August 25, 2017
FOR IMMEDIATE RELEASE
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Let’s Go! 5-2-1-0, Goes to School

Presque Isle, Maine (August 25, 2017) – The “Let’s Go! 5-2-1-0” program has recently been refunded in Aroostook County by Dept. of Health and Human Services (DHHS) with Community Educator Katharine Putnam of Aroostook County Action Program (ACAP) at the helm. This is a program of the Barbara Bush Children’s Hospital at Maine Medical Center that serves youth.

Putnam began her role this Spring. Her work has been focused with kids in childcare settings, recreation centers, out of school programs and youth-focused events by promoting healthy eating and physical activity. With schools back in session, it’s a great time to implement Let’s Go! in your district.

Let’s Go! is a nationally recognized childhood obesity prevention program that reaches children and families where they live, learn, work and play. Let’s Go! is committed to changing environments and policies at child care sites, schools, out of school programs, health care practices, workplaces and communities. The program’s multi-sector approach, daily 5-2-1-0 message (five or more fruits and vegetables, two hours or less of screen time, one hour or more of physical activity and zero sugary drinks) and 10 evidence-based strategies are used to effect change across the state of Maine. Strong leadership from The Barbara Bush Children’s Hospital at Maine Medical Center and collaboration across health systems and community health coalitions contribute to the program’s success.

5-2-1-0 Goes to School is designed to be easy and efficient to weave into your busy day. We help you look at your current successes and then build upon them. We guide you in connecting all of your efforts back to your community, creating greater impact on the families you serve.

“Many schools in Aroostook County have been a part of Let’s Go! and are doing amazing things,” said Putnam. “The program has helped schools add gardens, increase physical activity in the classroom and change school menus to include fun, healthy choices. These changes make a well-rounded environment for our children to learn and grow.”

Let’s Go! focuses on wellness work in the districts. The U.S Congress passed Every Student Succeeds Act (ESSA) in December 2015, reauthorizing the Elementary and Secondary Education Act. This bipartisan legislation replaces No Child Left Behind as the federal education legislation that funds and provides the framework for elementary and secondary education in the United States.

ACAP provides equal opportunity in employment and services
The passage of ESSA was a major victory for Let’s Go! and the students across the state. Under No Child Left Behind, subjects like health and physical education suffered because of the focus on academic testing. ESSA aims to shift the focus to a well-rounded education for students, which should include health and physical education.

Let’s Go!’s top five strategies are as follows:

1. Provide healthy choices for snacks and celebrations; limit unhealthy choices.
2. Provide water and low fat milk; limit or eliminate sugary beverages.
3. Provide non-food rewards.
4. Provide opportunities for children to get physical activity every day.
5. Limit recreational screen time.

If you have questions or would like to learn more about what Let’s Go! can do for your school, or any youth serving program, please contact Katharine Putnam at (207) 554-4110 or kputnam@acap-me.org.