation issues in town, assist the development of recreational facilities, and support and coordinate the efforts of groups like the Wolcott Athletic Association</li> <li>• Pursue grant funding for the development of the North Wolcott Recreation Park.</li> </ul>	<p><a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/Final_Plan_Narrative_and_Maps_Combined.pdf">https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/Final_Plan_Narrative_and_Maps_Combined.pdf</a> p.59-60</p>
		<ul style="list-style-type: none"> <li>• Protect natural, scenic and recreational areas so that they may be maintained as destinations for hiking, biking and other physical activities.</li> <li>• Ensure public access to hunting and fishing and other outdoor recreation activities.</li> </ul>	<p>[None provided.]</p>	

Town	Goals	Policies	Recommendations	Source
Wolcott (continued)	To encourage more physical activity through public land use plans and policies.	<ul style="list-style-type: none"> <li>Developers of large residential projects should include adequate open space and pedestrian amenities for recreation by the future residents of the project.</li> <li>All public roads in Wolcott should provide for safe walking and biking.</li> </ul>	[None provided.]	<a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/Final_Plan_Narrative_and_Maps_Combined.pdf">https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/Final_Plan_Narrative_and_Maps_Combined.pdf</a> p.59-60
Woodstock	<b>Goal 4</b> - Support infrastructure policies and organizations which promote healthy eating and active living and address obesity and other health consequences.	<b>Objective 4.2.</b> Promote a built environment and programs that support physical activity.	<p><b>Action 4.2.1.</b> Implement the Safe Routes to School Plan adopted by the Village of Woodstock Trustees. Use the Plan as a basis for developing a more robust plan for a Walkable Woodstock.</p> <p><b>Action 4.2.2.</b> Expand Safe Routes to School Travel Plan to include the greater Woodstock area to create a safe walkable town center.</p> <p><b>Action 4.2.3.</b> Support other programs that promote healthy, physical activity</p>	<a href="https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf">https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf</a> p.49

Age-Friendly Environment – Town Plan Language

Town	Goals	Policies	Recommendations	Source
East Montpelier	<b>Goal 5.3:</b> Support services and facilities to address the needs for seniors and families with young children.	<b>Action 5.3.1:</b> Support the location of a senior center in East Montpelier Village.	[None provided.]	<a href="https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf">https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf</a> p. 49

Town	Goals	Policies	Recommendations	Source
Montpelier	<b>Goal 3:</b> Seniors and people with disabilities report that they have the support and resources needed to live independently in the community.	<b>3a.</b> Ensure that seniors and people with disabilities have the support and resources necessary to live independently.	<p><b>3a.1.</b> Expand availability of affordable home care and related home support services (such as snow removal and housing maintenance), by, for example, making better linkages with schools and youth.</p> <p><b>3a.2.</b> Expand the availability of, and access to, caregiver respite services.</p> <p><b>3a.3.</b> Encourage seniors and people with disabilities to continue to participate in the community by volunteering, joining REACH and the Onion River Exchange, and/or attending community events.</p>	<a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.233
		<b>3b.</b> Provide supportive housing services to people who are unable to live independently.	[None provided.]	
Weathersfield	<b>10.4.1.</b> Promote healthy community initiatives through comprehensive community planning and design that support public health, safety and welfare.	[None provided.]	<b>10.6.5.</b> Evaluate whether existing programs support multigenerational planning and aging-in-place in Weathersfield.	<a href="https://www.weathersfieldvt.org/sites/g/files/vyhlf6216/f/uploads/weathersfieldtownplan_0.pdf">https://www.weathersfieldvt.org/sites/g/files/vyhlf6216/f/uploads/weathersfieldtownplan_0.pdf</a> p.106-108
Woodstock	<b>Goal 7</b> - Build a stronger community for healthy aging.	<b>Objective 7.1.</b> Access to physical activity, medical care, nutritious food, social engagement, and mobility	<p><b>Action 7.1.1.</b> Learn about walkways, homes, and neighborhoods that meet the needs of older adults.</p> <p><b>Action 7.1.2.</b> Work with Thompson Senior Center and other entities to create a community that supports healthy aging in place.</p> <p><b>Action 7.1.3.</b> Encourage increased day care facilities for senior citizens</p>	<a href="https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf">https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf</a> p.50

Child Care – Town Plan Language

Town	Goals	Policies	Recommendations	Source
Springfield	<b>3.</b> Create and maintain a safe community that includes an appropriate mix of affordable and market rate housing, outdoor activities, employment opportunities and access to goods and services.	<b>6.</b> Review zoning regulations to encourage development of licensed childcare opportunities.	[None provided.]	<a href="https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf">https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf</a> p.136-139
Waterville	[None provided.]	Waterville supports state-level efforts to put in place mechanisms that facilitate access to high quality and affordable child care.	[None provided.]	<a href="https://www.lcpcvt.org/verical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1.2019_Waterville_Town_Plan_Final.pdf">https://www.lcpcvt.org/verical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1.2019_Waterville_Town_Plan_Final.pdf</a> , p.38

Environmental Quality – Town Plan Language

Town	Goals	Policies	Recommendations	Source
Bethel	<b>Goal 3:</b> The Town will promote health, safety and wellness for all of its residents.	<b>Policy e:</b> It is the policy of the Town to build infrastructure that will promote environmentally safe and healthy lifestyles.	<b>Recommendation e.1:</b> Town will develop infrastructure using the Health Impact Assessment process, considering environmental and healthy lifestyle impacts.	<a href="https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf">https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf</a> p. 56
Bridgewater	<b>Goal: 1.</b> Promote health and wellness in Bridgewater	<b>3.</b> Minimize the risks to human health and the environment posed by hazardous sites.	<b>3.</b> Protect water quality of rivers, streams, lakes, and wetlands.	<a href="https://www.trorc.org/wp-content/uploads/2013/09/Bridgewater-TP-Final.pdf">https://www.trorc.org/wp-content/uploads/2013/09/Bridgewater-TP-Final.pdf</a> p.88

Health Chapter Template for Town Plans

Town	Goals	Policies	Recommendations	Source
East Montpelier	<b>Goal 9.11:</b> Encourage farming practices that protect wildlife habitat, water quality, and soil productivity.	<b>Action 9.11.1:</b> Ensure land conservation easement includes appropriate stream and roadside buffers to minimize agricultural run-off.	[None provided]	<a href="https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf">https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf</a> p.128
Fairlee	<b>Goal 1</b> To promote health and wellness in Fairlee.	<b>4.</b> It is the policy of the Town to minimize risk to human health and the environment posed by hazardous sites.	[None provided.]	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Fairlee-Town-Plan-adopted-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Fairlee-Town-Plan-adopted-2020.pdf</a> p.6
Glover	Work toward making Glover an inclusive and safe community where people from all backgrounds and identities feel welcome and at home.	Encourage and expand volunteerism and citizen participation in the town’s activities.	<ul style="list-style-type: none"> <li>• Remain vigilant to potential hazards with plans for quick mitigation: water, soil, air pollution, fire, flood.</li> <li>• Continue active participation in Local Emergency Planning Commission District 10.</li> </ul>	<a href="https://townofglover.com/wp-content/uploads/2018-Glover-Town-Plan.pdf">https://townofglover.com/wp-content/uploads/2018-Glover-Town-Plan.pdf</a> p.23
Plymouth	<b>Goal 1.</b> Promote health and wellness in Plymouth.	<b>3.</b> Minimize the risks to human health and the environment posed by hazardous sites.	<b>3.</b> Protect water quality of rivers, streams, lakes, and wetlands.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Plymouth-Adopted-Plan-2019-002.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Plymouth-Adopted-Plan-2019-002.pdf</a> , p.55-56
Reading	<b>1.</b> Town officials, committees, business and other organizations or groups will actively promote health and wellness in Reading.	<b>5.</b> Minimize environmental and human health risks posed by hazardous sites	[None provided.]	<a href="https://readingvt.gov/office.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf">https://readingvt.gov/office.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf</a> p.94-96
		<b>6.</b> Improve air and water quality and reduce air and water pollution.	[None provided.]	

Town	Goals	Policies	Recommendations	Source
Royalton	<b>Goal 1.</b> Promote health and wellness in Royalton.	<b>3.</b> Minimize the risks to human health and the environment posed by hazardous sites.	<b>4.</b> Protect water quality of rivers, streams, lakes, and wetlands according to policies and actions developed in the basin plans established by the Secretary of Natural Resources. <b>10.</b> Consider conducting Health Impact Assessments for proposed projects when appropriate.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf</a> p.50-51
Springfield	<b>3.</b> Create and maintain a safe community that includes an appropriate mix of affordable and market rate housing, outdoor activities, employment opportunities and access to goods and services.	<b>11.</b> Develop appropriate policies to maintain clean air, soil and water.	[None provided.]	<a href="https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf">https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf</a> p.136-139
Woodstock	<b>Goal 2</b> - Consider how new developments (e.g. housing, transportation, infrastructure, policies, zoning, road construction, water treatment plants) impact health.	<b>Objective 2.1.</b> Ensure that a Health Impact Assessment (HIA) is conducted with every major project	<b>Action 2.1.1.</b> Use HIA trained individuals to lead a HIA with every proposed major project. <b>Action 2.1.2.</b> Use the results of the HIA to adapt the project to maximize the positive health impacts and minimize the negative health impacts.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf">https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf</a> p.48



### Faith, Wisdom, and Spirituality – Town Plan Language

Town	Goals	Policies	Recommendations	Source
Montpelier	<p><b>Goal 1:</b> Over 80 percent of Montpelier residents report that the openness and acceptance of the community toward people of diverse backgrounds is “good” or “excellent.”</p>	<p><b>1a.</b> Increase public awareness of and education about Montpelier’s faith, wisdom, and spiritual community.</p>	<p>[None provided.]</p>	<p><a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.235-236</p>
	<p><b>Goal 2:</b> Over 85 percent of Montpelier residents report that there are “good” or “excellent” opportunities to participate in religious or spiritual events and activities.</p>	<p><b>2a.</b> Create opportunities for dialogue and celebration among different religions, faith traditions, and cultures.</p>	<p><b>2a.1</b> Establish forums and policy/program discussions that encourage conversation among different religions, faith traditions, and cultures. <b>2a.2</b> Encourage cultural celebrations. <b>2a.3</b> Support interfaith education programs.</p>	
		<p><b>2b.</b> Ensure people are aware of faith and spiritual resources in the community.</p>	<p><b>2b.1.</b> Include information about faith and spiritual resources in a welcome package for newcomers to the city. <b>2b.2.</b> Encourage spiritual groups to provide electronic links on their on website to other opportunities in the area. <b>2b.3.</b> Make full use of a variety of methods—online networking, local media, volunteer outreach, etc.—to ensure everyone is aware of the opportunities available to them.</p>	

## Healthy Food Access and Choice – Town Plan Language

Town	Goals	Policies	Recommendations	Source
Berkshire	<b>Goal 6:</b> Maintain and enhance community infrastructure and activities, both social and physical, which sustain and improve the health and wellbeing of all residents.	<b>11)</b> The Town should ensure that local regulations support local farm stands wherever possible. <b>12)</b> The Town supports the Berkshire Elementary School’s Farm to School Program.	[None provided.]	<a href="https://6eade072-06b3-4cb0-b552-9093f98282cd.filesusr.com/ugd/cf375c_ecfa826316da4ed2b6141ea1b5a1e26e.pdf">https://6eade072-06b3-4cb0-b552-9093f98282cd.filesusr.com/ugd/cf375c_ecfa826316da4ed2b6141ea1b5a1e26e.pdf</a> p.89-90
Bethel	<b>Goal 3:</b> The Town will promote health, safety and wellness for all of its residents.	<b>Policy f:</b> It is the policy of the Town to promote healthy lifestyle choices for its residents, including but not limited to healthy food choices, prevention of substance misuse, access to physical exercise and recreation, and promotion of active transportation methods such as walking and biking.	<b>Recommendation f.4:</b> The Town should continue to support healthy eating, local agriculture, and food production through ongoing support of the weekly Bethel Farmers’ Market. <b>Recommendation f.5:</b> The Town shall promote and support the efforts of the Bethel Food Shelf in assisting low income and food insecure residents with access to enough healthy and nutritious food to maintain a healthy lifestyle.	<a href="https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf">https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf</a> p. 56
Bridgewater	<b>Goal: 1.</b> Promote health and wellness in Bridgewater	<b>1.</b> Increase access to healthy foods.	<b>1.</b> Promote and expand farmers markets and community gardens.	<a href="https://www.trorc.org/wp-content/uploads/2013/09/Bridge-water-TP-Final.pdf">https://www.trorc.org/wp-content/uploads/2013/09/Bridge-water-TP-Final.pdf</a> p.88
East Montpelier	<b>Goal 7.4:</b> Promote and support the viability of sustainable agricultural enterprises.	<b>Action 7.4.1:</b> Encourage local agricultural enterprises through non-regulatory techniques such as hosting farmer’s markets or fairs and providing information about local agricultural products.	[None provided]	<a href="https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf">https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf</a> p.102
Fairfax	Support and encourage activities and community infrastructure, both social and physical, which enable and	<ul style="list-style-type: none"> <li>To support the local food system (growing, harvesting, processing, packaging, transporting, marketing, consuming, and disposing of food).</li> </ul>	[None provided.]	<a href="https://www.fairfax-vt.gov/vertical/sites/%7BA7F085CD-5C79-4CCF-8878-6AF1EF4F216C%7D/uploads/FairfaxTownPlan-">https://www.fairfax-vt.gov/vertical/sites/%7BA7F085CD-5C79-4CCF-8878-6AF1EF4F216C%7D/uploads/FairfaxTownPlan-</a>

Town	Goals	Policies	Recommendations	Source
Fairfax (continued)	sustain the health and well-being of all residents	<ul style="list-style-type: none"> <li>• To collaborate with interested parties to complete a community food audit to identify existing access and future opportunities to increase access to healthy food.</li> <li>• To improve the access to healthy food and model best practices related to promoting healthy communities.</li> </ul>		<a href="#">Appendix Adopted 2018 small (1).pdf</a> p.38
Fairlee	<b>Goal 1</b> To promote health and wellness in Fairlee.	<b>3.</b> It is the policy of the Town to support increased access to healthy foods.	<b>4.</b> The Town should help promote access to and awareness of locally grown and locally produced foods.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Fairlee-Town-Plan-adopted-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Fairlee-Town-Plan-adopted-2020.pdf</a> p.6
Glover	Work toward making Glover an inclusive and safe community where people from all backgrounds and identities feel welcome and at home.	Encourage and expand volunteerism and citizen participation in the town’s activities.	Work to make Glover a food secure community by setting up a food shelf, maintaining a Meals-on-Wheels program, and creating community garden opportunities.	<a href="https://townofglover.com/wp-content/uploads/2018-Glover-Town-Plan.pdf">https://townofglover.com/wp-content/uploads/2018-Glover-Town-Plan.pdf</a> p.23
Jeffersonville	To provide access to healthy, affordable locally grown food.	The availability and affordability of locally grown foods to residents of all income levels should be increased.	The Jeffersonville Farmers’ and Artisans’ Market should continue to participate in the EBT/Debit program.	<a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1. Final Jeffersonville Village Plan.pdf">https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1. Final Jeffersonville Village Plan.pdf</a> p. 61-62
		<ul style="list-style-type: none"> <li>• Gardening, including private and community gardens, is strongly encouraged and supported.</li> <li>• Jeffersonville should plan for the development of future community gardens.</li> </ul>	The Jeffersonville Board of Trustees and Planning Commission should work with other local groups to identify potential space for community gardens within the Village.	
		Jeffersonville’s youth should be provided with opportunities to walk or bike to school, sound nutrition, and information pertinent to healthy living.	The Cambridge Elementary School should continue to work with local farmers/producers to increase local food products provided as part of the school’s lunch program.	

