LET'S GO! 2022 LOCAL REPORT

KNOX & WALDO COUNTIES

The prevalence of obesity in Knox County is 10% for middle school students, 12% for high school students and 29% for adults. The prevalence of obesity in Waldo County is 18% for middle school students, 20% for for high school students and 30% for adults. This is why local Let's Go! Coordinators partner with **112 sites** in our region to promote healthy habits.

29

Early Care and Education Programs 22

Schools

7

Out-of-School Programs

30

School Nutrition (cafeterias)

11

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

13

Health Care Practices (Small Steps)



Currently participating in a Farm to ECE pilot and purchasing locally produced veggies, fruits, cheeses, meats, etc. through the pilot for reduced rates.

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— Child Care Center, Belfast



IN PARTNERSHIP WITH





Waldo County General Hospital

Maine Health

LETSGO.ORG

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

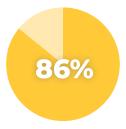
(n = 37 schools, early care and education and out-of-school programs reporting)



Limit unhealthy choices for snacks and celebrations; provide healthy choices



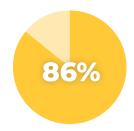
Limit or eliminate sugary drinks; promote water



Prohibit the use of food as a reward



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



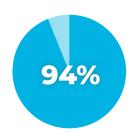
Limit recreational screen time

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

(n = 17 school cafeterias reporting)



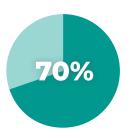
Local meats, produce or products are used in school meals



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 = 10 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, 2019 (Waldo) 2021 (Knox); Obesity (adults): Behavioral Risk Factor Surveillance Survey, 2018-2020 average