

Northumbria Research Link

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Holiday Provision

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**Hungry
children
need your
help**



Hungry

Food Insecurity

- ‘The inability to acquire or consume an adequate quality or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so’ (Department of Health, 2005).
- Growing problem
- 93% parents skipped meals (Poverty & Social Exclusion: UK, 2013)



Malnutrition costs the UK £7.4 billion/year





- Research links hunger and educational performance (Alaimo et al., 2001; Frongillo et al., 2006, Winicki & Jemison, 2003).
- Recent research has investigated ‘Summer Learning Loss’
- 77% Head Teachers report concerns over Summer Learning Loss



Research Project

- Aims:
 - Evaluate the impact of Holiday Provision Clubs
 - Health, Social and Educational outcomes

Design:

Mixed methods approach (Self-report questionnaires and & focus groups)

- Food Diaries
- Parental Survey
- Food Insecurity Questionnaire

Data collected from parents and children

Ethical Approval for this project was granted from Northumbria University's Faculty of Health and Life Sciences Ethics Board.

Participating Clubs

- **Schools:**
- Ninian Park (Cardiff)

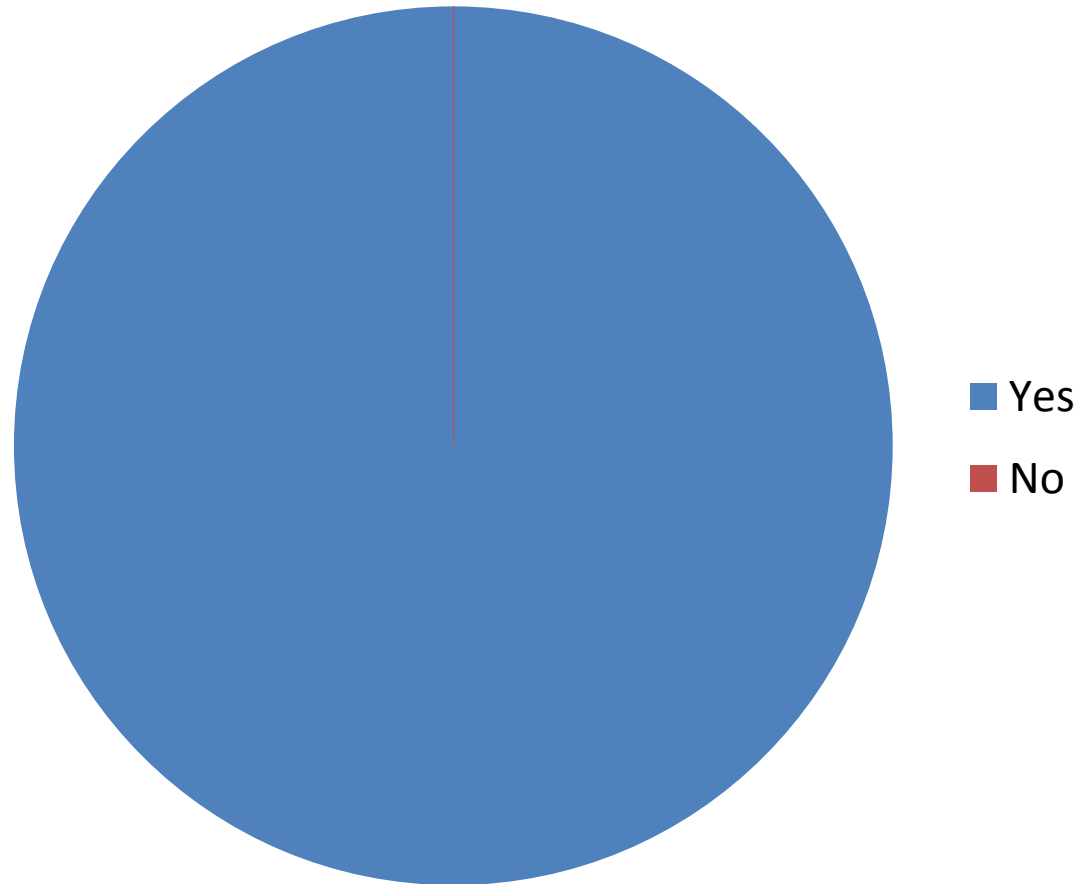
- **Church Clubs:**
- Ardrossan (Scotland)
- Thurrock (Essex)
- Royston (Hertfordshire)

