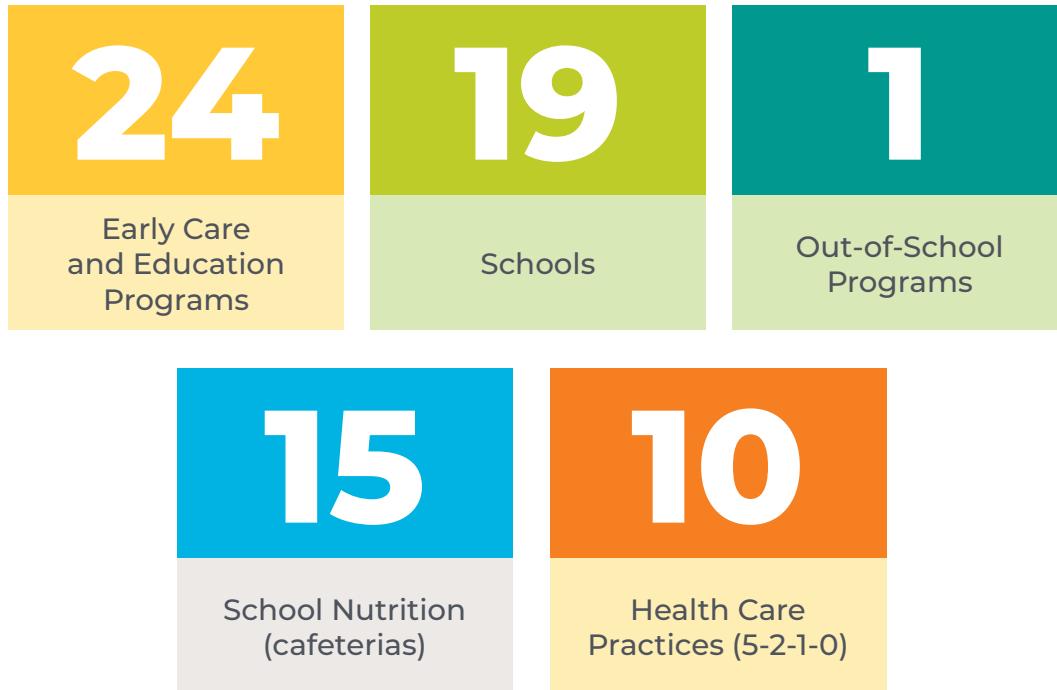


The prevalence of obesity in Hancock County is 20% for middle school students, 15% for high school students, students, and 30% for adults. The prevalence of obesity in Washington County is 18% for middle school students, 20% for high school students, and 37% for adults This is why local Let's Go! Coordinators partner with **69 sites** in our region to promote healthy habits.



We try to serve food the students like and get them to try some new foods also to increase participation.



— School, Prospect Harbor

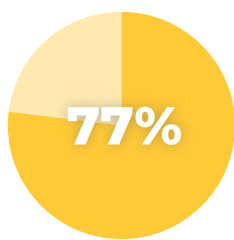


IN PARTNERSHIP WITH

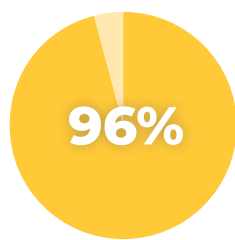


Let's Go! sites are supporting healthy, happy kids who are ready to learn!

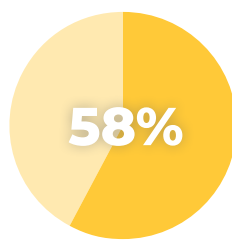
(n = 26 schools, early care and education and out-of-school programs reporting)



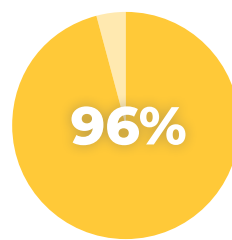
Limit unhealthy choices for snacks and celebrations; provide healthy choices



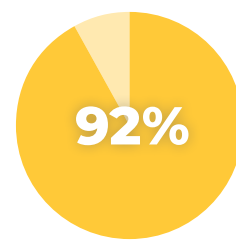
Limit or eliminate sugary drinks; promote water



Prohibit the use of food as a reward



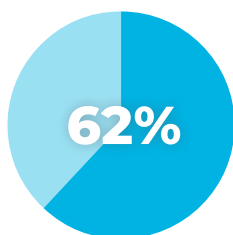
Provide opportunities for physical activity daily (outside of recess for schools)



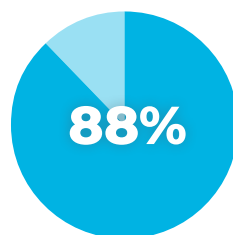
Limit recreational screen time

Let's Go! school cafeterias are serving healthy meals that include local products and scratch cooking!

(n = 8 school cafeterias reporting)



Local meats, produce or products are used in school meals



Menu includes at least one made from scratch item per week

Let's Go! health care practices are motivating kids to build good habits that will last a lifetime!

(n = 6 practices reporting)



Use the 5-2-1-0 Healthy Habits Questionnaire



Assess patients who carry extra weight for risk factors of obesity

DATA SOURCES: Healthy Eating & Active Living: Let's Go! Survey conducted with partner sites, 2022; Obesity (students): Maine Integrated Youth Health Survey, 2019 (Hancock County, Washington County Middle School), 2021 (Washington County High School); Obesity (adults): Behavioral Risk Factor Surveillance Survey, 2018-2020 average