

The Impact of Breakfast Consumption on Energy Levels of Baruch Students



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Introduction

Across CUNY campuses, food insecurity is a problem that influences the lives of many students. Food insecurity is defined by the lack of access to adequate food in terms of both quantity and quality. In New York City, 12.2% of residents suffer from food insecurity, which is cause for concern considering that 11.1% if households nationwide are food insecure (Greene 1087).

In our research, we found that there was a gap in food consumption knowledge in college students, as most of the research we found has mainly been conducted in elementary school children. With consideration to this issue, our group wanted to dive deeper into how consumption of food impacts college students in New York City, specifically at Baruch College.

Hypothesis

We hypothesized that breakfast consumption does impact the energy level of Baruch students.



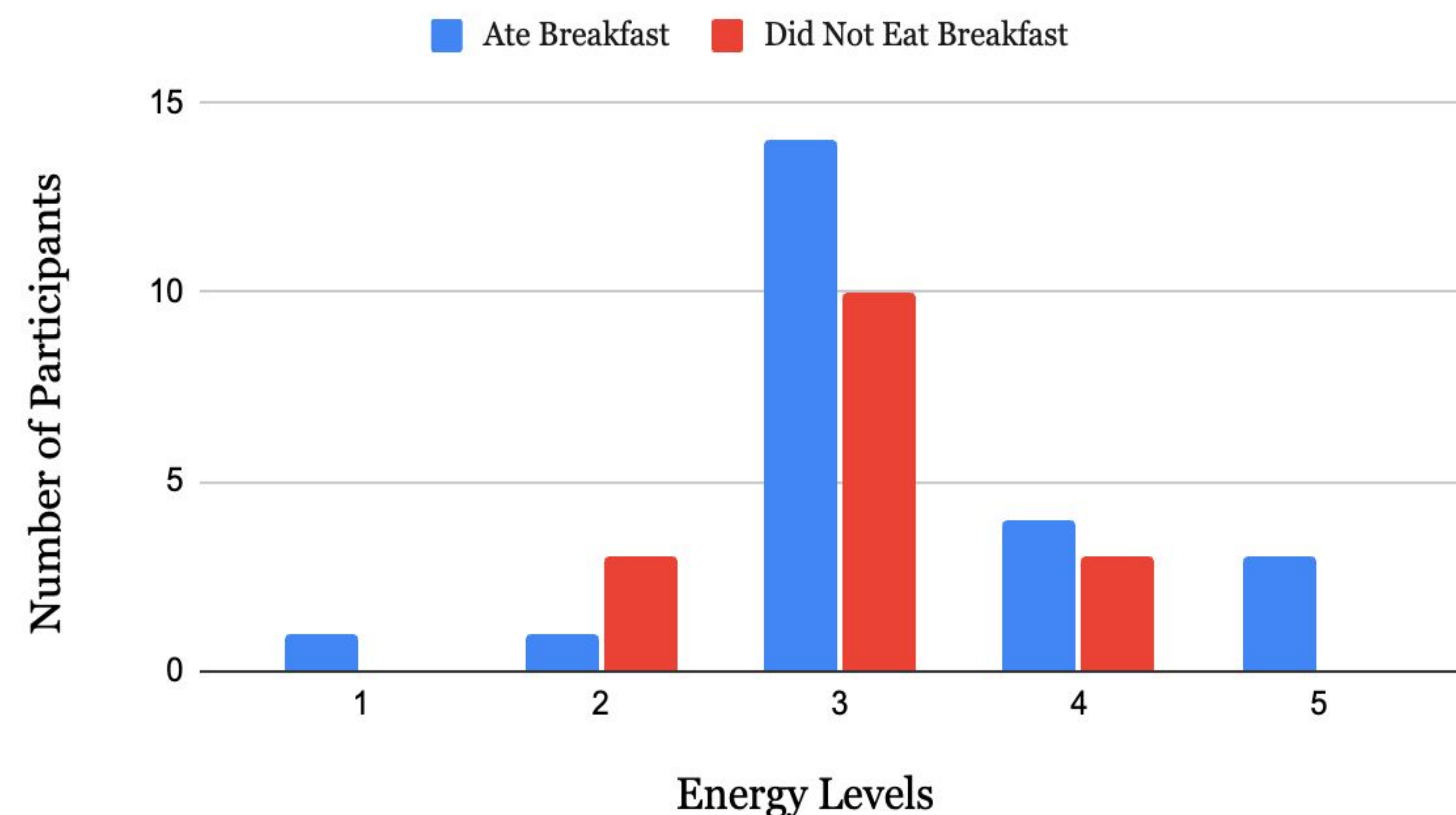
Methods

We surveyed 46 Baruch College Students about their breakfast habits. The survey consisted of 4 questions: 1 - Whether they had breakfast that day if they did, 2 - what was the type of breakfast, 3 - if not why, and 4 - how would they rate their energy/productivity level that day from a scale of one to five? The results were organized using descriptive statistics, inputting the level of energy of each participant from the “yes breakfast” and “no breakfast” groups. This created a histogram that compares the energy levels from each group to see if eating breakfast increases energy. We conducted a t-stat test to examine the relationship between breakfast consumption and energy levels.

Results

The results showed a non-significant finding ($p = 0.26$), indicating no difference between the groups. For the “Ate Breakfast” group the results indicated (M: 3.3, SD: .96), and for the “Did Not Eat Breakfast” group the results indicated (M: 3 SD: .63) The calculated t-value of 1.25 is below the critical value of 2.026, signifying a lack of significant difference between the test groups.

Energy Level Based on Breakfast Consumption



Conclusion

Our findings suggest that eating breakfast in the morning does not affect Baruch students' energy levels, which doesn't reject our null hypothesis. Based on previous studies (Sue et al., 2012) it is proven that breakfast can improve your lifestyle, but our study shows otherwise. We believe that, our study is flawed and one suggestion for future research would be focusing on a specific type of breakfast.

Future Research

Other research that could be studied to correlate eating habits and energy levels, is a longitudinal study of how students' performance throughout the semester is influenced by the amount of calories they eat throughout the day. This could provide an understanding of students' eating habits, and how students should be more aware of what they eat. Additionally, another study that should be further investigated is how different types of breakfast, such as carbohydrates, high-fiber, and protein-riched, foods affect students' performance throughout the day.

Works Cited

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