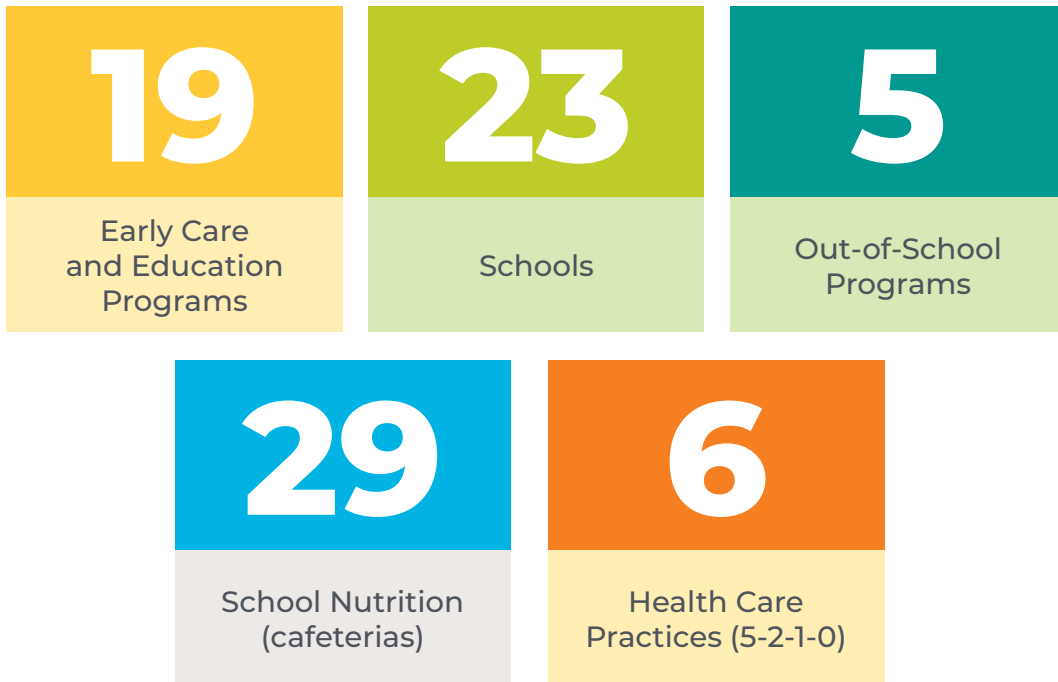


The prevalence of obesity in Kennebec County is 19% for middle school students, 17% for high school students and 35% for adults. This is why local Let's Go! Coordinators partner with **82 sites** in our region to promote healthy habits.



“ We celebrated screen free week with a week of activities and contests for students. We encouraged students to choose physical activity instead of screen time. ”

— School, Readfield

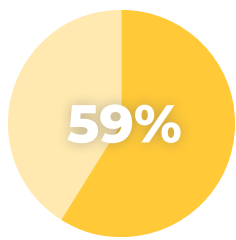


IN PARTNERSHIP WITH

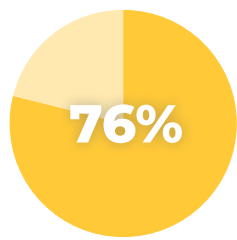


## Let's Go! sites are supporting healthy, happy kids who are ready to learn!

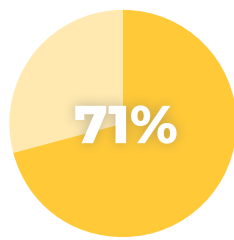
(n = 41 schools, early care and education and out-of-school programs reporting)



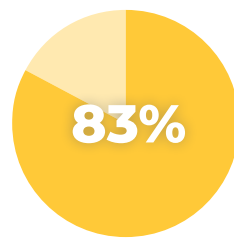
Limit unhealthy choices for snacks and celebrations; provide healthy choices



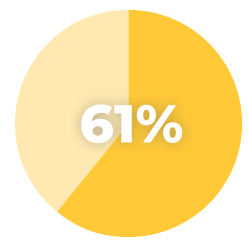
Limit or eliminate sugary drinks; promote water



Prohibit the use of food as a reward



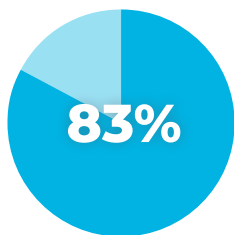
Provide opportunities for physical activity daily (outside of recess for schools)



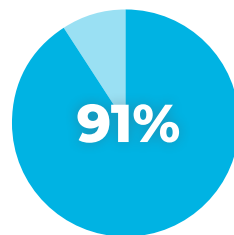
Limit recreational screen time

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

(n = 23 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 = 2 practices reporting)



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



Assess patients who carry extra weight for risk factors of obesity