Breakfast at School

Benefits of Breakfast in Ohio Schools:

Because healthy kids learn better.

BREAKFAST POSITIVELY IMPACTS LEARNING

Behavior and Attention

- Improves behavior[1,2], cognitive function, attention and memory[9]

Daily Attendance

- Boosts student attendance while reducing school nurse visits, tardiness, absenteeism and suspensions[3,4,8]

Participation

- Increases attentiveness[2] and performance on demanding mental tasks[10]

Grades

- Improves math, reading, writing and standardized test scores[1]

Concentration

- Decreases the distracting symptoms of hunger[4]

BREAKFAST POSITIVELY IMPACTS LEARNING

Nutritional Intake

- More likely to meet or exceed standards for important vitamins and minerals that might otherwise have been skipped[5]

BMI

- Associated with lower body mass index (BMI) and lower probability of being overweight or obese[7]

Physical health

- Reduces school nurse visits, and students complain less of fatigue, aches and pains[2]

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3. Shemilt I, Harvey I, Shepstone L, et al. A national evaluation of school breakfast clubs: evidence from a cluster randomized controlled trial and an observational analysis. Child: Care Health Dev 2004; 30(5): 413-427.
4. Murphy JM, Pagano ME, Patton K, Hall S, Marinaccio J, Kleinman R. The Boston Public Schools Universal Breakfast Program; Final evaluation report. Boston: Massachusetts General Hospital; 2000.
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9. Wesnes KA, Pincock C, Richardson D, Helm G, Hails S. "Breakfast reduces declines in attention and memory over the morning in schoolchildren." Appetite 2003;41(3):329-31
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Ohio's Education and Health Organizations support the benefits of school breakfast.

American Dairy Association MIDEAST · Family & Consumer Sciences — Creating Healthy & Sustainable Families · Buckeye Healthy Schools Alliance · PHC Ohio — Pioneering Healthier Communities · OAESA · ODA Ohio Dietetic Association

BASA Buckeye Association of School Administrators · Ohio PTA — everychild.onevoice. · School Nutrition Association Ohio — Making the right food choices, together · ONC Ohio Nutrition Council · the YMCA · Ohio Department of Health · OAHPERD The Ohio Association for Health, Physical Education, Recreation, and Dance · The Ohio State University Extension

Children's Hunger Alliance — Feeding hungry minds and bodies® · American Academy of Pediatrics — Dedicated to the health of all children™ — Ohio Chapter · Ohio Department of Education · Caring for Ohio's Children

Ohio Action for Healthy Kids®

www.ohioactionforhealthykids.org