The Quality of Food and Beverages Sold and Served to Children Participating in Community Sports: A Review of the Literature

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Research Question

What factors are affecting the quality of the foods and beverages being sold and served to children while participating in community sports?
The Good News

• 56.6% of kids aged 6-12 played sports in 2016 in the U.S.
  – Baseball
  – Basketball
  – Soccer
  – Football

• 40% are considered “core participants”.

¹
The Bad News

• Since 1980, obesity rate for children aged 6-11 has tripled.\textsuperscript{2}
  – Physical ailments\textsuperscript{3}
  – Psychological issues\textsuperscript{4}
Obesogenic Environments

• Obesogenicity:
  “the sum of influences that the surroundings, opportunities, or conditions of life have on promoting obesity in individuals or populations”

• Examples
  – Home
  – Schools
  – Neighborhoods
  – Community sporting venues?
Menu

Walking Taco $3
Hot Dog $1
BBQ Pork Sandwich $3
Mozzarella Sticks $3
Nachos $2
French Fries $2
Pretzels $2
Salt or cinnamon sugar

Add Drink $0.50
Add Cheese $0.50

Slim Jim $1
Chips 50¢
Sunflower Seeds $1.00
Popcorn $1

Large Candy Bars $1
Ring Pop 50¢
Laffy Taffy Stick 50¢
Pretzel Stick 50¢
Gum 25¢ per piece
Ice Cream $1
Ice Popsicle $1

Milk $1
Juice $1
Kool Aid $1
Coffee 50¢
Hot Cocoa

Drinks

Gatorade $1
Water $1
Soda $1
Juice $1
Kool Aid $1
Coffee 50¢
Hot Cocoa

Food cannot be guaranteed allergy free.

This is from 2017!
Overarching Themes

• Policy$^{6,7}$
• Education$^{8,9}$
• Perceptions/Attitudes of Stakeholders$^{10,11}$
• Barriers to Change$^8$
Going Forward

• Adopt frameworks that already exist:
  – Whole School Whole Community Whole Child
  – National AfterSchool Association HEPA standards
Filling in the Gaps

• Unanswered questions:
  – What do the kids think?
  – Why is there a lack of policy?
  – What are the best methods for overcoming barriers to change?
  – How can we better educate parents and other stakeholders?
Questions?
References


