The prevalence of obesity in Lincoln County is 13% for middle school students, 15% for high school students, and 26% for adults. This is why local Let’s Go! Coordinators partner with **58 sites** in our region to promote healthy habits.

It has been great working with Kristina in many ways, both to support school efforts as well as our district level health initiatives.

— School, Nobleboro
**Let’s Go! sites are supporting healthy, happy youth who are ready to learn**

(n = 16 schools, early care and education and out-of-school programs reporting)

- **88%**
  - Limit unhealthy choices for snacks and celebrations; provide healthy choices

- **94%**
  - Limit or eliminate sugary drinks; promote water

- **88%**
  - Prohibit the use of food as a reward

- **100%**
  - Provide opportunities for physical activity daily (outside of recess for schools)

- **81%**
  - Limit recreational screen time

**Let’s Go! school cafeterias are serving nutritious meals that make the healthy choice the easy choice**

(n = 8 school cafeterias reporting)

- **100%**
  - Serve easy-to-eat sliced fruit

- **100%**
  - Offer a variety of vegetables to appeal to choosy taste buds

- **100%**
  - Offer pre-packaged salad or salad bar

- **88%**
  - Engage students in growing their own food with activities such as gardening and farm tours

**Let’s Go! healthcare practices are motivating youth to build good habits that will last a lifetime**

(n = 8 practices reporting) (n = 7 practices reporting*)

- **100%**
  - Use the 5-2-1-0 Healthy Habits Questionnaire

- **100%**
  - Assess patients who carry extra weight for risk factors of obesity

*Specialty practices were not asked about assessing patients who carry extra weight for risk factors of obesity.