

The prevalence of obesity in Piscataquis County is 18% for middle school students, 19% for high school students, and 34% for adults. This is why local Let's Go! Coordinators partner with **24 sites** in our region to promote healthy habits.



“ We ask students what they want to see more of and what is their least favorite. We try to try a new recipe each month that the kids may enjoy. We use stickers to get the kids to try vegetables or fruits they may have never eaten before. ”

— School, Dover-Foxcroft

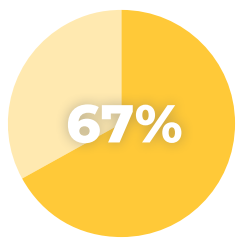


IN PARTNERSHIP WITH

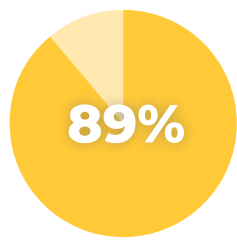


Let's Go! sites are supporting healthy, happy kids who are ready to learn!

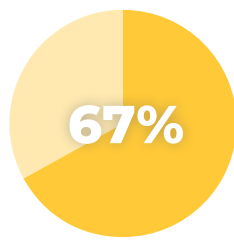
(n = 18 schools, early care and education and out-of-school programs reporting)



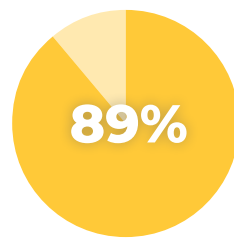
Limit unhealthy choices for snacks and celebrations; provide healthy choices



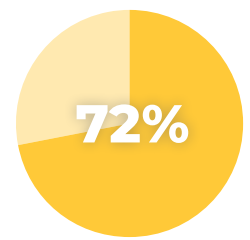
Limit or eliminate sugary drinks; promote water



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 = 1 school cafeteria reporting)



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 = 1 practices reporting)



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



Assess patients who carry extra weight for risk factors of obesity