Parental Survey

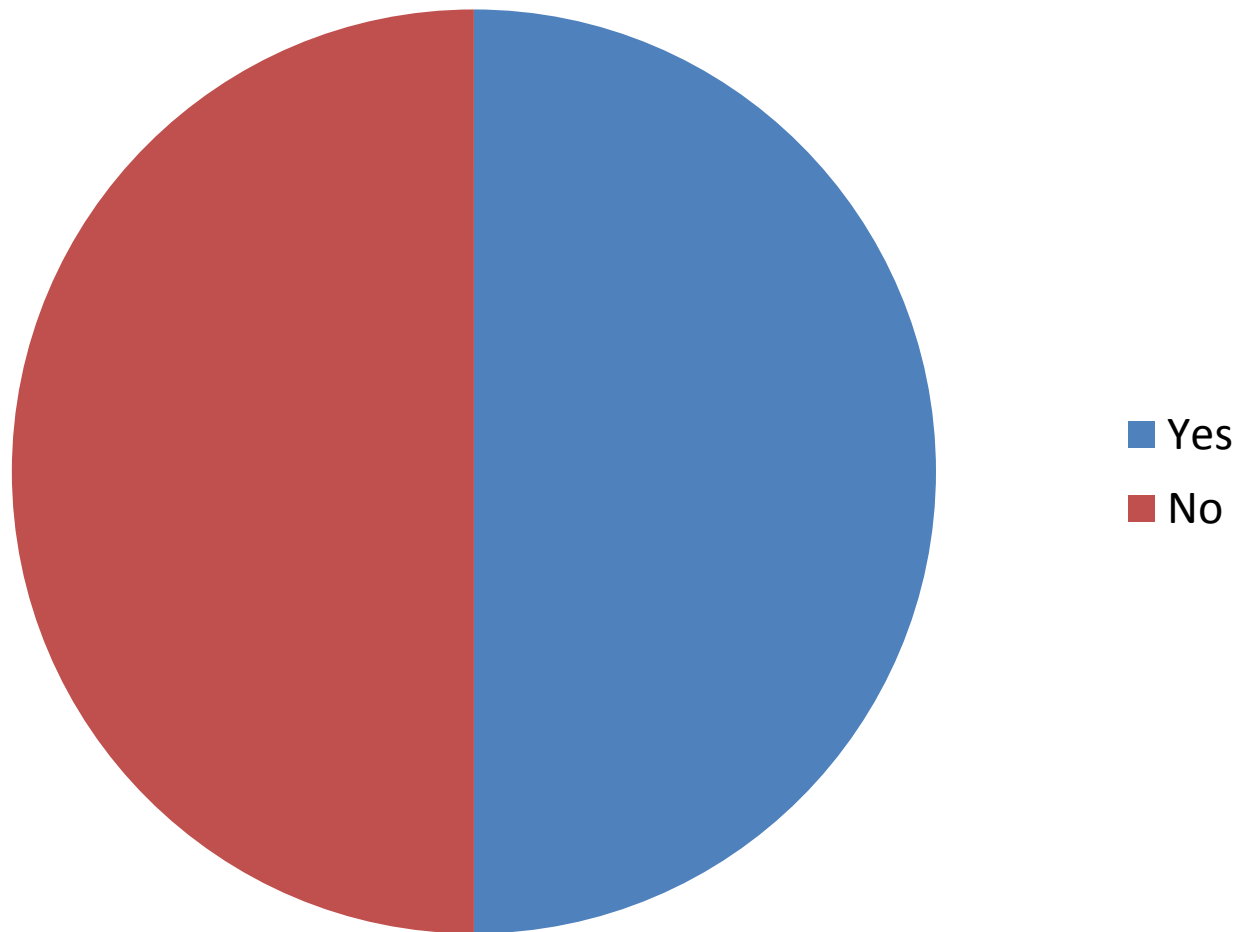
- Demographic data
- Employment status
- Food Insecurity
- Process Evaluation
- Provision
- Actual Need



Do parents of children who attend Holiday Club believe that the club improves food availability and access to food?

