



Deerfield Valley
Community Partnership

Working for a Healthier
Community

The Valley Prevention News

December 2018

3-4-50 Goal:

Make the Healthy Choice the Easy Choice
Where We Live, Work, Learn and Play.

The Cost of Chronic Disease in Vermont

Did you know that Vermonters today are more likely to die from a largely preventable disease than an infectious disease?

The cost of chronic diseases (such as Cancer, Heart Disease, Stroke and Diabetes) in Vermont includes monetary as well as quality of life issues. These diseases are projected to reach over \$2 billion in health care costs this year alone.

Additionally, over 60 percent of Vermont adults employed outside the home are either overweight or obese, and over half have at least one chronic condition. This places a significant financial burden on employers in health care costs and lost productivity. 58% of the chronic disease deaths in Windham County are from the four diseases included in 3-4-50.

The three behaviors (lack of physical activity, poor diet and tobacco use) can also make other chronic diseases worse, including Alzheimer's, Parkinson's and liver disease.

What is 3-4-50 and what does it have to do with me?
The Vermont Department of Health has organized an awareness campaign to inform Vermonters of the fact that 3 Behaviors (Lack of Exercise, Poor Diet, and Tobacco Use) lead to 4 Major Diseases (Cancer, Heart Disease and Stroke, Type 2 Diabetes, Lung Disease), which result in more than 50% of deaths in Vermont. 3-4-50 helps us understand the overwhelming impact of chronic disease in Vermont and inspires us to take action to change it. This initiative is about making a difference at a level that can influence the health of many. Businesses, schools, cities and towns, and health care providers all play an important role in shaping the health of Vermonters. The Department of Health wants all Vermonters to understand the impact of chronic disease and, consequently, to become inspired to take action to change our habits.

Data shows that we in Windham county have several behaviors that contribute to these chronic diseases. Data from Windham county from 2015 includes:

- Adults and Adolescents (Grades 9-12) who do NOT eat 5 fruits + vegetables per day.....77% and 78% respectively.
- Adults and Adolescents (Grades 9-12) who do NOT meet weekly aerobic exercise recommendations.....40% and 79%, respectively.
- Adults and Adolescents (Grades 9-12) who smoke cigarettes.....20% and

It is hoped that as Vermonters become more aware of the statistics of these negative behaviors, we will understand the importance of improving our health and the economic outlook of Vermont by changing our behaviors.

The Vermont Department of Health is partnering with worksites, schools, cities and towns, communities, and faith-based communities, as well as individuals. In addition, they have offered grants to organizations that have specific plans to improve community health. The Old School Enrichment Council (OSEC) in partnership with DVCP has just received notification that they have been awarded a grant for the Old School Community Center. (See story on page 2 for the details).

To see how you can get involved with 3-4-50, visit:
<http://www.healthvermont.gov/3-4-50>



OSEC Receives State 3-4-50 Grant to Improve Community Health

The Vermont Department of Health has awarded the Old School Enrichment Council, Inc. (in collaboration with DVCP) a grant totaling \$19,372.00 to further the goals of 3-4-50 for chronic disease prevention in the Deerfield Valley. The intended outcome is to increase health and wellness activities at the Old School Community Center and in the community. The activities will enhance community connections through various physical activities and classes. Multi-generational community members will have access to indoor and outdoor recreation without membership fees.

Highlights of the grant include:

- ◆ Hiring a part-time staff person in January 2019 to coordinate and publicize various activities at the community center including programs for youth, families, seniors, etc. These may include family nights/open gym opportunities, and community nights.
- ◆ Partnering with the Wilmington Trails Committee for creating a river trail and connector that links the Old School Community Center to the downtown. The grant funds will be used for gravel, signs, and publicizing the trail.
- ◆ Installing a Bike Rack at a prominent location at the Old School Community Center.
- ◆ Installing filtered ezH2O bottle filling stations at the community center to promote hydration and consumption of cleaner, healthier water rather than sweetened beverages.
- ◆ Purchasing and installing a wall rack for an information display in the lobby, including tobacco prevention resources and other resources on healthy eating.
- ◆ Offering space for organizations to offer free nutrition education.

All work will be completed by September 30, 2019.

DVCP is celebrating the approval of this grant application as the goals of the grant align with many of those of the Deerfield Valley Community Partnership. Our goals include the desire to:

- ◆ Increase the number of young adults, middle and high school students who are involved in healthy, drug free activities.
- ◆ Raise community awareness of alcohol, tobacco and other drug issues.
- ◆ Increase the number of parents and adults participating in healthy activities with young people.

Congratulations and thank you to the board of the Old School Enrichment Council, Inc. for their work to promote a healthier community: Janet Boyd, Diane Chapman, Steve Goldfarb, Cindy Hayford, John Howe, Meg Streeter, and Cammie Swanson.

Have You Heard About the FREE Medication Mail-Back Program for Expired or Unused Rx Medicine?

WHAT IS A MEDICATION MAIL-BACK ENVELOPE?

