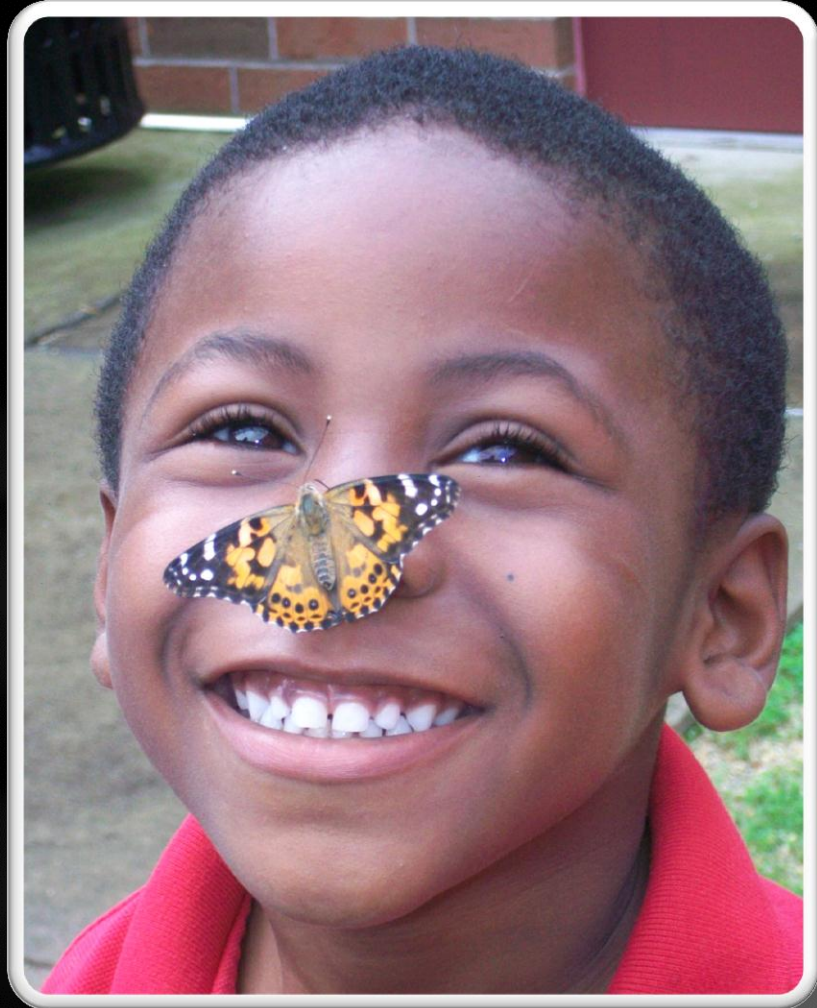




Karel Oxley
Superintendent of
Lima City Schools

School
Breakfast
Scorecard

Education that's
Right on the
Nose



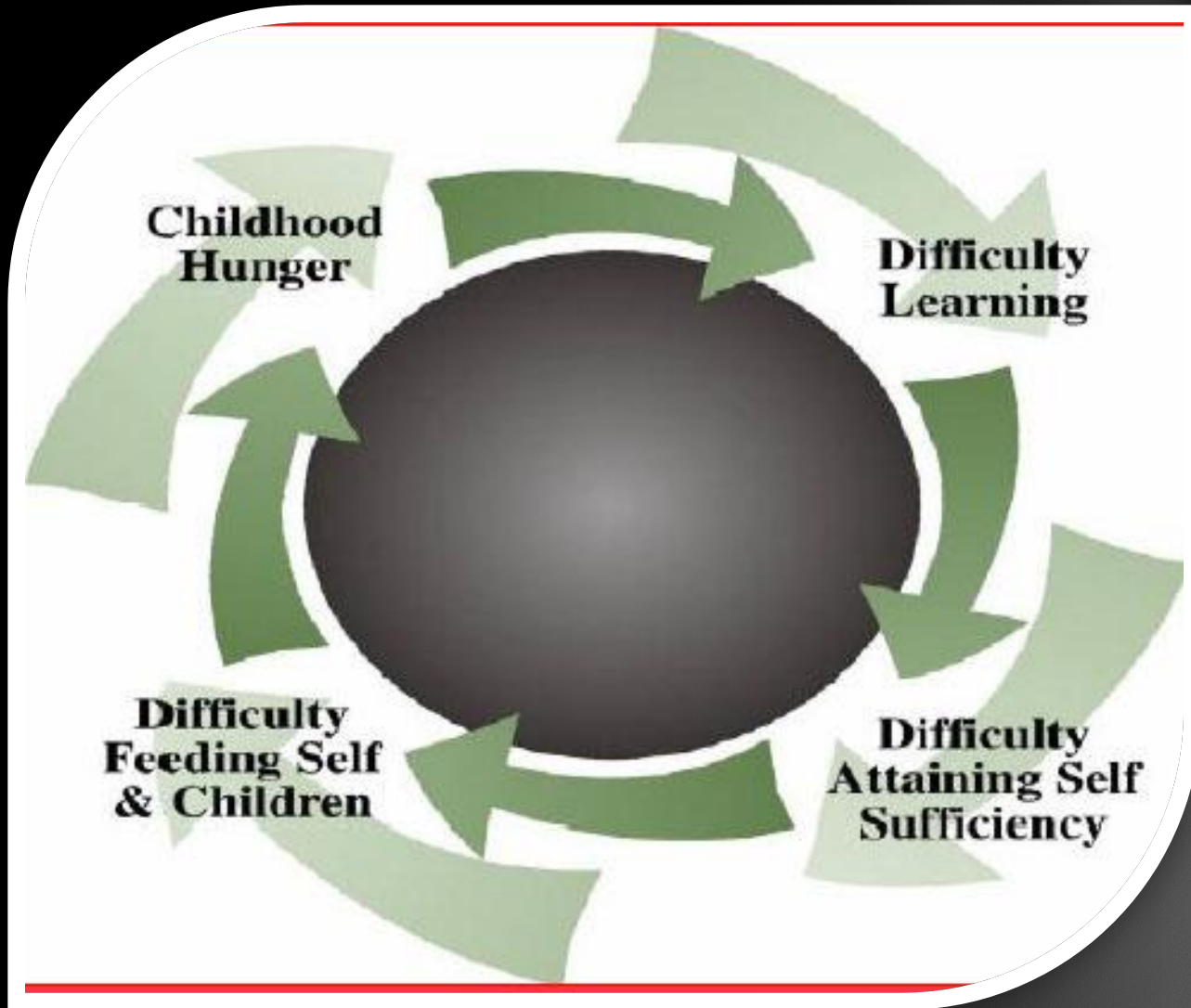
HUNGER IS LINKED TO POVERTY

- 18% of Ohio children live in poverty* (523,186 children)
- 16 % Percent of Ohio households suffer from low food security
- 495,000 Ohio children suffer from food insecurity
- 129,000 Ohio children suffer from hunger



*Source: 2005 American Community Survey, Household Food Security in the US, 2005

THE CYCLE OF HUNGER*



*Children's Hunger Alliance

RESEARCH INDICATES

- Consuming breakfast improves children's performance on demanding mental tasks and reaction to frustration.
 - British Journal of Nutrition 2004
- Children who eat breakfast show improved cognitive function, attention, and memory.
 - Appetite 2003
- Children have fewer headaches, less dizziness and fewer visits to the school nurse.

RESEARCH INDICATES

- Children have fewer headaches, less dizziness and fewer visits to the school nurse.
- There are fewer absentees and less tardiness in school.
- Children have a higher retention rate, an increase in math and reading test scores and overall grades

WHAT IS BEING SAID

- *“What we find particularly exciting is that this (school breakfast) is a relatively simple intervention that can significantly improve children’s academic performance and....well-being.”*

- Derelian D., Ph.D., R.D. Former president of American Dietetic Association.

- *“Our data shows that we’ve had a definite decrease in discipline issues, an increase in attendance, and an increase academically.”*

- Laura Commodore, former principal of Walnut Ridge High School, (2005)

WHY FEED HUNGRY MINDS AND BODIES?



WHAT OUR DISTRICT DID

- Implemented Breakfast in the Classroom (BIC) at no cost to all students

WHY OUR DISTRICT DID THIS

- Kids were hungry
- High rate of low-income population
- Low proficiency scores
- Potential to improve attendance and decrease tardiness
- School district was restructuring
- Change in Administrative climate
- Breakfast participation was not at its full potential
- Opportunity to improve food service fiscal condition
- Opportunity to use food service staff more efficiently

OHIO'S ACTION FOR HEALTHY KIDS SUPPORT

- Identifying the issue that Ohio's Breakfast participation was Too Low
- Building Alliance with other Partner's
 - Children's Hunger Alliance, Dairy Council Mid East, American Cancer Association, Ohio Assn. of School Nurses, Ohio Dept. of Education, Ohio Dept. of Health, Ohio School Nutrition Assoc. Ohio Assn. of Elementary Administrators, Ohio Dietetic Association, Ohio Academy of Pediatrics, Columbus Children's Hospital and American School Health Assoc.
- Receiving The UPS grant to help fund Breakfast Expansion

OHIO'S ACTION FOR HEALTH KIDS IMPACT

- The most important was forming those Relationships and Alliances and working as a TEAM.
 - Expanding Lima City Schools focus beyond Breakfast
 - Receiving a Team Nutrition Grant to offer Healthy Vending Choice.
 - Receiving a Fruit and Vegetable Grant
 - Providing nutrition education opportunities and materials to teaching staff
 - Creating Partnerships with several Physical Education instructors
 - Creating a District wide Wellness Team
- Working toward achieving the Ohio AFHK Mission Statement:
 - The Ohio Action for Healthy Kids Team is dedicated to improving the health and performance of Ohio's Children through better nutrition and physical activity by promoting a healthy school environment.

IMPACT TO THE DISTRICT

- Breakfast participation doubled in two years.
- Attention span of students improved, resulting with higher proficiency test scores
- The decrease in visits to the school nurse much higher than anticipated (down 37%)
- USDA breakfast reimbursement up 43%

KIDS IN MOTION





“You never quite know the moment,
when you may change a child’s life
forever!”