

Chapter 7: Health and Wellness

INTRODUCTION

Community health and wellness is becoming an increasingly important planning issue. As the Region's population continues to age, our reliance on medical facilities, outpatient services, and elder assistance grows.

Meanwhile, our infrastructure is increasingly oriented towards vehicles, with fewer opportunities for children and adults to walk enjoyably through their communities and adding to health concerns. Sitting in between these issues of medical health and the built environment is civic health in the form of community safety, civic engagement, and related subjects.

This chapter of the *Plan* addresses community health from three perspectives: physical facilities, such as the Rutland Regional Medical Center, nursing homes, and sidewalks; health of individuals, such as nutrition programs for students and in-home care organizations; and health of our communities, including civic involvement, and public decision-making.

CURRENT CONDITIONS

Current Public Health

Indicators from the national Centers for Disease Control (CDC) suggest that residents of Rutland County have relatively similar health as their counterparts throughout the Country. Overall health, as reported by surveyed individuals, was rated better in Rutland County than elsewhere in the Country, as were the average amount of exercise individuals get and the percentage of people who are obese. For other indicators, namely the proportion of people with diabetes, smoking rates, or binge drinking rates, Rutland County residents were at similar or worse levels than the nationwide average in 2005.

The Vermont Well-Being 2006 study reveals similar results, with Rutland County

at similar levels to the rest of the State in most categories. Higher than average rates of poverty and an older than average population present the Region with some additional challenges over other parts of the State. Trends throughout the State in most categories of health – smoking rates, infant mortality, births to unmarried teens, and teen depression symptoms – have seen positive trends over the past two to three years. In others areas, including incarceration rates and immunization rates for children, statewide figures show little progress or small steps backwards.

The Rutland Regional Medical Center's Community Needs Assessment further analyzes needs and priorities for action in the Rutland Region, according to data collected by the Medical Center and State agencies, input from local medical providers and municipal officials, and a 2002 community telephone survey. Topics addressed in this assessment included: overall measures of community health, cancer, maternal and child health, mental health and child abuse, chronic disease, prevention, access, lifestyle and behavior, injury and violence, workforce, and health care services.

Reports on the health conditions of the



FAST FACT

The overall physical and mental health of Rutland County residents is tracked by three separate organizations.

- The Rutland Regional Medical Center, through its bi-annual Community Needs Assessment, measures physical health as it relates to hospital visits.
- The Vermont Agency of Human Services uses its annual "Vermont Well-Being" social indicators source book to examine eight broad public health issues each measured by 10-20 data indicators.
- The national Centers for Disease Control (CDC) provides annual statistics on a set of seven behavioral risk factors for micropolitan areas throughout the Country, including Rutland County.



Rutland Regional Medical Center provides primary and emergency care to people throughout the region.

RRPC Staff



FAST FACT

RUTLAND REGIONAL MEDICAL
CENTER DATA
(FISCAL YEAR 2006)

Number of Beds: 188
Emergency Department Visits:
35,130
Number of Births: 477
Rehabilitation Visits (*Physical,
Occupational, Speech
Therapy*): 39,879
**Medical and Radiation
Oncology Visits:** 22,494
Outpatient Registrations:
135,163
Inpatient Admissions: 6,985
Medical Staff: 200
Medical Specialties: 38
Employees: 1,389
Volunteers: 351
Volunteer Hours Contributed:
50,248

(source: Rutland Regional
Medical Center: www.rrmc.org)

Region's population – and its key subgroups (children, elderly, students, lower income) – can be found using web links found under “additional resources” at the end of this chapter.

Facilities

Physical facilities are the most outwardly apparent feature of the Region's health and welfare system. It includes facilities supporting medical needs, civic order, special needs, and physical fitness. In the County's recent history – the last half-Century – the primary focus of community health has been two of these, namely medical facilities and facilities promoting civic order. That is in the process of changing, with a greater emphasis on prevention beginning to take hold in the past ten years.

Medical Facilities

The Rutland Regional Medical Center in Rutland City is the Region's hospital. The RRMCC supports two satellite medical centers, in Brandon and Castleton. See the “fast fact” on this page for details concerning the RRMCC's facilities and services.

