## Q1 What are your children's ages (choose all that apply)



HealthyChildren.org Virtual Parent Panel Survey - Healthy Hydration

## Q2 What is your age?

Answered: 180 Skipped: 0


| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| 17 or younger | $0.56 \%$ | 1 |
| $18-20$ | $0.00 \%$ | 0 |
| $21-29$ | $8.33 \%$ | 15 |
| $30-39$ | $55.00 \%$ | 99 |
| $40-49$ | $24.44 \%$ | 44 |
| $50-59$ | $8.89 \%$ | 16 |
| 60 or older | $2.78 \%$ | 5 |
| TOTAL |  | 180 |

# Q3 How often do you get information from HealthyChildren.org, the AAP's parenting website? 

Answered: 179 Skipped: 1



| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| Almost every day | $3.91 \%$ | 7 |
| Almost every week | $21.79 \%$ | 39 |
| A few times a month | $44.69 \%$ | 80 |
| A few times a year | $25.14 \%$ | 45 |
| Less than once a year | $1.68 \%$ | 3 |
| Never | $2.79 \%$ | 5 |
| TOTAL |  | 179 |

## Q4 When thinking about your family's health and nutrition, how important is what your family drinks?

Answered: 179 Skipped: 1


|  | NOT AT ALL IMPORTANT | SOMEWHAT IMPORTANT | VERY IMPORTANT | EXTREMELY IMPORTANT | N/A | TOTAL | WEIGHTED AVERAGE |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| (no <br> label) | $\begin{array}{r} 0.00 \% \\ 0 \end{array}$ | $\begin{array}{r} 10.06 \% \\ 18 \end{array}$ | $\begin{array}{r} 47.49 \% \\ 85 \end{array}$ | $\begin{array}{r} 41.90 \% \\ 75 \end{array}$ | $\begin{array}{r} 0.56 \% \\ 1 \end{array}$ | 179 | 3.32 |

## Q5 When thinking about the importance of nutrition (what your family eats) versus hydration (what your family drinks), which do you think is more important to your family's overall health?



| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| Nutrition is more important | $16.67 \%$ | 30 |
| Hydration is more important | $2.22 \%$ | 4 |
| Both are equally important | $81.11 \%$ | 146 |
| TOTAL |  | 180 |