Town	Goals	Policies	Recommendations	Source
Montpelier	<p><b>Goal 1:</b> By 2040, the incidences of preventable illness, injury and premature death in Montpelier are significantly reduced; life expectancy increases; and there is an improvement in quality of life for those who suffer from chronic diseases.</p>	<p><b>1a.</b> Ensure that all Montpelier residents have access to health education and recreation to support physical and mental health.</p>	<p><b>1a.3.</b> The Central Vermont Food Systems Council increases awareness of local food education opportunities.</p>	<p><a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.230</p>
		<p><b>1c.</b> Promote ways to integrate physical activity and nutritious eating habits into the workplace.</p>	<p><b>1c.1.</b> Encourage fitness programs/challenges in the workplace. Set up public/private partnerships to support these programs. <b>1c.2.</b> Encourage employers to support employee participation in noncompany, healthy lifestyle programs</p>	<p><a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.231</p>
		<p><b>1e.</b> Promote healthy eating habits.</p>	<p><b>1e.1.</b> Encourage and support such programs as farm-to-school and farm-to-hospital. <b>1e.2.</b> Promote the awareness of programs that increase accessibility and affordability of whole, fresh foods (EBT at Farmers’ Market; fresh food at Food Shelf; etc). <b>1e.3.</b> Support and enhance programs that teach individuals how to shop for and cook with whole foods.</p>	
Morristown	[None provided.]	<ul style="list-style-type: none"> <li>• Encourage local agricultural, and forest based, product production from local sources.</li> <li>• Show support for local agribusinesses, and agricultural land-use.</li> <li>• Show support for the farmers’ market, local farm stands, and community gardens.</li> <li>• Encourage and support community led health campaigns that increase consumer awareness of healthy lifestyles.</li> </ul>	[None provided.]	<p><a href="https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf">https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf</a> p. 58</p>

Town	Goals	Policies	Recommendations	Source
Orange	<b>Goal 8:</b> Maintain and enhance healthy choices for the residents of Orange including active and passive recreational opportunities; local food choices; and access to natural, scenic, or environmental amenities.	6. Support access to local food production and availability.	[None provided.]	<a href="https://orangevt.org/wp-content/uploads/2021/05/Orange-Vermont-Town-Plan.pdf">https://orangevt.org/wp-content/uploads/2021/05/Orange-Vermont-Town-Plan.pdf</a> p.63
Plymouth	<b>Goal 1.</b> Promote health and wellness in Plymouth.	<b>1.</b> Increase access to healthy foods by alerting town residents to organizations such as local CSAs, the Vermont Healthy Soils Coalition, local farmers’ markets, and organizations that serve local residents in need, such as Black River/Good Neighbor.	<b>1.</b> Promote and expand farmers markets and community gardens, encourage local gardeners to share their overabundance of summer produce by bringing their fruits and vegetables to a local site for distribution, and organize delivery to local residents who are unable to drive.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Plymouth-Adopted-Plan-2019-002.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Plymouth-Adopted-Plan-2019-002.pdf</a> p.55-56
Reading	<b>1.</b> Town officials, committees, business and other organizations or groups will actively promote health and wellness in Reading.	<b>2.</b> Promote healthy lifestyle choices for Reading’s residents, including but not limited to healthy food choices, prevention of substance misuse, access to physical exercise and recreation, and promotion of active transportation methods such as walking and biking. <b>3.</b> Increase access to healthy foods.	The Reading-West Windsor Food Shelf will continue its work to provide healthy food and donated personal items to families in need.	<a href="https://readingvt.govoffice.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf">https://readingvt.govoffice.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf</a> p.94-96
Royalton	<b>Goal 1.</b> Promote health and wellness in Royalton.	<b>1.</b> Increase access to healthy foods.	<b>1.</b> Assist the farmers market and community garden to explore barriers to and increase options for food access. <b>2.</b> Support organizations like the Royalton Food Shelf and explore additional opportunities and locations for similar services.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf</a> p.50-51

Town	Goals	Policies	Recommendations	Source
Springfield	<p><b>1.</b> Engage the community, especially youth, seniors, and other underrepresented populations, and building a culture of healthy living and lifestyle choices, including healthy eating and substance free and active living</p>	<p><b>1.</b> Encourage and facilitate the development of affordable neighborhood stores offering healthy choices within the residential neighborhoods.  <b>2.</b> Maintain zoning regulations which encourage active lifestyles and access to healthy food.  <b>4.</b> Consider offering reclaimed property for the expansion of the existing Springfield farmer’s market or for a year-round farmer’s market.  <b>5.</b> Review zoning regulations to encourage neighborhood gathering spaces and community gardens to promote local agriculture, access to healthy foods and social engagement.  <b>14.</b> Discourage exposure to tobacco, alcohol, other harmful substances and unhealthy foods.</p>		<p><a href="https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf">https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf</a> p.136-137</p>
Weathersfield	<p><b>10.4.1.</b> Promote healthy community initiatives through comprehensive community planning and design that support public health, safety and welfare.</p>	<p><b>10.5.7.</b> The town should encourage businesses and community-led initiatives to strengthen the food system and enhance access to locally produced foods, including the development of necessary infrastructure, such as community gardens on vacant lands, more farm stands, and support for community-based food shelves.</p>	<p><b>10.6.3.</b> Consider zoning bylaw provisions that encourage retail uses that contribute to healthy diets.</p>	<p><a href="https://www.weathersfieldvt.org/sites/g/files/vyhlf6216/f/uploads/weathersfieldtownplan_0.pdf">https://www.weathersfieldvt.org/sites/g/files/vyhlf6216/f/uploads/weathersfieldtownplan_0.pdf</a> p.106-108</p>
Wolcott	<p>To provide access to healthy, locally grown food</p>	<p>Support increased availability and affordability of locally grown foods to lower income residents.</p>	<p>Investigate the feasibility of a Wolcott farmer’s market.</p>	<p><a href="https://www.lpcvt.org/vertical/sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/Final_Plan_Narrative_and_Maps_Combined.pdf">https://www.lpcvt.org/vertical/sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/Final_Plan_Narrative_and_Maps_Combined.pdf</a> p.59-60</p>
	<p>To provide access to land for community gardens</p>	<p>Provide to Wolcott’s school children ample nutrition and information pertinent to healthy living.</p>	<p>Promote the district wide school wellness policy for students and teachers developed by the Orleans South West Supervisory Union.</p>	
		<p>Plan for future community gardens.</p>	<p>Pursue the development of community gardens in town; a first step would be the identification of potential sites.</p>	

Town	Goals	Policies	Recommendations	Source
Woodstock	<b>Goal 4</b> - Support infrastructure policies and organizations which promote healthy eating and active living and address obesity and other health consequences.	<b>Objective 4.1.</b> Increase access to local healthy food for all.	<p><b>Action 4.1.1.</b> Support local Farm to School efforts.</p> <p><b>Action 4.1.2.</b> Support access to Healthier Living workshops for the Woodstock Community.</p> <p><b>Action 4.1.3.</b> Support expansion of existing farmer’s market and creation of new farmer’s markets that accept EBT cards.</p> <p><b>Action 4.1.4.</b> Support policies that limit availability of sugar-sweetened beverages in schools.</p>	<p><a href="https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf">https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf</a> p.49</p>

### Healthy Homes – Town Plan Language

Town	Goals	Policies	Recommendations	Source
Bethel	<b>Goal 3:</b> The Town will promote health, safety and wellness for all of its residents.	<b>Policy e:</b> It is the policy of the Town to build infrastructure that will promote environmentally safe and healthy lifestyles.	<b>Recommendation e.2:</b> The Town should support efforts to provide residents with affordable, safe, and efficient heating systems.	<p><a href="https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf">https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf</a> p. 56</p>
Bridgewater	<b>Goal: 1.</b> Promote health and wellness in Bridgewater	<b>2.</b> Maintain sufficient affordable housing.	<b>2.</b> Work with local housing authorities to create a variety of housing types and maintenance options	<p><a href="https://www.trorc.org/wp-content/uploads/2013/09/Bridgewater-TP-Final.pdf">https://www.trorc.org/wp-content/uploads/2013/09/Bridgewater-TP-Final.pdf</a> p.88</p>

Town	Goals	Policies	Recommendations	Source
East Montpelier	<p><b>Goal 6.14:</b> Promote energy conservation and efficiency.</p>	<p><b>Action 6.14.1:</b> Publicize home weatherization and other energy conservation programs to East Montpelier residents.</p>	<p>[None provided]</p>	<p><a href="https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf">https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf</a> p.90</p>
	<p><b>Goal 8.1:</b> Provide a range of housing opportunities including single-family, multi-family, mixed use, and affordable and senior housing.</p>	<p><b>Action 8.1.1:</b> Partner with other organizations to create affordable and senior housing near transportation and services.  <b>Action 8.1.2:</b> Evaluate expanding the Conservation Fund to include affordable housing.  <b>Action 8.1.3:</b> Promote and support home share programs as a way to support senior and affordable housing</p>	<p>[None provided]</p>	<p><a href="https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf">https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf</a> p.108</p>
Fairlee	<p><b>Goal 1</b> To promote health and wellness in Fairlee.</p>	<p><b>1.</b> It is the policy of the Town to promote sufficient affordable housing</p>	<p><b>1.</b> The Town should work with the Two Rivers-Ottauquechee Regional Commission (TRORC) to evaluate Fairlee’s role in supplying the region’s housing stock by continuing to assess the Town’s capacity for growth.  <b>2.</b> The Town should promote opportunities for housing that meet the Town’s identified need.</p>	<p><a href="https://www.trorc.org/wp-content/uploads/2013/10/Fairlee-Town-Plan-adopted-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Fairlee-Town-Plan-adopted-2020.pdf</a> p.6</p>
Jeffersonville	<p>For Jeffersonville to expand quality affordable healthcare options available to the local community.</p>	<p>[None provided.]</p>	<p>Jeffersonville should pursue partnerships with other organizations to ensure the provision of affordable housing that shelters and supports all residents, especially children, the elderly, and those possessing disabilities.</p>	<p><a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1. Final Jeffersonville Village Plan.pdf">https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1. Final Jeffersonville Village Plan.pdf</a> p.61-62</p>



