

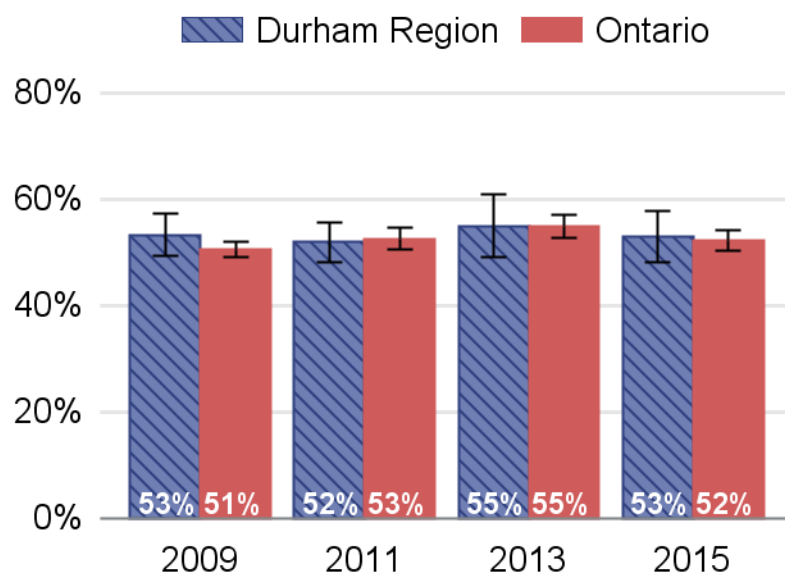
Trends In: Breakfast Consumption (December 2016)

Public Health Monitoring of Risk Factors in Ontario (PMO)

Collaboration with Durham Region Health Department and the Centre for Addiction and Mental Health (CAMH)

Indicator description: Percent eating breakfast on all five school days.

Figure 1. Breakfast Consumption, students grades 7-12, 2009-2015



Key Findings

- In 2015, 53% of Durham Region students ate breakfast on all five school days, representing approximately 28,650 students.
- From 2013 to 2015, there was no significant difference in the rate of breakfast consumption in Durham Region students.
- Since 2009, there was no significant difference in the rate of breakfast consumption among Durham Region students.
- There was no statistical difference in the trend of breakfast consumption between Durham Region and the rest of Ontario.

Table 1. Trend Analysis, 2009-2015 (percent and 95% confidence interval)

2009	2011	2013	2015	Recent Trend 2013-2015	Overall Trend	Durham Region vs. Ontario Trend
53 (49-57)	52 (48-56)	55 (49-61)	53 (48-58)	No difference	No difference	Not different

C: Interpret with caution as coefficient of variation (CV) is between 16.6% and 33.3% inclusive

The Ontario Student Drug Use and Health Survey (OSDUHS)

The OSDUHS is an Ontario-wide survey, conducted every 2 years, targeting students in grades 7-12, enrolled in Ontario's publicly funded school systems (English language public, English language Catholic, French language public, and French language Catholic). Oversampling in Durham Region's local publicly funded schools has occurred since 2008. The OSDUHS monitors awareness and use of alcohol, tobacco, other drugs, and the mental and physical well-being of Ontario students. For a detailed description of the OSDUHS, visit the [Centre for Addiction and Mental Health website](#).

Analysis Notes

Analysis was conducted using SAS software version 9.4. The recent trend, overall trend, and the difference in the trend between Durham Region and the rest of Ontario were estimated using logistic regression (see Table 1). Recent trend refers to the change in the indicator from the previous survey and is identified in the table as either an increase, decrease, or no difference. Overall trend refers to the presence of a consistent change in the indicator across all years and is identified in the table as increasing, decreasing, or no difference. Durham Region verses Ontario trend refers to a difference in the slope of the trend for Durham Region compared with the rest of Ontario and is identified in the table as different or not different. In Figure 1, error bars depict the 95% confidence interval of the estimate, indicating that the true or actual percentage falls within the range of the confidence interval 95 out of 100 times. All analyses utilized a significance level of $\alpha = 0.05$.

Acknowledgement

The data used in this publication came from the OSDUHS conducted by the Centre for Addiction and Mental Health (CAMH) and administered by the Institute for Social Research, York University. Its contents and interpretation are solely the responsibility of the author and do not necessarily represent the official view of the CAMH.

Contact Information

For more information, visit the [Durham Region Health Department website](#), or call 1-800-841-2729 or 905-666-6241.