

## Effect of Intervention on Creating Healthier Eating Environments in Recreation Centres

# Supporting Water Consumption

### Water Does Wonders Intervention & Lead the Change Recognition Awards

In September 2016, Middlesex County recreation centres were invited to apply for the Healthy Kids Community Challenge Lead the Change Recognition Award and participate in the Water Does Wonders Intervention. To be eligible for the award and participation in the intervention, recreation centres needed to consider ways they can create a healthier food environment. A total of 23 environmental actions were proposed. Commitment to 3 mandatory environmental actions and 2 additional actions of 8 proposed was required, all of which aimed to influence water consumption. Recreation centres could indicate support to additional environmental actions, while not mandatory.

Results indicate that participating recreation centres show a desire to make changes in their environment and confirmed that the actions proposed were viable. Included are some highlights\* of how recreation centres in Middlesex County are leading the change in support of the healthier choice! \*excludes data pertaining to reports of implementation prior to the project.



#### Provide cold tap water at all host events.

25% had completely implemented this practice with 75% considerable progress made

At most special events where children are present, no sugar-sweetened beverages, including fruit juice, are served.

100% reported some progress made.

#### Bottled water is prominently displayed in vending machines and canteens.

25% had completely implemented this practice with 50% reporting considerable or some progress made.

No sugar-sweetened beverages are sold or served at staff or parent meetings.

50% reported some progress made in implementing with 50% indicating intention to change.

#### Adopt a policy that only water be served or sold within the setting or at any agency-associated function.

25% reported some progress made in implementing with 25% indicating intention to change.

If sugar-sweetened beverages are sold, bottled water is sold at a reduced price compared to sugar-sweetened beverages.

50% had completely implemented this practice with 25% reporting considerable progress made.

#### If sugar-sweetened beverages are sold or provided, portion sizes of sugar-sweetened beverages are the smallest available.

50% reported considerable or some progress made with 25% indicating intention to change.

#### Incentives are in place for purchasing bottled water i.e. buy 5 get 6th free.

50% indicated intention to change.

#### Vending machines do not dispense sugar-sweetened beverages.

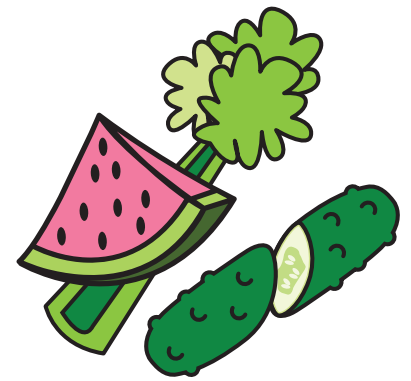
50% indicated intention to change.



## HEALTHY KIDS START WITH HEALTHIER ENVIRONMENTS!

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# Supporting Veggies & Fruit Consumption



**If food is offered at host site special events where children are present, vegetables and fruit are included as an option.**

50% reported some progress made with 50% indicating intention to change.

**When providing vegetables or fruit, efforts are made to choose vegetables and fruit that are grown locally.**

25% had completely implemented this practice with 75% indicating intention to change.

## Educational Efforts

**Importance of water and the reduction of sugar-sweetened beverages is emphasized year round and actively promoted with children and parents (posters, newsletters, websites etc.)**

25% had completely implemented this practice with 75% reporting some to considerable progress made.

**Staff receive education on the importance of encouraging water and reducing intake of sugar-sweetened beverages.**

100% reported some to considerable progress made.

**Marketing of sugar-sweetened beverages is not allowed. This includes providing samples.**

25% had completely implemented this practice with 50% reporting some progress made. 25% indicated intention to change.

**Staff role model by drinking water and white milk and pledge to not drink sugar-sweetened beverages in front of children.**

25% had completely implemented this practice with 50% reporting some progress made. 25% indicated intention to change.

**If rewards are given, the reward is non-food related (i.e. stickers, pencils, etc.).**

75% reported some to considerable progress made with 25% indicating intention to change.

**Non-food items or vegetables and fruit are used for fundraising.**

25% reported considerable progress made with 75% indicating intention to change.



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