Breakfast Skipping and Academic Outcomes

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Context

How often do you eat breakfast?
(6-7 days a week)
Never Skip
Always Skip

Numeracy
Reading
Spelling
Writing

Categorical
Binary

Above National Minimum Standard
Below/At National Minimum Standard

Sample & Measures
- 2021 WEC data (n=97,440): children in grades 5, 7 and 9 with breakfast skipping data linked to NAPLAN scores (n=24,384)
- Breakfast skipping data: extracted and categorised from WEC survey
- NAPLAN scores: categorised into weather they were above, or at/below the national minimum standard (NMS) (NMS - a benchmark set by NAPLAN to access a student's readiness to progress through grades)

Literature Review
- Breakfast consumption/quality has been associated with improved cognition and classroom performance (through objective measures) in school children
- Breakfast skipping is associated with other negative health outcomes such as poor diet and habits, higher risk of childhood diabetes, and lower levels of emotional wellbeing.
- Quantitative/objective evidence showing the relationship between breakfast skipping and academic achievement has not yet been found

Literature Review

Does Breakfast Skipping affect Academic Performance in Australian school children?

Results
It was shown that a higher percentage of children who never skip breakfast score above the NMS in all NAPLAN tests as compared to children who sometimes skip, and always skip breakfast.

<table>
<thead>
<tr>
<th>Description</th>
<th>Numeracy</th>
<th>Reading</th>
<th>Spelling</th>
<th>Grammar</th>
<th>Writing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below/At NMS</td>
<td>Above NMS</td>
<td>Below/At NMS</td>
<td>Above NMS</td>
<td>Below/At NMS</td>
<td>Above NMS</td>
</tr>
<tr>
<td>Never skip</td>
<td>12.3%</td>
<td>87.7%</td>
<td>12.4%</td>
<td>87.6%</td>
<td>15.5%</td>
</tr>
<tr>
<td>Sometimes skip</td>
<td>18.7%</td>
<td>81.3%</td>
<td>18.0%</td>
<td>82.0%</td>
<td>19.7%</td>
</tr>
<tr>
<td>Always skip</td>
<td>30.4%</td>
<td>69.6%</td>
<td>27.5%</td>
<td>72.5%</td>
<td>27.2%</td>
</tr>
</tbody>
</table>

WEC - annual, country-wide confidential survey meant to evaluate the level of student wellness. STATA software was used to analyse raw data from the WEC responses.

Acknowledgements
I would like to thank TKI, and my advisors Alanna Sincovich and Dr Tess Gregory for their guidance through my project. I would also like to thank the CHW for allowing me the opportunity to explore child health through research. During my time in Adelaide, I was able to grow and develop my skills by learning from several mentors. I was also given the CHW opportunity to write independently on the groundwork for the next research paper by the NHMRC team at TKI, which exposed me to many facets of the research process I had not previously been involved in.