









Mar. 15

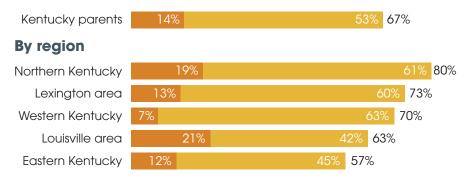
Parents: more school lunches should be made from scratch

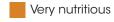
The Centers for Disease Control and Prevention (CDC) says that children and adolescents who eat a healthy diet have a reduced risk of heart disease, high blood pressure, diabetes, osteoporosis and several types of cancer. A nutritious diet can help students maintain a healthy body weight and develop healthy behaviors.

Schools play a major role in feeding America's children. Approximately 95% of public schools participate in the National School Lunch Program. In 2013, 532,791 Kentucky children participated in the program.²

The 2014 **Kentucky Health Issues Poll** (KHIP) asked Kentucky adults with children living in their household about school lunches. For this report, "parents" are adult respondents with school-aged (kindergarten through 12th grade) children living in their household.³

Percentage of parents who describe lunches served in their child's school as very nutritious or somewhat nutritious





6 in 10 Kentucky parents say school lunches are nutritious

More than 6 in 10 Kentucky parents (67%) said their oldest child's school lunch is very nutritious or somewhat nutritious.⁴ Only 23% said their child's lunch is not that nutritious or not nutritious at all. However, responses varied across the state.

Parents in Northern Kentucky (80%), the Lexington area (73%) and Western Kentucky (70%) were more likely to say their child's lunch is very nutritious

⁴ KHIP asked, "Thinking about the oldest child in your household ... generally speaking, how would you describe the lunches served in the school your oldest child attends?" Somewhat nutritious

or somewhat nutritious. Parents in the Louisville area (63%) and Eastern Kentucky (57%) were less likely to say this.

7 in 10 think schools should offer more food made from scratch

Some schools serve fresh whole foods cooked from scratch. About 7 in 10 Kentucky parents (69%) said their child's school should offer more lunch options made from scratch.⁵ Only 20% said that

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These findings unless otherwise noted are from the Kentucky Health Issues Poll, funded by the Foundation for a Healthy Kentucky and Interact for Health. The Kentucky Health Issues Poll was conducted Oct. 8-Nov. 6, 2014, by the Institute for Policy Research at the University of Cincinnati. A random sample of 1,597 adults from throughout Kentucky was interviewed by telephone. This included 1,086 landline interviews and 511 cell phone interviews with cell phone users. In 95 of 100 cases, the statewide estimates will be accurate to ± 2.5%. There are other sources of variation inherent in public opinion studies, such as non-response, question wording, or context effects that can introduce error or bias. For more information about the Kentucky Health Issues Poll, please visit www.healthy-ky.org or www.interactforhealth.org/kentucky-health-issues-poll.

¹ www.cdc.gov/healthyyouth/nutrition/facts.htm

² www.fns.usda.gov/pd/child-nutrition-tables

³ Respondents were asked only about the school lunch of their oldest child younger than 18 who currently lives in their household and is enrolled in kindergarten through 12th grade. This is approximately 25% of all KHIP respondents. The margin of error for the "parents" subgroup is ±4.7.

⁵ KHIP asked, "Do you think ... your oldest child's school offers enough lunch options made from scratch or your oldest child's school should offer more lunch options that are made from scratch?"

their child's school offers enough lunch options made from scratch.

Opinions about scratch-made lunch options varied across the state. A large majority of Eastern Kentucky parents (82%) Percentage of parents who say their child's school should offer more said their child's school should lunch options made from scratch offer more lunch options made Northern 61% Lexington from scratch. More than 6 in Kentucky area 64% 10 parents in Western Kentucky Louisville (66%), the Lexington area (64%), area Northern Kentucky (61%) and 61% the Louisville area (61%) said their child's Eastern school should Kentucky Western Kentucky 82% offer more lunch 66% options made from scratch. Kentucky parents Eastern Kentucky Western Kentucky Lexington area Louisville area Northern Kentucky