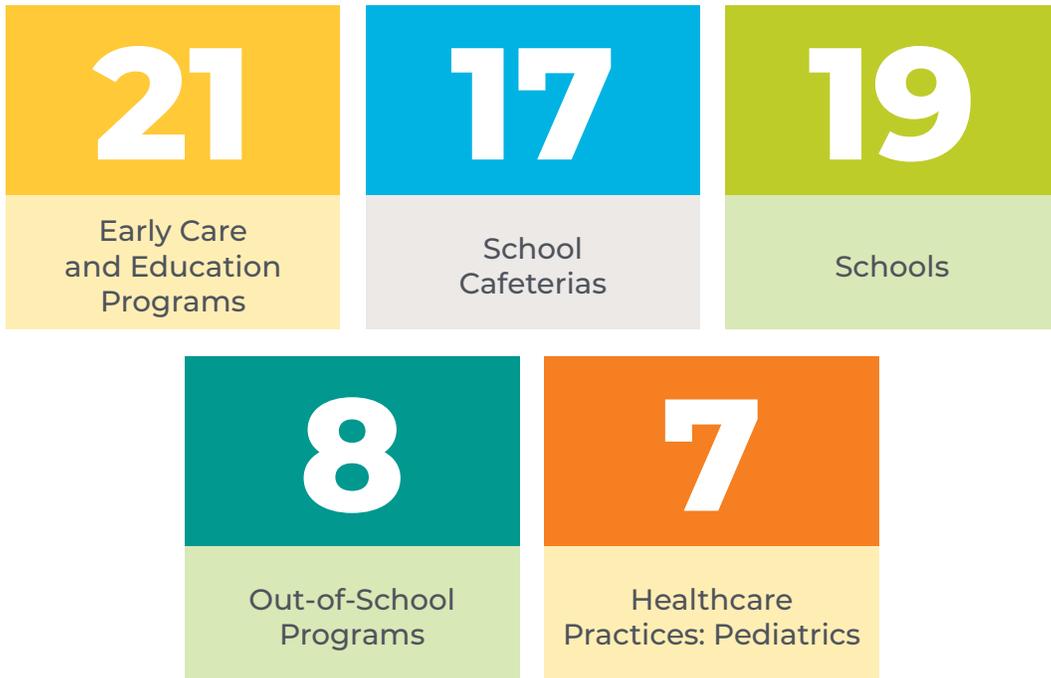


The prevalence of obesity in Sagadahoc County is 17% for middle school students, 16% for high school students, and 24% for adults. This is why local Let's Go! Coordinators partner with **72 sites** in our region to promote healthy habits.



“ Our biggest success is the sustainability we have accomplished through the years of practice...although we had to teach remotely, we held a virtual field day, a virtual bike/walk week, ACES virtually and a staff movement challenge...the team supported staff with resources and info to sustain throughout this challenge of remote teaching.

— School, Brunswick



IN PARTNERSHIP WITH



MID COAST HOSPITAL

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

(n = 45 schools, early care and education and out-of-school programs reporting)



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

(n = 14 school cafeterias reporting)



Let's Go! healthcare practices are motivating youth to build good habits that will last a lifetime

(n = 5 practices reporting)

(n = 4 practices reporting*)



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

DATA SOURCES: Healthy Eating & Active Living: Let's Go! Survey conducted with partner sites, 2020; Obesity (students): Maine Integrated Youth Health Survey, 2019; Obesity (adults): Behavior Risk Factor Surveillance System, 2017