

## Healthy Kids Team Water Coaches Survey- Summary

Interested coaches or team managers of children's sports teams in the City of Greater Sudbury signed their team up for the "Team Water" Challenge, and were leaders in providing healthy environments for kids. "Team Water" Teams agreed to drink only tap water at games and practices and, if they had after-game snacks, to have only fresh veggies and fruits.

In return, the Healthy Kids Community Challenge provided each registered team with a large water cooler to bring to games, water bottles for each player, and a list of ideas for fun and tasty veggie and fruit snacks. We highlighted teams on our Healthy Kids website and social media.

Number of Teams Participating in the Challenge: 24

Number of Coaches who completed the survey: 13



### ***Coaches Perception:***

*The program helped reduce the sugary drinks and snacks served at games and practices:*

11 Strongly Agree, 2 Agree a little

*The program helped me provide a healthier season for my team:*

11 Strongly Agree, 2 Agree a little

*Parents felt positive about the program:* 9 Strongly Agree, 4 Agree a little

*The kids felt positive about the program:* 7 Strongly Agree, 6 Agree a little

*The written materials provided (team letter and info) helped the program to be successful:*

7 Strongly Agree, 5 Agree a little, 1 no answer

*The equipment (water cooler and bottles) helped the program to be successful:*

11 Strongly Agree, 1 Agree a little, 1 no answer

*In the future I will continue to promote water and discourage sugary drinks and snacks when I coach:*

11 Strongly Agree, 2 Agree a little

### ***Successes:***

“Parents actually did provide healthy snacks and the kids were just as happy to be given snacks. Also, the water cooler was EXTREMELY appreciated by all, especially with this hot summer.”

“There were no unhealthy snacks given out during the year, and the parents were very receptive to the program.”

“Kids consistently brought their water bottles to games & practices and were happy to have the healthy snacks offered (did not request cookies, popsicles, etc)”

“Parents were on board and I believe this may have educated a few towards being more conscientious as to their hydration and nutrition choices. Easy to encourage parents and kids alike.”

“Player were more hydrated.”

### ***Challenges:***

“Kids occasionally forget to bring their water bottle. Carrying the cooler was challenging when it was full. It was heavy and awkward for one person to carry, so I usually had two players carry it.”

“Parents still brought freezies and Gatorade, they liked the program but felt that the treats were part of team sports too.”

“Get everyone used to the idea.”

“Very little actually. The only issues that I encountered were parents that forgot to pack their child's water bottle. I had a couple of extras, so I just gave them a new one and we were back at it!”

### ***Moving forward:***

Would you support a policy at the league level that would encourage all teams to promote water and to discourage sugary snack and drinks at teams and practices?

13 Yes

### ***Last comments:***

“More promotion through the league to the parents rather than relying only on volunteer coaches.”

“Everything about this program is awesome. Keep up the great work :)”

