Snacking in Youth Sports

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‡ In the United States, about 45 million children participate in youth sports.

‡ 6QDFNV PDNH XS DERXW energy intake.

- ‡ Children who participate in sports are more physically active when compared to children who do not participate.
- ‡ Participating does not ensure that children are meeting the physical activity recommendations.
- ‡ Children who participate in sports consume more unhealthy foods and a greater number of calories overall.
- ‡ Snacks brought to youth sports events are often pre-packaged convenience foods.
- ‡ Snacks usually equate to 300-500 or more calories.
- ‡ A small percentage of parents are dissatisfied with snacks found in recreational sports.

Purpose Statement

Sample Demographics

‡ A total of 99 parents completed the survey.

RID FKLO G Of those that responded, (42% (n=42) were female, and 54% (n=54) were male.

‡ Looking at age, 3% (n=3) were between 25-34 years, 57.6% (n=57) between 35-44 years, and 36.4% (n=36) between 45-55 years.

‡ Nearly all participants packed a team snack at least once during the season (n=93, 94%), while only 6% (n=6) did not.

‡ More than half of the parents did not want to see changes made to team snacks (n=63, 63.6%), while 35.4% (n=35) reported they would like to see changes.

‡ The purpose of this thesis 0 1 91.176 1 127.18 1657.3 Tm0 g0 G[.8.e951de62BT/F2 24 Tf1 0 0 1 127.18 1657.3 Tm0 g0 G[.8.e951de62BT/F2 24