The prevalence of obesity in Knox County is 16% for middle school students, 12% for high school students, and 29% for adults. This is why local Let’s Go! Coordinators partner with 57 sites in our region to promote healthy habits.

All of our teachers like to include Let’s Go! information in their newsletters. We have also noticed a more conscientious effort by our parents to provide healthier meals and snacks.

— Early Care and Education Program, South Thomaston
Let’s Go! sites are supporting healthy, happy kids who are ready to learn!
(n = 36 schools, early care and education and out-of-school programs reporting)

- **83%** Limit unhealthy choices for snacks and celebrations; provide healthy choices
- **81%** Limit or eliminate sugary drinks; promote water
- **83%** Prohibit the use of food as a reward
- **100%** Provide opportunities for physical activity daily (outside of recess for schools)
- **78%** Limit recreational screen time

Let’s Go! school cafeterias are serving healthy meals that kids are happy to eat!
(n = 10 school cafeterias reporting)

- **100%** Serve easy-to-eat sliced fruit
- **100%** Offer a variety of vegetables to appeal to choosy taste buds
- **70%** Offer pre-packaged salad or salad bar
- **90%** 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 = 5 practices reporting)

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

DATA SOURCES:

Represents 23 providers