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Holiday Hunger: Summer Learning Loss and Wellbeing

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Format of Talk

- Setting the Scene
- Study 1: National Mapping of Holiday Provision
- Study 2: The User's Voice
- Study 3: Summer Learning Loss
- Study 4: BMI Scores & Food Diaries
- Conclusions & Future Directions



- More than 93% adults skipped meals (Poverty & Social Exclusion, UK, 2013)
- 54% increase in Food Bank 2012-2014
- Ashton & Lang (2014) Food prices risen by 12% and wages fallen by 7.6% since 2007
- Coe (2014) Increase in fat, salt and sugar consumption

TRUSSEL TRUST FOOD PARCEL DISTRIBUTION BY REGION

TOTAL: 913,138
Adults: 582,933
Children: 330,205

Northern Ireland
Adults: 6,473
Children: 5,224
Total: 11,697

North West
Adults: 87,561
Children: 51,083
Total: 138,644

Wales
Adults: 51,148
Children: 27,901
Total: 79,049

West Midlands
Adults: 58,036
Children: 35,425
Total: 93,461

South West
Adults: 68,958
Children: 36,563
Total: 105,521

London
Adults: 58,315
Children: 37,324
Total: 95,639

Scotland
Adults: 49,041
Children: 22,387
Total: 71,428

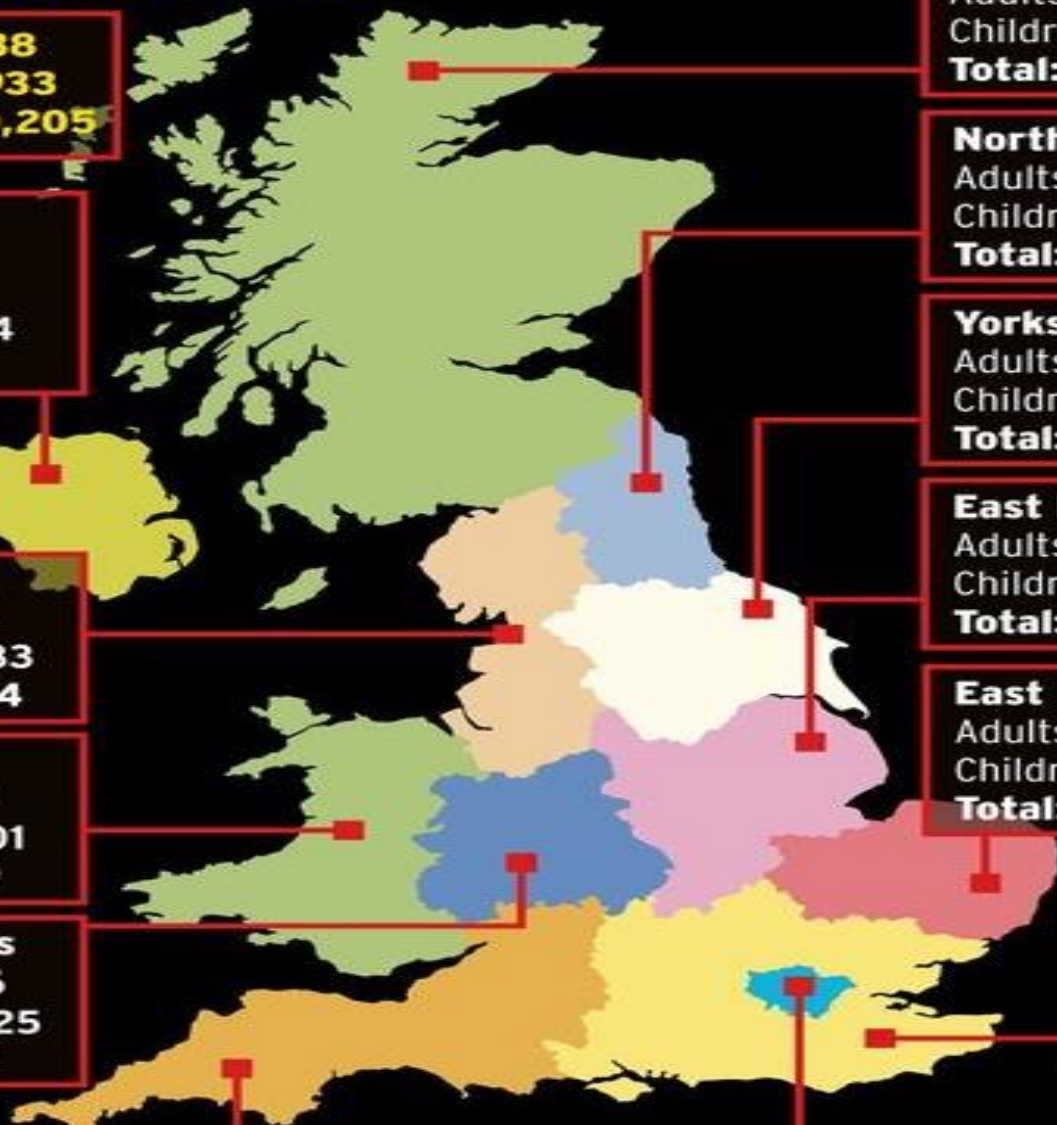
North East
Adults: 36,273
Children: 22,873
Total: 59,146

