

Mott Poll Questions



Breakfast

The following questions were answered by parents with children age 6-12 years old.

Q1. On a typical school day, where does your [x]-year-old child eat breakfast?

1. Home
2. On the way to school
3. At school
4. Doesn't usually eat breakfast

Q2. How much time does your [x]-year-old child have to eat breakfast?

1. 15 minutes or less
2. 15-25 minutes
3. 30 minutes or more

[If Q1 = 1]

Q3. Who else eats breakfast with your [x]-year-old child?

1. Parent
2. Sibling
3. Other adult (babysitter, grandparent)
4. No one

[If Q1 = 1 or 2]

Q4. Who usually decides what your [x]-year-old child will eat for breakfast?

1. Child
2. Parent or other adult (babysitter, grandparent)

[If Q1 = 1 or 2]

Q5. In deciding what breakfast foods to buy/offer your [x]-year-old child, how important are the following?

	Very important	Somewhat important	Not important
a. Easy for child to fix themselves			
b. Quick and convenient			
c. Something that child likes			

[If Q1 = 1 or 2]

Q6. When buying breakfast cereal for your [x]-year-old child, what factors determine which type you choose? *Select all that apply.*

1. Nutritional content (e.g., protein, fiber)
2. Calories / added sugar
3. Artificial coloring
4. Child's preference
5. Cost
6. Other
7. Child does not eat cereal

[If Q1 = 1, 2, or 3]

Q7. In a typical school week, how often does your [x]-year-old child's breakfast include the following?

	Most (4-5) days per week	Some (2-3) days per week	Few (0-1) days per week
a. Protein (e.g., eggs, yogurt, sausage, peanut butter)			
b. Fiber (e.g., oats, whole-grain bread, beans)			
c. Whole/cut fruit (not juice)			
d. Low in added sugar			

[If Q1 = 1, 2, or 3]

Q8. What gets in the way of your [x]-year-old child eating a healthy breakfast? *Select all that apply.*

1. Not enough time
2. Child is slow / grumpy in the morning
3. Child is distracted by TV / screen time
4. Child is a picky eater
5. Parent too busy to supervise
6. Other
7. None of the above

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**C.S. Mott Children's Hospital
National Poll on Children's Health**

Co-Director: Sarah J. Clark, MPH
Co-Director: Susan J. Woolford, MD, MPH
Poll Manager: Sara L. Schultz, MPS
Data Analyst: Acham Gebremariam, MS
Student Research Assistant: Leah Beel
Contact: <https://mottpoll.org>
X: @CSMottPoll