

PARENT SURVEY QUESTIONS



Did the YMCA help your family reach its health and wellness goals?

- Yes
- No

Did the YMCA help your child consume more fruits and vegetables than he/she would normally?

- Yes
- No
- Already consuming the recommend number of fruits and vegetables (5)

Did the YMCA help your child decrease the number of sugar sweetened drinks he/she consumes?

- Yes
- No
- Already consuming zero (0) sweetened drinks

Did the YMCA spark conversation between you and your child about healthy eating and athletic performance?

- Yes
- No
- Already having regular conversation about healthy eating

Did you find purchasing fruits, vegetables, and water was cost effective?

- Yes
- No

Were healthy eating and snacking discussed during team gatherings following YMCA-sanctioned practices and games?

- Yes
- No

Did you find that community building during YMCA-sanctioned team gatherings following practices and games was compromised as a result of not having snacks?

- Yes
- No

Would you rather not have snack than have to provide a healthy snack (fruit/vegetable/water)?

- Yes
- No

Is your family more likely to adopt new healthier behaviors as a result of participating in YMCA youth sports?

- Yes
- No