Yorks & Humber
Adults: 25,167
Children: 12,236
Total: 37,403

East Midlands
Adults: 24,039
Children: 13,717
Total: 37,756

East
Adults: 59,827
Children: 31,593
Total: 91,420

South East
Adults: 58,095
Children: 33,879
Total: 91,974



Child Poverty in UK

- Lack Capital (Townsend, 2014)
- Lack Human Capital
- 3.7M children living in poverty in UK (costing £29bl PA)
- IFS projects CP will be in region of 30.5% by 2020(4.3M)
- Cost of child care 2008 -14 - Child care up 42%
- CB cut, tax credits slashed
- Rise in child poverty within working families



Child Poverty: Human Capital

- Education: FSM 3 terms lag behind affluent peers in terms of educational attainment but age 14 this gap grows to over five terms (DfE)
- Health: low birthweight; premature death, Type II Diabetes, dental carries (Hirsch, 2013)
- Housing (x2): Poor Housing, multiple occupancy
- Fuel Poverty (Hills, 2011)

Challenges for Families in Holidays

- *FSM unavailable (1.7 million in UK)*
- *Pressure on household budget*
- *Benefit delays ,sanctions*
- *Safeguarding risk elevated*
- *Access /availability to food*
- *Social contact diminished*
- *Family Stress*

(Extra £30 - £40 per week)