Town	Goals	Policies	Recommendations	Source
Morristown	[None provided.]	<ul style="list-style-type: none"> <li>Incorporate healthy homes principals into all public housing development</li> </ul>	[None provided.]	<a href="https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf">https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf</a> p.59
Plymouth	<b>Goal 1.</b> Promote health and wellness in Plymouth.	<b>2.</b> Encourage affordable housing.	<b>2.</b> Work with local housing authorities to create a variety of housing types and maintenance options.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Plymouth-Adopted-Plan-2019-002.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Plymouth-Adopted-Plan-2019-002.pdf</a> p.55-56
Reading	<b>1.</b> Town officials, committees, business and other organizations or groups will actively promote health and wellness in Reading.	<b>1.</b> Prioritize infrastructure investments that promote environmentally safe and healthy lifestyles.	The Energy Board and Volunteer Fire Department will promote programs to improve the health, safety and energy efficiency for Reading homes and businesses with educational events and using resources available through Southeastern Vermont Community Action (SEVCA), Efficiency Vermont, and Vermont Housing and Conservation Board (VHCB).	<a href="https://readingvt.gov/office.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf">https://readingvt.gov/office.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf</a> p.94-96
		<b>4.</b> Prioritize the development and maintenance of safe and high-quality affordable housing, consistent with the policies of the Housing Chapter.	<ul style="list-style-type: none"> <li>The Planning Commission and Select Board will collaborate to consider regulatory options which address substandard housing.</li> <li>The Health Officer(s) will pro-actively educate landlords about public health rules for rental dwellings.</li> </ul>	
Royalton	<b>Goal 1.</b> Promote health and wellness in Royalton.	<b>2.</b> Maintain sufficient, safe, and healthy affordable housing	<b>3.</b> Work with local housing authorities to create a variety of housing types and maintenance options. <b>10.</b> Consider conducting Health Impact Assessments for proposed projects when appropriate.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf</a> p.50-51

Health Chapter Template for Town Plans

Town	Goals	Policies	Recommendations	Source
Springfield	<p><b>3.</b> Create and maintain a safe community that includes an appropriate mix of affordable and market rate housing, outdoor activities, employment opportunities and access to goods and services.</p>	<p><b>12.</b> Raise awareness of existing state testing programs designed to promote home safety (i.e. Lead paint, radon, water, etc.).</p> <p><b>18.</b> Implement zoning policies to promote mixed-use, walkable neighborhoods in Springfield and its downtown and shopping areas.</p> <p><b>30.</b> Ensure planning for appropriate locations for new congregate or transitional housing unit with input from neighborhoods and the Housing Authority on acceptable housing standards</p>		<p><a href="https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf">https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf</a> p.136-139</p>
Waterville	[None provided.]	[None provided.]	<p>The Selectboard should consider appointing a Health Officer to act as a liaison to regional and state resources for addressing septic and composting concerns.</p>	<p><a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1.2019_Waterville_Town_Plan_Final.pdf">https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1.2019_Waterville_Town_Plan_Final.pdf</a> p.38</p>
Wolcott	[None provided.]	[None provided.]	<p>Pursue partnerships with other organizations to ensure the provision of affordable housing for all residents, especially children, the elderly and those possessing disabilities.</p>	<p><a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/Final_Plan_Narrative_and_Maps_Combined.pdf">https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/Final_Plan_Narrative_and_Maps_Combined.pdf</a> p.59-60</p>

Social Inclusion & Sense of Community – Town Plan Language

Town	Goals	Policies	Recommendations	Source
Bethel	<b>Goal 3:</b> The Town will promote health, safety and wellness for all of its residents.	<b>Policy e:</b> It is the policy of the Town to build infrastructure that will promote environmentally safe and healthy lifestyles.	<b>Recommendation e.3:</b> The Town should consider accessibility when developing public spaces and recreational opportunities.	<a href="https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf">https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf</a> , p. 56
East Montpelier	<b>Goal 4.1:</b> Promote a sense of community through educational and social opportunities and gathering places	<b>Action 4.1.1:</b> Provide information on town activities and how residents can participate. <b>Action 4.1.2:</b> Support use of the East Montpelier Signpost and Front Porch Forum to inform residents about community events, issues, resources and townspeople. <b>Action 4.1.3:</b> Organize periodic community-wide events to provide information and encourage discussion on topics relevant to the town or to showcase community resources	[None provided]	<a href="https://eastmontpeliervt.org/wp-content/uploads/2018/06/2018-Town-Plan-small.pdf">https://eastmontpeliervt.org/wp-content/uploads/2018/06/2018-Town-Plan-small.pdf</a> p.26
	<b>Goal 4.4:</b> Protect recreational spaces and develop new recreational areas in various parts of town.	<b>Action 4.4.1:</b> Maintain and improve existing recreational facilities near the Elementary School. <b>Action 4.4.3:</b> Develop a plan for the Old LaPerle Farm property that includes recreational uses	[None provided.]	<a href="https://eastmontpeliervt.org/wp-content/uploads/2018/06/2018-Town-Plan-small.pdf">https://eastmontpeliervt.org/wp-content/uploads/2018/06/2018-Town-Plan-small.pdf</a> p.34
	<b>Goal 4.10:</b> Enable residents of all ages to learn about and appreciate the town’s history	<b>Action 4.10.1:</b> Provide programs and information about the town’s history and historic resources to a range of audiences, including youth and adults.	[None provided.]	<a href="https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf">https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf</a> p.40
	<b>Goal 5.4:</b> Promote formal and informal social support services.	<b>Action 5.4.1:</b> Post current information about existing social services. <b>Action 5.4.2:</b> Maintain a list of contacts to neighborhood groups.	[None provided.]	<a href="https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf">https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf</a> p.49
Fairlee	<b>Goal 1</b> To promote health and wellness in Fairlee.	<b>5.</b> It is the policy of the Town to improve accessibility to parks, recreation facilities, and open spaces.	[None provided.]	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Fairlee-Town-Plan-adopted-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Fairlee-Town-Plan-adopted-2020.pdf</a> p.6

Town	Goals	Policies	Recommendations	Source
Glover	Work toward making Glover an inclusive and safe community where people from all backgrounds and identities feel welcome and at home.	Encourage and expand volunteerism and citizen participation in the town’s activities.	<ul style="list-style-type: none"> <li>• Encourage mentoring relationships and skill sharing between school children and community members, especially seniors. This could include reading programs, talent sharing, story-telling, art exhibits and job shadowing.</li> <li>• Work to promote community spirit by offering various community activities.</li> <li>• Take advantage of Lake Region Union High School community service program to help address community needs.</li> <li>• Maintain a list of volunteer opportunities - on a public bulletin board, community calendar, Front Porch Forum, at Town Clerk’s office, at school, and at the library.</li> </ul>	<a href="https://townofglover.com/wp-content/uploads/2018-Glover-Town-Plan.pdf">https://townofglover.com/wp-content/uploads/2018-Glover-Town-Plan.pdf</a> p.23
Montpelier	<b>Goal 3.</b> Seniors and people with disabilities report that they have the support and resources needed to live independently in the community.	<b>3a.</b> Ensure that seniors and people with disabilities have the support and resources necessary to live independently.	<b>3a.3.</b> Encourage seniors and people with disabilities to continue to participate in the community by volunteering, joining REACH and the Onion River Exchange, and/or attending community events. <b>3a.4.</b> Strengthen and improve connections between different age groups, so that students and young people maintain relationships with seniors.	<a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.233
	<b>Goal 4.</b> By 2040, the capacity exists locally to provide all appropriate support services to people with mental illness.	<b>4a.</b> Encourage engagement in the community to increase feelings of inclusion and belonging. In order to minimize conflict and stress, maintain Montpelier’s welcoming nature and continue to develop strategies for incorporating diversity into the community.	[None provided.]	<a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p. 234

