LET'S GO! 2022 LOCAL REPORT

PENOBSCOT COUNTY

The prevalence of obesity in Penobscot County is 15% for middle school students, 18% for high school students and 35% for adults. This is why local Let's Go! Coordinators partner with **81 sites** in our region to promote healthy habits.

36

Early Care and Education Programs 9

Schools

3

Out-of-School Programs

24

School Nutrition (cafeterias)

9

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

66

Children plant grass and flowers in flower pots to study how they grow. We have a unit in our curriculum where students study plants and vegetables that grow on farms and we give them opportunities to try different foods in class.

— Child Care Center, Bangor

MaineHealth

LET'S GO!

5 - 2 - 1 - 0

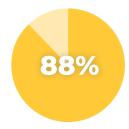
LETSGO.ORG

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

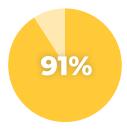
(n = 34 schools, early care and education and out-of-school programs reporting)



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



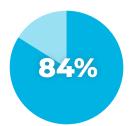
Provide opportunities for physical activity daily (outside of recess for schools)



Limit recreational screen time

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

(n = 19 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 = 5 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; Obesity (adults): Behavioral Risk Factor Surveillance Survey, 2018-2020 average