



# Courier

THE NEWSLETTER OF  
COPLEY HEALTH SYSTEMS, INC.  
528 WASHINGTON HIGHWAY  
MORRISVILLE, VT 05661

SPRING 2018

## The Story Behind Charitable Care

Lani Wilson was just six months shy of qualifying for Medicare when she learned she was battling cancer again. Her doctor told her treatment could not wait. Paying for the needed diagnostic tests had already eaten up her resources. She contacted Angela Griggs in Copley's Patient Financial Services for help. Angela helped her sign up for insurance through Health Connect and also talked to her about financial assistance offered through Copley's Charitable Care program. "She said you should apply for assistance," recalled Lani. "I said ok, I don't really want to do that, but at that point, we had to do something."

Tom and Laurie Silva (shown below) credit Copley's Charitable Care program with helping them get back on their feet after a crippling health crisis kept Tom in and out of hospitals for three years. "We have a long ways to go right now, but if we had that burden on us, we don't know what we would do," he said.

These are just two families helped by Copley's Charitable Care program. The program provides discounted or free care for those in need of essential healthcare services and are uninsured, underinsured, ineligible for a government program, or otherwise unable to pay for their medical bills. Eligibility for, and the level of assistance awarded, is determined based on household income and assets. Last year, Copley provided \$700,000 in charitable care.

Copley Financial Counselor Angela Griggs says every situation is different. "My goal is getting our patients the best help with the resources available to them," says Griggs. "I serve as an advocate for them. I make them aware of other social service programs they may benefit from and will often help enroll them into these programs."



## Copley Calling to Help Improve Patient Experience

Copley has begun a new program that involves calling patients after an outpatient visit to any of our clinics or procedural areas. The program is designed to get a better understanding of patients' experiences while at Copley clinics and to use this information in the hospital's continuous quality improvement initiatives. Copley has contracted with NRC Health to conduct the surveys.

Copley continues to mail surveys to all patients who are seen in our emergency department or who have a hospital stay. NRC Health conducts these surveys as well.

"It is helpful for patients to tell us about their experiences," says Art Mathisen, Copley CEO. "We share what we learn from the surveys with our providers and staff and it fuels our quality and process improvement initiatives."

While Copley has long conducted patient satisfaction surveys, the addition of phone surveys enables the hospital to have "real-time" data. "Real-time" means the hospital has access to the aggregate data almost immediately, enabling staff to address an issue or concern should the surveys indicate the need.

### WE CALL YOU

Through NRC Health, patients may receive an automated call following their Copley visit. The caller will say "Hello, this is Copley Hospital calling on behalf of your healthcare provider, Dr. (name)." The caller will then ask you to verify you are the person they are trying to reach. At no time, during the survey will you be asked to give personal information. You are asked only to rate your experience.

## Vermont Taste

MAY 1 to JUNE 30

### Dine. Sip. Discover.

Experience the craft and expertise of chefs, brewers, bakers and creators throughout north central Vermont. Vermont Taste features advance ticketed events, plus a host of opportunities allowing you to choose where and when you want to participate. The event benefits Copley Hospital's Charitable Care Program.

### FEATURED RESTAURANTS

10 Railroad Street, Morrisville  
The Bench, Stowe  
The Bistro at Ten Acres, Stowe  
Black Diamond Barbeque, Morrisville  
Charlie B's Pub & Restaurant, Stowe  
Copley Hospital Café, Morrisville  
Flannel at Topnotch Resort, Stowe  
Harrison's Restaurant & Bar, Stowe  
Highland Lodge on Caspian Lake, Greensboro  
Idletyme Brewing Company, Stowe  
Junior's, Stowe  
Lost Nation Brewing, Morrisville  
Moog's Place, Morrisville  
Piecasso Pizzeria & Lounge, Stowe  
Positive Pie, Hardwick  
Rock Art Brewery, Morrisville  
Sushi Yoshi, Stowe  
Tres Amigos, Stowe  
Vermont Artisan Coffee & Tea, Waterbury Center  
von Trapp Brewing Bierhall, Stowe  
The Whip Bar and Grill, Stowe

Private  
Tasting & Dinner  
May 25  
VON TRAPP BREWING  
BIERHALL

### Thanks to Our Sponsors



See the full schedule at [VERMONTTASTE.ORG](http://VERMONTTASTE.ORG)

Paul O'Kane, RN, MS, Director of Quality, Informatics and Education wants to remind patients that the survey is private and at no time is any of the information provided linked to a patient name. "While the survey helps us evaluate service and make improvements, it does not provide specific information, i.e. a patient's concern." If you have a concern or issue regarding your hospital experience, O'Kane requests that you please contact Copley's Quality Management Department at 888-8351.





