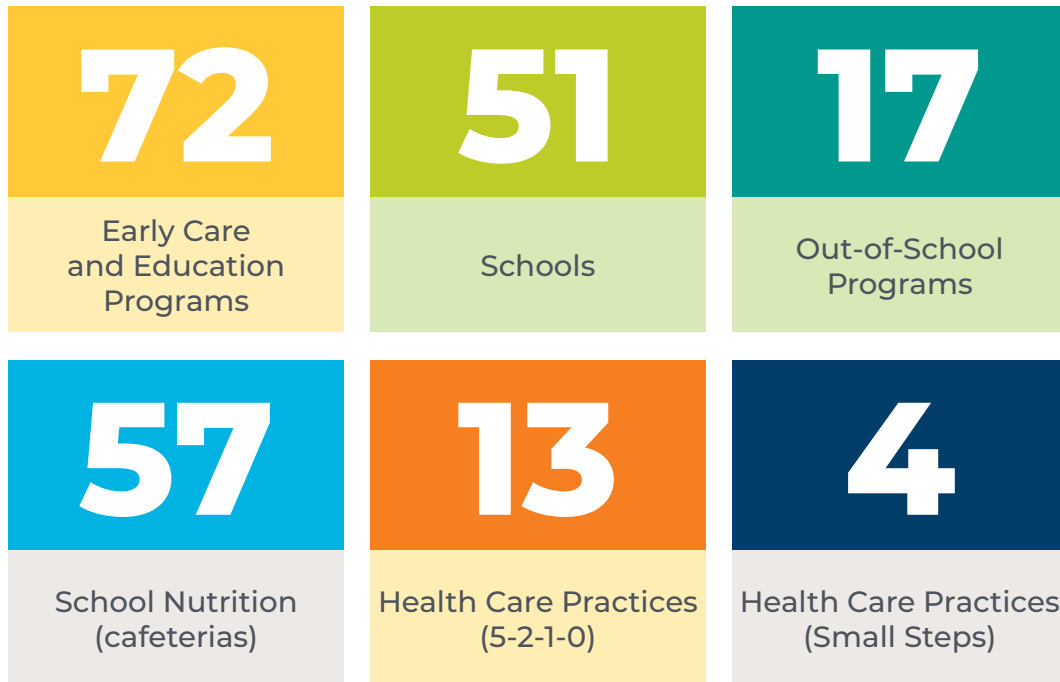


The prevalence of obesity in York County is 16% for middle school students, 14% for high school students and 31% for adults. This is why local Let's Go! Coordinators partner with **214 sites** in our region to promote healthy habits.



“ Our school has taken a pledge to not celebrate with food unless it is a cultural project or healthy choice (cooking and tasting happens with greenhouse plants). ”

— School, Waterboro

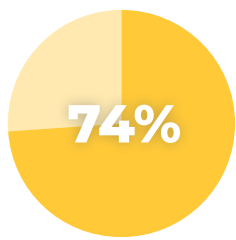


IN PARTNERSHIP WITH

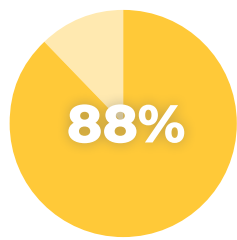


## Let's Go! sites are supporting healthy, happy kids who are ready to learn!

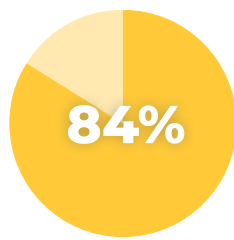
(n = 93 schools, early care and education and out-of-school programs reporting)



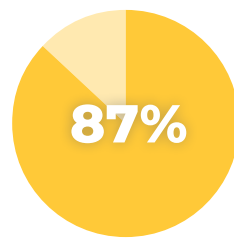
Limit unhealthy choices for snacks and celebrations; provide healthy choices



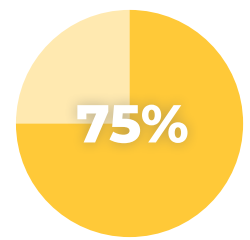
Limit or eliminate sugary drinks; promote water



Prohibit the use of food as a reward



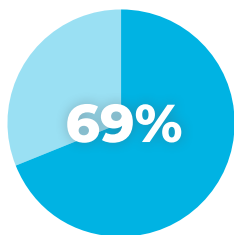
Provide opportunities for physical activity daily (outside of recess for schools)



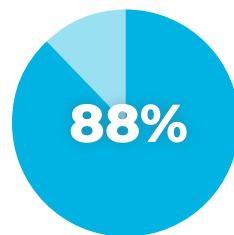
Limit recreational screen time

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

(n = 51 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 = 7 practices reporting)



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



Assess patients who carry extra weight for risk factors of obesity