The prevalence of obesity in Penobscot County is 15% for middle school students, 18% for high school students, and 35% for adults. This is why local Let’s Go! Coordinators partner with 98 sites in our region to promote healthy habits.

At our out-of school program, we offer 5-2-1-0 education for an activity choice. The group has planned, prepared, and delivered crock pot meals for our community members. They also prepared healthy snacks and have introduced new food items to us. Every day at out-of-school time, we complete 30 minutes of physical activity. Members of this group performed a skit at our Variety Show. They were two chefs on a TV show who shared the ingredient list and how to prepare a fruit and yogurt parfait.

— School, Stacyville
Let's Go! sites are supporting healthy, happy kids who are ready to learn!
(n = 57 schools, early care and education and out-of-school programs reporting)

- **77%** Limit unhealthy choices for snacks and celebrations; provide healthy choices
- **91%** Limit or eliminate sugary drinks; promote water
- **89%** Prohibit the use of food as a reward
- **93%** Provide opportunities for physical activity daily (outside of recess for schools)
- **81%** Limit recreational screen time

Let's Go! school cafeterias are serving healthy meals that kids are happy to eat!
(n = 26 school cafeterias reporting)

- **92%** Serve easy-to-eat sliced fruit
- **73%** Offer a variety of vegetables to appeal to choosy taste buds
- **50%** Offer pre-packaged salad or salad bar
- **65%** 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!
(Left n = 3 practices reporting) & (Right n = 2 practices reporting*)

- **100%** Use the 5-2-1-0 Healthy Habits Questionnaire
- **50%** Assess patients who carry extra weight for risk factors of obesity

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**DATA SOURCES:**

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