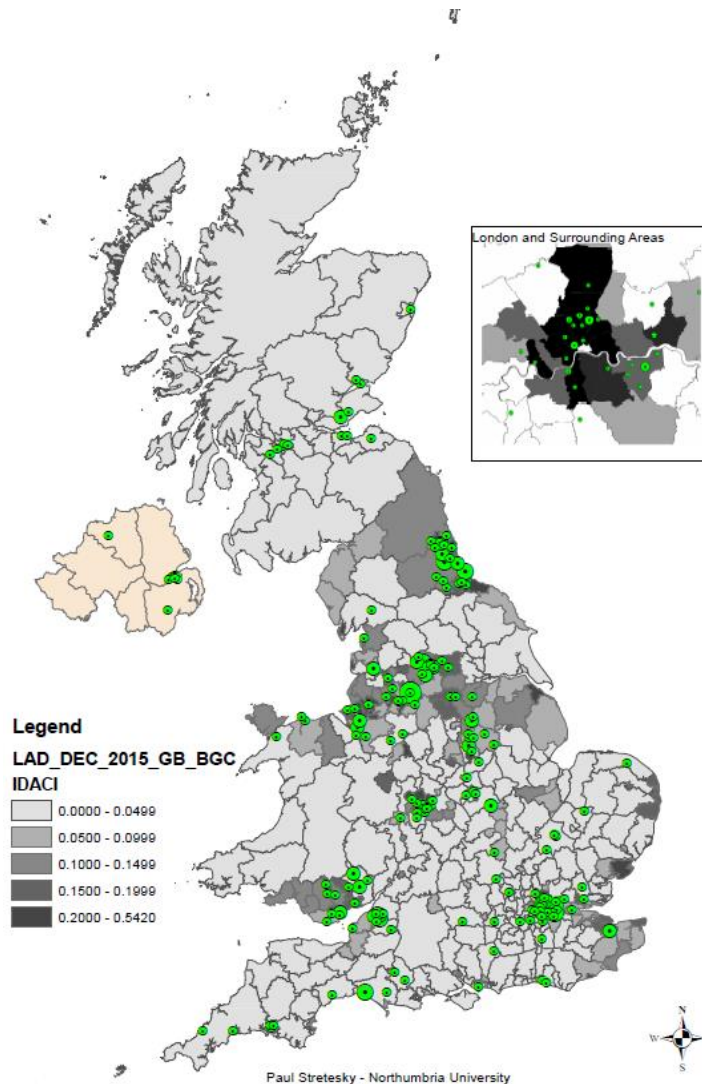
Children's Society Fair and Square



Holiday Hunger in Scotland

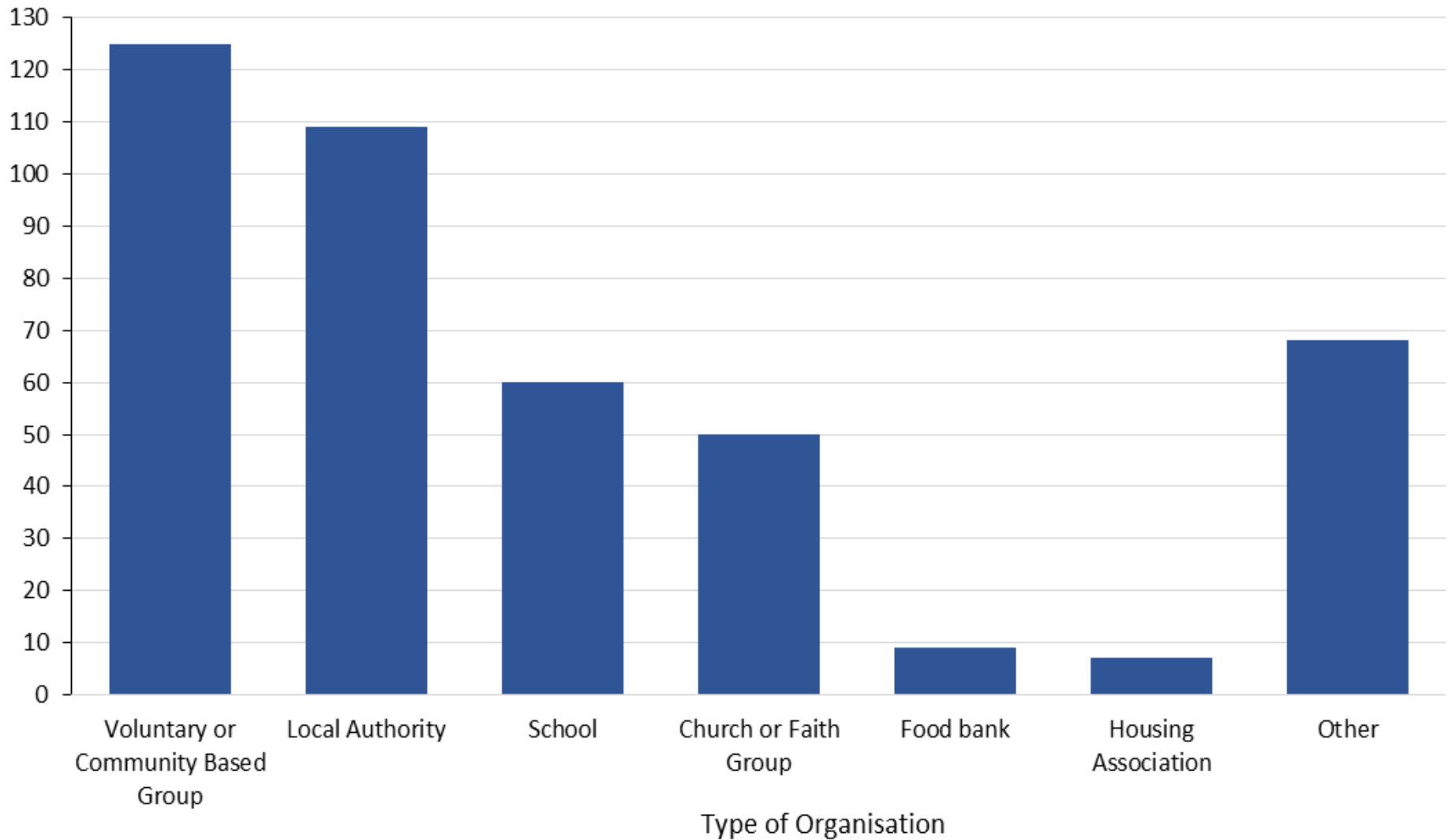
- 2015: 39.2% children living in poverty (after housing costs)
- Child care: one week holiday childcare in Scotland (£104 per week)
- Food: 38.8% primary school children in receipt of free school meals

Study 1: Mann, Defeyter & Stretesky (under review)

