

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,



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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](#)