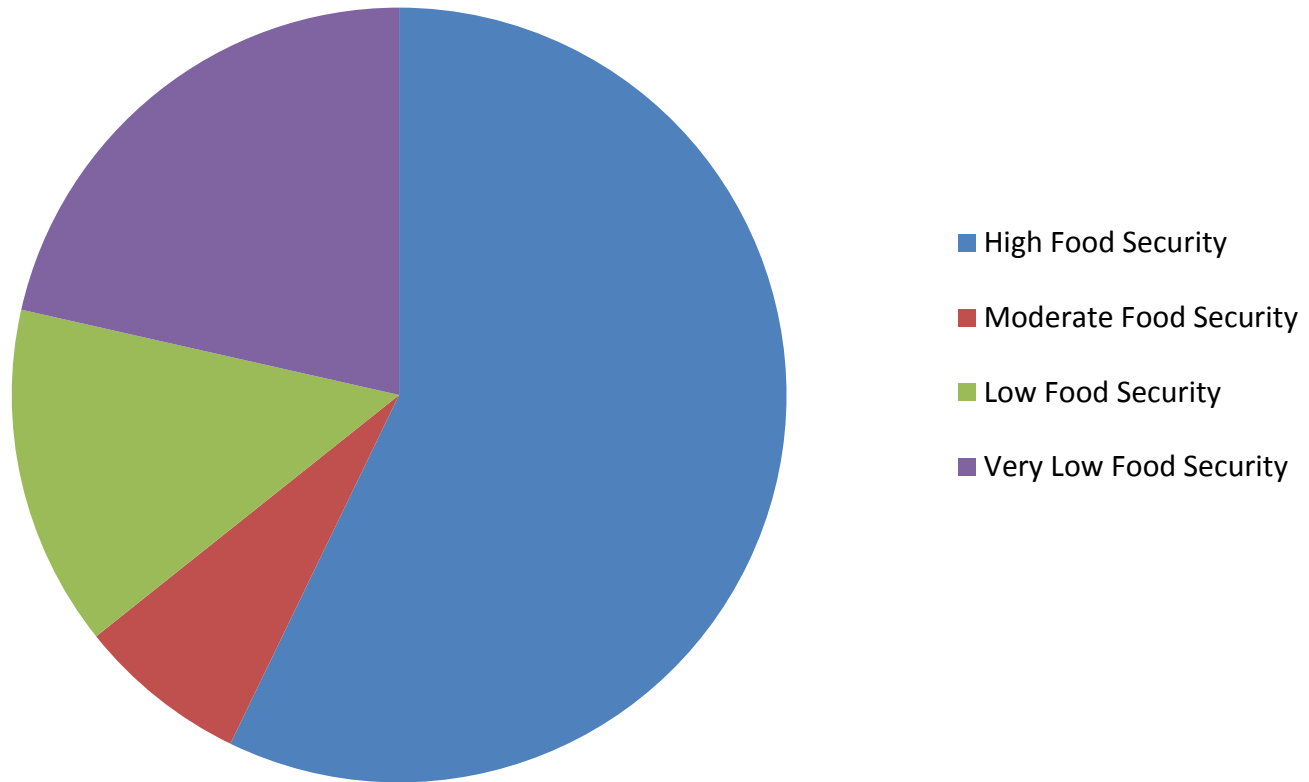


Do parents whose children attend Holiday Club skip fewer meals?



