

Let's Go! IN MAINE



Have you ever wondered:

- How does *Let's Go!* work in Maine?
- Where do all the tools and resources come from?
- Who you should reach out to with questions?

Then keep reading!

The *Let's Go!* Home Office

The *Let's Go!* Home Office is located in Portland, Maine, at The Barbara Bush Children's Hospital at Maine Medical Center. The role of the Home Office is to:

- Oversee all of the *Let's Go!* programs across the state.
- Establish and maintain partners across the state who can implement the *Let's Go!* model locally in their schools, out-of-school programs, and child care sites.
- Create and manage annual evaluation activities and a statewide marketing campaign.
- Create and manage many of the tools and resources you receive including toolkits, e-newsletters, the website, and in-person and online trainings.

Dissemination Partners and *Let's Go!* Coordinators

Dissemination Partners are organizations located across the state that are responsible for supporting *Let's Go!* Coordinators in implementing the program locally. *Let's Go!* Coordinators are your local contact. Your *Let's Go!* Coordinator:

- Registers schools, out-of-school programs, and child care sites to participate in the 5-2-1-0 program designed for their setting.
- Works with registered schools, out-of-school programs, and child care sites to go through the *Let's Go!* 5 Step Path to Success, helping sites change environments and policies to support healthy behaviors.
- Is your go-to person for connecting to healthy eating and active living resources in the community.

If you don't know who your coordinator is, find out by going to www.letsgo.org and clicking on 'Partners' then 'Local Coordinators'.

*Note: This is for Maine-based sites only. If your region doesn't have a *Let's Go!* Coordinator, contact the Home Office at (207) 662-3734.*

Working with health care practices, schools, child care, and out-of-school programs

Every participating health care practice, school, child care program, and out-of-school program that signs-up to work with *Let's Go!* uses the 5 Step Path to Success and implements evidence-based strategies to work towards making the healthy choice the easy choice for all kids. The great news is that sites are usually doing a lot of this work already!

