The prevalence of obesity in Carroll County is 15% for high school students, and 31% for adults. This is why local Let’s Go! Coordinators partner with 24 sites in our region to promote healthy habits.

We look forward to incorporating more of the tools from Let’s Go! into our lunch program, using the ideas to help promote better choices and more exposure to students using different fruits and vegetables.

— School, Madison
Let's Go! sites are supporting healthy, happy kids who are ready to learn!
(n = 18 schools, early care and education and out-of-school programs reporting)

- **78%** Limit unhealthy choices for snacks and celebrations; provide healthy choices
- **94%** Limit or eliminate sugary drinks; promote water
- **94%** Prohibit the use of food as a reward
- **94%** Provide opportunities for physical activity daily (outside of recess for schools)
- **78%** Limit recreational screen time

Let’s Go! health care practices are motivating kids to build good habits that will last a lifetime!
(n = 3 practices reporting)

- **33%** Use the 5-2-1-0 Healthy Habits Questionnaire
  - Represents 9 providers

- **67%** Assess patients who carry extra weight for risk factors of obesity
  - Represents 11 providers