



Parents: more school lunches should be made from scratch

The Centers for Disease Control and Prevention (CDC) says young people who eat a healthy diet have a reduced risk of heart disease, high blood pressure, diabetes, osteoporosis and several types of cancer.¹ A nutritious diet can help students maintain a healthy body weight and develop healthy eating behaviors.

Schools play a major role in feeding America's children. About 95% of public schools participate in the National School Lunch Program. In 2014, 1,051,279 Ohio children participated in the program.²

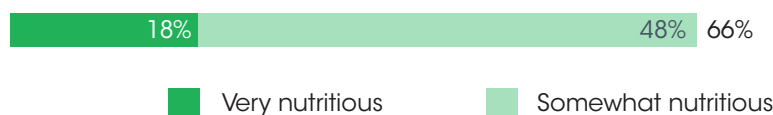
The **2015 Ohio Health Issues Poll (OHIP)** asked Ohio adults with children living in their household about school lunches. For this summary, "parents" are adult respondents with school-aged (kindergarten through 12th grade) children living in their household.³

¹ U.S. Centers for Disease Control and Prevention. Nutrition and the Health of Young People. August 2015. Retrieved from <http://1.usa.gov/1LBVJgU>.

² U.S. Department of Agriculture, Food and Nutrition Service. Child Nutrition Tables. State Level Tables: FY 2010-2014. Retrieved from <http://1.usa.gov/1lvBJNu>.

³ Respondents were asked only about the school lunch of their oldest child younger than 18 years old who currently lives in their household and is enrolled in kindergarten through 12th grade. This is approximately 25% of all OHIP respondents. The margin of error for the "parents" subgroup is ±6.8%

Thinking about the oldest child in your household ... generally speaking, how would you describe the lunches served in the school your oldest child attends?



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?



Majority of Ohio parents say school lunches nutritious

A majority of Ohio parents (66%) said their oldest child's school lunch is very nutritious (18%) or somewhat nutritious (48%). About 3 in 10 Ohio parents (28%) said their child's lunch is not that nutritious (18%) or not nutritious at all (10%).

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

Some schools serve fresh whole foods cooked from scratch as an alternative to processed or pre-packaged foods. About 7 in 10 Ohio parents (71%) said their child's school should offer more lunch options made from scratch. Only 2 in 10 Ohio parents (20%) said that their child's school offers enough lunch options made from scratch.

These findings unless otherwise noted are from Interact for Health's Ohio Health Issues Poll (OHIP) conducted July 15-28, 2015, by the Institute for Policy Research at the University of Cincinnati. A random sample of 811 adults throughout Ohio was interviewed by telephone. This included 448 landline telephone interviews and 363 cell phone interviews. In 95 of 100 cases, statewide estimates will be accurate to ±3.4%. 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 OHIP, please visit www.interactforhealth.org/ohio-health-issues-poll. If you have questions about the data in this document, please contact Jennifer Chubinski, Director of Community Research, at 513-458-6608 or jchubinski@interactforhealth.org.