

# APHA Center for School, Health and Education



Dear Darien,

March is National Nutrition Month®, and within that is also National School Breakfast Week (March 5 – 9)!

APHA's Center for School, Health and Education recognizes the importance of nutrition, and school breakfast in particular, to lifelong health and well-being. More than one in five children in the U.S. live in a food-insecure household. Whether children do not have enough to eat, or eat calorie-dense but nutrient-poor foods, or both, food insecurity can impact not only well-being but also educational success. Food-insecure children are sick more often, suffer physical and cognitive development impairments and struggle to concentrate. Food-insecure children also have more social and behavioral problems. As a result, they tend to miss school and have lower educational attainment.

Food insecurity is one of the many barriers to success for low-income students. You can learn more about what schools and school-based health centers can do to address food insecurity — such as expanding Breakfast After the Bell programs — and other barriers to graduation in our updated brief [School-Based Health Centers: Improving Health, Well-being and Educational Success](#). To learn more about the Leading Health Indicator of on-time high school graduation, check out our updated brief [The Dropout Crisis: A Public Health Problem and the Role of School-Based Health Care](#).

We hope these resources will help you address food insecurity and improve educational success among the students in your communities.

Thank you,



Darien E. Mather, MPH  
Program Associate  
Center for School, Health and Education  
[CSHE@apha.org](mailto:CSHE@apha.org)

Read [APHA's letter](#) urging the U.S. Department of Agriculture not to weaken school meal nutrition standards

**Read more of our [Issue Briefs & Guides](#):**

- Case study on The Children's Trust of Miami-Dade County
- Public Health Prevention in Schools: A Resource Guide

**Additional Resources**

- [Breakfast In the Classroom evaluation](#)
- [Feasibility of adopting new nutrition standards](#)