

2. Healthy Communities

~~Goals and Recommendations: Community Design, the Built Environment, and Land Use~~

~~Goals:~~

- ~~1. The impact of our built environment on health is understood.~~
- ~~2. Communities are intentionally designed to promote physical and mental health.~~

~~Recommendations:~~

- ~~1. TRORC should work with Vermont legislators to create a public health element in 24 VSA § 4382.~~
- ~~2. TRORC should organize and host a regional public health summit.~~

Goal, Policies, and Recommendations: Community Design, the Built Environment, and Healthy Food Access and Security

Goal

1. The relationship between our Region's built environment and the health and wellness of our community is understood.

Policies

18 1. Communities should be designed, in both physical form and services, to
19 support physical and mental health.

20 ~~1.2. Access~~~~increase access~~ to healthy foods must be increased, especially in
21 more rural areas.

22 ~~2.3. TRORC supports~~~~Support~~ the Vermont Farm to School Network.

23 **Recommendations:**

24 1. TRORC should organize and host a regional public health summit.

25 2. TRORC should partner with schools that have limited access to
26 nutritious food and would like to partner with local farms.

27 ~~1.3.~~ Municipalities should connect with the Vermont Farm to Plate and
28 Farm to School networks to see how they can best promote the
29 consumption of locally grown foods by their residents.

30 ~~2.4.~~ TRORC and/or the State should create mapping resources, showing:

31 a. Locality of grocers, convenience stores (if healthy food options
32 are offered), farmers markets, farms, agricultural institutions,
33 community gardens, food banks, and food pantries.

34 b. Overlaying public transportation~~Transportation~~ routes ~~and types~~
35 to food ~~stores~~~~retail~~ and ~~food~~ shelves.

36 c. Location of low-income census tracts.

37 ~~3. Municipalities should develop incentives such as local tax breaks for~~
38 ~~small or convenience store owners to stock healthy and local options.~~

39 4.5. Municipalities should promote and expand farmers markets and
40 community gardens by identifying ~~ideal~~ locations for such activities and
41 letting potential organizers know of these ~~sites~~locations.

42 ~~5. TRORC and municipalities should educate state and local policymakers~~
43 ~~on connections between food access and nutrition.~~

44 6. Municipalities should support the preservation of large and small-
45 contiguous blocks of productive agricultural land.

46 ~~7. Municipalities should work jointly with other jurisdictions to preserve~~
47 ~~agricultural land.~~

48 8.7. TRORC should conduct a food system analysis for the Region.

49 8. TRORC will support Towns in establishing community nursing /
50 community health worker services.

51 9. TRORC will support Towns in planning for built environments that are
52 ADA compliant.

53 **Goal, Policy, and Recommendations: Healthy PlacesHomes**

54 **Goal**

55 1. The physical places in which we live and work contribute to our health.

56 **Policy**

- 57 1. Prioritize the development and maintenance of healthy, high-quality
58 affordable, and energy efficient housing.

59 **Recommendations**

- 60 1. TRORC will encourage towns to implement~~advocate for~~
61 ~~implementation of the State's~~ greenhouse gas reduction strategies in
62 their plans.
- 63 ~~2. TRORC and municipalities should participate in the review of~~
64 ~~environmental impact reports.~~
- 65 ~~3.2. TRORC and municipalities should advocate for and participate in~~ health
66 impact assessments for development projects.
- 67 ~~2.3. TRORC Municipalities~~ should assist municipalities in assessing~~prioritize~~
68 ~~the reuse and remediating~~remediation of brownfields, especially those
69 with hazardous building materials.
- 70 ~~3.4. Municipalities~~ should encourage the renovation of existing housing
71 stock and ~~require new~~ development of new housing stock in
72 compliance with healthy home and energy efficiency best practices.
73 ~~and significant additions to existing development to provide adequate~~
74 ~~tree canopy to improve or maintain environmental health.~~
- 75 ~~4. TRORC and municipalities will continue to advocate for plentiful, high-~~
76 ~~quality drinking water.~~
- 77 ~~5. The State and municipalities must protect the water quality of rivers,~~
78 ~~streams, lakes, and wetlands.~~

79 ~~Goals, Policy, and Recommendations: Healthy Natural Environment~~

80 **Goals**

- 81 ~~1. Increase in access to public green space.~~
82 ~~2. The number of confirmed Lyme and other tick borne disease cases in~~
83 ~~Vermont is decreased.~~

84 **Policy**

- 85 ~~1. Support climate change mitigation efforts.~~

86 **Recommendations**

- 87 ~~1. TRORC should work with municipalities to distribute information on~~
88 ~~Lyme disease and prevention.~~
89 ~~TRORC should work with municipalities on climate change mitigation~~
90 ~~strategies.~~

91 **Goal, Policyies, and Recommendations: Active Living and**
92 **Transportation**

93 **Goal**

- 94 ~~1. Create a~~ A balanced and equitable transportation system ~~that~~ provides
95 for the safety and mobility of pedestrians, bicyclists, strollers, and
96 wheelchairs.

97 **Policyies**

98 ~~2.1.~~ Incorporate active transportation ~~design~~ features into new
99 development projects.