Private offices and clinics offer primary care – or general practice – services throughout the Region. The majority of these are concentrated in Rutland City, with limited numbers found in the County's sub-regional centers.

Medical specialists offices, ranging from eye care, to pediatrics, and all other areas, are scattered throughout the Region.

Civil Order Facilities

Five courthouses serve the Rutland Region. All are located within Rutland City. They are: Family Court, Probate Court, U.S. Bankruptcy Court, the Rutland Superior Court and the Rutland County District Court.

There is one incarceration facility in the

Region, the Marble Valley Regional Correctional Facility. All other inmates are housed elsewhere in the state, and in some cases, elsewhere in the Country.

Special Needs Facilities

Special needs facilities include a wide range of establishments intended to provide support to the public on a short-term or longer-term basis.

There are currently three nursing homes in the Rutland Region, Eden Park Nursing home, Haven Health Care, and Mountain View Center. Together they can house up to 418 residents. In 2002, they reported occupancy rates of 93.9%, 91.1%, and 96.6% respectively. An additional 14 facilities providing nursing overview are spread throughout the Region's larger communities.

Multiple group homes, serving various needs, exist within the Region and provide housing, counseling, and medical assistance to residents. They are typically small, serving approximately eight residents each.

A series of half-way homes, providing temporary housing for former inmates seeking to re-integrate themselves into the general population, exist within the Region.

One homeless shelter, the Open Door Mission in Rutland City, provides 15 beds to the public for overnight stays and another 18 beds to Veterans in need of temporary housing.

Several private, not-for-profit educational and behavioral assistance facilities exist in the Region. They include Smokey House Center in Danby, Spring Lake Ranch in Shrewsbury, and Serenity House in Wallingford.

Physical Fitness Facilities

Facilities promoting physical fitness and rehabilitation are key elements of the Region's health. They include indoor and outdoor, public and private, formal and

informal facilities. While the majority are intended to be used for recreation, a small number, including a pool at the Vermont Achievement Center, are also intended to be used for medical rehabilitation.

Public Space Facilities

Research has shown that physical activity (and public health) is closely related to the physical environment of a place. In short, this refers to having a built environment that supports bicycling and walking as a means of transportation over use over the automobile. A combination of well-maintained sidewalks, building placement that makes walking between stores, businesses, schools, and homes feasible and, where possible, easier than driving, safe lighting and patrolling, and attractive built and natural environments plays a critical role in the health and welfare of a community.

Rutland Region communities have a long history of built environments that support walking and physical activity. [Originally, of course, efficiency of land consumption and minimizing travel distances were the driving factors].

Many of the County's sub-regional centers were built for with pedestrians in mind, with buildings close together, important public spaces, high quality architecture for key buildings, and room for sidewalks. The majority of new construction that has taken place in the last fifty years, however, has been designed around the automobile. This has particularly been the case along US Route 7 and US Routes 4 and 4a. It is believed that these types of more recent infrastructure developments have had the unintended consequence of limiting physical activity and factoring into increasing obesity rates among the Region's population.

Programs

Social programs – both private and public -complement the physical facilities that influence the health of the Rutland

Region. These include insurance providers, State human services, advocacy groups, and organizations providing education, training, and support services to the public.

Primary Care Physicians, Dentists, Specialists

Family doctors and dentists provide the majority of medical support and are individuals' primary connection to outside assistance in maintaining health. Traditionally, family doctors have worked with patients to treat problems as they occur. According to the Rutland Community Needs Assessment, however, it has become clear that preventative care begins with medical professionals, who have the most consistent contact with adults about their health. The network of specialists throughout the Region support the work of the primary care physicians.

Mental Health

Mental health is addressed by both family doctors and local organizations such as Rutland Mental Health. Both work with individuals to address issues such as addiction, alcohol and substance abuse,



The Future Use of Land chapter of the *Plan* charts the Region's population, economic, and service centers.

For detail and analysis of facilities promoting physical fitness, see the Recreation and Open Space chapter



RRPC Staff

Signage helps bikers navigate the safest routes through Rutland City.



