

Obesity Ideas - Land Use

Biking and Walking/Infrastructure

Work with the VT Bike/ped coalition to identify community "bike champions" who could act as a resource to other community members about things like choosing the right bike, riding with kids and doing errands by bike.

Have people log all their trips for a week and identify which ones could have been accomplished by walking or biking.

Organize walking school busses and bike trains where groups of parents and students walk or ride to school together.

Work at the high school level to encourage staff and students to walk or bike to school. Make it a competition or incentivize with attractive giveaways like passes to local skating rink or fitness center.

The mission of the Vermont Mountain Bike Association is "Promoting trail advocacy through education, planning, funding, establishing and maintaining multi-use trails throughout Vermont".

We work to develop trail systems and youth mountain bike programs which will get young people outdoors, active and recreating in a healthy manner.

We believe that mountain bike riding is a compelling activity for young people, and as such, it makes a valuable contribution in combating childhood obesity

Participation by schools, churches, town organizations, and nonprofits to sponsor and encourage hikes, walks and bike rides in state and local parks--perhaps through competitions, fund raisers or rewards programs

Use of Walk Smart/Bike Smart curriculum to teach children safety rules, adults will then feel more comfortable with children walking/biking for transportation

Bike and pedestrian friendly initiatives

Transportation policies and programs that facilitate non-motorized transport (walking and biking)

Policy to provide safe walking and biking infrastructure

Make walking and biking to school a priority in communities

Provide adequate funding for walking and biking facilities that make it safe and convenient for community members to transport themselves, not necessarily just for recreation.

Physical activity programs for youth aimed at cultivating participation in life-long activities (such as running, hiking, biking)

Encourage all parents to get their kids outside playing at least once/day. This would include biking, hiking, snowshoeing, or just running crazy around the

Partner with the Vermont State Parks and Forests system to offer family events that get people outdoors and active.

Supporting Active Travel efforts

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I was on the health advisory for the CHAAMPS grant in Milton and one of the important areas identified by residents was to have infrastructure in place

Making roads pedestrian/bike friendly in construction/upgrade phase

support and expansion of "Safe Routes to School" which creates the infrastructure and education to promote walking and biking to schools; this same

built environment to enable walking/biking/activity

Invest dollars in building more paths and sidewalks in Vermont communities and installing lighting so individuals can more easily and more safely walk at nighttime.

Better design for development so that walking access is encouraged

Incorporate walking paths/sidewalk, crosswalks, pedestrian lights in all city/town planning

Development and Land Use Standards:

State legislation to assure all new development and redevelopment meets the needs of all commuters to promote physical activity (e.g. public transportation, bikers, walkers, wheelchairs, etc.)

Bike / walking paths connecting town to town that can be used for traveling to and from work - safely.

Encourage towns/schools to create safe passages/roads/trails so students can walk or bike to school. Think up an incentive so they want to walk to school.

Supportive engineered community infrastructure ie..bike/pedestrian paths, sidewalks, etc.

Requiring all new developments and road redesigns to have bike-ped accommodations.

for people to walk and participate in recreational activities i.e bike paths and sidewalks; another area is development of community gardens

Town planning and zoning ordinances should support a walkable/bikeable community so residents do not have to rely on cars for transportation

Use of Walk Smart/Bike Smart curriculum to teach children safety rules, adults will then feel more comfortable with children walking/biking for transportation

Bike and pedestrian friendly initiatives

more bike paths. More walking areas for the elderly- any large building could be used once heated adequately and made reasonably attractive

More and better sidewalks (Complete Roads Program) will encourage people of all ages to walk more

Make environmental changes that facilitate naturally higher physical activity levels (eg, improved sidewalks, etc)

Create healthy communities where land use design allows for healthy choices. This includes sidewalks and trails, access to food outlets and fresh fruits

Subsidize state parks and local recreation programs to reduce barriers and increase access across the socioeconomic spectrum

Expand recreational path network

policies to support "Complete Streets" to balance the investment in streets to encourage/allow for pedestrians and bicycles as well as public transportation. This has great benefit not only for obesity prevention but for injury and asthma reduction.

Develop trails and pathways for pedestrians, bicyclists, and others to use for transportation and outdoor recreational use close to home, schools, public transportation routes, downtown areas, state and local parks, historic and scenic areas, and other areas

Smart growth zoning laws

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Integrating Health Impact into all DOT planning

Mandatory Wellness articles in all Town Plans

Reduce environmental factors that foster intake of excess calories.

State regulation about no new fast food/junk food stores can be established within a certain distance from elementary/middle/high schools.

Agriculture and Farm Policies:

change agricultural policy to stop corn subsidy

Stronger support for community gardens where people can grow their food, coupled with workshops to tell them how to do an how to cook it.

Revisions to the national Farm Bill to change subsidies to support more local, natural foods (rather than processed foods); subsidies for fruits and veggies NOT corn!!

Subsidize local farmers in exchange for lower produce prices, rather than subsidize large mega farms.

gardening and farm visits provide another form of physical activity--cultivating and building lifestyle habits

Subsidize local food production - improve local food systems, keep local foods affordable and accessible

Employer Programs and Incentives:

Conduct targeted work with employers so that they implement ways to encourage employees to walk or bike to work. E.g. institute the employee tax benefit, provide showers/lockers/secure bike parking.

"Walking Meetings" for small groups of colleagues to conduct business while walking nearby their offices

Increase number of VT companies that offer workplace walking programs (such as AHA's START! of other programs)

encouraging communities to to improve sidewalks, roadways to make them bicycle and pedestrian friendly

Tipping the Balance in the workplace toward healthy eating and physical activity opportunities during the work day so that the majority, rather than the

Increase coordination of physical activities in communities

Increase opportunity and necessity for physical activity

Other Incentives:

Continued programs like Get Moving Vermont

Find ways to provide low or no cost opportunities (perhaps a municipality grant program?), such as community gyms or equipment gifts to help people afford to exercise.

Town community Day Camps that emphasize staying outdoors - i.e. - no child lift inside

Before anything else, survey the population to find out the actual extent of overweight in the state. This could easily be accomplished with use of the ICD-9-CM codes already available. If put into use in physician offices, we could determine within on

Fostering grass-roots community groups based on trying out new outdoor recreation activities or exercising together.

empower communities to lead successful change

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Over-arching task force partnering government, community, schools and worksites to get fit and healthy. Collaborate together to roll out a key initiative and encourage participation from all residents statewide.

Research and write interesting articles to include in weekly town newspapers on the importance of exercise and easy ways to incorporate it in your life.

public education campaign to give the details of just how important exercise is and the academic advantages to school children

Provide opportunities for schools, pre-schools, early childhood programs, businesses, hospitals, churches, and community organizations to partner with public parks (state and local) and businesses that can support educational efforts and programs.