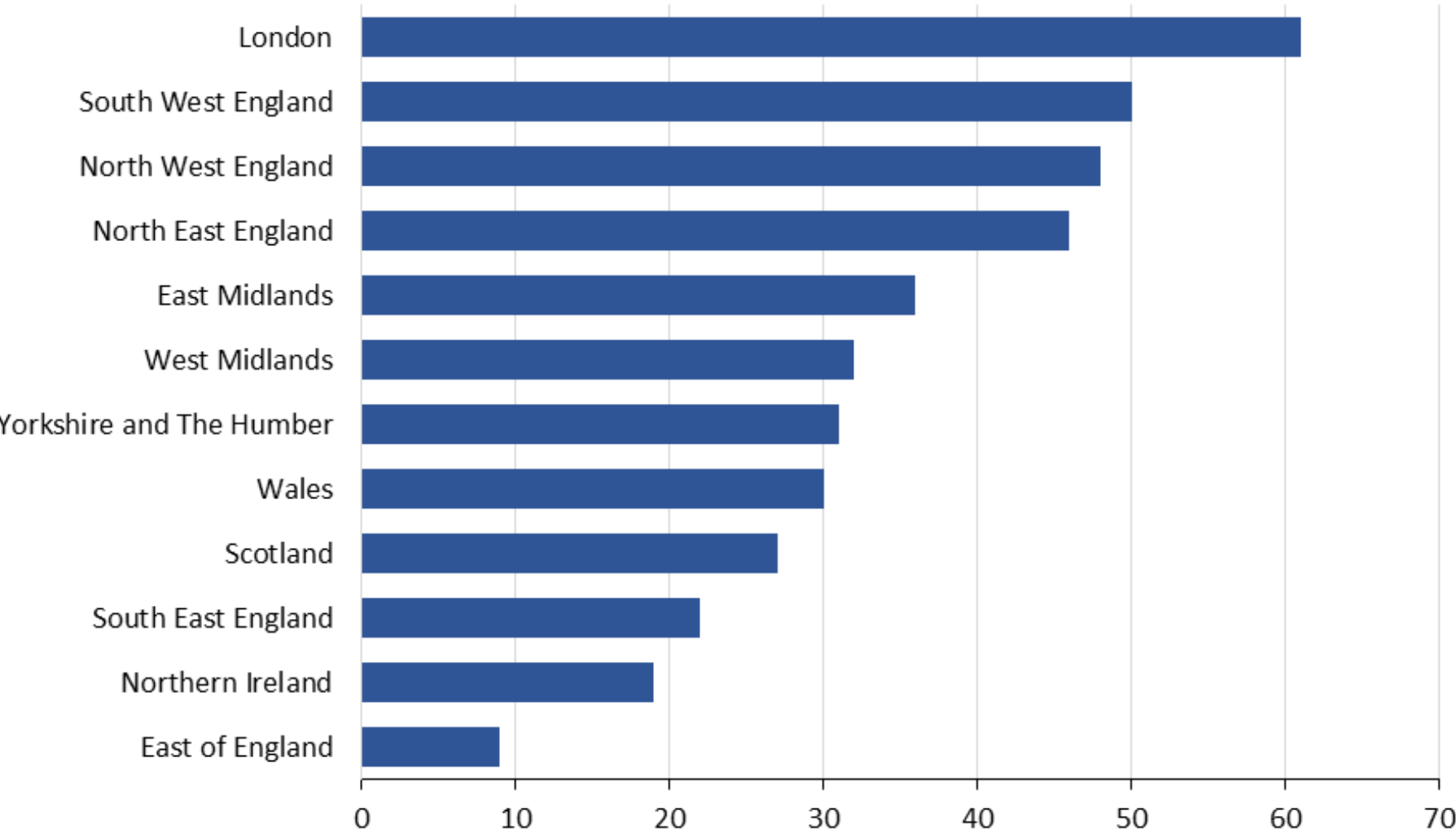


Mapping of
holiday provision
programmes by
childhood
deprivation across
local authorities
428 Organisations

Which organisation do you represent?

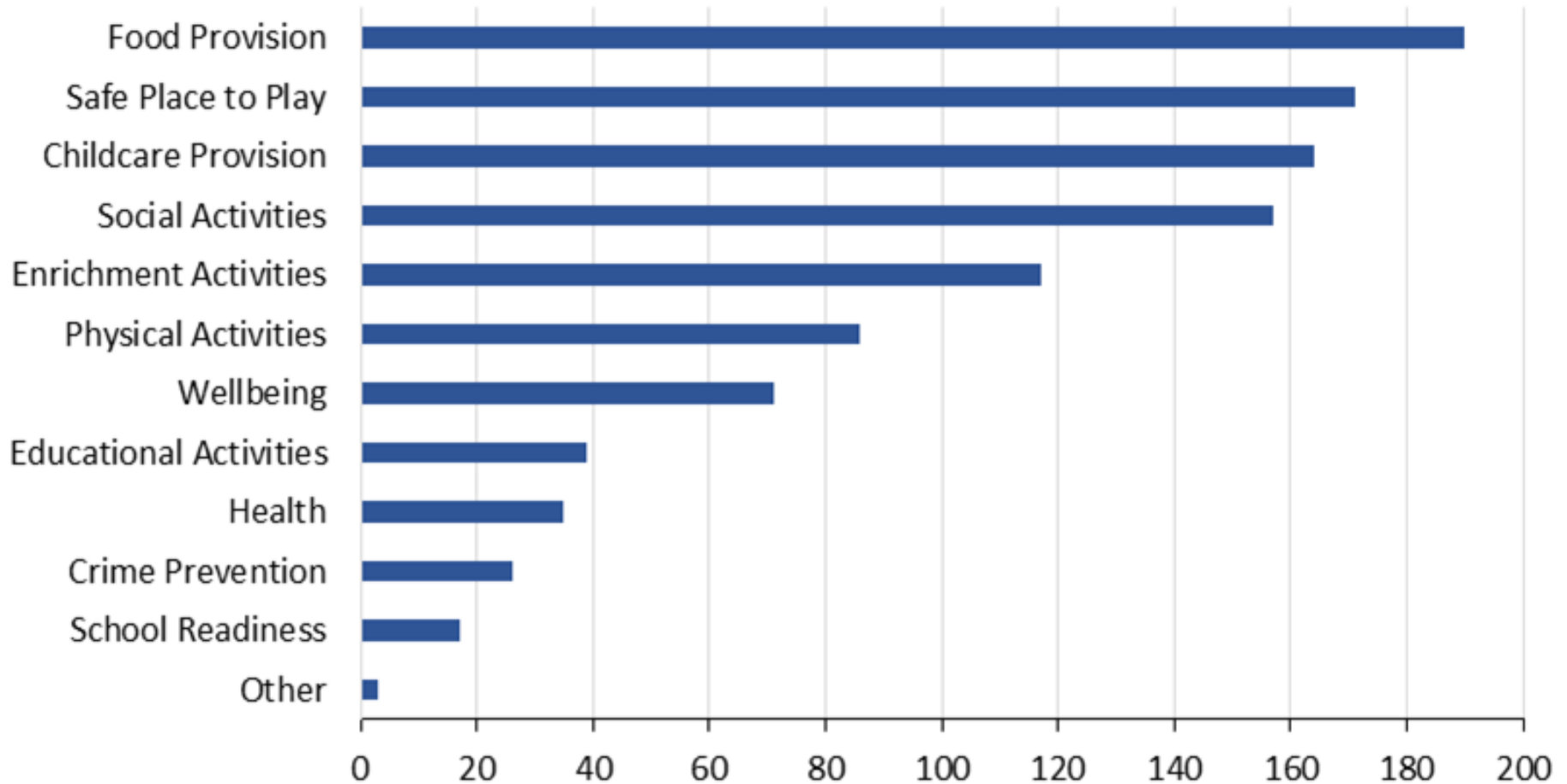


In which part of the UK is your organisation located?

