

# Let's Go! Healthcare Sector Overview

Let's Go! is a nationally recognized childhood obesity prevention program designed to increase healthy eating and active living in children from birth to 18. Let's Go! works in six sectors (schools, early childhood, after school, healthcare, workplace and community) to reach children and families where they live, study, work, and play. Let's Go! is centered on the common message of "5210".

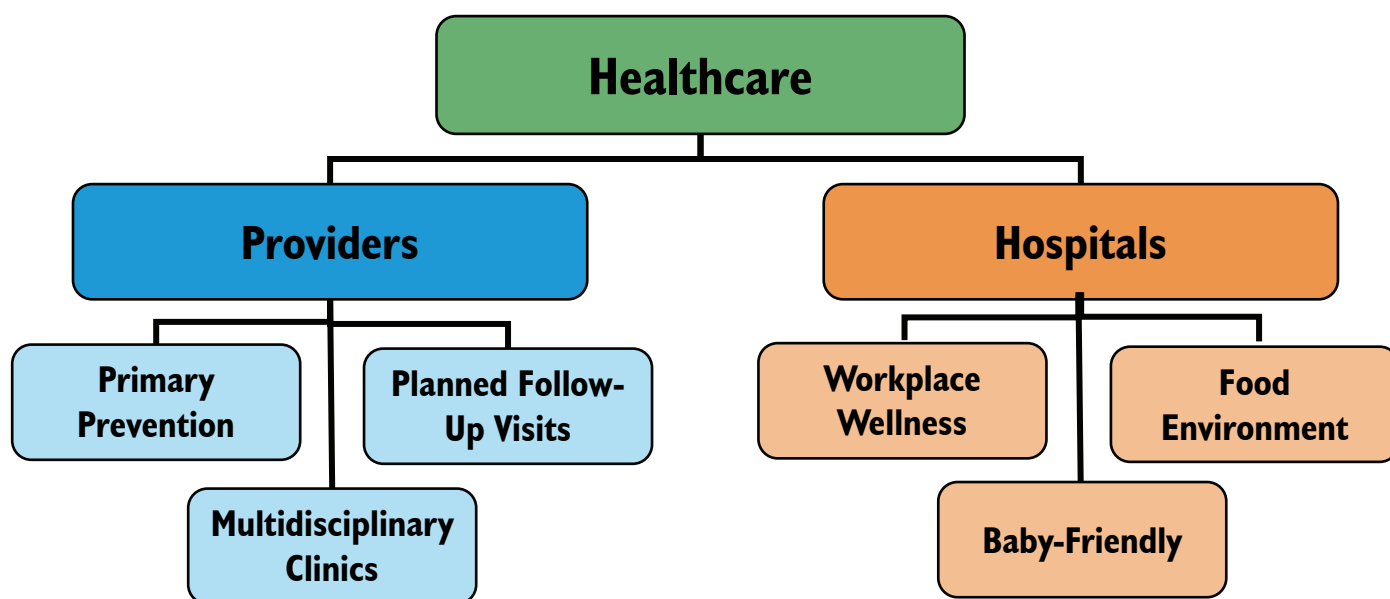
- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

## Healthcare Sector Overview:

The Let's Go! Healthcare Sector currently focuses on educating primary care physicians on childhood obesity. The Healthcare Sector provides educational outreach, supporting materials and training to physicians working with patients and their families on promoting healthy eating and physical activity to prevent obesity. Introducing the Let's Go! messages in the provider offices not only provides a credible location for the messages, it also emphasizes the important role healthcare professionals can play as community partners.

Within the next year, Let's Go! Healthcare will begin working with hospitals around 1.) being baby-friendly, 2.) their food environment, and 3.) workplace wellness.



# Let's Go! Healthcare Program Overview

Do you want to be recognized as a Let's Go! Healthcare site? All you need to do is meet the basic criteria for the following 3 components. If you meet these components we will send you a framed certificate for your office and list you on our website: [www.letsgo.org](http://www.letsgo.org).

## I. Connect to your community & the Let's Go! community efforts

BASIC	ADVANCED
Hang a Let's Go! poster in your waiting room and exam rooms	Connect with your local Healthy Maine Partnership Increase involvement in Let's Go! sector interventions Become an advocate for Healthy Eating, Active Living Join local, state, and national advocacy organizations

## 2. Accurately weigh & measure patients

BASIC	ADVANCED
Determine Body Mass Index (BMI), BMI percentile, and weight classification in patients more than two years of age.	For patients with a BMI greater than 85% use planned follow-ups visits and the most recent recommendations to further evaluate patients and provide more intensive treatment

## 3. Have a respectful conversation around weight

BASIC	ADVANCED
Use the 5210 Healthy Habits Questionnaire	Use motivational interviewing techniques to further engage patients and families

### WHAT DO YOU NEED TO DO TO GET STARTED?

Contact Brian Ryan at  
[ryanbl@mmc.org](mailto:ryanbl@mmc.org) or 207.662.4065

