

Study examines which schoolchildren are most likely to skip breakfast

6 March 2019



percent, respectively.

More information: Konstantinos D. Tambalis et al, Breakfast skipping in Greek schoolchildren connected to an unhealthy lifestyle profile. Results from the National Action for Children's Health program, *Nutrition & Dietetics* (2019). [DOI: 10.1111/1747-0080.12522](https://doi.org/10.1111/1747-0080.12522)

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Skipping breakfast was common in an observational study of schoolchildren in Greece, and children who skipped breakfast tended to have an unhealthy lifestyle profile. The *Nutrition & Dietetics* findings may be useful for developing policies designed to increase breakfast consumption in children.

In the study of 177,091 Greek children aged eight to 17 years old, almost one in four schoolchildren (22.4 percent of boys and 23.1 percent of girls) skipped [breakfast](#). Characteristics associated with skipping breakfast were being female, being older, being overweight/obese, having a poorer diet, getting inadequate physical activity, having insufficient sleep, and having increased [screen time](#).

After adjustments for several confounding factors, poor dietary habits, insufficient sleep (less than eight hours), and increased screen time (more than two hours) increased the odds for skipping breakfast by 80 percent, 23 percent, and 22.5

APA citation: Study examines which schoolchildren are most likely to skip breakfast (2019, March 6)
retrieved 18 October 2019 from <https://medicalxpress.com/news/2019-03-schoolchildren-breakfast.html>

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