

Funding For Alaska's School Meals SB6

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SEN. BILL WIELECHOWSKI

Three Goals For The School Meals Bill

More schools serving meals

More kids in each school fed

More nutritious meals served

Problem 1

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KIDS IN NEED

One out of every eight Alaska
families struggles to put enough
food on the table each year.

•USDA, 2010

Hunger In Alaska 2010

74,000 Alaskans seek food assistance each year.

43% of households visiting food pantries in Alaska have a child under the age of 18.

•Alaska Food Coalition

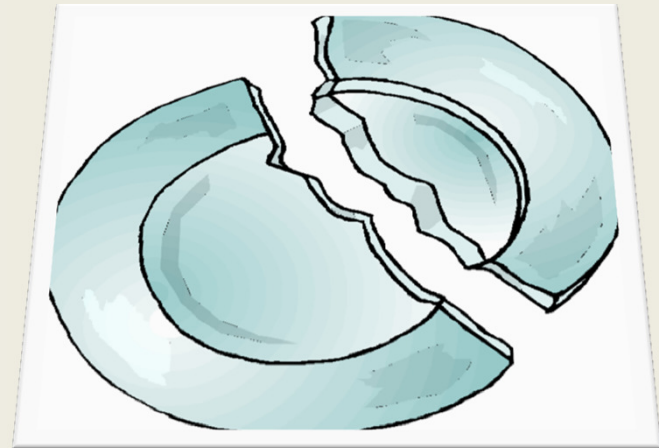
Students In Need Not Being Reached

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51,000 Alaskan children are eligible for reduced or free lunch. However:

Six school districts do not offer breakfast or lunch.

20% of schools that do participate in the school lunch program do not offer breakfast.



Alaska In Bottom 10 For Participation

Alaska ranks ninth from the bottom of all 50 states in the participation of low-income children in the school meal programs.

Bottom 10 States	% Participation
Connecticut	38.9
Alaska	38.3
Colorado	38.2
Illinois	38.0
New Jersey	37.6
Nebraska	37.1
Iowa	36.8
New Hampshire	36.7
Nevada	34.9
Utah	33.7

