



As we continue to strive to educate our students and families we continually create new ways to deliver this message. We hold several family events each year which include serving dinner to the families. Healthy choices are always thought of and reviewed prior to creating menus.”

—*Let's Go! Mt. Washington Valley Out-of-School Program*

Let's Go! is working—environments and policies are changing at nearly 1,000 sites, healthy behaviors are increasing, and childhood obesity rates are levelling off. At *Let's Go!* Mt. Washington Valley we're reaching:



CHILD CARE PROGRAMS

3

Sites

176

Students

31

Staff



SCHOOLS

4

Sites

1,286

Students

309

Staff



OUT-OF-SCHOOL PROGRAMS

2

Sites

460

Students

26

Staff



HEALTH CARE PRACTICES

3

Sites

4,412

Patients

11

Clinicians



Let's Go! Coordinators continue to play a crucial role in making change happen in their communities.

Memorial Hospital and MaineHealth value this role and invest in 1 FTE to ensure the program is implemented effectively across Carroll County.



Fruit and vegetable consumption is higher among students at Let's Go! schools.

100% of *Let's Go!* Mt. Washington Valley child care and out-of-school programs and 25% of schools limit unhealthy choices for snacks and celebrations and provide healthy choices.



Sugary drinks have been limited or eliminated by the vast majority of Let's Go! sites and students are consuming less.

100% of *Let's Go!* Mt. Washington Valley child care programs, out-of-school programs and schools limit or eliminate sugary beverages and provide water to students.



Recreational screen time has been limited by most Let's Go! sites and students' screen time habits are moving in the right direction.

100% of *Let's Go!* Mt. Washington Valley child care and out-of-school programs and 25% of schools limit recreational screen time.



Physical activity levels have declined among students, making this a priority focus in the coming years.

However, amongst *Let's Go!* Mt. Washington Valley sites, 100% of child care and out-of-school programs, and 75% of schools provide opportunities for physical activity every day.

Let's Go! Mt. Washington Valley Highlights 2015-2016 Program Year

