



# LET'S GO!

## ANNUAL UPDATE 2018

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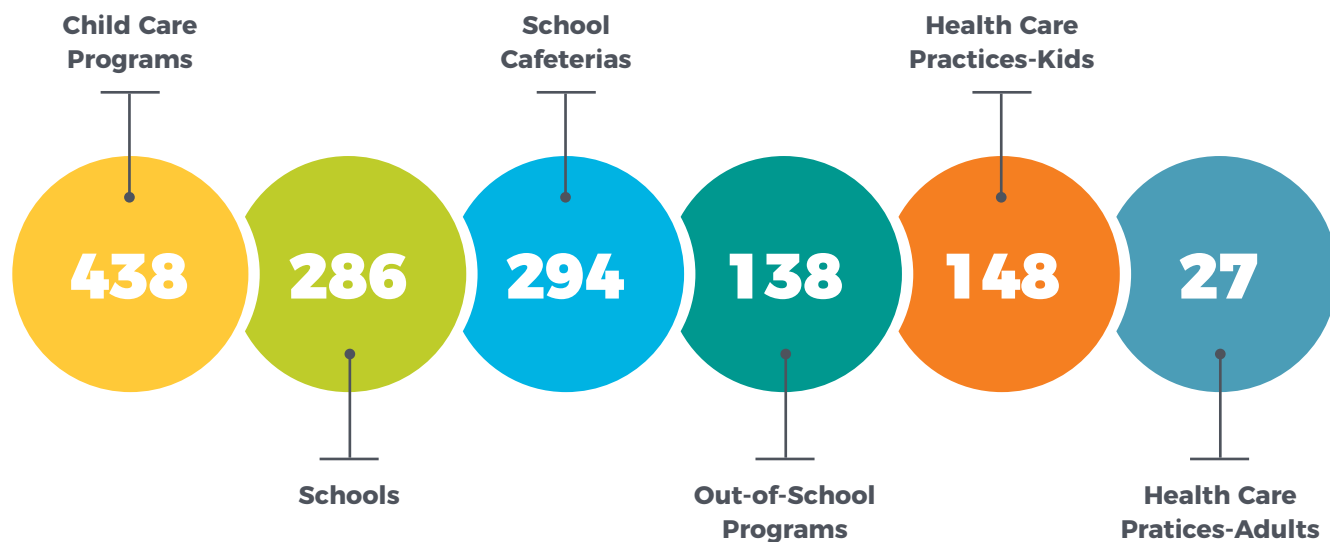
## TURNING THE TIDE ON OBESITY.

Obesity in the U.S. has increased sharply over the last several decades, and Maine is no exception. Currently, rates among school-aged children in Maine range from 12% to 19% while the rate for Maine adults is 29%. The burden on individual, family and society is high—health complications, lost wages, medical costs, and emotional stress are among the tolls.

**Here's how Let's Go! is working to halt this increase.**



## In 2018, over 1,300 sites partnered with Let's Go! to promote healthy habits.



Let's Go! reaches children and adults in the places where they live, learn, work and play to promote healthy choices. With kids, we help establish healthy habits for a lifetime. With adults, it's about encouraging small steps toward healthy behavior change.

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

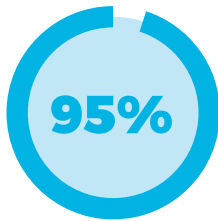
(n = 777 schools, child care and out-of-school programs reporting)



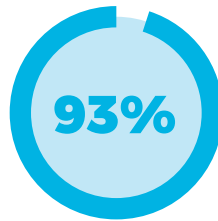
Our sites work with local Let's Go! Coordinators to make changes that instill a healthy relationship with food and enthusiasm for healthy choices. Sites are supporting the health of staff and creating good role models, too—75% of schools and over 50% of child care and out-of-school programs have a defined staff wellness program.

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

(n = 255 school cafeterias reporting)



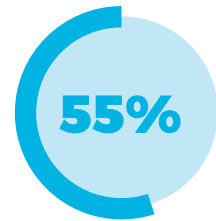
**Serve Easy-to-eat  
Sliced Fruit**



**Offer a Variety  
of Vegetables for  
Choosy Taste Buds**



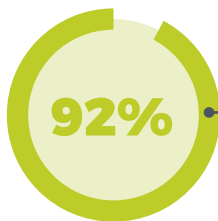
**Offer Pre-packaged  
Salads or Salad Bar**



**Engage Students  
in Growing Their  
Own Food**

## Let's Go! health care practices are motivating kids to build good habits that will last a lifetime!

(n = 134 practices reporting)



Represents  
646 Providers!

**Use the Healthy  
Habits Questionnaire  
with Their Patients**



## Driving Change

**Let's Go! is responding to the changing needs of our communities and the evolving science of obesity.**

We continue to explore new and innovative ways to increase healthy habits. We're using geographic data to target effective registration, exploring programming for special populations, and working with health care teams to provide management and treatment in the primary care setting.

## Our Work Continues

Almost all children across Maine are touched by Let's Go! programming somewhere in their community, but the number who benefit from consistent support across multiple settings is much smaller because not all schools and programs participate in Let's Go! With the critical support of our funders, we continue to leverage a multitude of partners to address this gap and increase our impact. Because at Let's Go!, we are dedicated to our vision of driving change to ensure Maine children are the healthiest in the nation.

### Thanks to our 2018 Funders

- MaineHealth
- Maine Medical Center
- Maine Center for Disease Control and Prevention
- New Balance Foundation
- Marta Frank
- United Way of Greater Portland
- Anthem Blue Cross and Blue Shield in Maine

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*Let's Go! standards have kept our staff accountable and mindful of providing opportunities and experiences for our students to lead healthy active lives.*

— Teacher in Somerset County

MaineHealth  
**LET'S GO!**

**LETSGO.ORG**

