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

#### **SAGADAHOC COUNTY**

The prevalence of obesity in Sagadahoc County is 18% for middle school students, 15% for high school students, and 32% for adults. This is why local Let's Go! Coordinators partner with **77 sites** in our region to promote healthy habits.

21

Early Care and Education Programs 23

Schools

10

Out-of-School Programs

18

School Nutrition (cafeterias)

5

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

66

We offer 'I tried It!' stickers and it works great!

— School, Bath

77



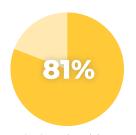
IN PARTNERSHIP WITH



**LETSGO.ORG** 

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

(n = 42 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



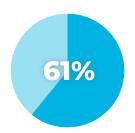
Provide opportunities for physical activity daily (outside of recess for schools)



Limit recreational screen time

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

(n = 18 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 = 3 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