FAST FACT

SUPPORT SERVICES available in the Region include:

- Mental health providers such as Rutland Mental Health,
- Assistance to the elderly, including the Southwestern Vermont Council on Aging and Meals on Wheels At home care providers, including the Rutland Area Visiting Nurses Association and Hospice, Professional Nurses Association and several medical equipment providers, and
- Resources from the State of Vermont, including Child Care Services, Vermont Department of Health Offices, and others.

and depression. The Rutland Regional Medical Center treats individuals with emergency needs, while Rutland Mental Health works with individuals for longer-term treatment.

Special Needs Support

For many residents, the necessity for special needs support is equal or greater to the services provided by doctors (see Fast Fact to the right for details of services in the Region). The Divisions of the Department of Disabilities, Aging and Independent Living Services (DAIL) have been working closely with numerous state and local agencies to ensure that individuals with special needs have access to transportation services to maintain independence and promote access to needed services and resources.

Education and Advocacy

Public education related to community health is a principal activity of many of the types of organizations listed above. Several other groups, however, including the Rutland Area Physical Activity Coalition, and the Rutland Worksite Wellness

Initiative, focus their efforts on education advocacy, and infrastructure improvements.

Employer Health and Wellness Programs

The Rutland Region Worksite Wellness Initiative is the primary local provider of employer-based services in the Region. The organization has worked, in the past, with larger employers in the Region to develop worksite wellness initiatives. A small but growing number of employers today are seeking assistance to develop such program using local and national wellness organizations. Programs are paid for either through in-house funds or by partnerships with health insurance providers. These programs vary in degree and scope from a basic, annual health fair to regular consultant visits with employees.

School Health & Wellness Programs

Health in school is addressed primarily through physical education classes and extracurricular activities (prevention and health maintenance), and services provided by the school nurses' offices (immediate health needs). Active schools have also developed partnerships with regional organizations such as the Rutland Area Physical Activity Coalition to provide education and training on safe and fun physical activities for students. The Boys and Girls Club of Rutland strives to provide a safe and fun environment for children ages 6-18.

Safe Routes to School, a program started in 2005 and funded by the Federal Government, seeks to aid communities in improving infrastructure and education to promote safe walking and bicycling to school. The current trend of parents driving their children to school (see graph on bottom of page) reinforces the rise of youth obesity in our region, increases traffic, and pollutes the air around schools.



RRPC Staff

Primary Care facilities and Specialized services dot the neighborhoods adjacent to Rutland Regional Medical Center.

Health Insurance

Related to both facilities and programs aimed at providing health care to Vermonters is the insurance program that funds the majority of work.

Private insurance providers (principally Blue Cross / Blue Shield, MVP, and Cigna) are supplemented by Federal (Medicare and Medicaid) and State (Dr. Dinosaur and others) insurance programs to provide funding for the public to receive medical care from primary care physicians, specialists, hospitals, and other facilities. Together, these programs provide the majority, but not all, of Vermont's residents with some level of health care coverage.

In 2006, the Vermont Legislature added a new piece to the puzzle, the Catamount Health Plan, with goals of reducing the number of Vermonters left uninsured by the existing programs thereby ultimately lowering the rate of increase in health costs.

UNMET NEEDS

Public Health

The 2005 Rutland Community Health Assessment, which included extensive

outreach to health professionals and local officials, combined with outreach completed by the Rutland Regional Planning Commission, has identified several key public health issues in Rutland County. These key issues have proven to be closely related to the principal causes of reduced quality of life and/or death among Rutland County residents. They include:

- **Adult Obesity.** According to a 2002 telephone survey of Rutland County residents, 56.7 % of respondents reported themselves to be overweight or obese, with the highest averages among the lowest income and less educated subgroups of the survey. Data from the Vermont Department of Health, taken between 2001 and 2004, reports that 21% of Rutland County adults are obese. Statewide rates have been level for the past three years but nearly doubled since 1990. Severe weight problems are among the leading factors in a host of medical problems, from heart disease to diabetes, joint problems, and others.
- **Child Weight.** According to the Vermont Well-Being report, in 2005, "Overweight is prevalent within our teen population – nearly one in four eighth- through twelfth-graders is considered on the



FAST FACT

The leading causes of death in Vermont in 2001 were Heart Disease, Cancer and Stroke. The rate at which this was felt was similar to, and often slightly below, the national average.

The top risk factors for Heart Disease are high blood pressure and high cholesterol, both of which may be improved cases by diet and exercise. Preventative measures are needed to reduce the number of deaths from Cancer, including annual and biannual screening.

