The prevalence of obesity in Lincoln County is 13% for middle school students, 15% for high school students, and 24% for adults. This is why local Let's Go! Coordinators partner with 59 sites in our region to promote healthy habits.

As we grow, learn, and play together, we know Let's Go! is there to support us. Our Let's Go! Coordinator is so kind, enthusiastic, and accessible. At our school, we love to move, laugh, and eat well. Thank you for being a part of our work to educate our families, foster resilience, and promote nurturing care for ourselves and each other.

— Early Care and Education Program, Nobleboro
Let's Go! sites are supporting healthy, happy kids who are ready to learn!
(n = 23 schools, early care and education and out-of-school programs reporting)

- **Let's Go! sites are supporting healthy, happy kids who are ready to learn!**
  - 61% Limit unhealthy choices for snacks and celebrations; provide healthy choices
  - 87% Limit or eliminate sugary drinks; promote water
  - 70% Prohibit the use of food as a reward
  - 83% Provide opportunities for physical activity daily (outside of recess for schools)
  - 65% Limit recreational screen time

Let's Go! school cafeterias are serving healthy meals that kids are happy to eat!
(n = 15 school cafeterias reporting)

- **Let's Go! school cafeterias are serving healthy meals that kids are happy to eat!**
  - 100% Serve easy-to-eat sliced fruit
  - 73% Offer a variety of vegetables to appeal to choosy taste buds
  - 87% Offer pre-packaged salad or salad bar
  - 67% 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 = 8 practices reporting)

- **Let's Go! health care practices are motivating kids to build good habits that will last a lifetime!**
  - 100% 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