Town	Goals	Policies	Recommendations	Source
Morristown	[None provided.]	<ul style="list-style-type: none"> <li>• Create spaces that are accessible for anyone, including people with disabilities, in order to create a healthier community, and instill a sense of belonging for all in the community.</li> <li>• Abide by the principals of the Americans with Disabilities Act to ensure that all residents have access to healthy activities, wellness opportunities, and can thrive.</li> </ul>	[None provided.]	<a href="https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf">https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf</a> p.58
Plymouth	<b>Goal 1.</b> Promote health and wellness in Plymouth.	<b>5.</b> Improve parks, recreation facilities, and open spaces for accessibility and community mingling.	<b>4.</b> Promote use of park and recreation facilities. <b>5.</b> Consider accessibility when developing public spaces and recreational opportunities.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Plymouth-Adopted-Plan-2019-002.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Plymouth-Adopted-Plan-2019-002.pdf</a> p.55-56
Reading	<b>1.</b> Town officials, committees, business and other organizations or groups will actively promote health and wellness in Reading.	<b>10.</b> Improve recreation sites and municipal facilities for accessibility and community gatherings. <b>11.</b> Provide opportunities for recreation and community involvement.	<ul style="list-style-type: none"> <li>• The Reading Recreation Commission with the support of the Select Board will work to revitalize or repurpose Bartley Field.</li> <li>• The Select Board will adopt policies for parking at the Twenty Foot Hole which may or may not include an increase or decrease in space. The policies will consider safety of vehicular and pedestrian traffic.</li> <li>• The Town and the Recreation Commission will coordinate with neighboring communities to expand recreational opportunities for the Reading community.</li> <li>• The Select Board, in partnership with the Planning Commission, should consider adopting a noise ordinance and/or a special events ordinance</li> </ul>	<a href="https://readingvt.govoffice.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf">https://readingvt.govoffice.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf</a> p.94-96
Royalton	<b>Goal 1.</b> Promote health and wellness in Royalton.	<b>5.</b> Improve parks, recreation facilities, and open spaces for accessibility and community mingling.	<b>6.</b> Consider accessibility when developing public spaces and recreational opportunities <b>10.</b> Consider conducting Health Impact Assessments for proposed projects when appropriate.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf</a> p.50-51

Town	Goals	Policies	Recommendations	Source
Springfield	<p><b>3.</b> Create and maintain a safe community that includes an appropriate mix of affordable and market rate housing, outdoor activities, employment opportunities and access to goods and services.</p>	<p><b>5.</b> Review zoning regulations to encourage neighborhood gathering spaces and community gardens to promote local agriculture, access to healthy foods and social engagement.</p> <p><b>20.</b> Review Springfield’s zoning regulations to encourage the development of community gardens and similar neighborhood gathering sites.</p> <p><b>25.</b> Reasonably address the needs of residents with ambulatory limitations.</p> <p><b>29.</b> Continue to support and develop a multipurpose community center accessible to youth, seniors and other community groups.</p> <p><b>34.</b> Explore options to develop an information clearinghouse where residents and visitors can learn about local events that promote healthy lifestyles and social engagement.</p>	[None provided.]	<p><a href="https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf">https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf</a> p.136-139</p>

Substance Misuse Prevention and Response – Town Plan Language

Town	Goals	Policies	Recommendations	Source
Berkshire	<p><b>GOAL 6:</b> Maintain and enhance community infrastructure and activities, both social and physical, which sustain and improve the health and wellbeing of all residents.</p>	<p><b>13)</b> The Town supports opportunities to collaborate with key regional partners to implement initiatives that reduce the stigma associated with substance misuse and mental health problems.</p>	[None provided.]	<p><a href="https://6eade072-06b3-4cb0-b552-9093f98282cd.filesusr.com/ugd/cf375c_ecfa826316da4ed2b6141ea1b5a1e26e.pdf">https://6eade072-06b3-4cb0-b552-9093f98282cd.filesusr.com/ugd/cf375c_ecfa826316da4ed2b6141ea1b5a1e26e.pdf</a> p.89-90</p>

Town	Goals	Policies	Recommendations	Source
Bethel	<b>Goal 3:</b> The Town will promote health, safety and wellness for all of its residents.	<b>Policy f:</b> It is the policy of the Town to promote healthy lifestyle choices for its residents, including but not limited to healthy food choices, prevention of substance misuse, access to physical exercise and recreation, and promotion of active transportation methods such as walking and biking.	<b>Recommendation f.1:</b> The Town should consider ordinances and other regulations prohibiting use and disposal of tobacco, tobacco substitutes, vaping products, and marijuana/cannabis on Town-owned or Town-leased property, or at outdoor events open to the public. <b>Recommendation f.2:</b> The Town should consider establishing point-of-sale restrictions for age-restricted substances	<a href="https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf">https://www.trorc.org/wp-content/uploads/2020/11/Bethel-2020-Town-Plan_FINAL.pdf</a>  p. 56
Bridgewater	<b>Goal: 1.</b> Promote health and wellness in Bridgewater	<b>6.</b> Reduce concentrated exposure to alcohol, drugs, and tobacco.	<b>6.</b> Raise awareness of the nature and seriousness of substance abuse with the help of community organizations.	<a href="https://www.trorc.org/wp-content/uploads/2013/09/Bridgewater-TP-Final.pdf">https://www.trorc.org/wp-content/uploads/2013/09/Bridgewater-TP-Final.pdf</a>  p.88-89
Dorset	[None provided.]	<b>3.10.4</b> Encourage the highest level of personal health for everyone in our community through investments and programs that encourage healthy lifestyles, reduce risks, and create access to quality healthcare regardless of age, income, or ability.	Consider use of municipal ordinances and development regulations to limit the number of alcohol, tobacco, and other recreational substance retailers permitted in a given area and to locate them away from recreation sites, schools, daycares, and other concentrations of youth.	<a href="https://dorsetvt.org/uploads/3/5/3/5/35356792/dorsettownplan_1.21.2020_2.pdf">https://dorsetvt.org/uploads/3/5/3/5/35356792/dorsettownplan_1.21.2020_2.pdf</a>  p.17, 66
Enosburgh	Ensure a safe community that is committed to fostering the health and well-being of all residents.	<ul style="list-style-type: none"> <li>Enosburgh will support regional youth substance prevention groups and coalitions that discourage underage substance use.</li> </ul> <p>The town will support strategies that reduce the stigma associated with addictions and mental health problems.</p>	[None provided.]	<a href="https://www.enosburghvt.org/files/ugd/5ad4b5_a350fe9bcf3f46188c1cb3cfe3911a00.pdf">https://www.enosburghvt.org/files/ugd/5ad4b5_a350fe9bcf3f46188c1cb3cfe3911a00.pdf</a>  p.55-56
Fairfax	Support and encourage activities and community infrastructure, both social and physical, which enable and sustain the health and well-being of all residents.	<ul style="list-style-type: none"> <li>To provide diverse, meaningful programming with an emphasis on community health and wellness. Specifically target alcohol free, cross-generational activities for families, teens, and seniors.</li> </ul>	[None provided.]	<a href="https://www.fairfax-vt.gov/vertical/sites/%7BA7F085CD-5C79-4CCF-8878-6AF1EF4F216C%7D/uploads/FairfaxTownPlan-Appendix_Adopted_2018_small_(1).pdf">https://www.fairfax-vt.gov/vertical/sites/%7BA7F085CD-5C79-4CCF-8878-6AF1EF4F216C%7D/uploads/FairfaxTownPlan-Appendix_Adopted_2018_small_(1).pdf</a>  p.38

Town	Goals	Policies	Recommendations	Source
Grafton	<b>Goal 1:</b> To cooperate with neighboring towns in addressing mutual concerns and in planning regional development.	<b>7.</b> Work closely with neighboring towns and law enforcement on issues of crime and drug and alcohol abuse.	[None provided.]	<a href="https://graftonvt.org/?page_id=271">https://graftonvt.org/?page_id=271</a> p.79
Milton	<b>4.1:</b> School Goals	<b>4.1.5.</b> School Climate, School Community/Relations and Communications – The Vermont Department of Health’s division of Alcohol and Drug Abuse Programs, the Vermont Department of Education’s Comprehensive School Health Program, the Town of Milton, the Milton Community Youth Coalition and the Milton Town School District are working in partnership to reduce high risk behaviors among our students and to promote healthy behaviors. Therefore, our goal is to reduce the number of students engaged in risky behaviors, as reported on the Vermont Youth Risk Behavior Survey, by 10% in each of the categories.	[None provided.]	<a href="https://www.miltonvt.gov/DocumentCenter/View/338/2018-Comprehensive-Plan-Amended-July-15-2019-PDF">https://www.miltonvt.gov/DocumentCenter/View/338/2018-Comprehensive-Plan-Amended-July-15-2019-PDF</a> p.46
Montpelier	<b>Goal 1:</b> By 2040, the incidences of preventable illness, injury and premature death in Montpelier are significantly reduced; life expectancy increases; and there is an improvement in quality of life for those who suffer from chronic diseases.	<b>1a.</b> Ensure that all Montpelier residents have access to health education and recreation to support physical and mental health.	<b>1a.4.</b> Increase awareness of, and accessibility to, existing substance abuse prevention programs in all age groups.	<a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.230
	<b>Goal 4.</b> By 2040, the capacity exists locally to provide all appropriate support services to people with mental illness.	<b>4c.</b> Increase adequacy of, and access to, mental health services and treatment for addiction.	[None provided.]	<a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.234