(Source: Centers for Disease Control, BRFSS 2003)

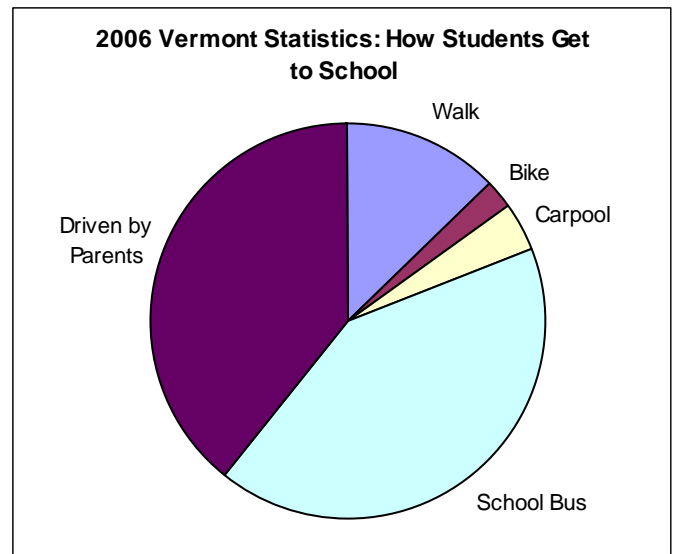


FOOD FOR THOUGHT

Safe Routes to Schools is a program which intends to diminish the prevalence of obesity across the country by promoting healthy alternatives to riding a bus. In the Rutland Region, two communities participated in the first round of the program: Fair Haven and Chittenden.



THE SAFE ROUTES TO SCHOOL PROGRAM



Source: National Center for Safe Routes to School, 2006



A need for nurses and other health professionals has been identified within the Rutland Region and nationwide. See the Education chapter for details.

The Recreation and Open Space chapter of the plan, meanwhile, examines facilities and program available and needed at all ages in the Region.

basis of their self-reported height and weight to be overweight, or at risk for overweight. In Rutland County, that figure jumps to 30%, second-highest in the State and just below the national average.

- Tobacco Use. While the number of smokers in the total population remains elevated above state and national targets, Vermont has seen success in reduction in smoking over the past fifteen years, especially among teenagers. Among Rutland County adults, smoking rates have fallen from an average of 24.6% in 1996-2000 to 23.7% in 2000-2004 [though the County retains the second-highest smoking rates in the State]. Among teens on a statewide level, smoking rates from dropped from 34% and 40% in 1993 and 1995, respectively, to a low of 18% in 2005.
- Smoking during pregnancy. While Vermont ranks among the states with the lowest proportion of smokers, it ranks among the highest in the percentage of smokers during pregnancy. According to the Agency of Human Services, 19.7% of mothers smoked during pregnancy in 2004. [source: Vermont Well Being 2006, pp. 20-21] A 2001-02 Federal study ranked Vermont 47th in the County, with 20.1% of all mothers, and 48% of all 15-19-year old mothers smoking during pregnancy. Earlier versions of the study, in 1990-91 and 1995-96, had 36.1% and 38% of 15-year year old mothers smoking.
- Alcohol abuse. According to the Community Health Assessment, 7.4% of Rutland County residents are at risk for heavy alcohol consumption and 19.5% are at risk for binge drinking. Both figures are above statewide averages.
- Mental Health needs. The proportion of Rutland County residents at risk for depression and the County's suicide rate are both above statewide averages, according to the Rutland County Health Assessment.

Facilities

A recent upgrade to the Rutland Regional Medical Center's Emergency Department has relieved the current need for emergency facilities. Still, unmet needs are prevalent and include:

- Nursing Homes. According to the 2004 Rutland Community Needs Assessment, the Region's three nursing homes all were at over 90% capacity in 2002-03.
- Homeless shelters. At present, there are only two homeless shelters in the Rutland Region, and none for youth following the closure of Spectrum in 2005.

