#### **LET'S GO! 2022 LOCAL REPORT**

#### **CUMBERLAND COUNTY**

The prevalence of obesity in Cumberland County is 12% for middle school students, 11% for high school students and 25% for adults. This is why local Let's Go! Coordinators partner with **227 sites** in our region to promote healthy habits.

77

Early Care and Education Programs **32** 

Schools

**30** 

Out-of-School Programs

47

School Nutrition (cafeterias)

29

Health Care Practices (5-2-1-0)

12

Health Care Practices (Small Steps)

66

Thank you for the Activity Cards! These have been a hit!

— Child Care Center, Windham

77

MaineHealth

LET'S GO!

5 - 2 - 1 - 0

**LETSGO.ORG** 

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

(n = 86 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)



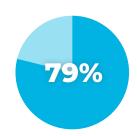
Limit recreational screen time

### Let's Go! school cafeterias are serving healthy meals that include local products and scratch cooking!

(n = 33 school cafeterias reporting)



Local meats, produce or products are used in school meals



Menu includes at least one made from scratch item per week

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

(n = 19 practices reporting)



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



Assess patients who carry extra weight for risk factors of obesity

DATA SOURCES: Healthy Eating & Active Living: Let's Go! Survey conducted with partner sites, 2022; Obesity (students): Maine Integrated Youth Health Survey, 2021; Obesity (adults): Behavioral Risk Factor Surveillance Survey, 2018-2020 average