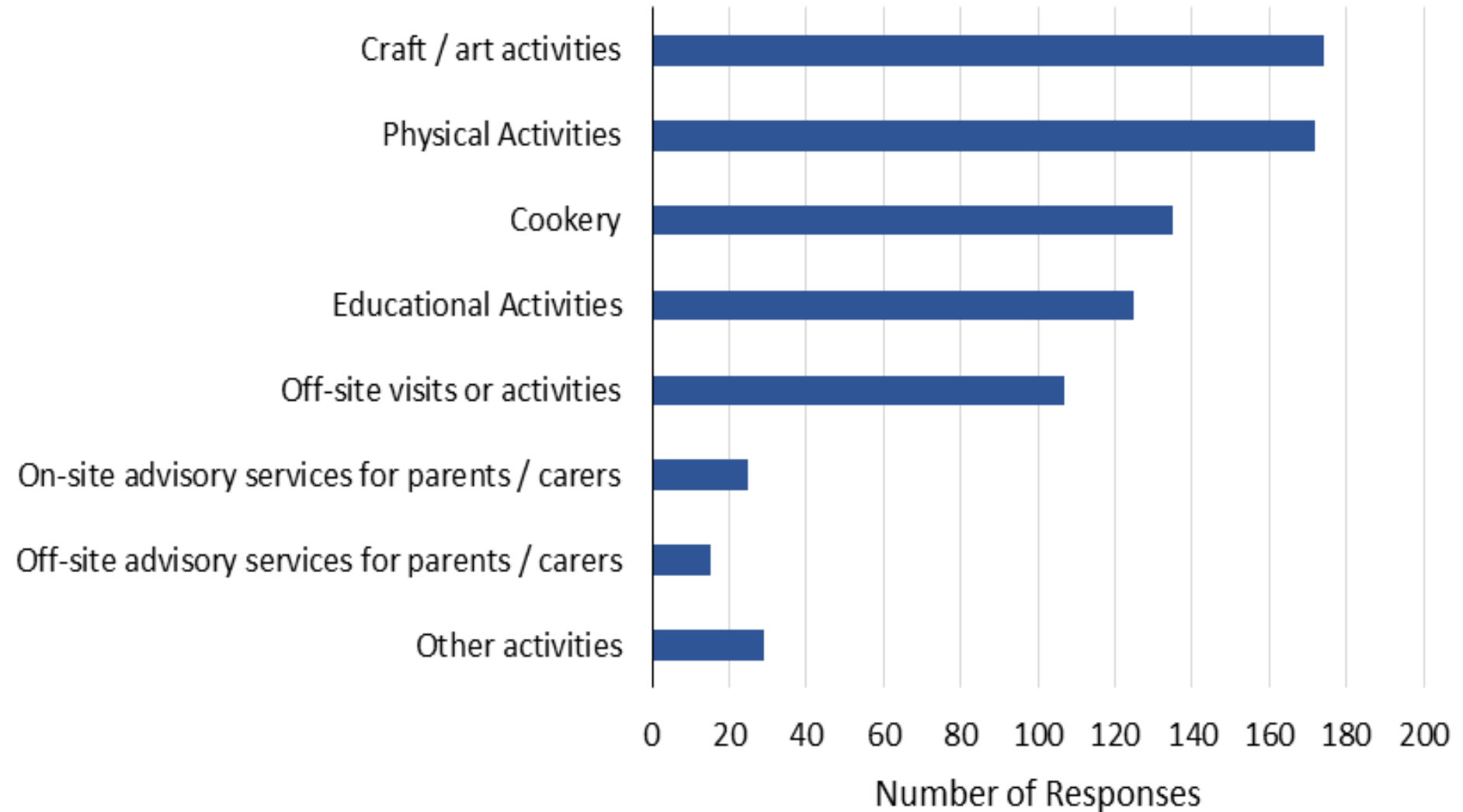


What do you consider the top 3 needs holidays?

Total Number of Responses



What is offered at the holiday scheme?