COPLEY HOSPITAL  
528 WASHINGTON HIGHWAY  
MORRISVILLE, VT 05661  
802-888-8888

[www.copleyvt.org](http://www.copleyvt.org)

*The Copley Courier is published three times a year by the Community Relations Department.*

#### TRUSTEES

Henry Binder, MD, Stowe  
Bob Bleimeister, Stowe  
Kathy Demars, Morrisville  
Walter Frame, Stowe  
Sharon Green, Morrisville  
Ira Marvin, Hyde Park  
Art Mathisen, Copley CEO, Elmore  
Harry Miller, Craftsbury Common  
Elaine Nichols, Stowe  
Dan Noyes, Wolcott  
Nancy Putnam, Jeffersonville  
Janice Roy, Wolcott  
David Silverman, Morrisville  
Joseph Subasic, MD, Wolcott  
Carl Szlachetka, Hyde Park  
Jamey Ventura, Hyde Park  
Richard Westman, Cambridge

#### SENIOR MANAGEMENT TEAM

Arthur Mathisen, Chief Executive Officer  
Randy Chesley, Director Information Technology  
Donald Dupuis, MD, co-Chief Medical Officer  
Amy Fitzgerald, Director Human Resources  
Leah Hollenberger, Vice President Development, Marketing & Community Relations  
Vera Jones, Chief Operating Officer  
Adam Kunin, MD, co-Chief Medical Officer  
Lori Profota, DNP, RN, NE-BC, Chief Nursing Officer  
Rassoul Rangaviz, Chief Financial Officer

#### OUR MISSION

To help people live healthier lives by providing exceptional care and superior service.

#### OUR CORE VALUES

**Community:** We promote and advocate for the physical, social, and mental health and wellness of all we serve and believe that partnership and collaboration among our colleagues and within the community is essential to achieving our shared goal of a healthy community.

**Service Excellence:** We provide service excellence through proactive and responsible management of our resources. We take a people-first approach in which we listen, advocate, anticipate, and strive to provide excellent care and exceed expectations.

**Respect & Compassion:** We respect the unique nature and needs of every individual. We recognize their right to be treated in an honest, fair, and appropriate manner with dignity, privacy, and respect. We believe in the compassionate delivery of care and services and strive to create an environment in which professionalism and caring combine to promote wellness.

**Life-long Learning:** We engage in continuous learning and collaboration in order to achieve excellence. We innovate, evaluate, and improve our services to best meet the needs of our community.

**Not-for-Profit:** We offer care and services of the highest quality at an affordable cost and regardless of ability to pay. This is an important part of our not-for-profit heritage. We are prudent stewards of our natural and financial resources.

## [COPLEY CLOSE-UP]

### Steven S. Levine, MD

Dr. Levine is with Apogee Physicians and he joined Copley's clinical team as a Hospitalist in April 2018. He has nearly 30 years of experience serving as a general internist and hospitalist in New Hampshire.

**Where did you grow up?** I was born and raised in New Rochelle, New York.

**What is your favorite food?** Pizza.

**What are your top three hobbies?** Skiing, biking and golfing.  
*What's your handicap?* (laughs) I'm trying to lower it.

**What is your favorite color?** Red.

**What word best describes you?** I don't know. I'm a good guy.

**Who do you look up to the most, and why?** My father. He's just turned 92. I admire his honesty and fierce family values.

**What makes Copley a special place to work?** When I finished training in the mid-80s I became a general internist so I could follow my patients in and out of the hospital. Over the years, the system has changed and I can better use my training as a hospitalist. I enjoy having a relationship with my patients and their families, the communications. I enjoy managing their care and it is great care at Copley.

**Why did you pick your career?** My father was an optometrist. My two brothers are doctors; one is a primary care physician and one is a gastroenterologist. My daughter will begin studying internal medicine at the University of Colorado this year. It runs in the family. (laughs)



## Become a Member of the Auxiliary

For the cost of a mocha latte grande, or a movie ticket, a \$10 membership to the Copley Hospital Auxiliary can help provide:

- a single mother with a career suit to help secure a job
- affordable outfits for families
- support for newborns and families
- life-saving medical equipment

The Copley Hospital Auxiliary's mission is to provide funds and volunteers to support the critical work of Copley Hospital. The Auxiliary recently gifted more than \$100,000 to the James and Mary Louise Carpenter Surgical Center, purchased defibrillators, and upgraded digital imaging equipment for our community hospital.

