The prevalence of obesity in Kennebec County is 16% for middle school students, 17% for high school students, and 35% for adults. This is why local Let’s Go! Coordinators partner with 43 sites in our region to promote healthy habits.

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"We truly appreciate the support and partnership with Let’s Go! We have seen significant changes to our school community and in individual students and staff since our partnership with Let’s Go! We look forward to continued collaboration."

— School, Waterville
Let's Go! sites are supporting healthy, happy youth who are ready to learn
(n = 15 schools, early care and education and out-of-school programs reporting)

- 60% Limit unhealthy choices for snacks and celebrations; provide healthy choices
- 93% Limit or eliminate sugary drinks; promote water
- 73% Prohibit the use of food as a reward
- 80% Provide opportunities for physical activity daily (outside of recess for schools)
- 73% Limit recreational screen time

Let's Go! school cafeterias are serving nutritious meals that make the healthy choice the easy choice
(n = 1 school cafeteria 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
- 100% 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 = 7 practices reporting)

- 86% Use the 5-2-1-0 Healthy Habits Questionnaire
- 86% Assess patients who carry extra weight for risk factors of obesity