Resource List for Health and Achievement

This document includes resources and websites that address the connection between health and achievement. For additional resource lists related to nutrition and healthy school environments, visit the CSDE's Resources for Child Nutrition Programs webpage.

The inclusion of commercial websites is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

About School Nutrition (Centers for Disease Control and Prevention):
https://www.cdc.gov/school-nutrition/about/index.html

Better Academic Performance: Is Nutrition the Missing Link? (Today's Dietitian):
https://www.todaysdietitian.com/better-academic-performance-is-nutrition-the-missing-link/

Dietary Behaviors and Academic Grades (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthy-schools/health-academics/diet-grades.html

Health & Academics Publications & Resources (Centers for Disease Control and Prevention):
https://archive.cdc.gov/www_cdc_gov/healthyschools/health_and_academics/publications.htm

Health and Academic Achievement (Centers for Disease Control and Prevention):
https://stacks.cdc.gov/view/cdc/25627

Health and Academics (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthy-schools/health-academics/index.html

Health Disparities (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthy-youth/health-disparities/index.html

Healthy Kids, Successful Student, Stronger Communities: Improving Academic Achievement through Healthy Eating and Physical Activity (Centers for Disease Control and Prevention):
https://archive.cdc.gov/www_cdc_gov/healthyschools/health_and_academics/pdf/2014_8_29_health-academics_508tagged_1733161124.pdf

Improving School-Based Health and Education Policies: Empowering Students for Success (Centers for Disease Control and Prevention):
https://stacks.cdc.gov/view/cdc/60025

Increasing Breakfast Participation to Improve Student Health (Food Research & Action Center):
https://frac.org/research/resource-library/increasing-breakfast-participation-improve-student-health

Resource List for Health and Achievement

Is there an association between dietary intake and academic achievement: A systematic review (Burrows et al., Journal of Human Health and Dietetics, September 2016): https://onlinelibrary.wiley.com/doi/10.1111/jhn.12407

Nutrition items regulated by school nutrition policies in the USA and academic performance: a review of the non-policy literature (Miller et al, Public Health Nutrition, April 2026): https://pubmed.ncbi.nlm.nih.gov/42059181/

Other Health Behaviors and Academic Grades (Centers for Disease Control and Prevention): https://www.cdc.gov/healthy-schools/health-academics/other-behavior-and-grades.html

Physical Activity and Sedentary Behaviors and Academic Grades(Centers for Disease Control and Prevention): https://www.cdc.gov/healthy-schools/health-academics/sedentary-grades.html

Quality Health Education (Centers for Disease Control and Prevention): https://www.cdc.gov/healthy-youth/what-works-in-schools/quality-health-education.html

Research Brief: Breakfast for Learning (Food Research & Action Center) https://frac.org/wp-content/uploads/breakfastforlearning-1.pdf

The Association Between School-Based Physical Activity, including Physical Education and Academic Performance (Centers for Disease Control and Prevention): https://archive.cdc.gov/www_cdc_gov/healthyschools/pecat/pa-pe_paper.pdf

The Learning Connection Report (Action for Healthy Kids): https://actionforhealthykids.org/the-learning-connection/

The Learning Connection: What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn (Action for Healthy Kids): https://actionforhealthykids.org/wp-content/uploads/2019/05/learning-connection-2013.pdf

Universal School Meals and Associations with Student Participation, Attendance, Academic Performance, Diet Quality, Food Security, and Body Mass Index: A Systematic Review (Schwartz et al., Nutrients, March 2021): https://pmc.ncbi.nlm.nih.gov/articles/PMC8000006

Why Education Matters to Health: Exploring the Causes (Virginia Commonwealth University) https://societyhealth.vcu.edu/work/the-projects/why-education-matters-to-health-exploring-the-causes.html

Resource List for Health and Achievement

For more information, visit the CSDE's School Wellness Policies webpage or contact the child nutrition staff at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/resources/resources_health_achievement.pdf.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.

CONNECTICUT
Education

Resource List for Health and Achievement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.