

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Bethel Family Health Center becomes Let's Go! Site of Distinction

BETHEL – Thanks to the hard work and dedication of staff and providers at Bethel Family Health Center, the practice has been recognized as a Let's Go! Healthcare Site of Distinction. Let's Go! is a nationally recognized childhood obesity prevention program that promotes a consistent message of 5-2-1-0 (5 fruits and vegetables, 2 hours of screen time or fewer, 1 hour of physical activity, and 0 sugary drinks each day).



This same message can be found in communities, child care, schools, after school programs, work places, and health centers across the state. The multi-sector approach reaches children and families where they live, learn, work and play and aims to encourage people to adopt healthy lifestyles, improve food choices, and engage in frequent physical activity.

The Let's Go! Healthcare intervention requires medical providers with pediatric patients to accurately assess Body Mass Index (BMI), hang 5-2-1-0 posters around the office, and use the Let's Go! 5-2-1-0 Healthy Habits Questionnaire.

Children who come to Bethel Family Health Center for well child checks answer ten simple questions about current habits related to eating, sleeping, screen time, physical activity, and sugary drinks, set a goal to make one healthy change, and talk with their provider about how to achieve that goal. Bethel Family Health Center is proud to serve families in and around Bethel and to participate in Let's Go! 5-2-1-0.

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[PHOTO (l-r): Kate Herilhy, MD, Let's Go! Healthcare Champion; Carl Costanzi, Oxford County Let's Go! Coordinator; Kevin Finley, DO; Leslie Lufkin, LCSW]

Bethel Family Health Center is located at 32 Railroad Street in Bethel. For more information, contact the health center at (207) 824-2193 or visit www.BethelCHC.org.

Bethel Family Health Center is one of 11 Federally Qualified Health Centers of HealthReach Community Health Centers. Dedicated providers deliver high quality health care to people 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 other programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit organization with a 39-year history, HealthReach is funded by patient fees, grants and individual donations.

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