Auxiliary Volunteers enjoy:

- Luncheons in May and October
- Bake sales in February, June, and November
- Volunteering at Second Chance, the thrift and consignment shop on Brigham Street in Morrisville or in the Copley Hospital Gift Shop

Become a member of the Copley Hospital Auxiliary. Learning how building a healthier community is a better deal for us all. Call the Copley Hospital Gift Shop at 888-8229 or Jill Baker at 888-8302.



## Learn How You Can Make Tax-free Gifts Directly From Your IRA to Copley Hospital.

If you have a traditional or ROTH IRA and are 70½ years or older and must take distributions, you have a great opportunity to make a significant gift to Copley Hospital. Federal law allows donors to make gifts of up to \$100,000 directly from an IRA. This IRA Distribution gift reduces your taxable income. And it helps Copley continue to care for our community.

**EXAMPLE:** You plan to donate your \$25,000 distribution from your IRA. If you take the distribution and then write a check to Copley Hospital, the full amount of your distribution would be taxable and you would only be able to deduct a portion of the gift. However, if you make the gift directly from your IRA, you avoid paying the income tax, you don't need to itemize as there is no charitable deduction, and it may have other positive financial benefits for you.

For more information, contact your financial and planning advisors or Leah Hollenberger at Copley Hospital at 888-8301. You can also learn more at [copleyvt.org/give-to-copley](http://copleyvt.org/give-to-copley).

*This is not intended to be legal or tax advice. We encourage you to consult your own legal or tax advisor.*



# wellness calendar



A calendar of classes and screenings to help you live a healthier life. Register in advance online: [copleyvt.org/wellnessclassesandevents](http://copleyvt.org/wellnessclassesandevents) | 888-8369

## Exercise Class

### STEP UP EXERCISE PROGRAM

**Mondays & Fridays | Noon–1pm**

**Fee: \$36 for 12 sessions**

**Copley Rehabilitation Services. Call 888-8303.**

This supervised group exercise program includes independent warm-up with use of cardio equipment followed by stretching and strengthening/balance activities. Participants must be capable of independent exercise. A written referral from your physician is required as well as an evaluation by a physical therapist.

### MORNING EXERCISE AT COPLEY WOODLANDS

**Mondays & Thursdays | 9–10am**

**Fee: \$25 for 10 sessions**

**Copley Woodlands, Stowe. Call 253-7200.**

A blend of strength training, balance, stretching and free weights.

## Support Groups

### DIABETES EDUCATION & SUPPORT GROUP

**May 24, June 28 | 1:30–3pm**

**Stevens Conference Room. Call 888-8369.**

Free and open to anyone affected by diabetes. Meeting topics vary.

## Diabetes Education

### YOU & YOUR DIABETES

**1:1 Consultations**  
**Call 888-8226 for an appointment**

Diabetes can cause long-term health problems. Work 1:1 with Copley's Certified Diabetes Educator to learn how to control your blood sugar and reduce the impact diabetes can have on your health. Copley's Diabetes Educator works in coordination with your physician.



## For A Healthier You

### HEALTHIER LIVING WORKSHOP

A free program for anyone dealing with a chronic condition, including family members and caregivers. You can feel better by learning:

- how to manage symptoms, medications and nutrition
- how to improve strength, flexibility and endurance
- how to communicate with health professionals, family and friends

**To register or for more information, call 253-9171.**

### TOBACCO CESSATION

**Once a week for 4 weeks.**

The "Quit in Person Program" provides free individual or group stop smoking and chew tobacco services within the community to help you quit. You can choose to have free or reduced cost Nicotine Replacement Therapy such as gum, lozenges or patches. **To register or for class listing, call Erica Coats at 253-9171.**

### 1:1 QUIT SMOKING WITH COPLEY COACH

As a Tobacco Treatment Specialist, Nancy Wagner of Copley's Wellness Center provides 1:1 coaching. Nancy will help develop a quit plan, talk through barriers and provide the necessary support for a successful quit smoking story. **To register or for more information, call Nancy Wagner at 888-8226.**