Getting rid of unwanted medications is as easy as 1-2-3 with safe, simple, and secure mail-back envelopes.

1 Get a mail-back envelope free online or from one of your community locations.



2 Put medication in its original container or in a sealed bag and put inside the pre-addressed envelope.



3 Mail the envelope for free. *The envelope is destroyed without being opened.*



WHAT CAN I PUT IN A MAIL-BACK ENVELOPE?

Each 8x11" envelope holds up to 8 ounces of medicine.

✓ DO Mail Back:

- over-the-counter & prescription medications
- prescription patches & ointments
- liquid medications (up to 4 oz.)
- pet medications
- vitamins

✗ DO NOT Mail Back:

- herbal remedies
- cosmetics
- personal care products
- compressed cylinders
- aerosols
- inhalers
- medical devices
- pet pesticide products
- sharps
- illegal drugs
- medications containing iodine

WHERE CAN I GET A MAIL-BACK ENVELOPE?

Order a mail-back envelope online at HealthVermont.gov

Mail-Back envelopes are also available locally at: Rite Aid/Walgreens Pharmacy, The DV Health Center, and Pettee Memorial Library.

Twin Valley Youth Choose to be Alcohol, Tobacco and Other Drug Free!



In October, Twin Valley Middle High School observed Red Ribbon Week, an annual awareness campaign focusing on alcohol, and other drug prevention. The 2018 Red Ribbon theme was: "Life is your Journey, Travel Drug Free!"

Students from the Deerfield Valley Community Partnership youth empowerment groups (Twin Valley High School Pride Group and the Middle School Above the Influence Group) planned and implemented activities throughout the week at the school.



Three members of the Twin Valley Vermont Kids Against Tobacco attended a Youth Leadership Summit with VKAT advisor, Carrie Blake at Lake Morey, in November. The day included a keynote speaker, connecting with other VKAT groups from around the state and workshops. Pictured to the left: Kaylin Roth, Fiona Toole and Lucas Watkin. Other VKAT members include: Tori Dix, Robert Belvel, Noah Walker, Cooper Daniels, Matthew Hammond, and Bridget Schneider.

Opioid Community Group Update: Community meetings have continued to take place on a monthly basis. Meetings include committee updates, educational presentations and community outreach planning. If you are interested in getting involved, please call Cindy at 464-2202.



Steering Committee & Program Staff:

- Carrie Blake
- Dawn Borys
- Courtney Burrows
- Bob Edwards
- Keli Gould
- Cindy Hayford
- Andy Hauty
- Dario Lussardi
- Karen Molina
- Jen Nilsen
- Shelley Park
- Helena Queenie
- Lynn Redd
- Rebecca Sweeney

Upcoming Meetings:

- January 21, 2019
- February 25, 2019
- March 18, 2019



*Dinner is served at 5:30pm
Meeting 6:00-7:30pm*

*Everyone is Welcome
Please RSVP to:
info@dvcop.org
or 464-2202*



Ready to quit smoking?

802Quits provides free support to quit tobacco. The help and resources include nicotine replacement therapy, and phone, online, and in-person counseling. www.802quits.org | 1-800-QUIT-NOW

Deerfield Valley
Community Partnership
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Community Spotlight

This section of the newsletter has been changed to include messages from community members.

"It has been an incredible learning experience as I recently joined in the grass roots meetings to address opioid challenges in our community. Facilitated by the Deerfield Valley Community Partnership, we have broken into work groups of opioid education and awareness, protection, prevention, and support for the afflicted and their families.

My homework was to find out what 211 has to offer as a resource in our community providing help to those suffering from addiction, especially in a crisis. Looking under crisis hotlines, mental health hotline, and substance abuse, the references pretty much pointed to HCRS (Health Care and Rehab Services) in Brattleboro, and the Turning Point in Brattleboro and in Bennington. The Retreat offers many services, but it is difficult to get help in a crisis, and there is a long waiting list for appointments with counselors and programs.

Recently, I had a personal experience with seeking help for a loved one in an opioid related crisis. After several frustrating phone calls, I thought of the Turning Point, about which I had just learned from our work group, and gave them a call. What a relief to find someone who listened! That, in itself, really helped a lot. I thought of a conversation at our last meeting about the disconnect in our community in dealing with the trials and stigma of mental illness and addiction. We discussed the need to BE THERE for our kids when they're really hurting and in trouble.

Working together and nurturing our partnerships is a great testament to this endeavor. I believe we will find better and better ways of caring for ourselves and our loved ones. Being inspired by the help I received from the Turning Point, and the special caring in our community, I would like to offer to work directly with Turning Point and ALL our partners to create a "satellite," so to speak, so we can say "WE GOTCHA." to those in need of support. Everyone is most welcome to join in these endeavors. Come share your ideas, skills, expertise, and experiences, your concerns and celebrations." **-Rhondi Gleason**
For more information, please call DVCP at 464-2202 or chayford.dvcp@gmail.com.

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