Services and Programs

A need persists for service providers to address the needs identified above. They include:

- Nurses in hospitals and other facilities. Regional and nationwide nursing shortages are prevalent and ongoing. The number of nurses graduating from schools – including Castleton State College – is not large enough to meet the demand.
- Primary Care Physicians. According to the 2004 Rutland Community Needs Assessment, the lack of primary care physicians, especially in areas outlying Rutland City and Rutland Town, is clear.
- Hospital doctors. The Rutland Regional Medical Center reports that it is a challenge to attract and retain top medical professionals, in part because of the difference in salary scales offered in Vermont versus more metropolitan areas.
- Youth mental health professionals. According to the 2004 Community Needs Assessment, there is only one funded position for youth substance abuse.
- The demand for Human Service Agencies for the elderly and persons with disabilities is larger than before, and ever increasing. There aren't enough

funds to provide transportation for all residents with special needs.

Physical Fitness Facilities

The majority of new development in the Rutland Region over the past 50 years has not been conducive to active lifestyles. Automobile-oriented, strip development has created a land use system in which individuals are essentially forced to use automobile to travel between home, work, and stores. In some cases, this was and is inevitable, notably in the most rural parts of the Region. In Rutland, and the six sub-regional centers – and to an extent in every village – there is a history of pedestrian-oriented development that has been deconstructed over the past fifty years. This has led to a built environment that discourages physical activity. There is a lack of opportunity for casual recreation (ie, safe and enjoyable walking and cycling) in most communities within the Rutland Region, though several, including West Rutland and Poultney are taking active steps to increase amenities for pedestrians.

Programs

Service need for physical and mental health is great in the Rutland Region. Key aspects include:

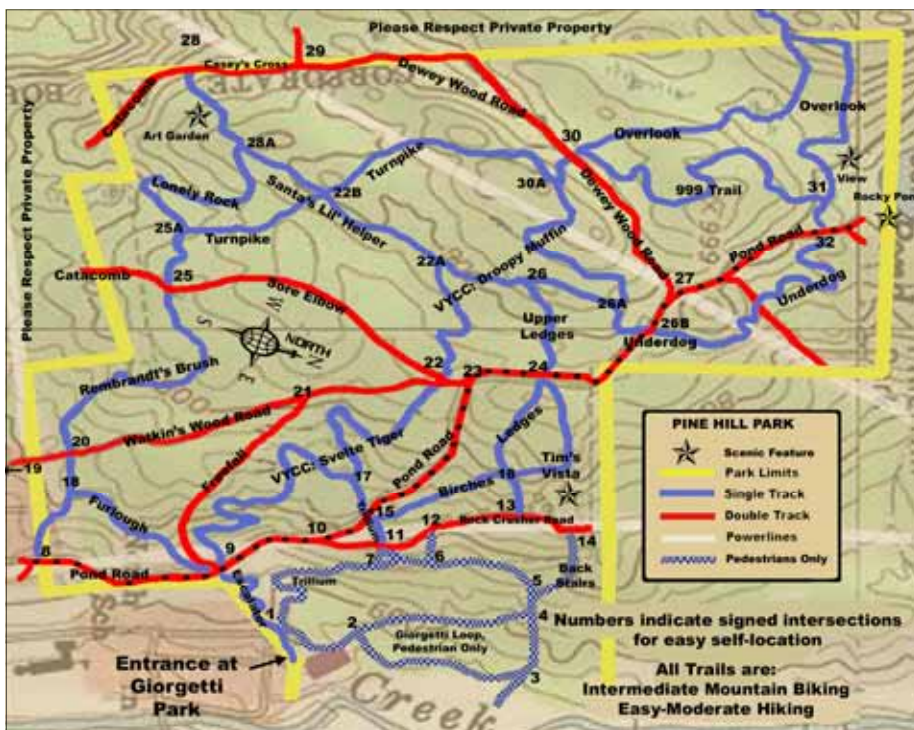
- Access to affordable health care is the most dominant unmet need in the area of community health. According to a 2002 telephone survey of Rutland County residents conducted for the County Health Needs Assessment, 14% of adults were uninsured for health (alongside 3% of children), while 49% had no dental insurance (alongside 21% of children). According to the Assessment, lack of health insurance is concentrated in low income families.
- Among respondents, the biggest barriers to accessing services are a lack of insurance and the cost of the service. Location and transportation do not

appear to be barriers to access. Services with the greatest access issues were alcohol and drug treatment, and mental health services.” (Rutland County Health Needs Assessment, p. 31.)

