

5-2-1-0 Let's Go!



5-2-1-0 Let's Go! is an initiative led by the Adams County Health Department and United Way of Adams County to impact obesity and encourage regular physical activity. Let's Go! uses a multi-sector approach to reach youth and families where they live, study, work, and play to reinforce the importance of healthy eating and active living. The program emphasizes a healthy lifestyle by eating 5 servings of fruits and vegetables, no more than 2 hours of recreational screen time (TV, Video games, computer), 1 hour of physical activity, and 0 sugary drinks.

WHY IS THIS IMPORTANT?

- Nearly three fourths (70.6%) of Adams County adults are overweight or obese.
- The rates of obesity in children aged 2-19 have more than tripled since 2000.
- Almost half (41%) of Adams County youth 10-17 years old are overweight or obese.
- Being overweight or obese increases the risk of premature death and many diseases and health conditions.
- Obesity costs the nation \$75 billion in direct costs each year.

Together, we can reduce obesity rates that lead to health problems and disease. We can encourage children and adults to develop healthy habits. We can create a culture that values good nutrition and active lifestyles. We can work with area groups to increase opportunities for community members to improve their health. Look for our activities the third Friday of every month. Please contact the Adams County Health Department. 217 222-8440 for more information.



United Way
of Adams County, Inc

