

# Prioritizing Breakfast Interventions

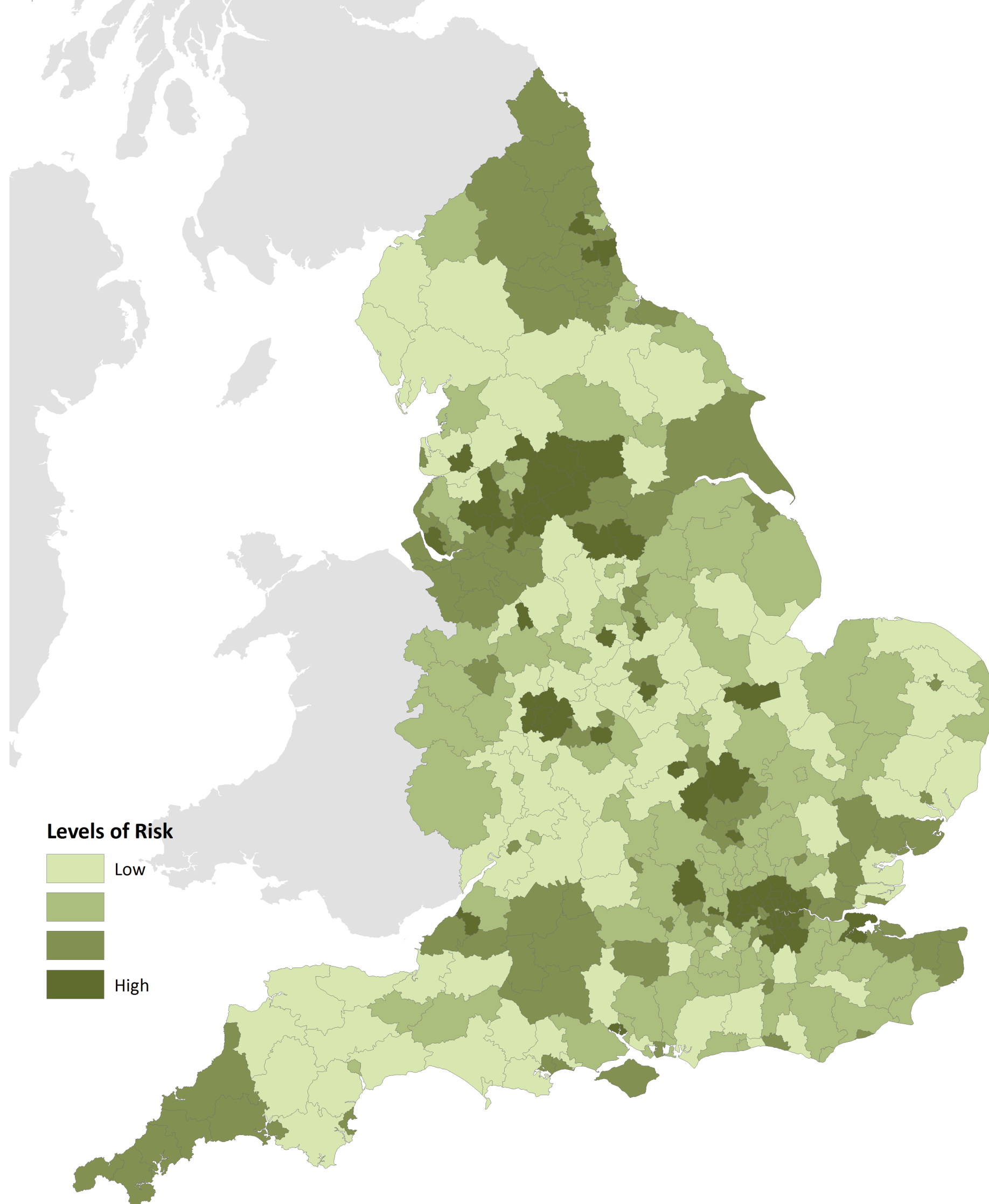
## Assessing child food insecurity risk against existing programs in England

### Challenge

One in seven children skip breakfast in the United Kingdom and, at least one in eight breakfast clubs across the region have closed due to budget cuts in the past 12 months. Not surprisingly, teachers are reporting an increase in hunger among their students.

Hunger affects children's physical, emotional and cognitive development. Food insecure students are twice as likely to repeat a grade and three times as likely to be suspended in school. Increasing breakfast consumption begins to address these issues. Compared to children who skip breakfast, those who ate breakfast in school performed better, recorded higher test scores and reduced absenteeism and tardiness.