•School Breakfast Scorecard 2009-2010
Food Research & Action Center

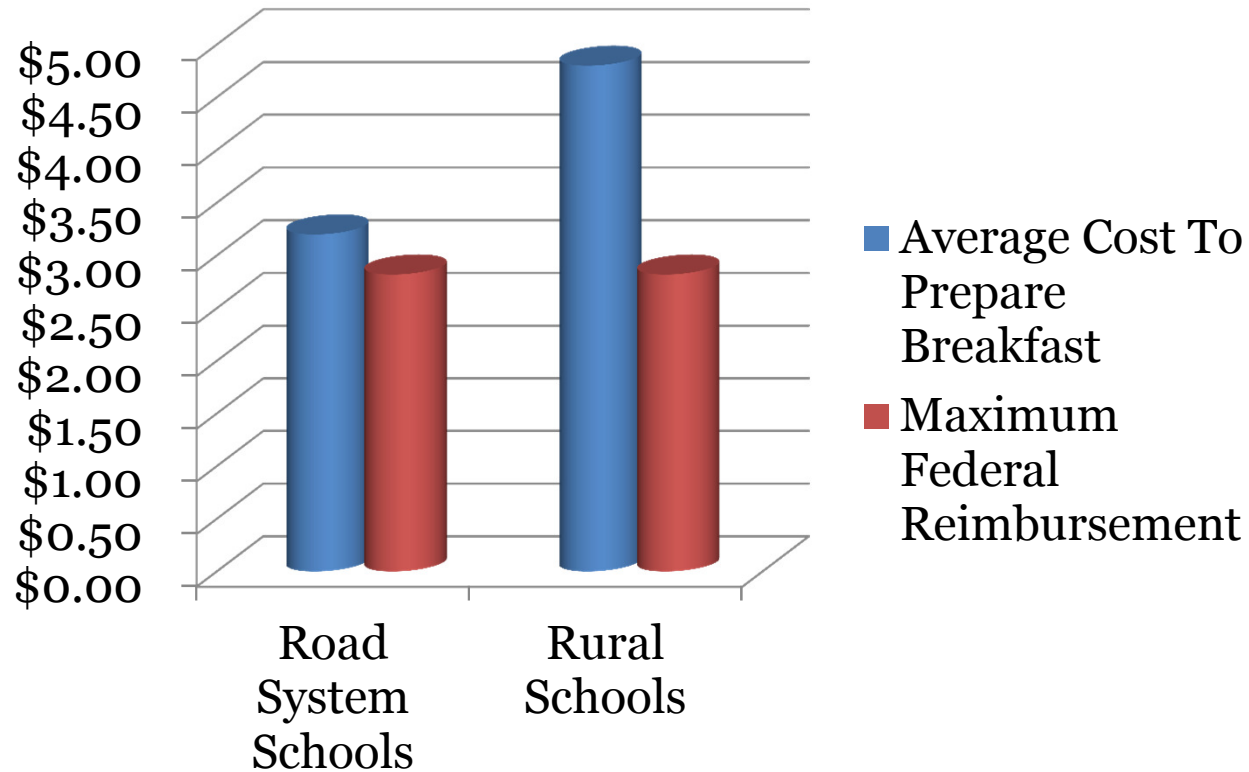
Problem #2

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SCHOOLS IN NEED

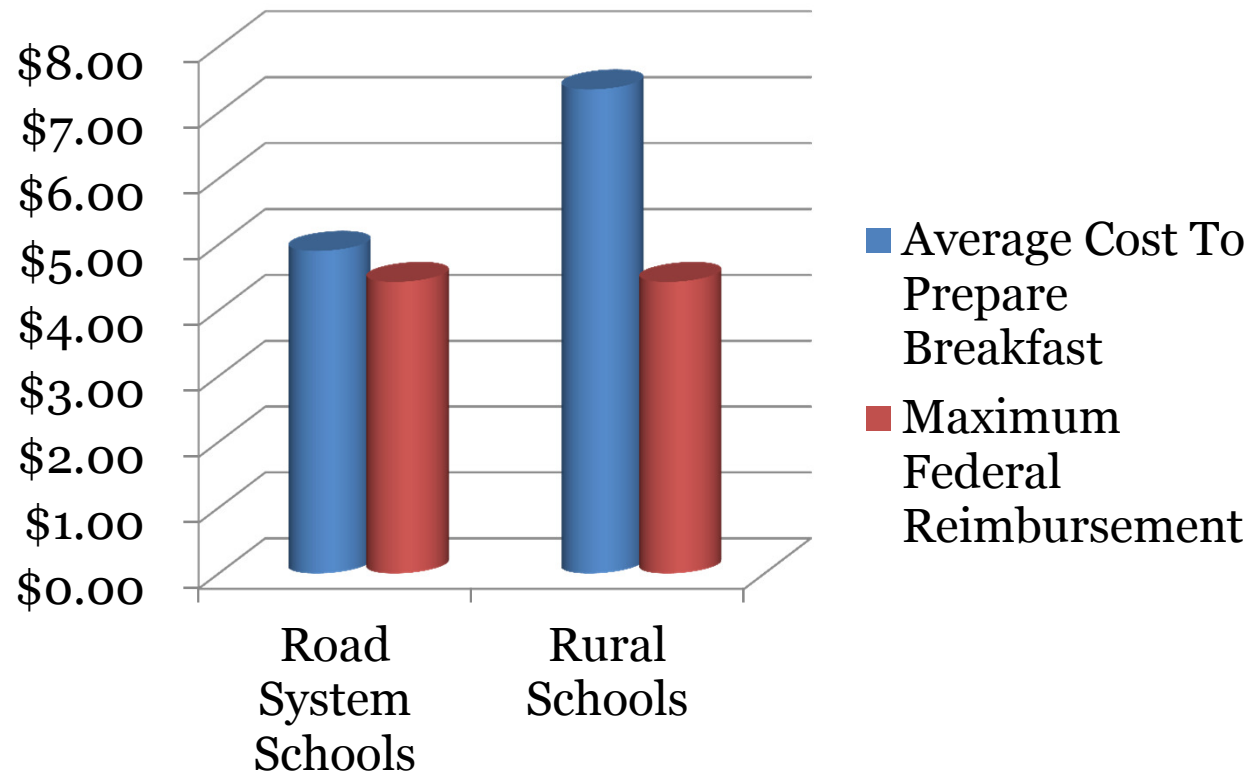
Current Breakfast Reimbursement Rates

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Current Lunch Reimbursement Rates