Town	Goals	Policies	Recommendations	Source
Morristown	[None provided.]	<ul style="list-style-type: none"> <li>• Offer Narcan response kits to at risk populations</li> <li>• Engage a workgroup for the purpose of engaging in a strategic planning process related to substance misuse prevention, treatment, and recovery that will identify action items that could include policy changes or enhancements.</li> </ul>	[None provided.]	<a href="https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf">https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf</a> p.60
Reading	<b>1.</b> Town officials, committees, business and other organizations or groups will actively promote health and wellness in Reading.	<b>2.</b> Promote healthy lifestyle choices for Reading’s residents, including but not limited to healthy food choices, prevention of substance misuse, access to physical exercise and recreation, and promotion of active transportation methods such as walking and biking.	Town-appointed committees such as the Recreation Commission, the Library and other groups will coordinate with the Mount Ascutney Prevention Partnership to offer programs that mitigate substance misuse.	<a href="https://readingvt.govoffice.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf">https://readingvt.govoffice.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf</a> p.94-96
Royalton	<b>Goal 1.</b> Promote health and wellness in Royalton.	<b>6.</b> Reduce concentrated exposure to alcohol, drugs, and tobacco and nicotine products.	<b>7.</b> With the help of community organizations, raise awareness of the nature and seriousness of substance abuse and driving under the influence. <b>8.</b> Encourage smoke-free environments <b>10.</b> Consider conducting Health Impact Assessments for proposed projects when appropriate.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf">https://www.trorc.org/wp-content/uploads/2013/10/Royalton-Town-Plan-2020.pdf</a> p.50-51
Rutland Town	To increase the economic vitality of the Town, including new business development that is balances with environmental concerns and the provision of public safety.	[None provided.]	Continue to fight for a drug-free community so as to protect the Town’s children.	<a href="https://www.rutlandrpc.org/download.php?id=124&amp;mode=towns_ddown&amp;name=Rutland_Town_Municipal_Plan_10_15_2019.pdf">https://www.rutlandrpc.org/download.php?id=124&amp;mode=towns_ddown&amp;name=Rutland_Town_Municipal_Plan_10_15_2019.pdf</a> p.25
Saint Johnsbury	<b>GOAL 1.0:</b> Maintain and protect St. Johnsbury’s assets so as to enable and sustain economic growth through new business, tourism, and creative endeavors.	<b>1.2</b> Public Services, Utilities, and Infrastructure Policy: Sustain a safe environment throughout St. Johnsbury while effectively limiting the expansion of resources that will be expensive to maintain.	<b>I.</b> Maintain the drug prevention program through the Drug Task Force and community work of the Drug Abuse Resistance Team (DART).	<a href="https://www.nvda.net/town_files/St.%20Johnsbury_Town%20Plan_2017%20Town%20Plan.pdf">https://www.nvda.net/town_files/St.%20Johnsbury_Town%20Plan_2017%20Town%20Plan.pdf</a> p.15-16

Town	Goals	Policies	Recommendations	Source
Springfield	<p><b>1.</b> Engage the community, especially youth, seniors, and other underrepresented populations, and building a culture of healthy living and lifestyle choices, including healthy eating and substance free and active living</p>	<p><b>7.</b> Support partnerships with school district, Parks &amp; Recreation, health service providers and other organizations that facilitate year-round community health, wellness, prevention and early intervention activities for all ages and abilities.</p> <p><b>13.</b> Review policies regulating the use of tobacco and other substances on town-owned properties, and at town-sanctioned events.</p> <p><b>14.</b> Discourage exposure to tobacco, alcohol, other harmful substances and unhealthy foods.</p> <p><b>26.</b> Collaborate regionally to develop policies to address the substance abuse issues Springfield faces and encourage collaboration regarding rehabilitation needs.</p>	<p>[None provided.]</p>	<p><a href="https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf">https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf</a> p.136-137</p>
Saint Albans City	<p>[None provided.]</p>	<p>[None provided.]</p>	<p><b>10.</b> Facilitate further discussion on how best to regulate controlled substance dispensaries and the retail sale of controlled substances.</p> <p><b>11.</b> Explore the need and ability to limit the outward advertisement of the sale or dispensing of alcohol, tobacco, and controlled substances City-wide or in specific areas of the community.</p>	<p><a href="https://www.stalbansvt.com/vertical/Sites/%7B6057F00C-4FBC-4942-B5A5-C142459B1038%7D/uploads/CityPlan_ADOPTED_08-14-17_-_TYPOS_CORRECTED.pdf">https://www.stalbansvt.com/vertical/Sites/%7B6057F00C-4FBC-4942-B5A5-C142459B1038%7D/uploads/CityPlan_ADOPTED_08-14-17_-_TYPOS_CORRECTED.pdf</a></p>
	<p><b>Objective 3.</b> City residents have access to a wide variety of health care services in a number of different forms, including the services needed to avoid opiate addiction and hasten the treatment for those currently dealing with opiate addiction.</p>	<p><b>Policy 9.</b> Support health and resource centers, where appropriate, for those with special or unique needs, such as opiate treatment centers, addiction housing, women’s/family wellness centers, and senior centers.</p>	<p>[None provided.]</p>	<p>p.36-37</p>

Town	Goals	Policies	Recommendations	Source
Sutton	Provide for a healthy and pleasant school climate by complying with Act 113 for a civil, safe, and drug free school that aligns with Sutton School's and the district's behavior philosophy. Continue professional development in the "Positive Behavioral Supports in Schools" program which began in 2009. Review/revise school rules and procedures as needed; revise the handbook annually. Review and adjust crisis prevention and child protection plans.	[None provided.]	[None provided.]	<a href="https://www.nvda.net/files/SuttonPlanAmended22521.pdf">https://www.nvda.net/files/SuttonPlanAmended22521.pdf</a> p.37
Swanton	E. To identify and address the public health needs of all community residents.	<ol style="list-style-type: none"> <li>1. Support the gathering of data and information about substance abuse and substances abuse treatment in the community.</li> <li>2. Support efforts to create and expand access to substance abuse treatment in Swanton.</li> </ol>	[None provided.]	<a href="https://www.nrpcvt.com/wp-content/uploads/2022/08/SwantonTownPlan2015.pdf">https://www.nrpcvt.com/wp-content/uploads/2022/08/SwantonTownPlan2015.pdf</a> p.66-67
Waterville	[None provided.]	[None provided.]	<ul style="list-style-type: none"> <li>• The Waterville Planning Board and Selectboard should work with local resources to address the opiate epidemic in Vermont.</li> <li>• The Waterville Planning Board and Selectboard should explore non-regulatory planning for prevention opportunities to address drug and alcohol related concerns.</li> </ul>	<a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1.2019.Waterville.Town.Plan.Final.pdf">https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1.2019.Waterville.Town.Plan.Final.pdf</a> p.38

Town	Goals	Policies	Recommendations	Source
Weathersfield	<p><b>10.4.1.</b> Promote healthy community initiatives through comprehensive community planning and design that support public health, safety and welfare.</p>	<p>[None provided.]</p>	<p><b>10.6.4.</b> The town will protect the village character by limiting the location and density of businesses that sell products that cannot be sold to minors.</p>	<p><a href="https://www.weathersfieldvt.org/sites/g/files/vyhlf6216/f/uploads/weathersfield_townplan_0.pdf">https://www.weathersfieldvt.org/sites/g/files/vyhlf6216/f/uploads/weathersfield_townplan_0.pdf</a> p.106-108</p>
Williston	<p>[None provided.]</p>	<p><b>Signs and Outdoor Lighting</b> – This objective addresses two elements of design that have a major impact on traffic safety, neighboring properties, the town’s appearance, and the night sky. The town will consider a content neutral ordinance for signage to help prevent substance misuse among young people, and support community members in recovery from substance use disorder and to maintain aesthetic appeal. The town will advocate for the voluntary compliance with best practices regarding public health. For example, not advertising substances that are harmful to health.</p>	<p>[None provided.]</p>	<p><a href="https://www.town.williston.vt.us/vertical/Sites/%7BF506B13C-605B-4878-8062-87E5927E49F0%7D/uploads/2016-2024_Williston_Comprehensive_Plan_with_Maps_Reduced_Size.pdf">https://www.town.williston.vt.us/vertical/Sites/%7BF506B13C-605B-4878-8062-87E5927E49F0%7D/uploads/2016-2024_Williston_Comprehensive_Plan_with_Maps_Reduced_Size.pdf</a> p.20, 22-25</p>
	<p><b>4.4 - Urban Parks</b> - The Town of Williston will strongly encourage the provision of urban parks in commercial and mixed use developments and seek to enliven existing urban parks.</p>	<p><b>4.4.3</b> Refine the Requirements for Urban Parks. The town will examine the effectiveness of the current requirements for urban parks and will revise these requirements as necessary to achieve the following:</p>	<p>Urban parks may be designated to be substance-free and promote substance-free events to provide supportive environments for youth and people in recovery.</p>	

