

Research Rundown

Article

A Group Randomized Intervention Trial Increases Participation in the School Breakfast Program in 16 Rural High Schools in Minnesota

What did this study examine?

This article evaluated an environmental school-based intervention implemented over a 12-month period to increase School Breakfast Program (SBP) participation in 16 Minnesota high schools.

What intervention did this study implement?

The school-based intervention included two key components over a 12-month period:

- 1 Increasing student access to school breakfast by changing school breakfast service practices, and expanding breakfast service times.
- 2 Promoting school breakfast through student-directed marketing campaigns.

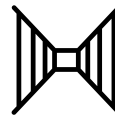
How was the intervention implemented?



A School Breakfast Expansion Team was created at each school to monitor intervention progress.



Schools were encouraged to provide grab-n-go breakfast carts outside the cafeteria.



A change in policy to allow students to eat breakfast in the hallways or in the classroom was encouraged.



Students in each school worked with a marketing firm to develop and execute a school-specific marketing campaign.

Key Findings:

The percentage of students participating in the SBP on a typical day increased by about **10.3%** in the span of one school year in intervention schools.



Among the intervention schools, the change in mean SBP participation ranged from **-0.8%** to **24.8%** in the years following the intervention.

Put it into practice!

- Aim to administer alternative breakfast models in your schools. Examples of alternative models include:
 - Grab-n-go menu breakfast service outside of the cafeteria setting
 - Second chance breakfast (breakfast served both before school and between first and second periods)
- Promote school breakfast through student and/or staff-directed marketing campaigns. Effective avenues include: Faculty/staff meetings, school website/newsletter, school announcements, and social media
- Boost your school breakfast program by celebrating National School Breakfast Week (NSBW). Take off with school breakfast and learn more about NSBW [here!](#)

Reference:

Nanney MS, Leduc R, Hearst M, et al. A Group Randomized Intervention Trial Increases Participation in the School Breakfast Program in 16 Rural High Schools in Minnesota. *J Acad Nutr Diet.* 2019;119(6):915-922. doi:10.1016/j.jand.2018.12.007



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