

We Care Congratulations

HOULTON PEDIATRICS HAS BEEN RECOGNIZED AS A 2018 LET'S GO! SITE OF DISTINCTION!

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 across six settings (schools, out-of-school, early childhood, healthcare, workplace and community) to reach children and families where they live, learn, work, and play. Let's Go! is centered on the common message 5-2-1-0. 5 or more fruits and vegetables, 2 hours or less recreational screen time (no screen time under the age of 2) 1 hour or more physical activity and 0 sugary drinks, more water.

Houlton Pediatrics is being recognized for demonstrating their commitment to Let's Go! and their community by successfully implementing the following three strategies:

1. Promoting the key message by hanging a Let's Go! poster in their waiting room and all exam rooms where pediatric patients are seen.

2. At well child visits, accurately assessing the patient's height and weight to determine BMI (Body Mass Index).

3. At well child visits, utilizing the Healthy Habits Questionnaire to have a respectful conversation with patients about healthy behaviors.

In acknowledgement of their success, Houlton Pediatrics will receive a framed certificate to hang in their office from the Local Let's Go! Coordinator or a representative from the Let's Go! Home Office. Additionally, a letter will be sent to senior leadership sharing the great work they are doing, and they will be listed on the Let's Go! website for the next year. Congratulations to the entire team at Houlton Pediatrics, great job.



Bottom left to right: Dr. Maraya, Dr. Freeman, Lori Schools, RN, Practice Mgr.
Top left to right: Allison Little, CMA, Toni Eastham, Ashley Neal, CMA, Lisa Bean, LPN & Karen Heath

