The prevalence of obesity in Waldo County is 18% for middle school students, 20% for high school students, and 31% for adults. This is why local Let’s Go! Coordinators partner with 72 sites in our region to promote healthy habits.

We absolutely value this program in our school. Our school was also supported by Let’s Go! in the WinterKids Winter Games this year where our school was a proud Gold Medal Winner!

— School, Searsport
Let's Go! sites are supporting healthy, happy kids who are ready to learn!
(n = 40 schools, early care and education and out-of-school programs reporting)

- Limit unhealthy choices for snacks and celebrations; provide healthy choices (90%)
- Limit or eliminate sugary drinks; promote water (100%)
- Prohibit the use of food as a reward (95%)
- Provide opportunities for physical activity daily (outside of recess for schools) (100%)
- Limit recreational screen time (88%)

Let's Go! school cafeterias are serving healthy meals that kids are happy to eat!
(n = 17 school cafeterias reporting)

- Serve easy-to-eat sliced fruit (100%)
- Offer a variety of vegetables to appeal to choosy taste buds (94%)
- Offer pre-packaged salad or salad bar (88%)
- Engage students in growing their own food with activities such as gardening and farm tours (88%)

Let's Go! health care practices are motivating kids to build good habits that will last a lifetime!
(n = 6 practices reporting)

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