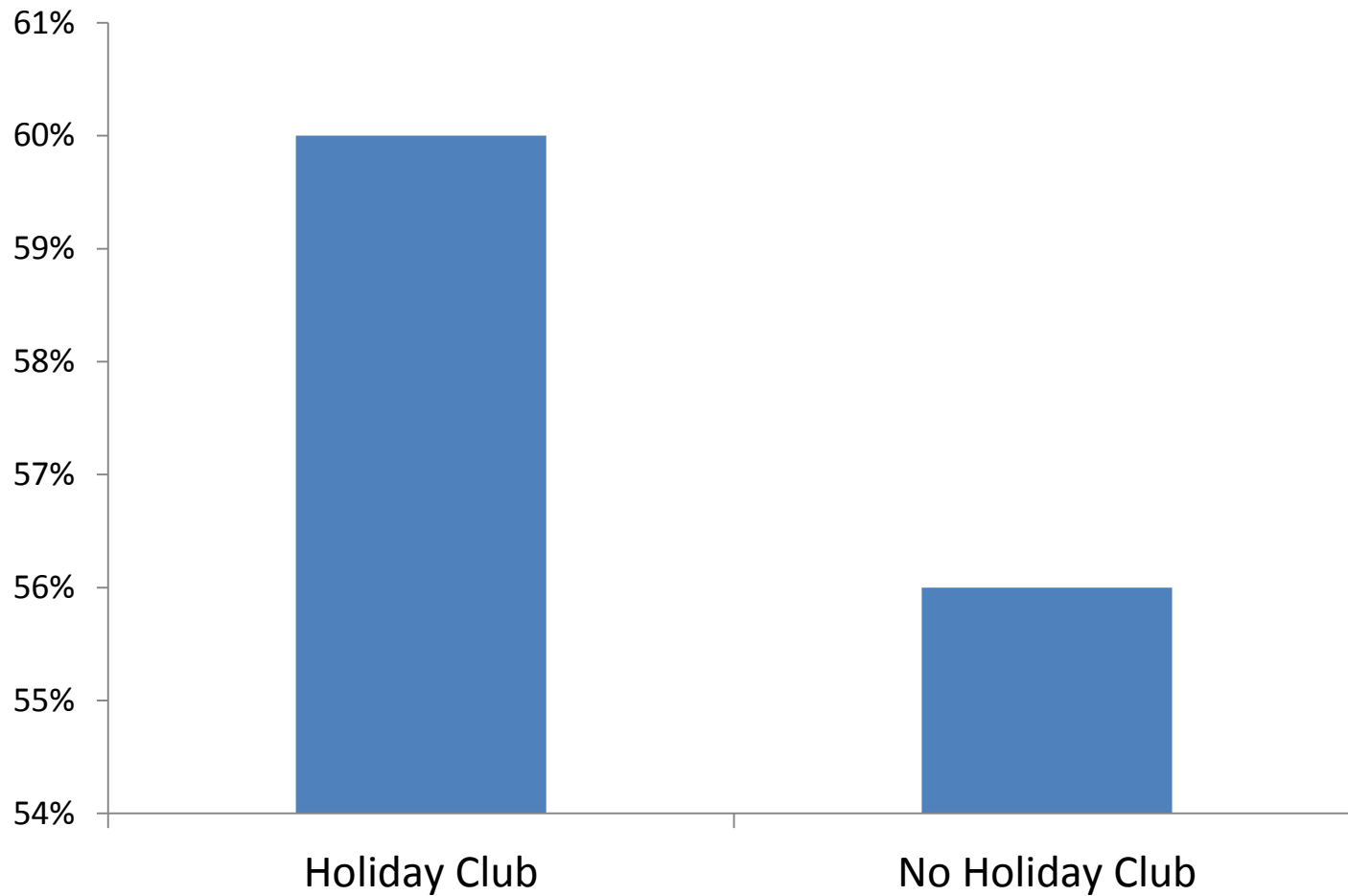
Incidence of Food Insecurity

Food security has been defined as “access at all times to sufficient, safe and nutritious food for an active and healthy life at affordable prices” (DEFRA, 2008; p. 2).