### SYRINGE SERVICES & HARM REDUCTION MOBILE VAN

**1st Monday of every month | 10am–12pm**

**Free, Anonymous**

Vermont Cares provides free syringes, safe disposal of used syringes, safer injection supplies, overdose reversal kits, HIV/HCV testing, treatment options and safer sex supplies. **Call 802-371-6222 to enroll.**

## Life Skills

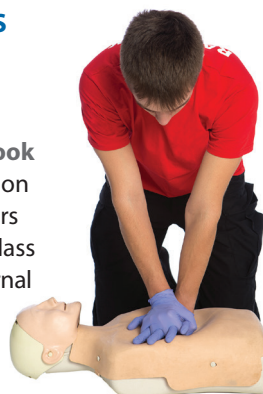
### HEARTSAVER: BEGINNERS & RECERTIFICATION

**May 15, June 19**

**6:30–8:30pm**

**Fee: \$25 for class; \$15 for book**

This American Heart Association basic life support course covers adult, child, and infant CPR. Class also includes Automated External Defibrillator (AED) training.



### DRIVERS SAFETY CLASS

**July 11 | 8:30am–1pm**

**Fee: \$15 AARP member / \$20 AARP non member**

A one-day, four-hour course designed for drivers age 50 and older.

### COMMUNITY BASED FIRST AID COURSE

**September 25 | 5:30–9:30pm**

**Fee: \$40 for class; \$15 for book**

Meets OSHA, state or employer requirements for individuals to possess knowledge of immediate first aid.

## Parenting Programs

### CHILDBIRTH EDUCATION CLASSES

**June 21–July 19 | August 9–September 6 | 6–8pm**

**Fee: \$110 (covered by most insurance plans)**

Join other expectant parents for this five-week class. You'll gain knowledge, confidence and increased comfort so you can be actively involved in the birth experience.

### BABY SHOWER FOR PREGNANT WOMEN

**June 19 | 4–5:30 pm | Call 888-1357 to register**

Come celebrate, chat with other parents, and talk about what you can do to be as safe and healthy as can be during your pregnancy. Topics include healthy eating, weight gain, breastfeeding, oral health, birthing information, and more. Bring your partner, friend or family member too! Offered by Copley Hospital and the Vermont Department of Health.

## Rehabilitation Programs

### CARDIAC REHABILITATION

This comprehensive outpatient program improves your quality of life following a cardiac event such as a heart attack. **Call 888-8230 for an appointment.**

### PULMONARY REHABILITATION

If you live with a disease affecting the lungs, pulmonary rehabilitation can help you. **Call 888-8230 for an appointment.**

### LSVT BIG & LOUD THERAPY

A therapy program for people living with Parkinson's disease or other neurologic conditions. The LSVT Loud program has shown to improve vocal loudness, and Big teaches large movement to improve motor functioning. A physician referral is required.



**Saturday, July 7**

**Stowe Country Club, Stowe, VT**

Register now! [copleyvt.org/CopleyScramble](http://copleyvt.org/CopleyScramble)

## 31st Annual Copley Scramble Golf Tournament

*This year's event is honoring former hospital trustee and passionate golfer Cynthia Borck.*

Over the years, the Scramble has helped purchase needed medical equipment and technology, renovate and outfit patient rooms, as well as ensure care is available for those in need through the hospital's charitable care program. Combine this good cause with friends and a great course and it's a win-win.

Last year, thanks to the support of our golfers and more than 40 local and regional businesses, the Scramble raised \$19,000 for Copley. With your help, we can do that again!

Sponsor and player packages includes 18 holes of golf with cart, awards luncheon and a tax deductible donation to our community hospital. An early bird discount is available through May 31.

For more information please contact Jill Baker at 888-8302 or visit [copleyvt.org/copleyscramble](http://copleyvt.org/copleyscramble)

### Thank You to Our Sponsors

**Platinum:** NFP, Vermont Federal Credit Union  
**Gold:** MVP, Union Bank, Vermont Mechanical, Inc  
**Hole:** Coca Cola Bottling Co. of Northern New England, Community National Bank, Downs Rachlin Martin, Freeman French Freeman, Hickock & Boardman Retirement Solutions  
**SILVER:** Country Home Center, Sunset Motor Inn  
**HOLE-IN-ONE:** McMahon Chevrolet



Check out  
Copley's  
FY2017  
Annual  
Report  
online at  
[copleyvt.org/annual-report](http://copleyvt.org/annual-report)