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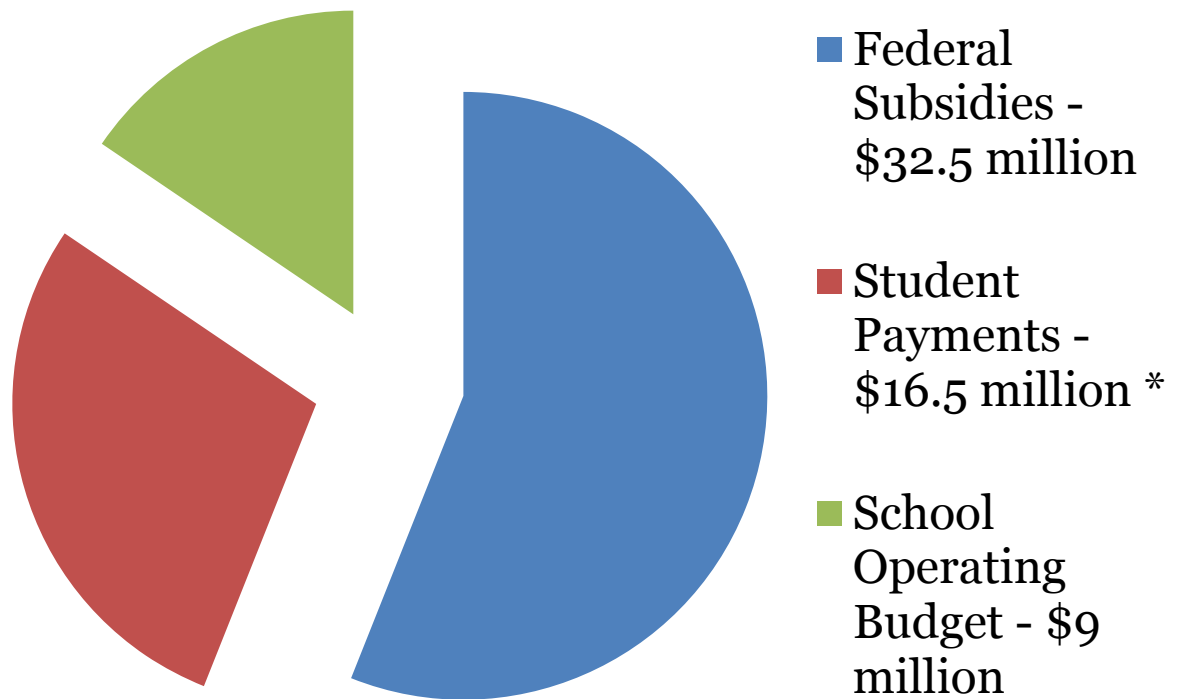


The Need

Even with federal subsidies, Alaska schools fall \$9 million short.

This money comes out of their operating budgets.

School Meal Money 2009-2010



* Extrapolated from Department of Education & Early Development figures

Smart Investment

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**ENSURING ALASKAN KIDS ARE FED
IS A SOLID INVESTMENT
IN ALASKA'S FUTURE.**

Investing in School Meals Provides a “Two-Fer” in Returns

Short-Term

Better academic
performance

Better behavior

Better attendance

Better health

Long-Term

Better attendance=
lower dropout rates

Lower dropout rates=
lower prison populations

Higher graduation rates=
higher incomes

Lower obesity rates=
lower health care costs

SB6 Short-Term Effects

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**BETTER ACADEMIC
PERFORMANCE**

Better Academic Performance

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Improved School Achievements

A review of 18 studies showed students who ate breakfast consistently showed improvement in **verbal fluency, arithmetic, tests of attention, memory, creativity, physical endurance, and general tests** of academic achievement and cognitive functioning.

--“Nutrition and Student Performance at School.” The Journal of School Health 2005

Improved Standardized Test Scores

Scores on the Comprehensive Test of Basic Skills improved significantly in schools that had larger participation in their school breakfast programs.

-- “School Breakfast Program and School Performance.” American Journal of Diseases of Children 1989

Better Academic Performance

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Improved Scores in Language, Reading, Math

Low-income students in a breakfast test program in the United States improved their combined scores in **language, reading and math**.

--“Breakfast and Cognition: An Integrative Summary.” American Journal of Clinical Nutrition 1998

Improved Math Scores, Participation

Researchers found students who ate breakfast **improved math scores** and **participated more** in class.

--“Diet, Breakfast, and Academic Performance in Children.” Annals of Nutrition & Metabolism 2002

Better Academic Performance

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Improved Memory, Listening Skills

A Tufts University study showed elementary school students who ate breakfast listened better and had both **better spatial memory and short-term memory** than students who skipped breakfast.

-- “Effect of Breakfast Consumption on Cognitive Processes in Elementary School Children.” Physiology & Behavior 2005

Skipping Breakfast = Slower Brain Function

A study conducted by the University of California Davis showed **skipping breakfast alters brain function** and had an adverse affect on the speed and accuracy with which children were able to retrieve information from memory.

-- “Does Breakfast Make a Difference in School?” Journal of the American Dietetic Association 1995

SB6 Short-Term Effects

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BETTER BEHAVIOR

Better Behavior In School

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Calmer, More Obedient

Researchers noted a **significant decrease in behavioral “oppositional scores”** for students eating school breakfast. “Oppositional scores” measure whether or not students are likely to break the rules, have problems with authority or are quick to anger than most individuals in their age groups.

