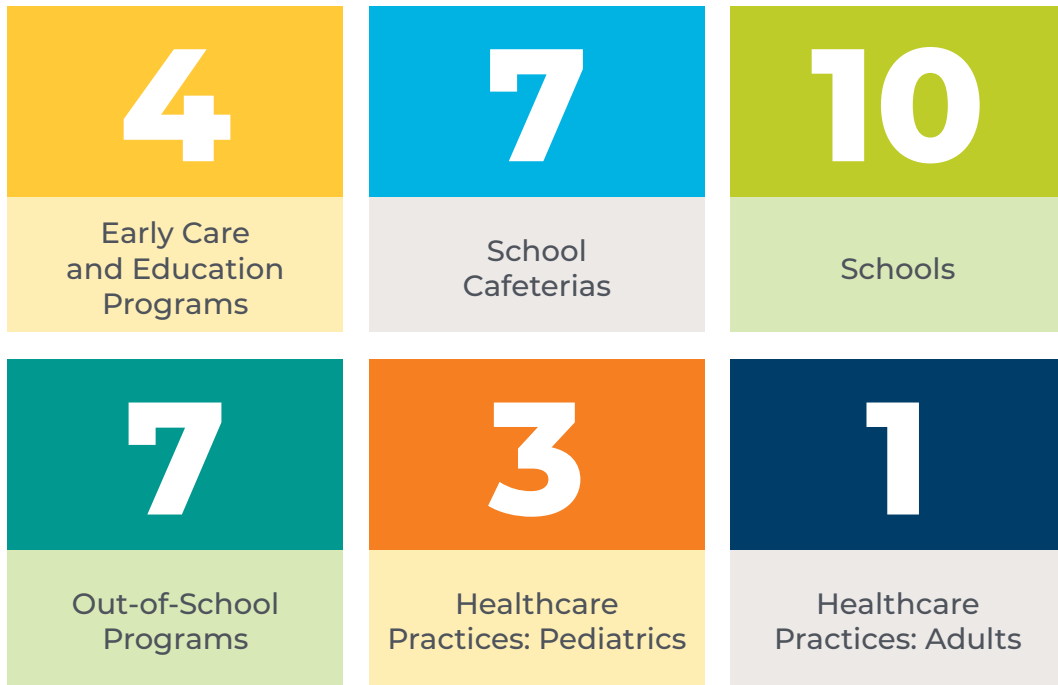


The prevalence of obesity in Carroll County is 15% for high school students, and 31% for adults. This is why local Let's Go! Coordinators partner with **32 sites** in our region to promote healthy habits.



The Let's Go! Program strongly supports many of our school's initiatives, and is truly appreciated...it's nice to have this program to help promote in our school community.



— School, Conway



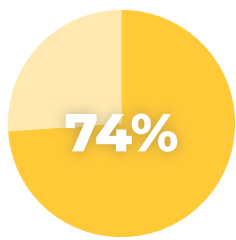
IN PARTNERSHIP WITH



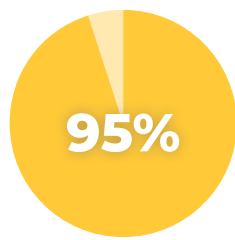
Memorial Hospital
MaineHealth

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

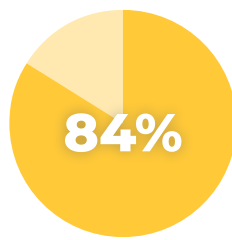
(n = 19 schools, early care and education and out-of-school programs reporting)



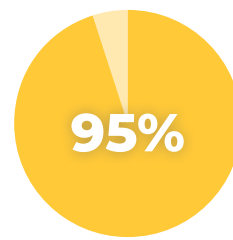
Limit unhealthy choices for snacks and celebrations; provide healthy choices



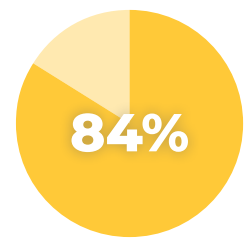
Limit or eliminate sugary drinks; promote water



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 nutritious meals that make the healthy choice the easy choice

(n = 5 school cafeterias reporting)



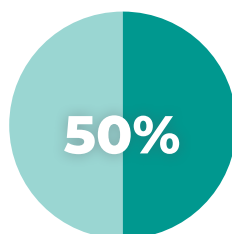
Offer a variety of vegetables to appeal to choosy taste buds



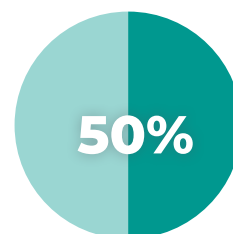
Offer pre-packaged salad or salad bar

Let's Go! healthcare practices are motivating youth 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