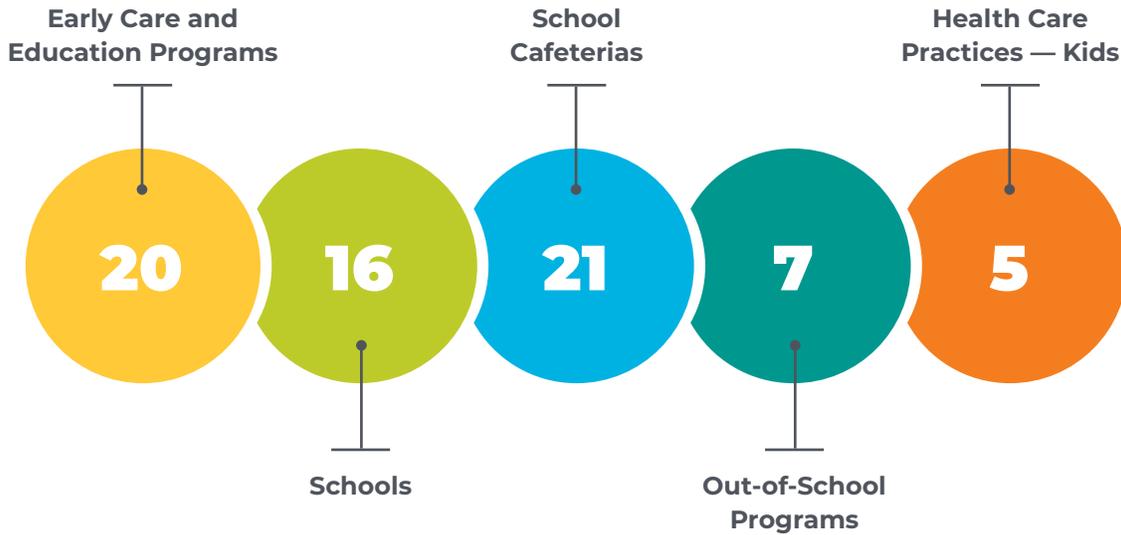


LET'S GO! SOUTHERN KENNEBEC COUNTY

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 69 sites in our region to promote healthy habits.



Our Let's Go! Coordinator gave me the idea to add 5-2-1-0 into all of our family events. We have even added it to our art show at a local library where some children created their favorite fruit or vegetable inspired by 5-2-1-0 and from the picture book, "The Very Hungry Caterpillar" by Eric Carle.

— Early Care and Education Program, Gardiner



IN PARTNERSHIP WITH

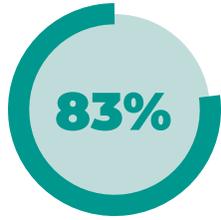


Let's Go! sites are supporting healthy, happy kids who are ready to learn!

(n = 30 schools, early care and education and out-of-school programs reporting)



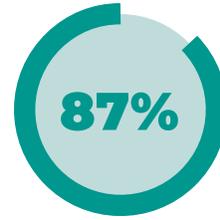
Limit unhealthy choices for snacks and celebrations; provide healthy choices



Limit or eliminate sugary drinks; promote water



Prohibit the use of food as a reward



Provide opportunities for physical activity daily (outside of recess for schools)



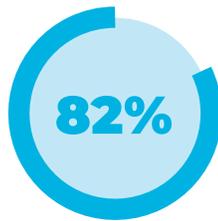
Limit recreational screen time

Let's Go! school cafeterias are serving healthy meals that kids are happy to eat!

(n = 17 school cafeterias reporting)



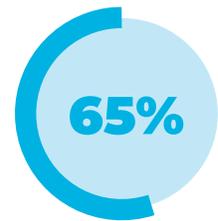
Serve easy-to-eat sliced fruit



Offer a variety of vegetables to appeal to choosy taste buds



Offer pre-packaged salad or salad bar



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 = 5 practices reporting)



Use the 5-2-1-0 Healthy Habits Questionnaire

Represents 16 providers



Assess patients who carry extra weight for risk factors of obesity

Represents 24 providers