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 89 sites in our region to promote healthy habits.

— Early Care and Education Program, Augusta

LET’S GO! has continued for us even though our school is not open. We are doing zoom two times a week with our children and their families. We mail out packets that include Let’s Go! information as far as healthy eating and activities for the children and families to do together... Many times the children are eating breakfast and snacks while participating in zoom. We comment on the healthy fruits that many of them are eating.
Let’s Go! sites are supporting healthy, happy youth who are ready to learn

(n = 42 schools, early care and education and out-of-school programs reporting)

- 64% Limit unhealthy choices for snacks and celebrations; provide healthy choices
- 83% Limit or eliminate sugary drinks; promote water
- 74% Prohibit the use of food as a reward
- 86% Provide opportunities for physical activity daily (outside of recess for schools)
- 57% Limit recreational screen time

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

(n = 26 school cafeterias reporting)

- 96% Serve easy-to-eat sliced fruit
- 92% Offer a variety of vegetables to appeal to choosy taste buds
- 85% Offer pre-packaged salad or salad bar
- 48% 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 = 4 practices reporting)

- 100% Use the 5-2-1-0 Healthy Habits Questionnaire
- 100% Assess patients who carry extra weight for risk factors of obesity