



Summer 2011

Welcome to the third printing of the *Let's Go! Childhood Obesity Resource Toolkit for Healthcare Professionals*. In 2008 MaineHealth, in collaboration with the MMC Physician-Hospital Organization and the Maine Youth Overweight Collaborative, developed this Toolkit as part of the *Let's Go!* program to help healthcare providers and their teams implement the essentials of prevention, assessment, and treatment of childhood obesity. The toolkit was updated in 2009 and again in 2011 to include:

- Guidance on Motivational Interviewing Practices (see section entitled: "Talking with Parents and Families")
- Materials and resources for providers and caregivers for the 0-2 year olds
- Updated and new patient handouts supporting the "5210" message

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 6 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".

The epidemic of youth overweight and obesity continues to have major implications for the health of the entire population, from infants and young children to adults. Here at Let's Go! we acknowledge childhood obesity is a multi-factorial problem and research has shown that healthcare providers play an essential role in promoting healthy weight and in the diagnosis and treatment of obesity. To be effective in this role, we know that health professionals need tools and resources that are evidence-based, practical, and accessible.

We would like to thank the Maine Youth Overweight Collaborative, Maine Prevention Research Center, and MaineHealth for dedicating their time and expertise to develop the resources in this toolkit. We appreciate your feedback and if you would like some helpful advice on how to implement this toolkit in your practice please feel free to contact me at rogerv@mmc.org. If you need information on how to get additional copies of the 5210 brochures or questions about the toolkit, please email info@letsgo.org.

Thank you for your efforts to help improve the health and well-being of children and families.

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