

**GREETINGS!**

are **you** ready?



Thank you for taking the time to review the **Let's Go! Toolkit for Children with Intellectual and Developmental Disabilities**. *Let's Go!* works with schools, child care programs, out-of-school programs, and health care practices to increase healthy eating and physical activity opportunities for ALL children. Our program is based on the following easy-to-remember message:

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

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

At *Let's Go!*, we believe that children with intellectual and developmental disabilities (I/DD) deserve the same opportunities to lead healthy lives as those offered to typically developing children. While children with I/DD face many of the same challenges to being healthy as their peers, they also experience unique risk factors and additional challenges that increase their risk for obesity.

In response to these challenges, *Let's Go!* has developed this toolkit for professionals like you who work with children with I/DD. Inside you'll find strategies, tools, and resources that address the healthy eating and physical activity needs of children with I/DD. These materials complement our core 5-2-1-0 message and evidence-based strategies for success, and are designed to ensure that the *Let's Go!* program can work for each and every child.

Our hope is that this toolkit will not only raise your awareness of the needs of children with I/DD, but also the expectation that, given more support, they can indeed lead healthy, active lives.



22 Bramhall Street  
Portland, Maine  
04102-3175  
(207) 662-3734  
A MaineHealth Member  
info@lets-go.org  
Developed 2016

Victoria W. Rogers, MD  
Director, *Let's Go!*

Emily Walters, MPH, CHES  
Senior Program Manager, *Let's Go!*

Diane D. Boas, MS  
Project Manager, *Let's Go!*

Eva Greenthal  
Program Coordinator, *Let's Go!*

The Barbara Bush Children's Hospital  At Maine Medical Center