

[4] Summary of results and conclusions

4.1 Overview of Findings on Children's Health, Behaviour and Academic Performance

This survey, the largest ever in Britain, found that more than one in three children in the survey had problems behaving and performing academically and there was a strong correlation between poor eating habits and poor behaviour and academic performance. On the positive side a number of key foods appear to have a substantially beneficial effect on both behaviour and academic performance.

- 6-10 year-olds have the worst behaviour ratings by parents
- Overall health declines from age 6-10 years onwards. 22% of 16+ year old are rated as in very good health, compared to 38% of 6-10 year-olds
- Almost half (45%) of children frequently or always crave sweet foods
- 44% frequently or always have poor attention or lose concentration
- 39% have poor memory
- 37% have frequent mood swings or tantrums
- The average child's SAT score was 2.97.

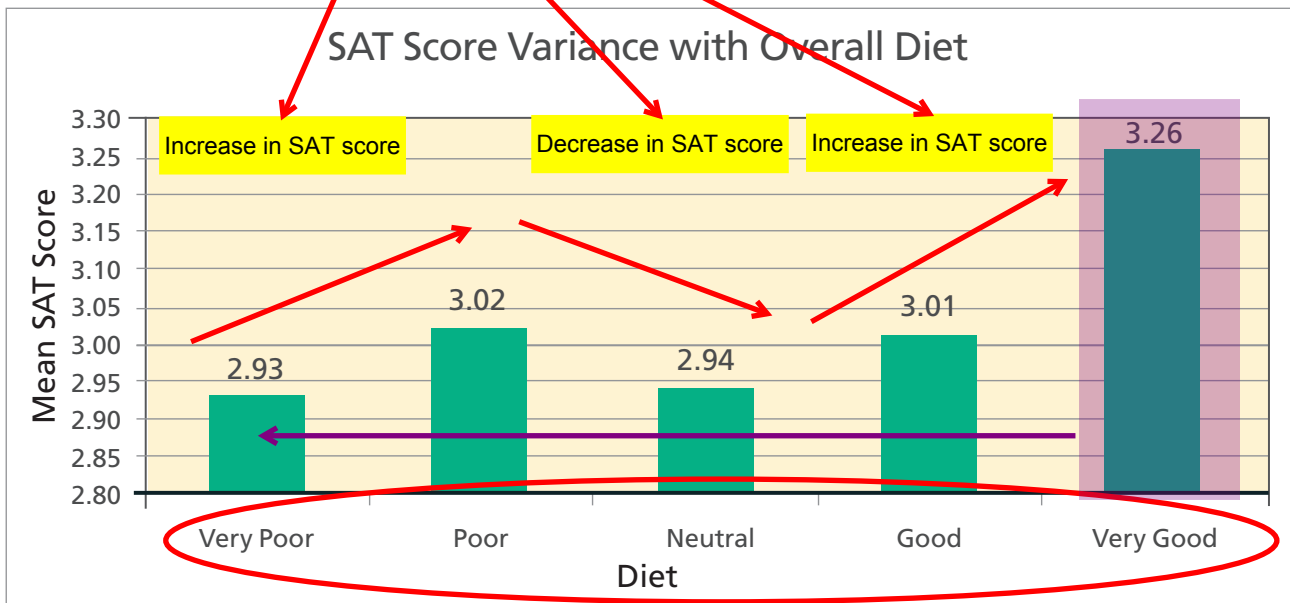
Since the average SAT score in the sample is well below the Government's target of 4+ as well as the national average, it is possible that the differences observed in their behaviour and performance may be more marked than that of the average child.

4.2 Correlations between Food Groups and Overall Health, Behaviour and Academic Performance

4.2.1 SAT Scores and Diet

There was a direct and consistent increase in SAT scores with improving overall diet, showing that children with 'very good' diets have mean SAT scores that are 11% ($p < 0.05$) than children with 'poor' diets.

The specific food groups that were most strongly associated with positive and negative associations with SAT scores are shown in the chart below. These variances were all statistically significant ($p < 0.001$ or $p < 0.05$).



Neither the criteria nor sample sizes are given for these diet categories