

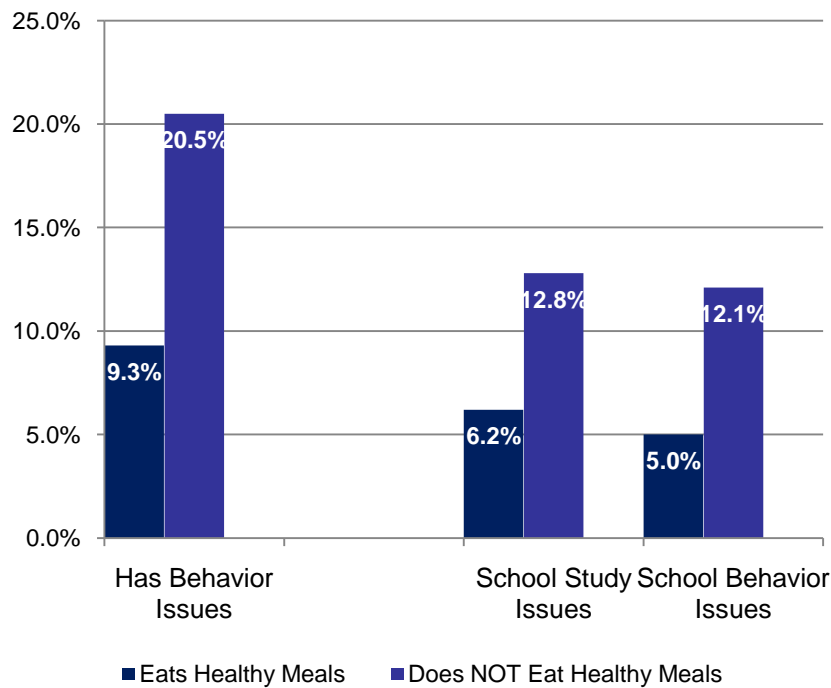
Does "eating healthy meals" affect children's behavior?

Denton, Hood, Johnson, Parker, Tarrant and Wise Counties, Texas

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Eating healthy meals builds strong bodies, but do healthy meals affect a child's behavior? CCHAPS asked 3,671 parents about the child eating healthy meals and then asked does this child have behavior issues? The parents were also asked about the child's behavior and study performance in school.



CONCLUSIONS:

Parents who report their child does not eat healthy meals are more than twice as likely to report that child has behavior issues and difficulty in school with study and behavior.

Eating healthy meals affects how children behave and their school performance.

Source: CCHAPS 2008 at www.cchaps.org accessed March 2010.
CCHAPS is a random household survey reporting responses from 7,439 families with a child aged 0 – 14

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