- Funding for prevention programs. The James T. Bowse Health Trust, a non-profit funder associated with the Rutland Regional Medical Center, provides grant money to support local prevention activities annually. Since it began in 1996, the Trust has awarded over \$2.6 million to 32 programs. The need for such programs severely outstrips availability of funds, however, with 4 to 6 applications rejected each year.

FUTURE TRENDS

The key demographic shift that the Region will be witnessing is the aging of the population. In 2000, 19% of the Region’s population was 60+, and 11% was 70+. By 2020, those figures are



Pine Hill Park in the northwest corner of Rutland City has undergone substantial renovations in the past few thanks to a coalition of organizations and volunteers. The Park offers a series of walking, hiking, bicycle, cross-country ski, and snowshoes trails for people of all ages and abilities. A copy of this map can be found at www.rapac.info.



The health of the Region's population is lined not only to recreation, as noted on the previous page, but also to several other chapters in the Regional Plan:

- Economic Activity, through poverty, employment, and health insurance;
- Air Quality, for its impacts of public health;
- Regional Profile, for its description and analysis of current and future population trends in the Region;
- Emergency Management, when short term health care becomes an emergency; and,
- Housing, for the need to provide age-appropriate housing and housing for the homeless.

projected to rise to a whopping 31% and 16% respectively.

In the health care field, that will likely mean greater needs for services in all three categories, but most notably in the short-term and long-term care fields (those with the highest costs associated with them). This is a trend throughout the northeastern United States and one that is not likely to be substantially altered. (Source: MISER projection—Vermont Center for Independent Living, 2004). This trend will impact access to and provision of services, including:

- Transportation. Automobiles are not an option for all seniors or persons with disabilities, for reasons of cost or ability to drive. Transportation systems will need to accommodate their need for mobility, not only for access to medical services, but for quality of life as well. Demand for the State-financed transportation program for the elderly and persons with disabilities will continue to grow.
- In-patient and out-patient care facilities and services. Medical facilities will need to expand to meet a slow but growing population of elderly residents of the Region. Services, such as the Rutland Area Visiting Nurses Association and Hospice, and emergency medical services, will also be relied upon by greater numbers of people and a larger proportion of the total population.
- Increased need for housing accessible to seniors. This includes housing units without stairs, homes within short distance to services, and homes with access to medical care.

"A key housing focus for all communities in the next two decades will be the creation of age-appropriate, housing-ownership options for older seniors. Those communities with the highest concentrations of senior owners — Rutland City, Rutland Town, Proctor, Fair Haven, West Rutland, Pawlet, Wells, and Mendon — will likely experience the pressure to provide this type of housing first." (source: Rutland County Housing Needs Assessment, 2004)

MEETING CURRENT AND FUTURE NEEDS

It is clear from the Regional and Statewide health assessments, and from meetings with organizations in the Rutland Region, that the principal focus of health care must be prevention. Where prevention is not possible, health care that imposes the least invasion of normal lifestyles should be followed.

The Rutland County Community Health Assessment identifies three top priorities for health care:

1. Increase the availability of mental health and substance abuse services;
2. Decrease heart disease and associated risk factors; and,
3. Improve access to primary care system.

Making progress towards attaining these goals will rely on the following three broad categories of health and wellness to be appropriately addressed:

Prevention

Prevention must be the cornerstone of health and wellness in the 21st Century. From both a quality of life and financial perspective, multiple sources have demonstrated that the most effective way of addressing the physical and mental health needs of the Region's current and future populations must be perpetuating good health. This can and must take multiple forms to address the wide-ranging needs of the Region's population, but includes:

- Improving access to dentistry and family doctors, along with increased training for medical professionals to stress prevention in their treatment regimens;
- School-based education about healthy living, including encouraging and proving healthy eating habits, education about substance abuse and sexual activity;

- School commitment to physical education and extracurricular activities that are of interest to students and provide physical activity;
- Health clinics for adults, focused on preventative care, education, and immunization;
- Recreation programs for children and adults (see Chapter VII: Recreation);
- Education for parents on how to promote healthy lifestyles for children.

Short-Term Treatment

Where prevention is not possible, the goal for health and wellness in the Rutland Region is to provide high quality short term care. Short term care includes emergency medical treatment, maternity care, non-invasive surgery and recovery, drug treatment programs, and restorative justice programs.

