



# THE LINK BETWEEN NUTRITION AND ACADEMIC ACHIEVEMENT



Children's bodies and brains are continuously growing throughout school. **Studies point to making sure students are not starting the school day hungry and are eating foods that include specific nutrients essential to improving academics, such as vitamins, minerals, and proteins.** Students that have a better diet have improved academic performance.

## What to expect of a hungry student:

- Slower memory recall
- Hyperactive and attention problems
- Trouble getting along with other
- Lower math scores
- More likely to repeat a grade



## Did you know?

- Between the ages of 2-18, 40% of daily calories come from "empty calories" like sweetened beverages.
- 92% of girls aren't getting enough calcium.
- 75% of children don't eat enough fruit every day.
- Only 13.8% of high school students eat enough vegetables every day.
- 65% of Michigan high school students skip breakfast at least one day a week.

Through healthy eating and consistent physical activity, students will feel better, increase their concentration, and have better grades and test scores.

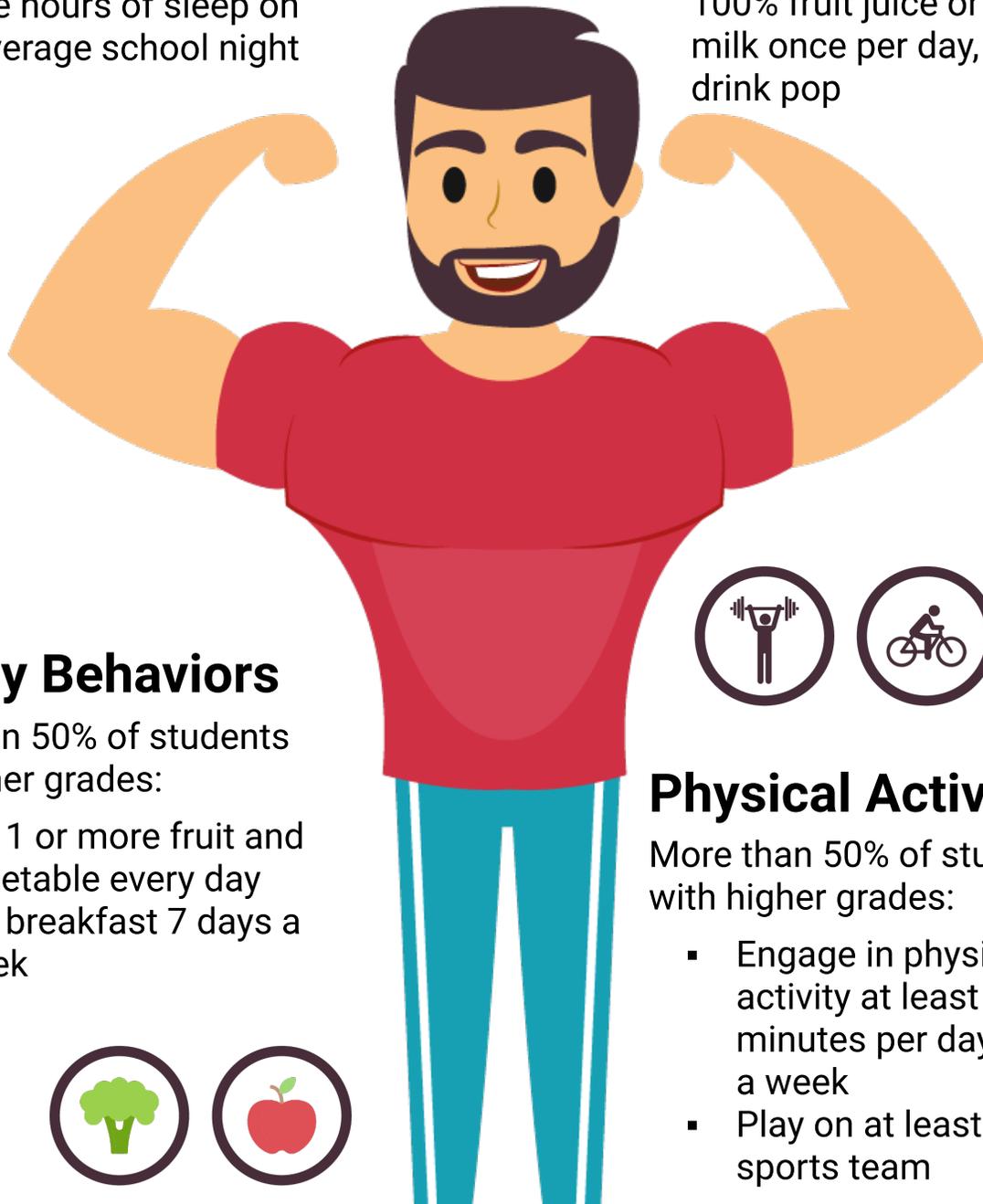
## Sleep

Students with higher grades are more likely to be getting 8 or more hours of sleep on an average school night



## Beverages

Students with higher grades are more likely to drink 100% fruit juice or a glass of milk once per day, and don't drink pop



## Dietary Behaviors

More than 50% of students with higher grades:

- Eat 1 or more fruit and vegetable every day
- Eat breakfast 7 days a week



## Physical Activity

More than 50% of students with higher grades:

- Engage in physical activity at least 60 minutes per day, 5+ days a week
- Play on at least one sports team

This information and more like it can be found at:

[http://www.cdc.gov/HealthyYouth/health\\_and\\_academics/](http://www.cdc.gov/HealthyYouth/health_and_academics/)

# PHYSICAL ACTIVITY, HEALTHY EATING, AND ACADEMIC ACHIEVEMENT

## Physical Activity Practice

## Academic Outcomes

Students who are physically active:	<ul style="list-style-type: none"> <li>• Have better grades</li> <li>• Better school attendance</li> <li>• Better classroom behaviors</li> </ul>
Increased physical activity and physical fitness levels:	<ul style="list-style-type: none"> <li>• Improved cognitive performance</li> </ul>
Participation in extracurricular physical activities:	<ul style="list-style-type: none"> <li>• Higher GPAs</li> <li>• Lower drop-out rates</li> <li>• Fewer disciplinary problems</li> </ul>

## Dietary Behavior

## Academic Outcomes

Deficits in specific nutrients:	<ul style="list-style-type: none"> <li>• Lower grades</li> <li>• Higher rates of absences and tardiness</li> </ul>
Insufficient food intake:	<ul style="list-style-type: none"> <li>• Lower grades</li> <li>• Higher rates of absences</li> <li>• Repeating a grade</li> <li>• Inability to focus</li> </ul>
Skipping breakfast:	<ul style="list-style-type: none"> <li>• Decreased cognitive performance</li> </ul>