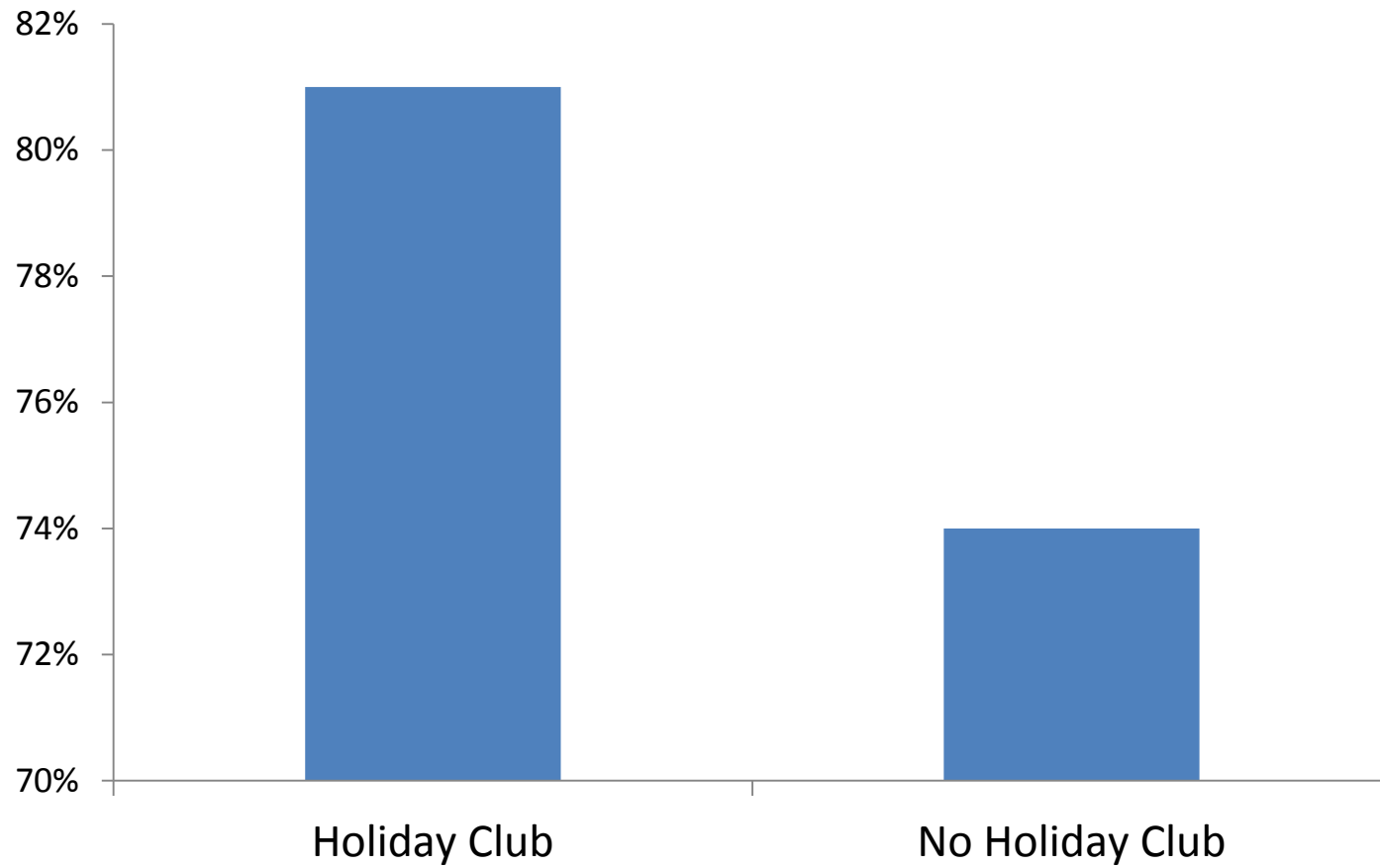


57% of adult participants were considered to be food secure whilst 43% experienced some level of food insecurity.