## [ PHYSICIAN DIRECTORY & HOSPITAL SERVICES ]

**Anesthesiology** ..... 888-8888  
Copley Hospital Medical Group Practice  
Stephen Fischer, MD  
Michael Flaherty, CRNA  
Joan Fox, CRNA  
Travis Knapp, CRNA  
Emily Nesler, CRNA

**Birth Center/Obstetrics** ..... 888-8304

**Cardiac/Pulmonary Rehabilitation** ..... 888-8230

**Cardiology** ..... 888-8372  
Copley Hospital Medical Group Practice  
Adam Kunin, MD

**Clinical Nutrition/Dietitian** ..... 888-8233  
Copley Hospital Practice  
Alexandra Duquette, RD, CLC

**Dentistry** ..... 334-6965  
Birchwood Dental Associates  
Murray Diner, DDS

**Diabetes Educator** ..... 888-8226  
Copley Hospital Practice  
Nancy Wagner, RDN, CDE

**Emergency Medicine** ..... 888-8888  
Copley Hospital Medical Group Practice  
Adam Boise, NP  
Jordice Corey, NP  
Liam Gannon, MD  
Patrick Heaghey, MD  
John Kaeding, MD  
J. Martin Linseisen, MD  
Neil Nigro, MD  
Christopher Niles, MD  
Charles Osler, FNP  
Adam Putnam, MD  
Joseph Subasic, MD  
Daniel Wolfson, MD

**Family Practice**  
Hardwick Health Center (NCHC) ..... 472-3300  
Emily Alfano, NP  
Brendan Buckley, MD  
Mckalyn Leclerc, MD  
Sarah Morgan, MD  
Peter Sher, MD  
Martha Whitfield, NP  
Jeri Wohlerg, FNP  
Morrisville Family Health Care (CHSLV) ..... 888-5639  
Kim Bruno, MD  
Allison Christie, MD, MPH  
David Coddaira, MD  
Cheryl Holton, FNP, CDE  
Philip Kiely, MD  
Sheldon Raven, DO  
David Roy, MD  
Stowe Family Practice (CHSLV) ..... 253-4853  
Laura Felsted, DO  
Clea James, MD  
Richard James, MD  
Monique Karthaus, PA  
Katherine Marvin, MD  
Robert Quinn, MD  
Melissa Volansky, MD  
Angela Winchell, FNP  
Stowe Personalized Medical Care ..... 253-5020  
David Bisbee, MD

**Gastroenterology** ..... 888-3111  
Independent Practice  
Joel Silverstein, MD

**General Surgery** ..... 888-8372  
Copley Hospital Medical Group Practice  
Donald Dupuis, MD, MS

**Gyn/Obstetrics/Nurse Midwifery** ..... 888-8100  
The Women's Center, a Copley Hospital Practice  
William Ellis, MD  
Alexandra "Kipp" Bovey, CNM  
Jackie Bromley, CNM  
Marje Kelso, CNM  
April Vanderveer, CNM

**Hospitalist Program** ..... 888-8173  
Apogee Physicians  
Steven Levine, MD  
Jennifer Peters, MD

**Laboratory Services** ..... 888-8340

**Medical Records** ..... 888-8352

**Naturopathic Medicine**  
Stowe Natural Family Wellness ..... 253-2340  
Jennifer Tuttle, ND

**Neurology** ..... 888-5688  
Neurology Clinic (CHSLV)  
Jean Marie Prunty, MD

**Oncology & Cancer Care** ..... 888-8372  
CVMC/Copley Hospital Oncology Outreach Clinic  
Laura LaBow, NP  
David Ospina, MD  
Elaine Owen, APRN  
Eswar Tipirneni, MD

**Ophthalmology** ..... 229-9554  
Doyle Eye Care  
Brian Doyle, MD

**Optometry** ..... 888-3089  
Green Mountain Eye Care  
Francis Pinard, OD

**Orthopedics & Sports Medicine** ..... 888-8405  
Mansfield Orthopaedics, a Copley Hospital Practice  
Nicholas Antell, MD  
Brian Aros, MD  
Jennifer Fabian, CNOR, RNFA  
Alexis Gagne, PA-C  
Mae Hickory, AGNP-C  
Bryan Huber, MD  
John C. Macy, MD  
Sharon Mansfield, RN, MS, FNP-C, RNFA  
Joseph S. McLaughlin, MD  
Bryan Monier, MD  
Leah Morse, PA-C  
Margaret Rowell, RN, BSN, ONC  
Saul Trevino, MD  
Janessa Vandette, PA-C  
Nella Wennberg, PA-C

