The prevalence of obesity in Oxford County is 21% for middle school students, 18% for high school students, and 36% for adults. This is why local Let’s Go! Coordinators partner with 88 sites in our region to promote healthy habits.

Working with Let’s Go! and our Coordinator has been great! I feel it makes an impact on my program and the kids and families attending it. It encourages me and my family as well to be healthy role models!

— Early Care and Education Program, Oxford
Let's Go! sites are supporting healthy, happy kids who are ready to learn!
(n = 45 schools, early care and education and out-of-school programs reporting)

- **80%** Limit unhealthy choices for snacks and celebrations; provide healthy choices
- **82%** Limit or eliminate sugary drinks; promote water
- **87%** Prohibit the use of food as a reward
- **96%** Provide opportunities for physical activity daily (outside of recess for schools)
- **80%** Limit recreational screen time

Let's Go! school cafeterias are serving healthy meals that kids are happy to eat!
(n = 25 school cafeterias reporting)

- **96%** Serve easy-to-eat sliced fruit
- **96%** Offer a variety of vegetables to appeal to choosy taste buds
- **88%** Offer pre-packaged salad or salad bar
- **60%** 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 = 6 practices reporting)

- **83%** Use the 5-2-1-0 Healthy Habits Questionnaire
- **83%** 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

Represents 26 providers