Children's Food Diaries: Consumption of any Fruit and Vegetable



Children's Food Diaries: Consumption of High Fat/Sugar



Children's Food Diaries: Day not attending Holiday Club

What did you do

YESTERDAY MORNING

- 1 Did you have something to eat and drink for breakfast?
(What did you have?)

Chocolate cereal
with milk

My Breakfast



Draw
your
breakfast here

YESTERDAY AT LUNCH

- 8 Did you eat and drink anything for lunch yesterday? (What did you have?)

Tuna sandwich

My Lunch



Draw
your
lunch here

Children's Food Diaries: Day Attending Holiday Club

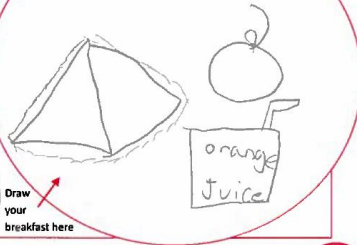
YESTERDAY MORNING

1 Did you have something to eat and drink for breakfast?

(What did you have?)

toast with butter
apple
orange juice (at club)

My Breakfast



2 Did you watch TV yesterday morning?

3 Did you eat or drink anything between breakfast & lunch yesterday?

(What did you have?)

Water

YESTERDAY AT LUNCH

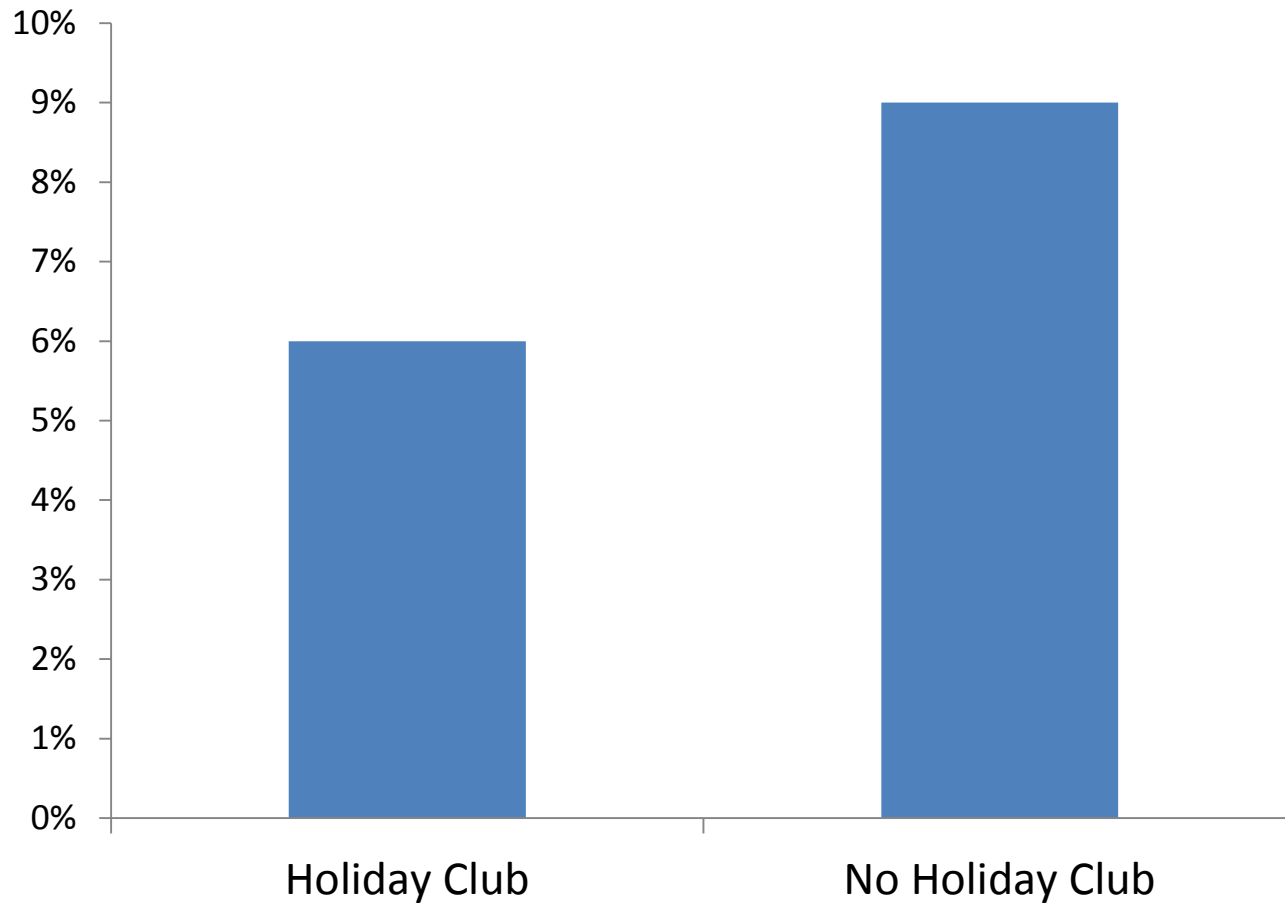
8 Did you eat and drink anything for lunch yesterday? (What did you have?)