## Q6 How often do you personally drink the following types of beverages?



|  | DAILY | A FEW TIMES A WEEK | A FEW TIMES A MONTH | RARELY, ONLY ON SPECIAL OCCASIONS | NEVER | TOTAL |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Plain water (tap) | $\begin{array}{r} 66.11 \% \\ 119 \end{array}$ | $\begin{array}{r} 6.67 \% \\ 12 \end{array}$ | $\begin{array}{r} 4.44 \% \\ 8 \end{array}$ | $\begin{array}{r} 9.44 \% \\ 17 \end{array}$ | $\begin{array}{r} 13.33 \% \\ 24 \end{array}$ | 180 |
| Plain water (bottled) | $\begin{array}{r} 41.48 \% \\ 73 \end{array}$ | $\begin{array}{r} 11.36 \% \\ 20 \end{array}$ | $\begin{array}{r} 17.61 \% \\ 31 \end{array}$ | $\begin{array}{r} 22.73 \% \\ 40 \end{array}$ | $\begin{array}{r} 6.82 \% \\ 12 \end{array}$ | 176 |
| Flavored water (canned, bottled, sparkling) | $\begin{array}{r} 11.80 \% \\ 21 \end{array}$ | $\begin{array}{r} 15.73 \% \\ 28 \end{array}$ | $\begin{array}{r} 15.73 \% \\ 28 \end{array}$ | $\begin{array}{r} 28.09 \% \\ 50 \end{array}$ | $\begin{array}{r} 28.65 \% \\ 51 \end{array}$ | 178 |
| Dairy milk (whole, low-fat or non-fat) | $\begin{array}{r} 26.26 \% \\ 47 \end{array}$ | $\begin{array}{r} 27.93 \% \\ 50 \end{array}$ | $\begin{array}{r} 13.41 \% \\ 24 \end{array}$ | $\begin{array}{r} 13.97 \% \\ 25 \end{array}$ | $\begin{array}{r} 18.44 \% \\ 33 \end{array}$ | 179 |
| Non-dairy/plant based milks | $\begin{array}{r} 12.36 \% \\ 22 \end{array}$ | $\begin{array}{r} 14.04 \% \\ 25 \end{array}$ | $\begin{array}{r} 13.48 \% \\ 24 \end{array}$ | $\begin{array}{r} 17.98 \% \\ 32 \end{array}$ | $\begin{array}{r} 42.13 \% \\ 75 \end{array}$ | 178 |
| Full-sugar sodas | $\begin{array}{r} 6.78 \% \\ 12 \end{array}$ | $\begin{array}{r} 11.30 \% \\ 20 \end{array}$ | $\begin{array}{r} 15.25 \% \\ 27 \end{array}$ | $\begin{array}{r} 31.07 \% \\ 55 \end{array}$ | $\begin{array}{r} 35.59 \% \\ 63 \end{array}$ | 177 |
| Diet or zero-calorie sodas | $\begin{array}{r} 6.18 \% \\ 11 \end{array}$ | $\begin{array}{r} 10.11 \% \\ 18 \end{array}$ | $\begin{array}{r} 7.87 \% \\ 14 \end{array}$ | $\begin{array}{r} 15.73 \% \\ 28 \end{array}$ | $\begin{array}{r} 60.11 \% \\ 107 \end{array}$ | 178 |
| Sports drinks | $\begin{array}{r} 0.56 \% \\ 1 \end{array}$ | $\begin{array}{r} 8.94 \% \\ 16 \end{array}$ | $\begin{array}{r} 16.20 \% \\ 29 \end{array}$ | $\begin{array}{r} 31.84 \% \\ 57 \end{array}$ | $\begin{array}{r} 42.46 \% \\ 76 \end{array}$ | 179 |
| Energy drinks | $\begin{array}{r} 1.69 \% \\ 3 \end{array}$ | $\begin{array}{r} 3.37 \% \\ 6 \end{array}$ | $\begin{array}{r} 6.18 \% \\ 11 \end{array}$ | $\begin{array}{r} 10.67 \% \\ 19 \end{array}$ | $\begin{array}{r} 78.09 \% \\ 139 \end{array}$ | 178 |
| Fruit juices | $\begin{array}{r} 8.38 \% \\ 15 \end{array}$ | $\begin{array}{r} 18.99 \% \\ 34 \end{array}$ | $\begin{array}{r} 24.02 \% \\ 43 \end{array}$ | $\begin{array}{r} 30.17 \% \\ 54 \end{array}$ | $\begin{array}{r} 18.44 \% \\ 33 \end{array}$ | 179 |
| Iced or hot teas | $\begin{array}{r} 15.17 \% \\ 27 \end{array}$ | $\begin{array}{r} 22.47 \% \\ 40 \end{array}$ | $\begin{array}{r} 25.28 \% \\ 45 \end{array}$ | $\begin{array}{r} 18.54 \% \\ 33 \end{array}$ | $\begin{array}{r} 18.54 \% \\ 33 \end{array}$ | 178 |
| Iced or hot coffee | $\begin{array}{r} 45.51 \% \\ 81 \end{array}$ | $\begin{array}{r} 12.36 \% \\ 22 \end{array}$ | $\begin{array}{r} 11.24 \% \\ 20 \end{array}$ | $\begin{array}{r} 4.49 \% \\ 8 \end{array}$ | $\begin{array}{r} 26.40 \% \\ 47 \end{array}$ | 178 |
| Alcoholic beverages | $\begin{array}{r} 4.49 \% \\ 8 \end{array}$ | $\begin{array}{r} 14.61 \% \\ 26 \end{array}$ | $\begin{array}{r} 23.03 \% \\ 41 \end{array}$ | $\begin{array}{r} 29.21 \% \\ 52 \end{array}$ | $\begin{array}{r} 28.65 \% \\ 51 \end{array}$ | 178 |

# Q7 And, thinking specifically about the children in your household, how often are the following types of beverages consumed by the children in your family? 

