Healthy Living Lab: Public Engagement

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Upstream Engagement

• Public is viewed as a research collaborator or scientific citizen (Irwin, 2001)
• Dialogue between non-expert public groups and academic experts
• Sharing with and learning from non-expert public groups
Conference Guide

School and Community Breakfast Clubs: Breakfast on a Plate... Delivery to Impact
8th & 9th November 2010

Northumbria University is co-hosting an event aimed at boosting awareness into ‘The most important meal of the day.’

The inaugural Knowledge Exchange Conference on school and community breakfast clubs is a joint venture organised by Northumbria University, Kellogg’s, and leading education charity ContinYou.

This knowledge exchange conference entitled: School and Community Breakfast Club: Breakfast on a plate -- Delivery to Impact, aims to develop ways to improve communication and co-ordination between breakfast club organisations, supporting organisations, nutritionists, academics and user groups.

The event will feature a keynote address from Rt. Hon Anne Milton Parliamentary Under-Secretary of State for Public Health who will address the summit via a specially pre-recorded message.

The conference will also feature exhibitions from Kellogg’s, ContinYou, School Food Trust, Food for Life Partnerships and many more.

Event co-ordinator, Dr. Greta Defeyter, from Northumbria’s School of Life Sciences, explained: “Over the last decade there has been a substantial rise in the number of school and community breakfast clubs in the UK and these have brought significant benefits to children’s health and education.”

“However, these clubs are disparate and there is a lack of cohesion. This knowledge exchange event will enable academics, head teachers, policymakers, and charities to share knowledge and discuss challenges facing breakfast clubs.”

The event will feature facilitated discussions which will cover the social and economic impact of school breakfast clubs; children’s nutrition and food choices, the effect of breakfast club attendance on cognitive and academic performance, and the latest political and economic thinking on the sustainability of breakfast clubs.

Northumbria University has a strong research group investigating the impact of breakfast and breakfast club attendance on children’s educational performance, nutrition, social behaviours, and community cohesion. The group has presented their findings at the Westminster Education Forum and Westminster Food and Nutrition Forum and major international conferences. Dr. Defeyter’s group has collaborated with Kellogg’s and ContinYou, who between them have funded over 500 breakfast clubs in the UK.”
THE IMPACT OF PRIMARY SCHOOL BREAKFAST CLUBS IN DEPRIVED AREAS OF LONDON

Key finding

Key Stage 2 results were better in primary schools in deprived areas of London one year after introducing breakfast clubs compared with the results of a comparable group of schools without breakfast clubs.

Overview

In February 2007, 13 primary schools with a breakfast club and 13 primary schools without a breakfast club, all in deprived areas of London, were recruited to take part in a study to determine the impact of breakfast clubs.

Key stage 2 average point scores for all schools were obtained from the Department for Education and Skills (now the Department for Education).

An in-depth qualitative interview was carried out at all schools. In schools with breakfast clubs, they were asked why they had started a breakfast club and the perceived benefits. In schools without breakfast clubs, they were asked their views about breakfast clubs and why they did not have one.

Remedies

- Approximately 31% of pupils on the school roll attended the breakfast clubs with 10% of pupils attending the breakfast club regularly (three or more days a week).
- Schools started breakfast clubs to address problems relating to children being hungry on arrival at school and by instilling healthy eating habits: lack of concentration, and poor behaviour or learning.
- Parents most likely to attend the breakfast clubs were those who had been working early because their parents needed to be at work or college.
- Average SB1 scores were minimally significantly higher by 0.72 points in the year after the introduction of a breakfast club compared with a non-significant 0.28 point increase in the control schools.
- Schools believe the benefits included improving children’s social skills, punctuality of children who were frequently late and health and concentration levels. Children were calmer, happier, and had fewer behaviour and learning issues, and were usually less often.
- Furthermore, the introduction of a breakfast club was seen to have a positive and measurable impact on other activities in the school.
- A separate study of the children showed that they were not starting the breakfast club because they were not going to provide them with breakfast, as this was the reason and responsibility of the family. These were also concerned about additional demands placed on staff, the cost of staffing, and the ability to maintain the programme effectively.

Conclusions

The present study shows the growing need of evidence that breakfast clubs help to improve educational achievement and well-being of children in deprived areas. It will require a larger study in more representative schools and with better assessments of potential confounding variables. The findings presented here and the role of local action are a significant step towards improving the educational outcomes and well-being of children in deprived areas.
• https://www.makewav.es/post/185152/title/frontstreetreportersatthebreakfastclubconference
Examples of Provision

www.makelunch.org.uk
51 clubs 12,000

http://accordgroup.org.uk/articles/444-
Holiday-learning-food-and-play-for-
families-who-need-it-most-

http://www.nechildpoverty.org.uk/
5 Ongoing projects

ASPE Snapshot
Survey Feb 2014, 120
responses in first 24
hours 72% stated
holiday hunger is an
issue in their area
(Defeyter & Graham,
2014)

North Ayrshire
88% =124 FSM
Why: We don’t do it for the money!
Brain Zone: Centre for Life, Newcastle upon Tyne
The ‘Be Full of B.E.A.N.S (Brain Energy Activity Nutrition Success)’ exhibition, is aimed at children and parents and is an opportunity for academics to share their research to the general public in a fun and accessible way. Advice is provided on how to increase fruit and vegetable intake, how to increase physical activity levels, as well as the importance of food and cognitive function.
INTRODUCTION

This event presents how breakfast programmes will continue delivering health, educational and social benefits to 26 schools across Denmark as part of the ongoing work of the Danish Food Bank in tackling food poverty and food waste in Denmark, together with its partners. The partnership with Kellogg's has created numerous breakfast programmes for children in low socio-economic status communities. This session will discuss the social and nutritional benefits of breakfast programmes as documented in numerous studies globally and how we can all make a valuable and ongoing contribution to the health and well-being of children across Europe.

@BreakfastForBetterDays

HOSTED BY

Christel Schaldemose, Member, European Parliament

MODERATOR

Greta Deleyrie, Associate Pro-Vice-Chancellor Strategic Planning and Engagement, Faculty of Health & Life Sciences, University of Northumbria

Christel Schaldemose is Member of the European Parliament since 2009 (S&D) and member of the Danish social democratic delegation. Within the Parliament she is a member of the Committee on Internal Market and Consumer Protection (IMCO) and the Committee on Environment, Public Health and Food Safety (ENVI). Previously she was Secretary General of the Danish Adult Education Council. Throughout her political work, she has engaged actively in consumer, food, health and sustainability related issues that benefit citizens.

Greta Deleyrie is a Professor of Enterprise within the Department of Psychology at Northumbria University, and is currently Director of Business and Employer Engagement and Director of Healthy Living. Her research focus is on child psychology, with past work areas including children’s understanding of property ownership and the effects of breakfast club attendance on social behaviour and cognition. An influential academic, Greta is a member of various committees including the All Party Parliamentary School Food Group, the North East of England Branch of EPS and the National Steering Group for Breakfast Clubs. Previously she has served as an advisor to the Westminster Health & Education Forum and presented a number of Parliamentary Papers both to the forum and the House of Lords.