The prevalence of obesity in Androscoggin County is 16% for both middle and high school students, and 28% for adults. This is why local Let’s Go! Coordinators partner with 135 sites in our region to promote healthy habits.

Healthy food and drink options, promoting physical activity and limiting screen time are a perfect fit for us. Our amazing Let’s Go! Coordinator provides us with a wealth of knowledge for families. She has sent us healthy recipes to align with our Vacation Camp themes for out-of-school youth, family handouts on snack choices for a busy schedule, and eating healthy on a budget. She has offered us on-site training, and has also participated in special events. She is always there for us when we call out for advice, or need a helping hand! The value that this program brings to our organization is immeasurable.

— Out-of-School Program, Auburn
Let's Go! sites are supporting healthy, happy kids who are ready to learn!
(n = 51 schools, early care and education and out-of-school programs reporting)

- **80%**: Limit unhealthy choices for snacks and celebrations; provide healthy choices
- **94%**: Limit or eliminate sugary drinks; promote water
- **84%**: Prohibit the use of food as a reward
- **96%**: Provide opportunities for physical activity daily (outside of recess for schools)
- **69%**: Limit recreational screen time

Let's Go! school cafeterias are serving healthy meals that kids are happy to eat!
(n = 29 school cafeterias reporting)

- **83%**: Serve easy-to-eat sliced fruit
- **100%**: Offer a variety of vegetables to appeal to choosy taste buds
- **97%**: Offer pre-packaged salad or salad bar
- **54%**: Engage students in growing their own food with activities such as gardening and farm tours

Let's Go! health care practices are motivating kids to build good habits that will last a lifetime!
(n = 12 practices reporting)

- **92%**: Use the 5-2-1-0 Healthy Habits Questionnaire
- **100%**: Assess patients who carry extra weight for risk factors of obesity

**DATA SOURCES:**
- Healthy Eating & Active Living: Let's Go! Survey conducted with partner sites, 2019
- Obesity (students): Maine Integrated Youth Health Survey, 2019