Let’s Go! Recognizes 69 sites in Aroostook County for increasing healthy choices

Schools and childcare programs are limiting unhealthy food choices, sugar drinks and screen time, while encouraging more physical activity

PRESQUE ISLE – Let’s Go! Aroostook, a program of Aroostook County Action Program, announced that they now have 17 schools, 6 out-of-school programs, 41 child care programs, and 5 health care practices in Aroostook County that are being recognized for creating places in which unhealthy food choices, sugar drinks and screen time are limited and physical activity is encouraged. A total of 69 sites are prioritizing healthy habits, by making the healthy choice the easy choice.

“The program has really grown in the County. More sites are registering with Let’s Go! and we’re seeing an increase in healthy habits,” said Katharine Putnam, Coordinator of the Aroostook County Let’s Go! program. “Aroostook County has really embraced the concepts of Let’s Go! since it first started in 2006. The sites have done amazing things this year. It really is exciting to see kids recognizing the message and learning to live a better life style.”

Introduced in 2012, the Let’s Go! recognition program identifies and celebrates schools, out-of-school programs, childcare programs and health care practices for their role in improving the health of all children. The program focuses on sustainable change. A Bronze award reflects a site implementing the program’s five, evidence-based priority strategies, Silver acknowledges a site that has communicated these changes to parents and family members. Gold, the highest level of recognition, is reserved for sites that have written all five priority strategies into policy.

About Let’s Go!
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 cares, schools, out-of-school programs, health care practices, workplaces and communities. The program’s multi-setting 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.
ACAP is celebrating 46 Years of Making Life Better in Aroostook County! ACAP provides the people of Aroostook County with services and resources that help individuals and families achieve greater economic independence. As a leader, or in partnership with others, ACAP provides guidance to the community in responding to emerging human needs in the areas of community health, early care and education, energy and housing, and workforce development services. For more information on ACAP, or to make a tax-deductible contribution, please contact the agency at 771 Main Street, on the web at www.acap-me.org, or by calling 764-3721.