Answered: 177 Skipped: 3


|  | DAILY | A FEW TIMES A WEEK | A FEW TIMES A MONTH | RARELY, ONLY ON SPECIAL OCCASIONS | NEVER | TOTAL |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Plain water (tap) | 62.15\% | 6.78\% | 3.95\% | 4.52\% | 22.60\% |  |
|  | 110 | 12 | 7 | 8 | 40 | 177 |
| Plain water (bottled) | 39.43\% | 12.57\% | 13.14\% | 16.57\% | 18.29\% |  |
|  | 69 | 22 | 23 | 29 | 32 | 175 |
| Flavored water (canned, bottled, sparking) | 4.57\% | 8.57\% | 8.00\% | 11.43\% | 67.43\% |  |
|  | 8 | 15 | 14 | 20 | 118 | 175 |
| Dairy milks (whole, low-fat, non-fat) | 64.20\% | 13.64\% | 3.98\% | 3.98\% | 14.20\% |  |
|  | 113 | 24 | 7 | 7 | 25 | 176 |
| Non-dairy/plant based milks | 6.82\% | 7.95\% | 10.23\% | 14.77\% | 60.23\% |  |
|  | 12 | 14 | 18 | 26 | 106 | 176 |
| Full-sugar sodas | 1.70\% | 6.82\% | 7.95\% | 20.45\% | 63.07\% |  |
|  | 3 | 12 | 14 | 36 | 111 | 176 |
| Diet or zero-calorie sodas | 0.00\% | 1.70\% | 1.70\% | 6.82\% | 89.77\% |  |
|  | 0 | 3 | 3 | 12 | 158 | 176 |
| Sports drinks | 0.57\% | 6.82\% | 11.36\% | 20.45\% | 60.80\% |  |
|  | 1 | 12 | 20 | 36 | 107 | 176 |
| Energy drinks | 0.00\% | 0.00\% | 0.57\% | 3.41\% | 96.02\% |  |
|  | 0 | 0 | 1 | 6 | 169 | 176 |
| Fruit juices | 14.20\% | 26.14\% | 14.20\% | 19.32\% | 26.14\% |  |
|  | 25 | 46 | 25 | 34 | 46 | 176 |
| Iced or hot teas | 3.41\% | 4.55\% | 9.09\% | 11.93\% | 71.02\% |  |
|  | 6 | 8 | 16 | 21 | 125 | 176 |
| Iced or hot coffees | 1.70\% | 1.14\% | 1.14\% | 3.41\% | 92.61\% |  |
|  | 3 | 2 | 2 | 6 | 163 | 176 |

# Q8 Which of the following comes closest to your opinion of how much water your family drinks? 

Answered: 180 Skipped: 0



| ANSWER CHOICES | RESPONSES |
| :--- | :--- |
| My family and I need to drink more water compared to other types of drinks. | $41.67 \%$ |
| My family and I drink about the right amount of water compared to other types of drinks. | 58 |
| My family and I need to drink less water compared to other types of drinks. | $10.33 \%$ |
| TOTAL | $0.00 \%$ |

# Q9 Thinking about some of the reasons children sometimes do or don't drink water, please tell us whether the following sentiments are something your children have thought or said to you: 

Answered: 178 Skipped: 2

$\left.\begin{array}{l|r|r|c} & \begin{array}{l}\text { YES, MY CHILDREN HAVE } \\ \text { THOUGHT OR SAID THIS }\end{array} & & \begin{array}{c}\text { NO, MY CHILDREN HAVEN'T } \\ \text { THOUGHT OR SAID THIS }\end{array} \\ \hline \text { They just don't like the taste of water. } & 15.73 \% & 84.27 \% \\ & 28 & 150\end{array}\right] 178$

Q10 Thinking about when people have certain types of drinks during the day in your household, which of the following beverages do your children typically drink during the following times? Select all that apply:

