The prevalence of obesity in Kennebec County is 16% for middle school students, 17% for high school students, and 27% for adults. This is why local Let’s Go! Coordinators partner with 37 sites in our region to promote healthy habits.

I lead nutrition opportunities here and having parents engaged with nutrition activities is rewarding. Giving parents the opportunity to make a change in their family’s nutrition or activity, creating healthy habits and impacting good health, even if just one family makes the change it is a success.

— Early Care and Education Program, Waterville

LETSGO.ORG
Let’s Go! sites are supporting healthy, happy kids who are ready to learn!
(n = 21 schools, early care and education and out-of-school programs reporting)

- Limit unhealthy choices for snacks and celebrations; provide healthy choices (62%)
- Limit or eliminate sugary drinks; promote water (90%)
- Prohibit the use of food as a reward (67%)
- Provide opportunities for physical activity daily (outside of recess for schools) (81%)
- Limit recreational screen time (67%)

Let’s Go! health care practices are motivating kids to build good habits that will last a lifetime!
(Left n = 10 practices reporting) & (Right n = 9 practices reporting*)

- Use the 5-2-1-0 Healthy Habits Questionnaire (80%)
  Represents 48 providers
- Assess patients who carry extra weight for risk factors of obesity (44%)
  Represents 8 providers

*Specialty practices were not asked about assessing patients who carry extra weight for risk factors of obesity.