Town	Goals	Policies	Recommendations	Source
Williston (continued)	<b>4.5 - Neighborhood Parks -</b> The Town of Williston will encourage and, in some cases, require the provision of neighborhood parks in new residential developments. The town will also seek to provide neighborhood parks to existing neighborhoods where they are needed.	<b>4.5.2</b> Refine the Requirements for Neighborhood Parks. The town will examine the effectiveness of the current requirements for neighborhood parks and will revise these requirements as necessary to achieve the following:	Neighborhood parks may choose to be substance-free and promote substance-free events to provide supportive environments for youth and people in recovery.	
Wilmington	<b>GOAL 4:</b> Work with the School Board to provide an educational system that will a) attract people to move here, b) develop skills needed for workforce development, c) attract and retain students through desirable educational and extracurricular activities.	<b>Policy 1:</b> Work with the School Board to provide high quality educational and job training opportunities for students of all abilities.	<b>Action 4.1.6:</b> Work with the School Board to promote healthy choices within the schools; healthy eating, non-smoking, zero tolerance for substance abuse.	<a href="https://wilmingtonvermont.us/wp-content/uploads/2018/10/Town-Plan-as-Adopted-10-2-18.pdf">https://wilmingtonvermont.us/wp-content/uploads/2018/10/Town-Plan-as-Adopted-10-2-18.pdf</a> p. 28-30
	<b>GOAL 5:</b> Offer local community health support services.	<b>Policy 1:</b> Ensure availability of and make the community aware of local health, mental health and substance abuse treatment and recovery services. Arrange for supplements to existing services for improved availability and access.	<b>Action 5.1.1:</b> Encourage mental health and substance abuse providers to provide services locally. <b>Action 5.1.3:</b> Promote the use of '211' to access existing services , such as: DV Community Cares, DV Community Partnership, SASH, Food Pantry, Families First, Habitat for Humanity, Windham/Windsor Housing Trust, Churches, Medical Facilities, Mental Health Providers, Drug and Alcohol Abuse Programs, Police, Fire, and Rescue.	

Town	Goals	Policies	Recommendations	Source
Wilmington (continued)	<b>GOAL 6:</b> Offer a wide range of local community recreation services to address the needs of all age groups, ability levels, and interests.	<b>Policy 2:</b> Provide youth and young adults with activities free of alcohol and drugs	<b>Action 6.2.1:</b> Arrange for dances, concerts, outdoor activities, cooking, gyms, nightlife and civic groups. <b>Action 6.2.2:</b> Develop community police, fire, and town official outreach programs to foster relationships between town services and residents, businesses, and schools.	
Woodstock	<b>Goal 3 -</b> Make resources available locally to adults, youth, and parents to help with substance abuse issues.	<b>Objective 3.1.</b> Reduce the incidence of substance abuse and addiction	<b>Action 3.1.1.</b> Work with quality substance abuse support programs to have regular local support groups for youth and parents with substance abuse dependency or addiction, and for parents with children suffering from substance abuse dependency.	<a href="https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf">https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf</a> p.48
		<b>Objective 3.2.</b> Substance abuse prevention	<b>Action 3.2.1.</b> Work with Ottauquechee Community Partnership and other organizations to support local substance abuse prevention efforts in the schools and the community.	

### Other Topics – Town Plan Language

Town	Goals	Policies	Recommendations	Source
East Montpelier	<b>Goal 5.1:</b> Provide for supportive and stimulating schools that promote learning.	<b>Action 5.1.1:</b> Motivate each student to enjoy learning and experience academic and social success while instilling respect for the rights of others.	[None provided.]	<a href="https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf">https://eastmontpeliervt.org/wp-content/uploads/2022/11/2018-Town-Plan-Amended-July-11-2022.pdf</a> p. 46
	<b>Goal 5.2:</b> Encourage community participation in the schools.	<b>Action 5.2.1:</b> Promote the use of school facilities for adult education and community use.	[None provided.]	

Town	Goals	Policies	Recommendations	Source
Fairfax	Support and encourage activities and community infrastructure, both social and physical, which enable and sustain the health and well-being of all residents	To provide diverse, meaningful programming with an emphasis on community health and wellness. Specifically target alcohol free, cross-generational activities for families, teens, and seniors.	[None provided.]	<a href="https://www.fairfax-vt.gov/vertical/sites/%7BA7F085CD-5C79-4CCF-8878-6AF1EF4F216C%7D/uploads/FairfaxTownPlan-Appendix_Adopted_2018_small_(1).pdf">https://www.fairfax- vt.gov/vertical/sites/%7BA 7F085CD-5C79-4CCF-8878- 6AF1EF4F216C%7D/upload s/FairfaxTownPlan- Appendix_Adopted_2018_s mall_(1).pdf</a> p.38
Glover	Work toward making Glover an inclusive and safe community where people from all backgrounds and identities feel welcome and at home.	Encourage and expand volunteerism and citizen participation in the town's activities.	<ul style="list-style-type: none"> <li>• Hold a "Health and Wellness Day" inviting vendors and representatives from various organizations that promote health and well-being to set up a table. Exhibitors might include someone from Building Bright Futures, Vermont Center for Independent Living, CCV, Northeast Kingdom Council on Aging, local yoga and fitness instructors, SASH (Support And Services at Home).</li> <li>• Conduct an annual community survey to identify needs and desires.</li> </ul>	<a href="https://townofglover.com/wp-content/uploads/2018-Glover-Town-Plan.pdf">https://townofglover.com/ wp-content/uploads/2018- Glover-Town-Plan.pdf</a> p.23
Jeffersonville	To provide ample opportunities for the health and wellness of Jeffersonville residents.	Jeffersonville's youth should be provided with opportunities to walk or bike to school, sound nutrition, and information pertinent to healthy living.	Cambridge Elementary School should continue to promote and implement the district wide school wellness policy for students and teachers developed by the Lamoille North Supervisory Union.	<a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/1.Final_Jeffersonville_Village_Plan.pdf">https://www.lcpcvt.org/ver tical/Sites/%7B3C01460C- 7F49-40F5-B243- 0CA7924F23AF%7D/upload s/1.Final_Jeffersonville_Vi llage_Plan.pdf</a> p.61-62
		[None provided.]	To improve public safety of Cambridge Elementary School students, the School should explore options for obtaining access to the lot connecting the school with the school's emergency center at Cambridge Community Center for use in the event of forced evacuation.	
	To have the local data necessary to provide a baseline for measuring health and wellness in Jeffersonville.	[None provided.]	Jeffersonville should work in partnership with other local, regional, and state agencies to begin measuring more local health and wellness indicators.	