pasta, sauce and cheese
garlic bread and
Sweet corn
yoghurt.

My Lunch



Children's Food Diaries: Percentage of Children Skipping at Least One Meal



Children: Focus Groups



1) What are holiday clubs utilised for?

2) What are the perceived impacts of holiday clubs?

3) What factors need to be considered in the development of holiday clubs in the future?

Thematic Analysis (Braun & Clarke, 2006)

- Data were Orthographically transcribed
- Each transcript was repeatedly read and pertinent points relevant to the research questions were highlighted.
- Main themes and subthemes were developed
- Inter-rater reliability was strong (89%)

Children's Views on Holiday Clubs

- Thematic Analyses: Three Main Themes Identified
 - Social Impacts
 - Food Provision
 - Practical Considerations

Children's Views on Holiday Clubs

Social Impacts:

"We're used to playing with [names of peers] and now we've made lots of new friends"

"It's fun and you make new friends and it's enjoyable"



Children's Views on Holiday Clubs

Food Provision:

“You get really nice food”



“I have never had Shepherd's Pie and I really like it”

Children's Views on Holiday Clubs

Practical Considerations:

“There could be a bigger place to do it ‘cause it’s a bit small in here”



“ I think it’s very good but I think we need the chance to play outside and have some fresh air”.

Differences in social inequalities result in long term inequalities in health and educational attainment

Deprived communities/regions

Traditional learning and health campaigns aren't sufficient to tackle widening gap between rich and poor

New approach required: Universal Integrated Programme

Targeted at Families in Need

Accessible, Context Specific

Institutional support

X participants across y initiatives

Health improves

Reduction in poverty gap

Increased knowledge about healthy/unhealthy foods
Access to benefits/financial advice

Success of programme drives roll out and sustainability

Health/educational inequalities reduced

Educational attainment improved/Employability increased/changes on service demands

Impact is multi-factorial

Conclusion

- Need for Holiday food provision
- Evidence of food insecurity
- Social and economic factors
- More than just feeding
- Provision for special needs
- Development of an evaluation framework
- Balance between intervention and evaluation

Challenges

- Pre- and post-intervention measures
- Balancing academic rigour with practical aspects
- No way to know who would attend
- Short window of opportunity to conduct research
- Some issues with self completion measures
- What about those who didn't attend?

BUT...

- With careful planning, the above challenges can be addressed easily in a future research and evaluation framework



A qualitative evaluation of holiday breakfast clubs in the UK: views of adult attendees, children, and staff

Margaret Anne Defeyter^{1}, Pamela Louise Graham^{1*} and Kate Prince²*

Holiday clubs in the UK: A qualitative investigation of needs, benefits and potential for development (under review Journal of Public Health)

Summer Hunger: Do Holiday Clubs That Serve School-Age Youth Aid Households That Suffer from Food Insecurity? (under review Poverty and Social Justice)