These programs, and the facilities that support them, form the basis of most traditional medicine: treatment of needs, injuries, or mental health needs. Many of the programs are well established and effective, though, as noted in the unmet needs section, some programs are lacking in the Rutland Region.

Long Term Treatment

The third approach to meeting current and future needs is longer-term and palliative care. Care for individuals needing this kind of assistance is critical as many of the patients are reliant upon the services provided. It is hoped that the number of individuals needing this type of service can be minimized through effective prevention and short-term care. This is not possible in all cases, however. In order to meet the needs for these types of services, municipalities and local organizations will need to consider how to ensure that sufficient facilities are built to care for individuals with long-term needs.

RUTLAND RPC ACTIONS

In addition to supporting activities and developments that contribute to individual communities and the Region, and which help meet the needs identified in this chapter, the Rutland Regional Planning Commission will strive to accomplish the following actions in the coming years:

- Work with local planning commissions to address community health issues in local plans and bylaws;
- Provide technical assistance to communities to apply for transportation enhancement grants promoting walking and cycling;
- Work with the Transportation Board to ensure that transportation programs are multi-modal, promoting active lifestyles.
- Provide input to Act 250 reviews regarding ways in which proposed development can promote physically active lifestyles;
- Participate in the work of the Rutland Area Physical Activity Coalition;
- Work with the Rutland Area Farm and Food Link to promote purchase and consumption of local agricultural products.



Photo courtesy Vyto Stairinskas, Rutland Herald

The annual Red Cross blood drive held at the Paramount Theater has provided much needed supplies to the State and has been a reflection of the strong sense of community present in the Region.

CASE STUDY

The Rutland Area Physical Activity Coalition

Creating a healthier community is the goal of many organizations and groups. In 2002 the Rutland Area Physical Activity Coalition (RAPAC) was formed by a group of citizens, organizations and healthcare providers concerned about the higher-than-average incidence of obesity and related illnesses in Rutland County.

In 2003, RAPAC received a three year grant from the James T. Bouse Community Health Trust to formalize and fund the coalition of organizations, businesses and individuals committed to promoting a healthy, physically active lifestyle. Modeled on the Robert Wood Johnson Foundation's "Active Living by Design" program, RAPAC brings together health promotion, recreation, planning and advocacy interests. The Steering Committee includes representatives from the Rutland City Recreation Department, Rutland Regional Planning Commission, VT Health Department, and Rutland Mental Health, to name a few.

RAPAC believes that physical activity is critical to the health, quality of life, and economic success of our community. Access to safe opportunities for such basic physical activities should be available to all residents, regardless of age, ability, gender, or socio-economic situation. Such access is a hallmark of successful, vibrant communities.

Since 2003, RAPAC has:

- Served over 3000 School Kids with the BikeSmart Curriculum, a four-point bike safety and lifestyle presentation
- Created and distributed over 6000 maps of Rutland City's Pine Hill Park

- Helped in the coordination of volunteers to build trails in Pine Hill Park, which now has over 12 miles of hiking and biking trails!
- Created the Patch Pond Trail, a 3/4 mile walking loop in Rutland City.
- Helped to create the Community Gardens Walking Trails, 1.5 miles of easy walking in Rutland City
- Run six Bike Safety Fairs in the Region
- Launched a county-wide walking program, WALKRUTLAND, that promotes activity in a sociable context around Rutland County.
- Provided bicycle and pedestrian advocacy in Rutland County, to help ensure that our road projects support healthy, non-motorized transportation, too.
- Participated in the planning of a new Multi-Use Path for Rutland City.
- Promoted the creation of a physical activity culture in Rutland County by participating in community events such as the Ethnic Festival, Health Fairs, and Night Out.

RAPAC is funded by the Vermont Department of Health via a Coordinated Healthy Activity, Motivation and Prevention Programs grant and the Bouse Community Health Trust.

To achieve their goals, RAPAC has initiated the following strategies:

1. Promote the benefits of and opportunities for physical activity through educational and marketing efforts.
2. Advocate for the creation of physical recreation infrastructure (sidewalks, bikepaths, walking trails, parks, etc.).
3. Coordinate programs and events devoted to physical activity

