

The prevalence of obesity in Lincoln County is 22% for middle school students, 16% for high school students and 24% for adults. This is why local Let's Go! Coordinators partner with **51 sites** in our region to promote healthy habits.



“

We spend many hours a day outside. We start our day outside, go out again mid morning, and end the day outside again.

”

— *Preschool, Whitefield*



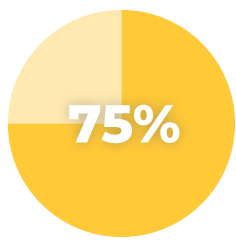
IN
PARTNERSHIP
WITH



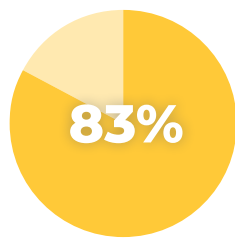
LincolnHealth
MaineHealth

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

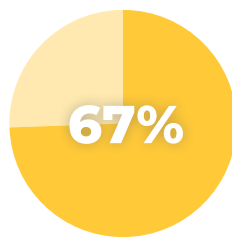
(n = 12 schools, early care and education and out-of-school programs reporting)



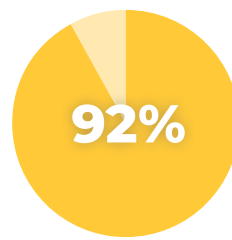
Limit unhealthy choices for snacks and celebrations; provide healthy choices



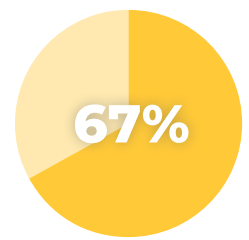
Limit or eliminate sugary drinks; promote water



Prohibit the use of food as a reward



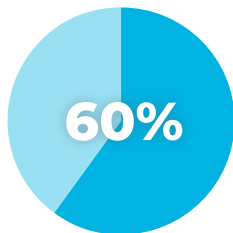
Provide opportunities for physical activity daily (outside of recess for schools)



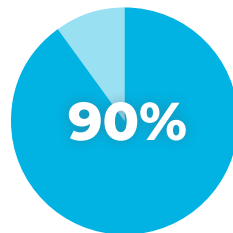
Limit recreational screen time

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

(n = 10 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 = 4 practices reporting)



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



Assess patients who carry extra weight for risk factors of obesity