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**More than 100 School Health Crusaders Attend *Let's Go!*'s 4th
5-2-1-0 School Symposium in Portland**

Crusaders, Champions, Revolutionaries, whatever you call them, they're working to raise a generation of healthier children

Portland, ME - More than 100 teachers, school administrators and school lunch professionals from across the state gathered at *Let's Go!*'s 4th 5-2-1-0 Goes to School Symposium to discuss progress and share classroom strategies for reversing the childhood obesity epidemic.

Nationally, nearly one third of children and teens are overweight and 17% of that age group is obese, according to the Centers for Disease Control and Prevention's National Health and Nutrition Examination Survey (NHANES). Children spend the majority of their day in school and eat more than 50% of their daily calories during that time, meaning schools play a critical role in the health of today's youth and can fight the obesity epidemic by establishing policies and environments that support healthy behaviors.

The symposium covered topics such as smart snacks in schools, using non-food rewards, reducing recreational screen time, increasing healthy food and beverage options, adding physical activity during the school day, and more.

Let's Go! Coordinator for Cumberland County, Ashley Edmonson delivered the keynote, *Why Movement Matters - relationship between physical activity and its benefits to learning*. Heidi Kessler, School Nutrition Specialist and *Let's Go!* Sr. Program Manager discussed *Smart Snacks in Schools* while Ron Adams, Portland Public Schools Director of Food Services, shared his experience and advice for how school nutrition programs can promote health.

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 care sites, schools, out-of-school organizations, healthcare practices, workplaces and communities.

The Let's Go! daily message is 5-2-1-0:

- 5 or more fruits or vegetables

- 2 hours or less recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks, more water



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