Study 2: Questionnaires, Interviews & Focus Groups



School holiday food provision in the UK: A qualitative investigation of needs, benefits and potential for development

- **Aims:**
 - Evaluate the impact of summer holiday clubs (N = 14)
 - Health, Social and Educational outcomes

Design:

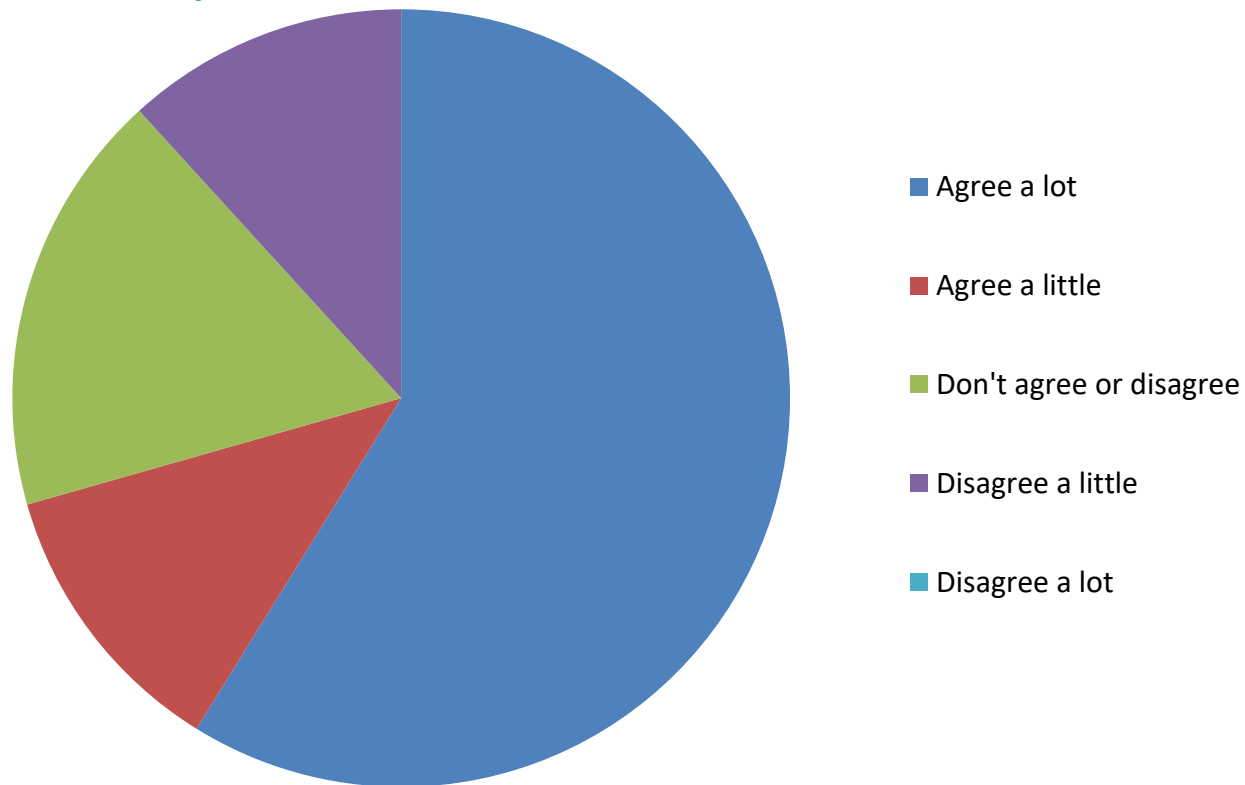
Questionnaire, semi-structured interviews & focus groups

Data collected from parents, children and staff

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

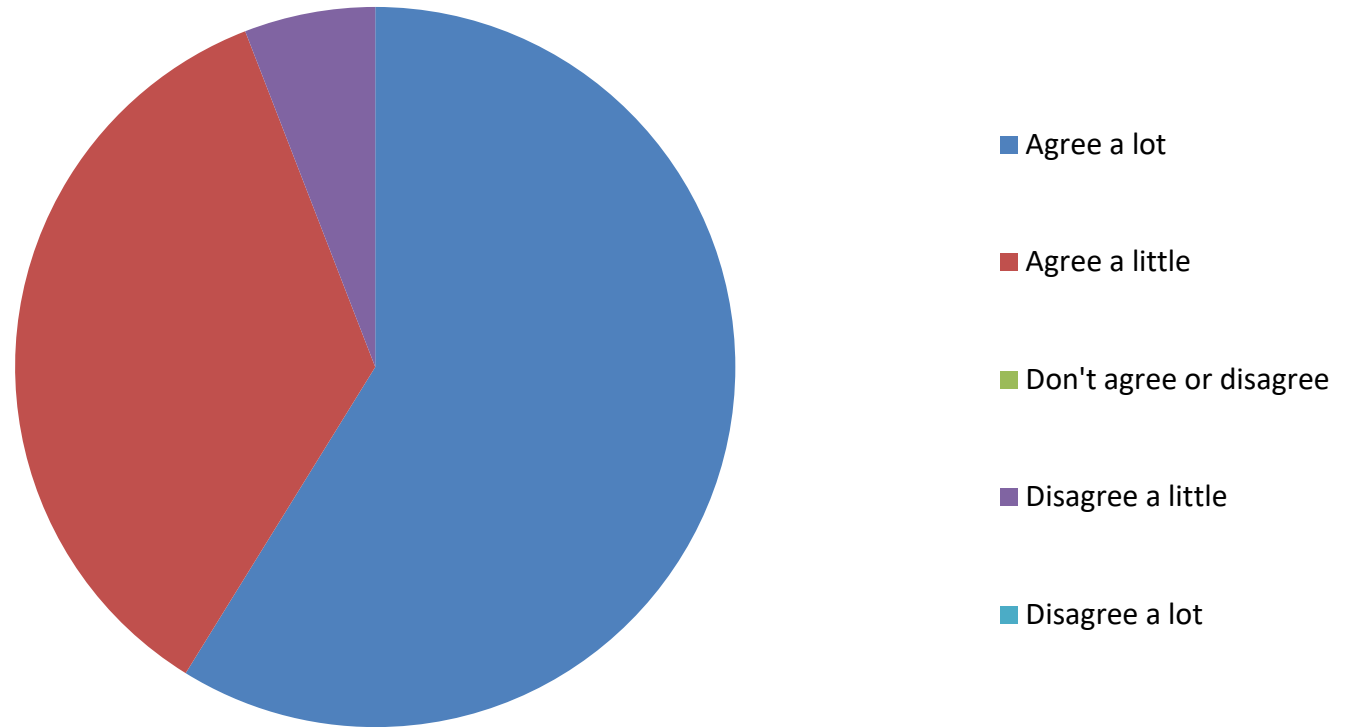
Questionnaire: Impact of Holiday (N = 256)

