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

#### MOUNT WASHINGTON VALLEY

The prevalence of obesity in Carroll County, NH is 13% for high school students, and 28% for adults. This is why local Let's Go! Coordinators partner with **24 sites** in our region to promote healthy habits.

3

Early Care and Education Programs 6

Schools

4

Out-of-School Programs

8

School Nutrition (cafeterias)

2

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

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Health Care Practice (Small Steps)

46

Promoted school meals in the newsletter. When introducing new items to the menu, we would ask students to raise their hands if they liked it and would like to see the item on the menu again.

— School, Madison

MaineHealth
LET'S GO!
5-2-1-0

IN PARTNERSHIP WITH



**LETSGO.ORG** 

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

(n = 10 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!

(n = 1 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 = 2 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): New Hampshire Youth Risk Behavior Survey, 2019; Obesity (adults): Behavioral Risk Factor Surveillance Survey, 2017