

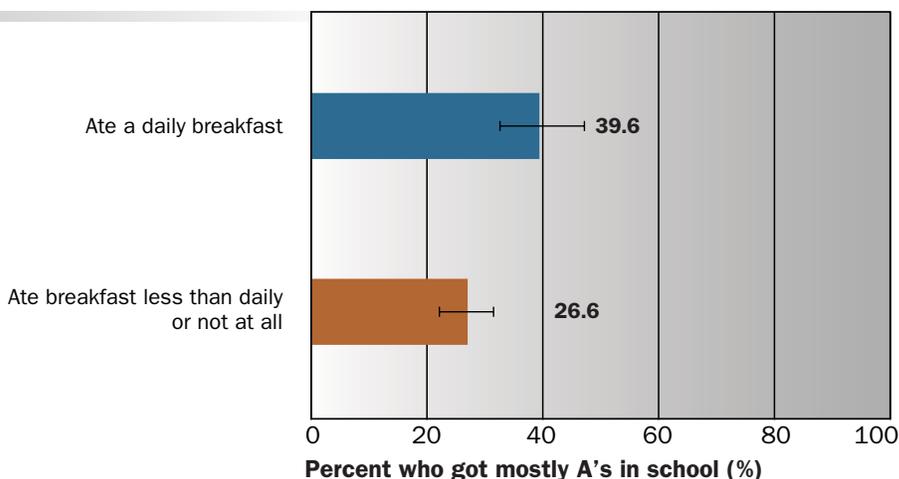
2013 NM-YRRS Results: Daily Breakfast

Eating a regular and healthy breakfast is associated with academic performance, increased school attendance rates, memory, cognitive and psychosocial function, and mood. For the first time in 2013, the NM YRRS included a question about the frequency of eating breakfast. Among New Mexico high school students, 33.4% ate breakfast on all of the past 7 days. Daily breakfast was more common among girls (37.2%) than boys (29.4%); among White students (42.7%) than Hispanic (30.0%), American Indian (29.0%), or Black or African American students (26.2%); and among those whose parents completed college or professional

school (42.8%) than among those whose parents attained a high school education (29.9%) or less (28.6%) (parent educational attainment is a marker for socio-economic status).

High grades were closely associated with daily breakfast. Among students who reported eating breakfast every day, 39.6% earned mostly A's in school, while among students who did not eat breakfast every day, only 26.6% earned mostly A's.

**Earned Mostly A's in School
by Daily Breakfast, Grades 9-12 ■ NM ■ 2013**



For more on breakfast and nutrition in school and at home, see "School Health Guidelines to Promote Healthy Eating and Physical Activity," available at www.cdc.gov/mmwr/preview/mmwrhtml/rr6005a1.htm. Complete citation: Centers for Disease Control and Prevention. *School Health Guidelines to Promote Healthy Eating and Physical Activity*. MMWR2011;60(No. 5).

**Coming soon to a community near you:
2013 YRRS REGIONAL PRESENTATIONS!**
See our schedule of events at www.youthrisk.org.

This newsletter was produced by the New Mexico Department of Health and the Public Education Department (NM PED), and the University of New Mexico Prevention Research Center. The NM YRRS receives support from the Centers for Disease Control and Prevention in cooperation with the NM PED through Grant number 1U87PS004195-01. For more information about the YRRS, including methodology, comprehensive state level reports, county level reports, and more, see www.youthrisk.org or nmhealth.org/go/youth. To have an email added, changed or removed from the mailing list, contact YRRS@youthrisk.org.