

# Santé publique Public Health

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Dear Partner Municipality,

We are pleased to reach out to our major partners to promote environments that support healthy eating, where children and youth play sports and enjoy themselves. As you know, the number of overweight and obese children, adolescents and adults has increased substantially over the past 30 years in New Brunswick. Almost 3 in 10 youth and more than 3 in 10 children in N.B. are either overweight or obese. New Brunswick is the third worst province when it comes to the reported rate of overweight and obesity among youth.

Research shows that child obesity has an adverse effect on physical, social and psychological well-being; it is a known risk factor for obesity at adulthood which is linked to the development of chronic illnesses. The availability and accessibility of healthy food are essential components of healthy eating, which is an important factor for promoting a healthy weight.

We believe that everyone has a role to play in creating environments that support healthy eating. We would like to inform you that Public Health will be launching an information, awareness and promotion campaign about the importance of healthy eating for sports performance and health and about the impact of the environment on food choices.

Public Health's Healthy Eating Environments Working Group and Vitalité Health Network's Research Support Office will prepare an opinion survey. The survey will make it possible to collect information from the public regarding their consumption of food and drinks in recreational facilities in Restigouche. The target population includes parents and youth aged 12 and older who attend recreational facilities in Restigouche.

The survey will also be made available online over a 2-week period. Several partners will be sharing the link to encourage optimal participation. Hard copies of the survey will also be available at certain sports or family events (festivals, fairs, etc.) in Restigouche during the period of June to September 2019. We commit to sharing the survey results with you once they have been analyzed and to meeting with you to discuss the next steps.

Various partners in the Restigouche area will also have access to a promotion campaign comprising four 30-second videos (available in French and English) aimed at promoting healthy eating in the community.

If you have any questions or would like further details (e.g. link to the videos) regarding our promotion campaign on environments that support healthy eating, feel free to contact a dietitian at the Public Health office, at 789-2266.



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Enclosure: Survey regarding the consumption of food and drinks in recreational facilities in Restigouche

**Survey regarding the consumption of food and drinks  
in recreational facilities in Restigouche**

**Goal: To collect information from the public regarding their consumption of food and drinks in recreational facilities in the Restigouche.**

**Examples of recreational facilities: swimming pools, soccer fields, baseball fields, outdoor centres, curling clubs, bowling alleys, ski clubs, etc.**

*The answers will remain confidential*

**1. Do you currently purchase food or drinks at the recreational facilities you attend? Check only one answer.**

- Yes each time I go
- Yes quite often
- Yes sometimes
- No, I always bring my own food and drinks
- No, for other reasons; please specify: \_\_\_\_\_

**\*If you have answered "no" to one of the two last questions, you can go directly to question 6 to continue the survey\***

**2. Which of the following foods and drinks do you normally buy in recreational facilities? Please check all that apply.**

- Hot dogs
- Chocolate bars
- Chips
- Fries
- Poutine
- Pogo
- Onion rings

- Fried chicken
- Instant or canned soups
- Commercially packaged pastries (i.e.: muffins, cookies, cakes, etc.)
- Frozen treats (i.e.: Popsicles, Mr. Freeze, Drumsticks, etc.)
- Candies
- Sport Drinks (i.e.: Gatorade, Powerade, etc.)
- Energy Drinks (i.e.: Red Bull, etc.)
- Sweet drinks (i.e.: soda, hot chocolate, fruit punch, etc.)
- Other; please specify: \_\_\_\_\_

**3. Among the list of foods and drinks indicated below, which are the ones you have already purchased in recreational facilities? Please check all that apply.**

- Fresh fruit
- Canned fruit
- Fresh vegetables and dip
- Applesauce
- Granola bars or cereal bars
- Crackers and cheese cubes
- Oatmeal (porridge)
- White milk
- Flavored milk (i.e.: chocolate)
- Unflavored bottled water
- Fruit smoothies
- Yogurt
- Nuts and seeds
- Dried fruit
- Sandwiches, wraps, pitas
- Homemade soups or stews
- Pasta
- Shephards' pie
- Salads

- Chili
- Bagels
- Other; please specify: \_\_\_\_\_

4. Who do you purchase foods and drinks for, in recreational facilities? Please check **all that apply**.

- Myself
- Partner/spouse
- My children
- My friends
- My parents

5. On average, how much do you spend per person, per outing, on food or drinks, in recreational facilities? Check **only one** answer.

- Less than \$2
- \$2-\$4.99
- \$5-\$10
- More than \$10

6. Which of the following foods and drinks would you purchase, if they were available in recreational facilities? Please check **all that apply**.

- Fresh fruit
- Canned fruit
- Vegetables and dip
- Applesauce
- Granola bars and cereal bars
- Crackers and cheese cubes
- Oatmeal (porridge)
- White milk
- Flavored milk (i.e.: chocolate)
- Unflavored bottled water
- Fruit smoothies

- Yogurt
- Nuts and seeds
- Dried fruit
- Sandwiches, wraps, pitas
- Homemade soups and stews
- Pasta
- Shephards`pie
- Salads
- Chili
- Bagels
- Other; Please specify: \_\_\_\_\_
- None of the above

7. **If those foods and drinks listed above were available in recreational settings, how would it influence the frequency at which you would buy them? Please check only one answer.**

- I would purchase more often
- I would purchase as much as I am now
- I would purchase less
- I would not purchase at all

8. **What price would you be willing to pay for healthy food and drink choices in recreational facilities, in comparison to unhealthy food choices? Please check only one answer.**

- Lower price
- Comparable price
- Slightly higher price
- Considerably higher price
- I wouldn't purchase

9. Are you? Check only one answer.

- Man/boy
- Woman/girl
- Other

10. What age group do you belong to? Check only one answer.

- Less than 12 years
- 12-15 years
- 16-19 years
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80 years and over

11. Please indicate the first three figures of your area code (i.e.: E3N): \_\_\_\_\_

12. Which would be the best way to share with you, information regarding food choices in recreational facilities? Please check all that apply.

- Radio
- Social Media (Facebook, Twitter, Youtube, Instagram, etc. )
- Newspapers
- Television
- Email
- Other; Please specify: \_\_\_\_\_
- I do not wish to receive information.

**13. On a scale of 1 to 10, is it important to you to have healthy foods available in recreational settings? Choose only one answer.**

1 Not important

2

3

4

5 Somewhat important

6

7

8

9

10 Extremely important

**By: Comité Environnements sains Péninsule Acadienne adapted by Healthy Eating Environments Working Group from Public Health in Campbellton**

**Thank you for your participation!**