Q1. "It's harder to make ends meet during the summer than during the school year"



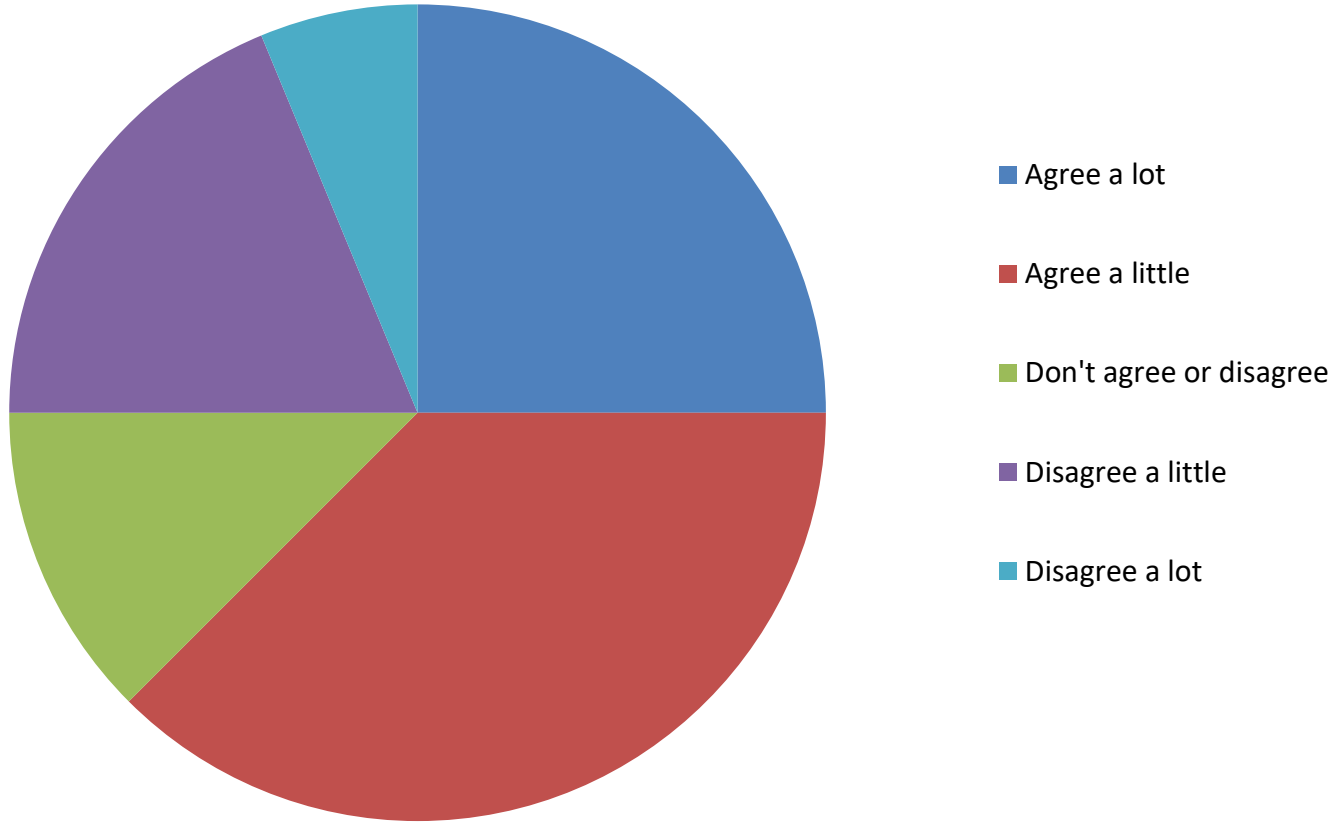
71% of parents agreed that it's harder to make ends meet during the summer holidays

Q2. “We spend more on food during the summer than during the school year”



