

The prevalence of obesity in Knox County is 10% for middle school students, 12% for high school students and 29% for adults. The prevalence of obesity in Waldo County is 18% for middle school students, 20% for for high school students and 30% for adults. This is why local Let's Go! Coordinators partner with **112 sites** in our region to promote healthy habits.



Currently participating in a Farm to ECE pilot and purchasing locally produced veggies, fruits, cheeses, meats, etc. through the pilot for reduced rates.



— Child Care Center, Belfast



IN PARTNERSHIP WITH



LETSGO.ORG

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

(n = 37 schools, early care and education and out-of-school programs reporting)



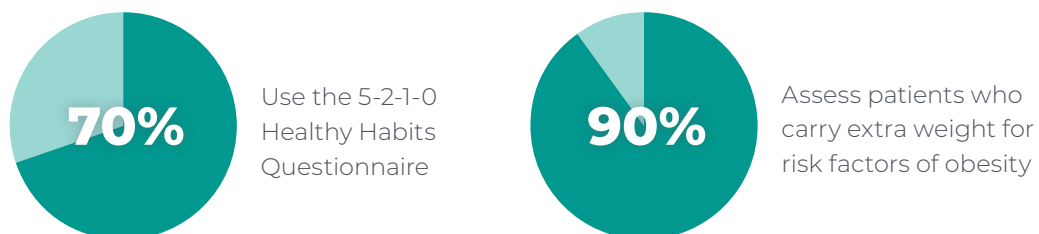
Let's Go! school cafeterias are serving healthy meals that include local products and scratch cooking!

(n = 17 school cafeterias reporting)



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

(n = 10 practices reporting)



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