100 **Recommendations**

101 1. ~~When requested, the~~ The State and/or TRORC assist municipalities with
102 mappings~~should map neighborhoods and advocate for~~ connectivity to
103 essential services, walkable routes, recreation opportunities, and
104 transportation options.

105 2. TRORC and municipalities should plan for bike-friendly state highways
106 to connect village centers, if feasible.

107 3. Municipalities should conduct walkability and bikability assessments.

108 ~~4. TRORC should work with local jurisdictions to adopt bike and~~
109 ~~pedestrian master plans.~~

110 ~~5.4.~~ The State and TRORC will educate decision makers on links between
111 safe streets and health.

112 ~~6.5.~~ TRORC will collaborate with local agencies and communities to
113 explore~~implement~~ Safe Routes to Schools programs and Vermont's
114 Complete Streets program.

115 ~~7.6.~~ Municipalities should promote joint use of park and recreation facilities
116 between communities and ensure that residents without cars have
117 access to outdoor recreation opportunities.

118 ~~8. Municipalities should promote existing trails.~~

119 **Goal, Policies, and Recommendations: Social Inclusion**

120 **Goal**

121 1. All residents feel socially connected.

122 **Policies**

123 1. Promote increased, ~~accessible~~ use of public space, walkable ~~and~~
124 ~~accessible~~ neighborhoods, and mixed-use development.

125 2. Increase affordable and reliable public transit options to essential
126 services and recreational and social opportunities.

127 3. Improve parks, ~~recreational~~recreation facilities, and open spaces for
128 accessibility and community mingling.

129 4. Promote equitable access to public meetings and events.

130 5. Actively work to diversify the voices representing towns in local
131 government.

132 **Recommendations**

133 1. Municipalities should evaluate how to make~~map~~ public gathering
134 spaces more accessible and welcoming to people~~and indicate their~~
135 ~~levels~~ of all abilities and identities. ~~accessibility.~~

136 2. Public health professionals should educate decision makers on the link
137 between social support and health.

138 ~~3. Municipalities should consider accessibility when developing public spaces~~
139 ~~or recreational opportunities.~~

140 4.3. TRORC will provide training for neighborhood residents to participate in
141 boards and commissions.

142 4. Municipalities should support diversity, equity, inclusion, and justice
143 initiatives such as audits or surveys, committees, celebration events,
144 etc.

145 5. Municipalities should support mutual aid networks within the
146 community.

147 **Goal, Policies, and Recommendations: Substance Misuse**

148 **Prevention**

149 **Goal**

150 1. All forms of drug addiction is eliminated in all segments of society.

151 **Policies**

152 1. Reduce concentrated exposure to alcohol, drugs, and tobacco.

153 2. Provide opportunities for substance-free recreation and community
154 involvement.

155 **Recommendations**

156 1. With the help of public health professionals, municipalities should
157 assess the types of substance use problems within their community.

158 2. Municipalities should continue to raise awareness of the nature and
159 seriousness of health issues.

160 3. Municipalities should assess the community’s readiness for prevention,
161 review current programs already in place, and identify service gaps and
162 barriers.

163 ~~4. Municipalities should review current programs already in place.~~

164 ~~5.4.~~ Municipalities should convene community organizations who serve
165 youth and local leaders to capture ideas and resources to help
166 implement and sustain research-based programs to promote clear
167 expectations around substance use for youth.

168 ~~6.5.~~ Municipalities should provide plenty of substance-free healthy
169 recreational opportunities for youth and overall community
170 participation. Municipalities should consider establishing substance-
171 free public spaces and Municipalities should consider establishing
172 substance-free public spaces and events and buffer zones around
173 sensitive areas (e.g., libraries, community centers, etc.) to reduce youth
174 exposure and support those who are in recovery.

175 **Goals, Policies, and Recommendations: ~~Healthcare~~Health-Care**
176 **Facilities**

177 **Goals**

178 1. Prioritize healthcare~~Health-care~~ coordinators ~~are prioritized~~ in all
179 towns.

180 2. The availability of medical and elderly care services in the Region is
181 enhanced.

182 ~~2. Residents have access to all levels of health care, regardless of wealth~~
183 ~~or income status.~~

184 **Policies**

185 1. All medical~~Medical and elderly or other~~ care facilities are encouraged
186 to be~~when~~ located within or immediately adjacent to designated
187 growth areas provided that they do not have an undue adverse impact
188 on traffic or the character of the area.

189 2. TRORC will support efforts at the state and local levels to develop
190 additional elderly care services and facilities.

191 3. TRORC will provide support for the development of new facilities by
192 reviewing any potential projects before they are submitted to the
193 District Environmental Commission to reduce the possibility that a
194 permit will be denied, delayed, or heavily conditioned.

195 **Recommendations**

- 196 1. ~~TRORC should identify areas of the Region where medical or elderly~~
197 ~~care facilities would be beneficial.~~TRORC and municipalities should
198 evaluate and address barriers to health care access, including but not
199 limited to transportation, service gaps, education, language, cost of
200 services, immigration status, and providers' competency and sensitivity
201 in working with underserved populations.
- 202 2. TRORC should review local zoning and subdivision regulations to ensure
203 that they do not prohibit healthcare~~have the effect of prohibiting~~
204 ~~health-care or elderly or other vulnerable populations care~~ facilities
205 ~~in~~from appropriate areas and should assist with bylaw revisions as
206 needed.