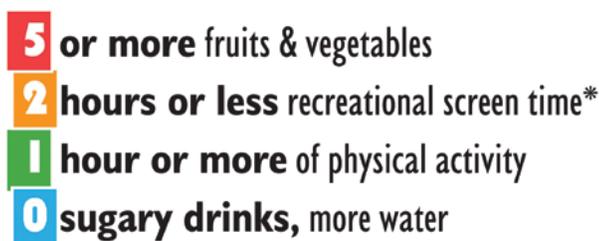


# LET'S GO! HEALTH CARE

**Our goal is to help you go from where you are to wherever you want to be!**

*Let's Go!* is a nationally recognized childhood obesity prevention program designed to increase healthy eating and active living in children from birth to 18. *Let's Go!* works across six settings (schools, out-of-school, early childhood, health care, workplace, and community) to reach children and families where they live, learn, work, and play. *Let's Go!* is centered on the common message of 5-2-1-0.



\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Introducing the *Let's Go!* messages in the health care provider offices not only provides a credible location for the messages, it also emphasizes the important role health care professionals can play as community partners.

The *Let's Go!* Health Care intervention focuses on educating health care providers and their practice teams on childhood overweight and obesity prevention, assessment, management, and treatment. *Let's Go!* provides educational outreach, supporting materials, and training to practice staff working with patients and their families on promoting healthy eating and active living.

## **Does your practice want to be recognized as a *Let's Go!* Health Care Site of Distinction?**

### **Here's How:**

Your health care practice needs to implement the following clinical strategies, which align with HEDIS and Meaningful Use quality measures. If you successfully implement all 3 strategies listed, you will receive a framed certificate for your office and will be listed on the *Let's Go!* website at [www.lets-go.org](http://www.lets-go.org).

#### **I. Connect to your community and the *Let's Go!* community efforts**

Display a *Let's Go!* poster in your waiting room and **ALL** exam rooms where pediatric patients are seen.

**WANT TO DO MORE?** Consider becoming an advocate for healthy eating, active living initiatives at the local, state, or national level. Learn more about advocacy opportunities under the *Connect to Community* tab.

**2. Accurately weigh and measure patients** (National Quality Metric)

**ALL** providers determine body mass index (BMI), BMI percentile, and weight classification for patients age two years and older at well-child visits.

**WANT TO DO MORE?** For patients with a BMI  $\geq 85\%$  follow the Management and Treatment Algorithm, found under the *Childhood Obesity Algorithm* tab, and use planned follow-up visits with patients and families.

**3. Have a respectful conversation around healthy eating and active living** (National Quality Metric)

**ALL** providers use the 5-2-1-0 Healthy Habits Questionnaire at well-child visits.

**WANT TO DO MORE?** Use motivational interviewing techniques to further engage patients and families. Learn more about this under the *Talk with Patients and Families* tab.

**Let's Go! Health Care provides 5 easy steps for practices to follow to improve their systems and work flow.**

it's time  
to get  
started!

**FOR MORE INFORMATION,**

contact the *Let's Go!*

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