

A photograph of a baseball field with a baseball, a baseball bat, and a baseball glove lying on the dirt. The text is overlaid on this image.

Building Health Promotion Materials for Youth Baseball

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Background

- Youth sports = organized athletics for school aged youth directed by an adult
- Approximately 6.7 million youth (7-18 years) participated in 2009
- 2 million participants in Little League in 2010
- 15,786 high school baseball programs in the U.S.
 - #3 among boys sports

Purpose

- Assessment for development of health promotion materials for youth sports
 - Baseball first
- “Consumer” orientation
 - Coaches
 - Parents
 - Players



Procedures

- **Review of Literature**
- **Survey development**
 - Including pilot test + revision
- **Interview question and protocol development**
- **IRB approval**
- **Data collection**
- **Data analysis**
- **Data interpretation**

Parent Survey

Sample

- Convenience
- Groups known to and/or associated with investigators
- Snowball
- Invited via e-mail & in person
- N=93

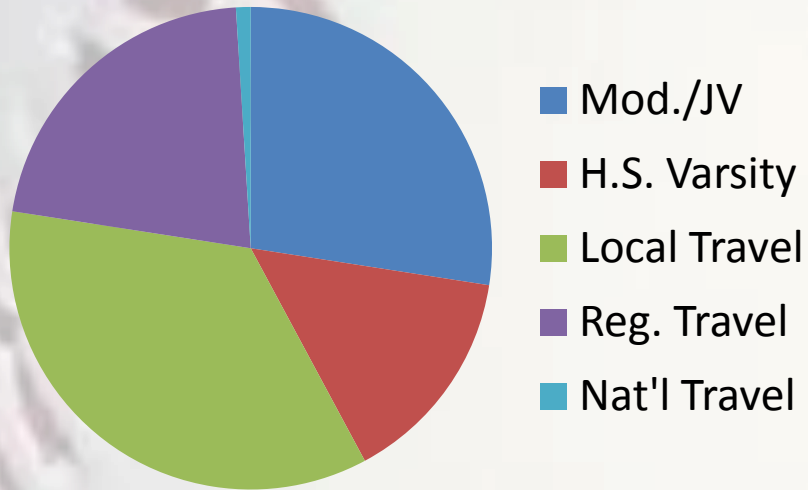
Survey

- On-line through Survey Monkey
- 4 point Likert Scale + Open Ended
- Frequencies computed
- Topics ranked
- Qualitative data compiled by question & read through for common themes

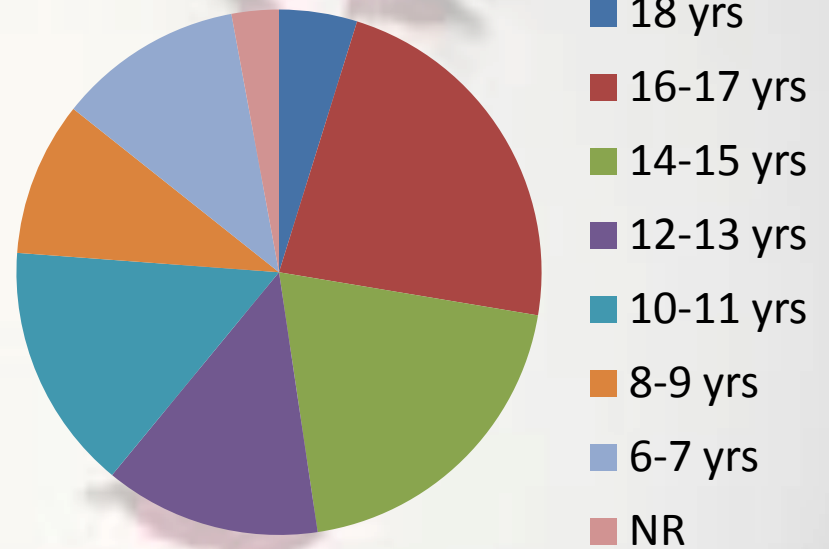
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Player Information