Town	Goals	Policies	Recommendations	Source
Montpelier	<p><b>Goal 1:</b> By 2040, the incidences of preventable illness, injury and premature death in Montpelier are significantly reduced; life expectancy increases; and there is an improvement in quality of life for those who suffer from chronic diseases.</p>	<p><b>1a.</b> Ensure that all Montpelier residents have access to health education and recreation to support physical and mental health.</p>	<p><b>1a.1.</b> Support and enhance existing school curricula to ensure students have the knowledge to lead healthy lifestyles.  <b>1a.2</b> Conduct a needs assessment to determine if health and recreation programs offered by the recreation department, the senior center, and various other community groups are sufficient to meet emerging needs that are not being met.</p>	<p><a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.230</p>
	<p><b>Goal 3.</b> Seniors and people with disabilities report that they have the support and resources needed to live independently in the community.</p>	<p><b>3b.</b> Provide supportive housing services to people who are unable to live independently.  <b>3c.</b> Encourage a range of career and service opportunities (e.g. education, internships, practicum, credentialing, and Care Bank) for individuals to be trained to provide support for people with disabilities and others needing care.</p>	<p>[None provided.]</p>	<p><a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.233</p>
	<p><b>Goal 4.</b> By 2040, the capacity exists locally to provide all appropriate support services to people with mental illness.</p>	<p><b>4b.</b> Encourage physical well-being, healthy eating habits, stress reduction, and healthy sleeping patterns as a means to maintaining good mental health.</p>	<p>[None provided.]</p>	<p><a href="https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=">https://www.montpelier-vt.org/DocumentCenter/View/4789/Master-Plan-2017-Adopted-December-20-2017?bidId=</a> p.234</p>
Morristown	<p>[None provided.]</p>	<ul style="list-style-type: none"> <li>• Support efforts aimed to improve the wellness of the community, including using this plan as a resource for grant writing opportunities.</li> <li>• Fund health and wellness related infrastructure improvements equally with both private funding and municipal funding, when feasible, including ongoing maintenance.</li> </ul>	<p>[None provided.]</p>	<p><a href="https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf">https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf</a> p. 58-59</p>



Town	Goals	Policies	Recommendations	Source
Morristown (continued)	[None provided.]	<ul style="list-style-type: none"> <li>• Highlight the important, but often overlooked, link between the built environment and health by requiring a health impact assessment be conducted before any decision is made about the purchase or disposition of public land, and the relocation of public buildings.</li> <li>• Support the Selectboard creating a creating a sub-committee of the Parks and Recreation Committee, or an independent committee, charged with creating a community vision for health and wellness, and to support the implementation of that vision through measurable goals, and achievable objectives, that includes representation from the entire community.</li> <li>• Identify a vision for community wellness, and create a wellness and healthy community expanded document that focuses on increasing protective factors, and decreasing risk factors for all.</li> </ul>	[None provided.]	<a href="https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf">https://morristownvt.org/vertical/sites/%7B0DF3C9E1-B323-4D1E-B137-B890765A4F3D%7D/uploads/2022-2030_Town_Plan_Final_5.19.2022.pdf</a> p. 58-59
Orange	Goal 8. Maintain and enhance healthy choices for the residents of Orange including active and passive recreational opportunities; local food choices; and access to natural, scenic, or environmental amenities.	3. Obtain the local data necessary to provide a baseline for measuring health and wellness in Orange.  [None provided.]	[None provided.]  4. Consider establishing a committee to support ongoing efforts of the Town of Orange regarding health and wellness activities.	<a href="https://orangevt.org/wp-content/uploads/2021/05/Orange-Vermont-Town-Plan.pdf">https://orangevt.org/wp-content/uploads/2021/05/Orange-Vermont-Town-Plan.pdf</a> p.63-64

Town	Goals	Policies	Recommendations	Source
Reading	<p><b>1.</b> Town officials, committees, business and other organizations or groups will actively promote health and wellness in Reading.</p>	<p><b>7.</b> Support climate change mitigation and adaptation efforts as well as flood resiliency planning.</p>	<p>[None provided.]</p>	<p><a href="https://readingvt.gov/office.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf">https://readingvt.gov/office.com/vertical/sites/%7B29D76170-2CBD-4DB0-A089-6F91F5BED766%7D/uploads/Reading_Town_Plan_02_14_2022(1).pdf</a> p.94-96</p>
Springfield	<p><b>2.</b> Support and maintain policies and practices that promote cross-generational, physical, emotional and behavioral health, as well as social well-being.</p>	<p><b>24.</b> Encourage the creation and promotion of local workforce training for soft skill development (i.e. arriving at work on time, appropriate dress, appropriate language, etc.).</p>	<p>[None provided.]</p>	<p><a href="https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf">https://springfieldvt.gov/vertical/sites/%7B234B28A5-DB73-489E-ABFA-F2FB1EF67C08%7D/uploads/2019_Springfield_Town_Plan.pdf</a> p.136-139</p>
	<p><b>3.</b> Create and maintain a safe community that includes an appropriate mix of affordable and market rate housing, outdoor activities, employment opportunities and access to goods and services.</p>	<p><b>1.</b> Encourage and facilitate the development of affordable neighborhood stores offering healthy choices within the residential neighborhoods.  <b>3.</b> Facilitate and promote the creation of artist/artisan interactive malls, and maker’s spaces.  <b>10.</b> Develop appropriate policies for enhancing the safety and aesthetics of school zones.  <b>16.</b> Assess and improve the location of crosswalks, signal lights, and traffic calming strategies.  <b>21.</b> Recruit and support business development, creating a business-friendly environment, with consideration toward sustainable, long-term investments and benefits.  <b>22.</b> Support economic diversity, including, but not limited to, public and private institutions, the arts, agriculture and non-profits.  <b>33.</b> Evaluate and address neighborhood safety issues, including lighting, crime prevention/reduction, traffic patrols and beautification.  <b>35.</b> Promote community health, and safety by ensuring neighborhood decay and deterioration, such as trash, poor maintenance, graffiti and unfinished structures are promptly remediated.</p>	<p>[None provided.]</p>	

Town	Goals	Policies	Recommendations	Source
Springfield (continued)	4. Encourage the engagement of underrepresented population segments of the Town in decision-making, particularly the youth, people who experience disability and the elderly.	17. Seek community input through mediating forums when developing or reviewing policies pertaining to transportation and housing decision 31. Consider implementation of projects designed by youth in Springfield High School classes. 32. Create mediating forums to discuss and amicably resolve congregate housing issues.	[None provided.]	
Weathersfield	10.4.1 Promote healthy community initiatives through comprehensive community planning and design that support public health, safety and welfare.	10.5.1. Any project that is subject to a zoning permit will avoid undue adverse impacts on public health by meeting the Performance Standards of the Weathersfield Zoning Bylaws. 10.5.2 Commercial and industrial developments will demonstrate that they will not create an unreasonable burden on the municipality in providing governmental services, including adequate emergency vehicle access and the ability to serve the proposed development with the existing municipal police and fire facilities and personnel.	10.6.1. Consider utilizing a health impact analysis as part of a complete local land use permit application for commercial and industrial uses. 10.6.8. The town should periodically review zoning and subdivision bylaws to make sure that they adequately promote public health, welfare, and safety.	<a href="https://www.weathersfieldvt.org/sites/g/files/vyhlf6216/f/uploads/weathersfield_townplan_0.pdf">https://www.weathersfieldvt.org/sites/g/files/vyhlf6216/f/uploads/weathersfield_townplan_0.pdf</a> p.106-108
Wolcott	To provide ample opportunities for the health and wellness of Wolcott residents.	[None provided.]	Develop a health and wellness/recreation committee of local residents that reports to the Planning Commission.	<a href="https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/Final_Plan_Narrative_and_Maps_Combined.pdf">https://www.lcpcvt.org/vertical/Sites/%7B3C01460C-7F49-40F5-B243-0CA7924F23AF%7D/uploads/Final_Plan_Narrative_and_Maps_Combined.pdf</a> p.59-60
		[None provided.]	Provide health and wellness education to townspeople as a chapter in the annual Town Report.	
	To have the local data necessary to provide a baseline for measuring health and wellness in Wolcott.	[None provided.]	Wolcott should work in partnership with other agencies to begin measuring more local health and wellness indicators.	

Town	Goals	Policies	Recommendations	Source
Woodstock	Goal 6 - Increase youth connection to community.	<p><b>Objective 6.1.</b> Support opportunities for youth to connect to positive adults through mentoring.</p>	<p><b>Action 6.1.1.</b> Encourage businesses and government entities to release employees for an extra ½ hour per week to serve as buddies in the Woodstock Elementary School.</p>	<p><a href="https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf">https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf</a> p.49</p>
		<p><b>Objective 6.2.</b> Develop opportunities for internships and apprenticeships with local businesses and organizations.</p>	<p><b>Action 6.2.1.</b> Work with schools to encourage local businesses and organizations to engage youth in local enterprises during school, after school and in the summer</p>	<p><a href="https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf">https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf</a> p.49</p>
		<p><b>Objective 6.3.</b> Provide a safe, supervised place for young people to socialize, do homework, and play music/games after school.</p>	<p><b>Action 6.3.1.</b> Work with Woodstock Rec and other after school entities to support after school programming and staffing</p>	<p><a href="https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf">https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf</a> p.49</p>
	Goal 8 - Coordinate health and human services issues	<p><b>Objective 8.1.</b> Ensure that the recommendations of the Town Plan Health and Human Services section and other health-related decisions are implemented in a coordinated way</p>	<p><b>Action 8.1.1.</b> Appoint a Town Health and Human Services commission to identify needs and resources and coordinate efforts to implement the actions identified in the Town Plan</p>	<p><a href="https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf">https://www.trorc.org/wp-content/uploads/2013/10/2016-Town-Plan-08-10-16-completed-with-inserted-maps-and-amendments.pdf</a> p.50</p>