Figure 1. Risk of Food Insecurity in England



### Methodology

Better targeting of breakfast interventions increases programs' success rate and the efficient use of resources. This suitability analysis identifies the level of child food insecurity risk per district based on six factors:

- Child population
- Foreign-born population
- Unemployment rate
- Number of children living in poverty
- Number of single-parent households
- Prevalence of underweight in schools.

Each factor was ranked based on quartiles and then compiled into the risk analysis (Figure 1). The risk level is then compared to the supply of existing breakfast programs to identify four categories (Figure 2).



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Data Sources: UK Census 2001-2011, UK Dept. of Work and Pensions 2010, UK Office of National Statistics, GfK 2006, Magic Breakfast, Greggs Foundation, Kellogg Foundation, University of Minnesota 2010.

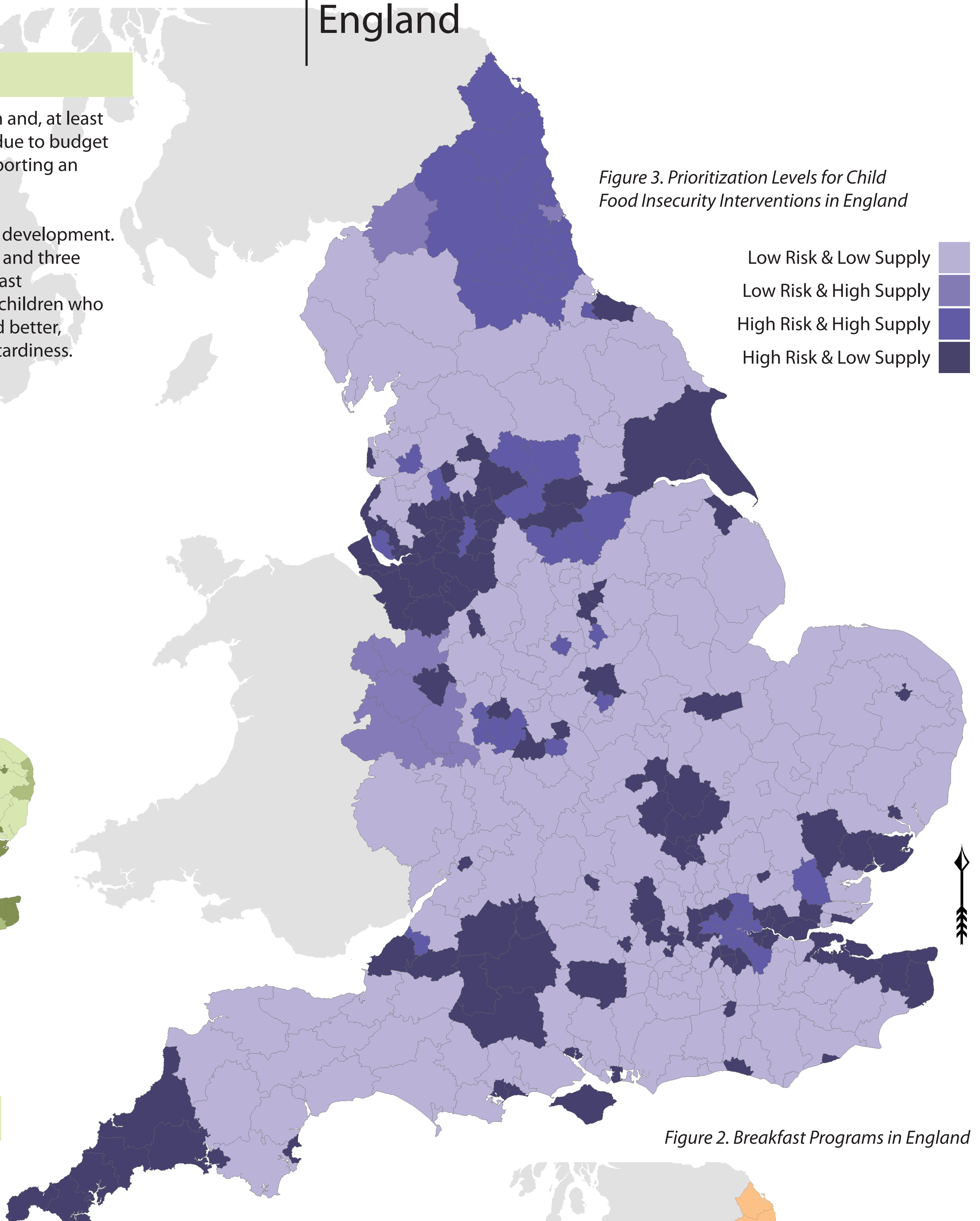
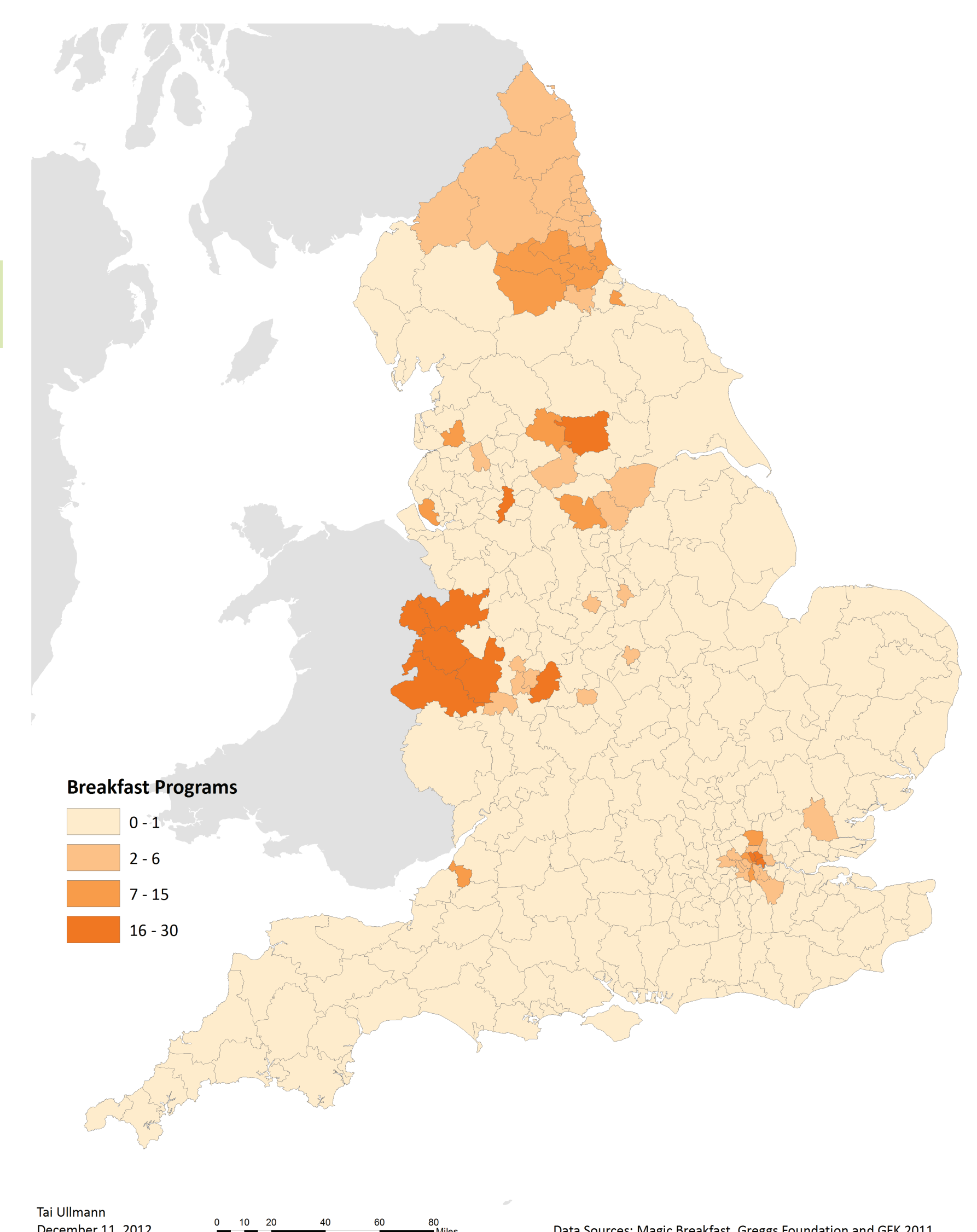


Figure 2. Breakfast Programs in England



### Results

The 103 districts identified as high risk and low supply should be prioritized (Figure 3). These districts make up almost 30% of all districts in England. Within this category, nine of the districts were in the top quartiles for each of the risk factors and should be examined closer.

Districts identified as low risk and low supply should be prioritized last. Low risk and high supply districts seem overserved and new programs should not be expanded into the area. High risk and high supply districts are appropriately served.

These results help stakeholders better target their programs regionally. However, further research will be needed, including analyzing down to a smaller geographic level and analyzing the barriers to increasing consumption. Future research could also include analyzing the emergency food supply.