

WELCOME!

are **you** ready?



Thank you for taking time to review the **Let's Go! Health Care Toolkit**. This toolkit was developed to help health care providers and their teams implement the essentials of prevention, assessment, management, and treatment of childhood obesity. *Let's Go!* Health Care is part of a larger program called *Let's Go!*. To learn more about *Let's Go!*, please visit www.letsgo.org.

The epidemic of youth overweight and obesity continues to have major implications for the health of the entire population, from infancy to adulthood. Research has shown that primary care providers can and should play an important role in obesity prevention because they are in a unique position to partner with families and patients and to influence key components of the broader strategy of developing community support.¹ To be effective in this role, we know that health care practice teams need tools and resources that are evidence-based, practical, and accessible. This toolkit is designed to help a primary care provider and their team to:

- **Connect** to the community and the *Let's Go!* community efforts;
- **Assess** a patient's height, weight, and measure BMI;
- **Talk** respectfully with patients about healthy eating, active living and weight

This toolkit will guide your practice through *Let's Go!*'s 5 Step Path to Success. Within each tab are the handouts, tools, and resources for each step. If you have questions about the toolkit, please email info@letsgo.org.

Thank you for your efforts to help improve the health and well-being of our children and families.



www.letsgo.org

22 Bramhall Street
Portland, Maine
04102-3175
(207) 662-3734

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¹Daniels SR, Hassink SG & Committee on Nutrition. The Role of the Pediatrician in Primary Prevention of Obesity. *Pediatrics*; Vol 136, number 1, July 2015.

Victoria W. Rogers, MD
Director, *Let's Go!*

Emily Walters, MPH, CHES
Senior Program Manager, *Let's Go!*

Nabmi Schucker, MPH
Senior Director, Community Health Improvement, MaineHealth

The Barbara Bush Children's Hospital  At Maine Medical Center