Player Level



Player Ages



Top 10

V. Interested + Interested

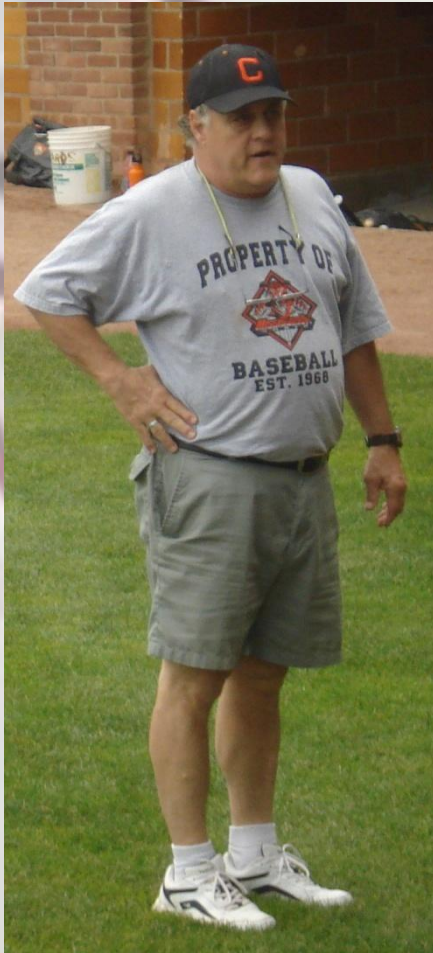
How important for baseball players your child's age to learn more about each of these topics...

- Keeping hydrated
- Importance adequate rest and sleep
- General diet + nutrition
- Strength + conditioning for injury prevention
- General injury prevention
- Prevention overuse injuries
- Sun safety
- Tobacco
- Anger mgmt/Conflict resolution
- Alcohol

Your level of interest in learning more about each of these topics

- Strength + conditioning for injury prevention
- General injury prevention
- Keeping hydrated
- Prevention overuse injuries
- General diet + nutrition
- Diet + nutrition for optimal performance
- Anger mgmt/Conflict resolution
- Appropriate use of sports drinks
- Hydration: multi-day tournts
- Performance enhancing drugs/prev.

Role of the Coach



- Role Model
- Resource
- Referral
- Reinforcement

Role of the Coach-Response Examples



Interviews

Youth Baseball Coaches & Former Youth Baseball Players

- Convenience sample
- Known to investigators
- One on one
- Telephone or in person
- 8 coaches; 10 former players





Interview Questions

Examples

Interview Analysis

- Responses compiled by question
- Read through separately by both investigators
- Common topics and themes identified within and across the 2 interview groups



Main Themes-Former Youth Players

Knowledge

- Injury prevention
 - Stretching
 - Weight training
 - Conditioning
- Importance of adequate rest
- Negative effects of drugs, alcohol, & tobacco

Skills

- Proper strength and conditioning
- General nutrition
- Healthy decision-making

Main Themes-Coaches

Knowledge

- Overall good health behaviors
- Strength training
- Conditioning
- Stretching
- Nutrition/balanced diet
- Hydration
- Adequate rest
- Problems drug use
 - Performance enhancing
 - Supplements
 - tobacco

Skills

- Proper strength, conditioning, & stretching
- General nutrition
- Healthy decision-making

Conclusions and Recommendations

Priority Topics

- Nutrition
 - Balanced diet
 - Hydration
 - For optimal performance (older ages)
- Adequate rest and sleep
- Strength and Conditioning
- Substance Use + Abuse



Conclusions and Recommendations Actions



- Materials Development + Testing
 - Parents
 - Nutrition trifold
 - Nutrition web FAQ
 - Coaches
 - Nutrition web FAQ
 - Nutrition “key concepts”
 - Head Injury prevention
- Partnering with SUNY Youth Sport Institute
- Other sports

Questions and Comments



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