

The prevalence of obesity in Maine is 15% for both middle school and high school students and 32% for adults. This is why local Let's Go! Coordinators partner with **7 sites** in our region to promote healthy habits.



Our students are often seen in the hallway, walking laps, either in groups or as individuals.



— School, Old Town



IN PARTNERSHIP WITH



Wabanaki Public Health  
Cultivating the health of our communities

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

(n = 2 schools, early care and education and out-of-school programs reporting)



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

(n = 1 school cafeteria reporting)



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

(n = 1 practice reporting)