**Pain Management** ..... 888-8392  
Independent Practice  
Anne Vitaletti-Coughlin, MD

**Patient & Family Services** ..... 888-8311

**Pathology**  
Independent Practice  
Armando Ciampa, MD ..... 888-8340  
Vermont Dermatopathology ..... 658-6269  
Catherine Antley, MD

**Pediatrics**  
Copley Hospital Birthing Center ..... 888-8304  
Diane Szlachetka, APRN, NNP-BC  
Applesseed Pediatrics (CHSLV) ..... 888-7337  
Sarayu Balu, MD  
Susan Sykas, DNP

**Pulmonology** ..... 888-8667  
Northern Vermont Center for Sleep Disorders  
Veronika Jedlovsky, MD

**Quality Management** ..... 888-8351

**Radiology/Diagnostic Imaging** ..... 888-8358  
Vermont Radiologists  
Richard Bennum, MD  
Hartley Neel, MD  
Candice Ortiz, MD  
Robert Smith, MD

**Rehabilitation Services**  
All Copley Hospital Practices  
Copley Hospital ..... 888-8303  
Copley Rehabilitation in Stowe ..... 888-8634  
Hardwick Physical Therapy ..... 472-6186  
Orthopedics Rehabilitation Hand  
Therapy ..... 888-8634

**Urology** ..... 888-8823  
Independent Practice  
Betsy Perez, MD

**Wellness Center** ..... 888-8369



**COPLEY HOSPITAL**  
COPLEY HEALTH SYSTEMS  
528 WASHINGTON HIGHWAY  
MORRISVILLE, VT 05661  
802-888-8888  
www.copleyvt.org



# healthy recipe

Compliments of David Vinick, Director of Nutritional Services

## Spinach and Artichoke Dip



2 cups (8 ounces) shredded part skim mozzarella cheese, divided  
½ cup fat free sour cream  
¼ cup (10 ounces) grated fresh parmesan cheese, divided  
¼ teaspoon black pepper  
3 garlic cloves, crushed  
1 (14 ounce) can artichoke hearts, drained and chopped  
1 (8 ounce) block ½ less-fat cream cheese, softened  
1 (8 ounce) block fat free cream cheese, softened  
½ (10 ounce) package frozen spinach; thawed, chopped and squeezed dry  
1 (13.5 ounce) package baked tortilla chips (about 16 cups)

Preheat oven to 350 degrees.

Combine 1½ cups of mozzarella, sour cream, 2 tablespoons parmesan cheese and remaining ingredients in a large bowl, stir until well blended. Spoon mixture into a 1½ quart baking dish and sprinkle with remaining ½ cup mozzarella and parmesan cheese. Bake at 350 degrees for 30 minutes or until bubbling and golden brown. Serve with tortilla chips.

This dip can be assembled up to 2 days ahead. Just refrigerate and bake before serving.

*Yields 5 ½ cups; serving size: ¼ cup dip with about 6 chips; Calories 148; Fat 5g (2.9 grams saturated, 1.5 grams monounsaturated, .5 grams polyunsaturated); Protein 7.7 grams; Carbohydrates 18.3 grams; Fiber 1.5 grams; Cholesterol 17mg; Iron .06 mg; Sodium 318mg; Calcium 164mg*

## Come home to Stowe...

Enjoy an independent lifestyle in a friendly, supportive retirement community in the heart of Stowe. Copley Woodlands is within walking distance of the post office, art galleries, Stowe Free Library, and a number of restaurants and shops. Lease or own your spacious condo while enjoying fine dining service and the many in-house activities and social events available.

Contact Penny Davis  
for more information,  
(802) 253-7200 or visit  
copleywoodlands.com



# 3 BEHAVIORS

- No Physical Activity
- Poor Diet
- Tobacco Use

LEAD TO

# 4 DISEASES

- Cancer
- Heart Disease & Stroke
- Type 2 Diabetes
- Lung Disease

RESULT IN

# MORE THAN 50 PERCENT OF DEATHS IN VERMONT

3-4-50 is a simple concept to help us grasp the reality that 3 health behaviors contribute to 4 chronic diseases that claim the lives of more than 50 percent of Vermonters. The same 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. Learn more online at [healthvermont.gov/3-4-50](http://healthvermont.gov/3-4-50).