-- “Evaluation of the School Breakfast Program Pilot Project: Findings from the First Year of Implementation.” U.S. Department of Agriculture, Food and Nutrition Service 2002.

Better Behaved

Researchers found low-income students who ate meals at school were **less likely to be hyperactive and had fewer behavioral or attention problems** than their hungry peers.

-- “Relationship Between Hunger and Psychosocial Functioning in Low-Income American Children.” Journal of the American Academy of Child & Adolescent Psychiatry 1998

Better Behavior In School

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Fewer Disciplinary Referrals Needed

Researchers conclude that classroom breakfast works and that a pilot program in New York resulted in decreased hunger and **improvements** in factors critical to student learning such as tardiness and **disciplinary referral rates**.

-- “Academics & Breakfast Connection Pilot: Final Report on New York’s Classroom Breakfast Project.” Nutrition Consortium of New York State. Albany, New York. July 2005.

Fewer Emotional Problems

Increased school breakfast participation is associated with **fewer emotional or behavioral problems**. Teachers at schools that increased participation in their school breakfast programs reported a positive change in student behavior (60%) and improved in student attentiveness (63%).

--“The Boston Public Schools Universal Breakfast Program: Final Evaluation Report.” Massachusetts General Hospital, Boston, MA, 2000

SB6 Short-Term Effects

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BETTER ATTENDANCE

Better Attendance

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Higher Rates Of Attendance

Studies show that universal school breakfast program participation is associated with **higher rates of attendance and declines in tardiness**.

--“Universal-Free School Breakfast Program Evaluation Design Project. Review of the Literature on Breakfast and Learning. Final Report.” Mathematica Policy Research 1999

Lower Rates Of Tardiness

Schools with increased participation in school breakfast programs had their proportion of **children chronically tardy decreased by 67%**.

-- “Evaluation of a Universally-Free School Breakfast Program Demonstration Project, Central Falls, Rhode Island,” Tufts University, 1996

SB6 Short-Term Effects

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BETTER HEALTH

Better Health

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Lower Obesity Rates

Girls from “food insecure” households are **significantly less likely to become overweight** (68 percent) if they participate in school lunch and breakfast programs.

-- “Lower Risk of Overweight in School-aged Food Insecure Girls Who Participate in Food Assistance: Results from the Panel Study of Income Dynamics Child Development Supplement.” Archives of Pediatric and Adolescent Medicine 2003.

More Physically Active

Students who ate breakfast daily were **more likely to participate in physical activity** three or more times a week than breakfast skippers.

--“Smoking, Physical Activity and Breakfast Consumption among Secondary School Students in a Southwestern Ontario Community.” Canadian Journal of Public Health 2003

Better Health

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Alaskan Obesity

25.4% of Alaskans are currently considered “obese.”

-- America's Health Rankings 2010

The High Cost Of Obesity

Recent studies project that, if our national weight problem continues as it has been, obesity will cost the USA about **\$344 billion in medical-related expenses by 2018**, eating up about 21% of health-care spending.

-- USA Today, 11/17/09

School Meals Legislation

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THE PROPOSAL

State Supplement to Federal Funding

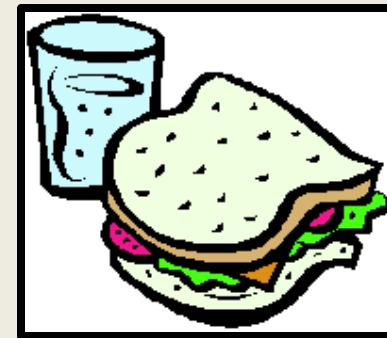
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Breakfast



\$0.35

Lunch



\$0.15

Examples of Support

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Schools

- Cordova School District
- Kenai Peninsula School District
- Chugach School District
- Yupiit School District
- Petersburg City Schools
- Lower Kuskokwim School District

School Boards

- Anchorage School Board
- Fairbanks School Board
- Yakutat Board of Education
- Association of Alaska School Boards

Assistance Groups

- Alaska Food Coalition
- Food Bank of Alaska
- Alaska School Nutrition Association
- AARP

School Meals Legislation

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THE BOTTOM LINE



Senate Bill 6 is a **solid investment** in Alaska's future, providing both short-term and long-term payoffs for Alaska's students.



We spend a great deal of money on education in Alaska. This comparatively small investment will help our students **reap the maximum benefits** from our schools.



By setting our kids up for success now, we may be **able to avoid costly problems** in the future.

This concludes our
presentation for
Senate Bill 6.

Thank you.

