

# Stand Together with 3-4-50

## SHOW YOUR COMMITMENT TO REDUCING CHRONIC DISEASE

Thank you for your dedication to promoting health and reducing the risk of chronic disease. **Please check off wellness measures that your college currently employs or will accomplish within the next 12 months.**

### BRONZE

*Must check at least seven to achieve bronze level*

- Establish a worksite wellness program
- Provide multiple healthy options for student dining with ample fruit and vegetable offerings, whole grains, lean proteins and low fat/low sugar beverages, prominently displayed
- Offer multiple options for physical activity for students, staff and faculty
- Offer mindfulness training and opportunities for stress management
- Promote healthy food choices and smoke-free standards at all events
- Ensure a walkable, bikeable campus
- Establish no smoking areas in outdoor areas of campus
- Eliminate the sale of tobacco products on campus
- Display 802Quits information prominently throughout campus

### SILVER

*Bronze level plus at least five from silver level*

- Establish healthy vending options with 30% or more healthy foods in each machine, per national standards
- Offer students opportunities to learn about healthy nutrition and cooking education
- Require all food vendors to offer healthy foods
- Organize Community Supported Agriculture (CSA) or a farmers' market on campus
- Establish a tobacco-free campus
- Host regular group quit tobacco classes on campus
- Prioritize tobacco counseling and referrals to 802Quits at the Student Health Center and other campus services

### GOLD

*Silver level plus at least three from gold level*

- Pass advertising restrictions to limit promotion of unhealthy products
- Ban "all you care to eat" in food service contracts
- Offer health coaching or biometric screenings on campus
- Offer lower or competitive pricing for healthy foods and beverages
- Promote campus as tobacco-free in communications to parents, alumni and donors



## CUSTOMIZE YOUR WELLNESS GOALS

Some colleges have unique opportunities or challenges to impacting students' and employees' health and wellness. If some or all of the recommended wellness measures would not be a good fit in your college, please customize your goals. Your Local Health Office is available to help and can determine your commitment level.

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## FINALIZE YOUR COMMITMENT

By signing this form, your college strengthens its dedication to reducing the burden of chronic disease and improving the health and wellness of its students, faculty and staff.

College Name	# Enrolled Students	# of Faculty/Staff
Contact Name	Title	
Email	Phone	
Signature	Date	

**Do NOT** include my organization as a 3-4-50 partner on the Vermont Department of Health's website and other promotional materials.