The prevalence of obesity in Washington County is 18% for both middle and high school students, and 36% for adults. This is why local Let’s Go! Coordinators partner with **34 sites** in our region to promote healthy habits.

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**17**

Early Care and Education Programs

**14**

Schools

**3**

Healthcare Practices: Pediatrics

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This was my first year using this program. I found it helpful and used it to guide my health program. We will also be trying to implement more of the ideas from this program next year.

— School, Eastport

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[LETSGO.ORG](http://LETSGO.ORG)
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)

- **56%** Limit unhealthy choices for snacks and celebrations; provide healthy choices
- **100%** Limit or eliminate sugary drinks; promote water
- **75%** Prohibit the use of food as a reward
- **88%** Provide opportunities for physical activity daily (outside of recess for schools)
- **63%** Limit recreational screen time

Let’s Go! healthcare practices are motivating youth to build good habits that will last a lifetime
(n = 3 practices reporting)

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