Answered: 174 Skipped: 6


After dinner/before bed

|  | BREAKFAST | LUNCH | AFTERNOON SNACK | DINNER | AFTER <br> DINNER/BEFORE BED | TOTAL | WEIGHTED <br> AVERAGE |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Plain water (tap) | $\begin{array}{r} 15.56 \% \\ 21 \end{array}$ | $\begin{array}{r} 25.19 \% \\ 34 \end{array}$ | $\begin{array}{r} 28.89 \% \\ 39 \end{array}$ | $\begin{array}{r} 13.33 \% \\ 18 \end{array}$ | $\begin{array}{r} 17.04 \% \\ 23 \end{array}$ | 135 | 2.91 |
| Plain water (bottled) | $\begin{array}{r} 10.81 \% \\ 12 \end{array}$ | $\begin{array}{r} 36.04 \% \\ 40 \end{array}$ | $\begin{array}{r} 31.53 \% \\ 35 \end{array}$ | $\begin{array}{r} 10.81 \% \\ 12 \end{array}$ | $\begin{array}{r} 10.81 \% \\ 12 \end{array}$ | 111 | 2.75 |
| Flavored water (canned, bottled, sparkling) | $\begin{array}{r} 1.79 \% \\ 1 \end{array}$ | $\begin{array}{r} 33.93 \% \\ 19 \end{array}$ | $\begin{array}{r} 37.50 \% \\ 21 \end{array}$ | $\begin{array}{r} 17.86 \% \\ 10 \end{array}$ | $\begin{array}{r} 8.93 \% \\ 5 \end{array}$ | 56 | 2.98 |
| Dairy milk (whole, low-fat, non-fat) | $\begin{array}{r} 65.75 \% \\ 96 \end{array}$ | $\begin{array}{r} 9.59 \% \\ 14 \end{array}$ | $\begin{array}{r} 2.74 \% \\ 4 \end{array}$ | $\begin{array}{r} 11.64 \% \\ 17 \end{array}$ | $\begin{array}{r} 10.27 \% \\ 15 \end{array}$ | 146 | 1.91 |
| Non-dairy/plant based milks | $\begin{array}{r} 50.00 \% \\ 25 \end{array}$ | $\begin{array}{r} 4.00 \% \\ 2 \end{array}$ | $\begin{array}{r} 24.00 \% \\ 12 \end{array}$ | $\begin{array}{r} 12.00 \% \\ 6 \end{array}$ | $\begin{array}{r} 10.00 \% \\ 5 \end{array}$ | 50 | 2.28 |
| Full-sugar sodas | $\begin{array}{r} 2.00 \% \\ 1 \end{array}$ | $\begin{array}{r} 26.00 \% \\ 13 \end{array}$ | $\begin{array}{r} 28.00 \% \\ 14 \end{array}$ | $\begin{array}{r} 36.00 \% \\ 18 \end{array}$ | $\begin{array}{r} 8.00 \% \\ 4 \end{array}$ | 50 | 3.22 |
| Diet or zero-calorie sodas | $\begin{array}{r} 0.00 \% \\ 0 \end{array}$ | $\begin{array}{r} 36.36 \% \\ 8 \end{array}$ | $\begin{array}{r} 27.27 \% \\ 6 \end{array}$ | $\begin{array}{r} 22.73 \% \\ 5 \end{array}$ | $\begin{array}{r} 13.64 \% \\ 3 \end{array}$ | 22 | 3.14 |
| Sports drinks | $\begin{array}{r} 2.08 \% \\ 1 \end{array}$ | $\begin{array}{r} 22.92 \% \\ 11 \end{array}$ | $\begin{array}{r} 70.83 \% \\ 34 \end{array}$ | $\begin{array}{r} 0.00 \% \\ 0 \end{array}$ | $\begin{array}{r} 4.17 \% \\ 2 \end{array}$ | 48 | 2.81 |
| Energy drinks | $\begin{array}{r} 8.33 \% \\ 2 \end{array}$ | $\begin{array}{r} 20.83 \% \\ 5 \end{array}$ | $\begin{array}{r} 50.00 \% \\ 12 \end{array}$ | $\begin{array}{r} 8.33 \% \\ 2 \end{array}$ | $\begin{array}{r} 12.50 \% \\ 3 \end{array}$ | 24 | 2.96 |
| Fruit juices | $\begin{array}{r} 30.00 \% \\ 33 \end{array}$ | $\begin{array}{r} 31.82 \% \\ 35 \end{array}$ | $\begin{array}{r} 22.73 \% \\ 25 \end{array}$ | $\begin{array}{r} 10.91 \% \\ 12 \end{array}$ | $\begin{array}{r} 4.55 \% \\ 5 \end{array}$ | 110 | 2.28 |
| Iced or hot teas | $\begin{array}{r} 26.53 \% \\ 13 \end{array}$ | $\begin{array}{r} 22.45 \% \\ 11 \end{array}$ | $\begin{array}{r} 28.57 \% \\ 14 \end{array}$ | $\begin{array}{r} 12.24 \% \\ 6 \end{array}$ | $\begin{array}{r} 10.20 \% \\ 5 \end{array}$ | 49 | 2.57 |
| Iced or hot coffees | $\begin{array}{r} 63.33 \% \\ 19 \end{array}$ | $\begin{array}{r} 13.33 \% \\ 4 \end{array}$ | $\begin{array}{r} 6.67 \% \\ 2 \end{array}$ | $\begin{array}{r} 6.67 \% \\ 2 \end{array}$ | $\begin{array}{r} 10.00 \% \\ 3 \end{array}$ | 30 | 1.87 |

Q11 To the best of your memory, have you seen any advertising or promotional messages from Nestlé Pure Life or Nestlé Waters in the past two weeks?

Answered: 180 Skipped: 0


| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | ---: |
| Yes | $20.00 \%$ | 36 |
| No | $80.00 \%$ | 144 |
| TOTAL |  | 180 |

