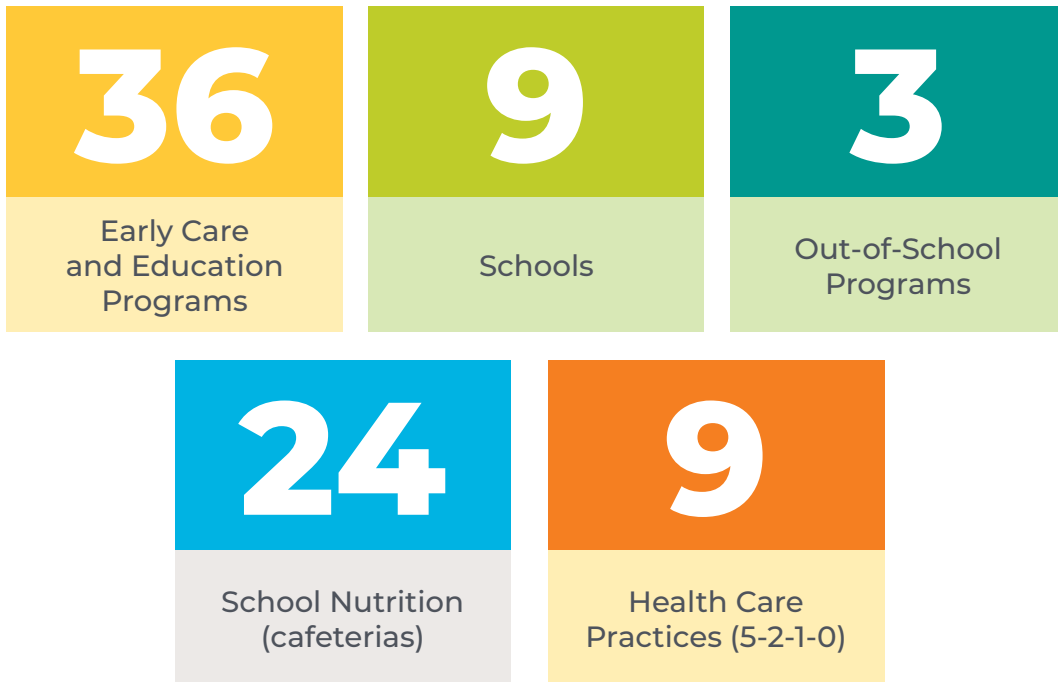


The prevalence of obesity in Penobscot County is 15% for middle school students, 18% for high school students and 35% for adults. This is why local Let's Go! Coordinators partner with **81 sites** in our region to promote healthy habits.



“Children plant grass and flowers in flower pots to study how they grow. We have a unit in our curriculum where students study plants and vegetables that grow on farms and we give them opportunities to try different foods in class.

— Child Care Center, Bangor



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

(n = 34 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 = 19 school cafeterias reporting)



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

(n = 5 practices reporting)

