

HealthReach Community Health Centers



Contact: Joshua D'Errico
Communications Department
Tel. 207-660-9914

Joshua.Derrico@HealthReach.org
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FOR IMMEDIATE RELEASE

10 HealthReach Health Centers Recognized as Let's Go! Sites of Distinction.

WATERVILLE – 5210 Let's Go! is a nationally recognized childhood obesity prevention program promoting improved nutrition and increased physical activity. It helps to create healthier communities, reaching children and their families wherever they live, learn, work, and play.

HealthReach Community Health Centers has partnered with Let's Go! since 2013. This past year, HealthReach practices engaged children and families with the 5210 message (5 servings of fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, and 0 sugary drinks). The health centers tackled these issues through posters and brochures in the waiting and exam rooms and using Healthy Habits Questionnaires and Body Mass Index measurements at well child checkups. Through these efforts, HealthReach providers have continued the conversations with patients about healthy weight, increased physical activity throughout each season, and overall wellness.

Congratulations to the 10 HealthReach practices who achieved Let's Go! Site of Distinction status in 2018 for prioritizing obesity prevention and continuing to embrace the 5210 Let's Go! message in conjunction with area schools, hospitals, day care centers, and other organizations!

[Belgrade Regional Health Center](#)

[Bethel Family Health Center](#)

[Bingham Area Health Center](#)

[Lovejoy Health Center](#) (Albion)

[Madison Area Health Center](#)

[Rangeley Family Medicine](#)

[Richmond Area Health Center](#)

[Sheepscot Valley Health Center](#) (Coopers Mills)

[Strong Area Health Center](#)

[Western Maine Family Health Center](#) (Livermore Falls)

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HealthReach Community Health Centers is a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality medical and behavioral health care to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit with a 43-year history, HealthReach is funded by patient fees, grants and by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS).