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.

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](http://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).