

State of Vermont  
Department of Health  
St. Johnsbury Office  
107 Eastern Avenue  
St. Johnsbury, VT 05819  
HealthVermont.gov

[phone]802-748-5151  
[fax]802-751-3229  
[toll free] 800-952-2936

*Agency of Human Services*

## Vermont Department of Health (VDH) Report for Lyndon

**Your Office of Local Health (OLH) is in St. Johnsbury and can be reached** at the above address or telephone numbers. Please feel free to visit or give us a call if you have any questions or concerns regarding health in your town. VDH staff work every day to ensure all Vermonters have access to a healthy environment. There are 12 district offices around the state and our central office and state laboratory are in Chittenden County; all delivering a wide range of public health services and support to your community. In 2017, the Health Department worked on several state-wide initiatives many of which specifically served your community.

The Health Department's 3-4-50 initiative aims to engage multiple sectors – business, education, municipalities – in implementing policies and strategies that will reduce the three (3) behaviors of tobacco use, physical inactivity and poor diet that lead to four (4) chronic diseases of cancer, heart disease and stroke, diabetes and lung disease that result in more than 50% of deaths in Vermont. The local office is working to engage partners to sign-on to 3-4-50 and make a commitment to take action that will help reduce chronic disease across the state.

OLH served 1,298 pregnant women and children to age five in Caledonia and Lower Essex Counties through the WIC (Special Supplemental Nutrition Program for Women, Infants and Children) program. WIC provides individualized nutrition counseling, education and breastfeeding support; and, we partner closely with grocery stores across the state to enable participants to use a debit-like card to access nutritious foods. The average value of foods provided is \$50 per person per month.

In 2017, our staff responded to 43 cases of infectious disease in Caledonia and Lower Essex Counties. Each reported case is investigated to minimize the exposure and/or effect of disease. We also provided 13,868 doses of vaccine for preventable diseases to healthcare providers statewide totaling \$737,916.94 in Caledonia county alone. Our local office also offers quarterly trainings to each Town Health Officer to help increase their knowledge, skills and comfort level when dealing with potential health issues.

Prevention is one of the health department's primary concerns. Regional Prevention Partnerships statewide are actively working on programs in our district to help increase state and community capacity to prevent underage and binge drinking, reduce prescription drug and marijuana use and/or misuse. Drug Take Back days, Red Ribbon week, programs and educational opportunities embedded in many schools and newly formed prevention coalitions are all examples of the work our staff and local community members have brought to our area.

**The Medical Reserve Corp (MRC) is actively recruiting and working with volunteers to train and prepare for, not only major emergency events, but to be available to support those first responders that serve your town on a regular basis.**

The local health department staff are trained to respond to a variety of events and available to assist in arranging and supporting programs and training in your town. Please do not hesitate to contact our office to discuss issues or concerns.

For more information, news, alerts and resources: Visit us on the web at [www.healthvermont.gov](http://www.healthvermont.gov).

Help us help your community to ensure a safe and healthy environment for all Vermonters.

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