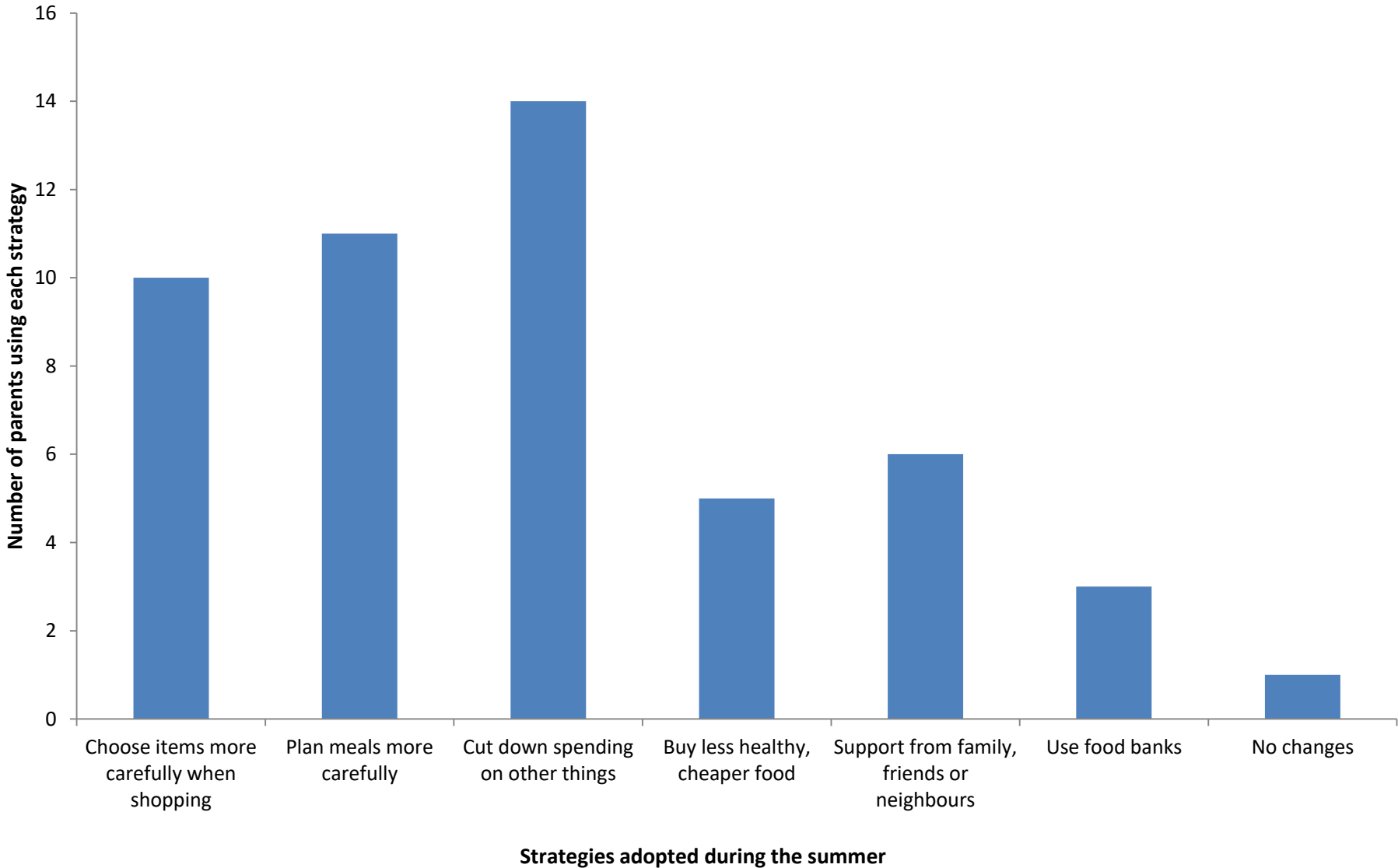
94% of parents agreed that their family spend more money on food during the summer than during the school year

Q3. “We sometimes find ourselves without enough money for food during the summer”



62% of parents agreed that they sometimes find themselves without enough money for food during the summer

Q4. “What changes, if any, does your family make to deal with increased food costs and/or tighter budgets during the summer?”



Materials

Three separate interview schedules were designed to guide discussions with parents, children and staff.

Thematic Analysis (Braun & Clarke, 2006)

Orthographically transcribed

Each transcript was repeatedly read and pertinent points relevant to the research questions were highlighted.

Main themes and subthemes were developed to summarise the data

Staff Views on Holiday Clubs

What are holiday clubs utilised for?

“There is a lot of poverty in [town] I think they’ve only touched the surface of it here erm it has came on pretty quick you know to get it set up we’d have probably maybe a hundred wee’uns in here if you know if we had the facility to let them in cos in the food bank alone we have over a thousand people come through the food bank and that’s families as well and it shows you that there is need for it and I think there is a big big need for what we’re doing”



“The first couple of days was hard cos all of a sudden we had a hundred people turn up at half past nine in the morning I was like aaaaah! What! But erm you know since we’ve got used to that that’s been ok”

Staff Views on Holiday Clubs

What are the perceived impacts of holiday clubs?

“What brings you there is the food but that’s the smallest part of it, it’s whatever else you offer then and whatever comes with it”



Social Impacts

“Some people are quite lonely I mean as a young mum I found you know if you don't sort of get out there and mix you can be isolated I think that would have been an advantage to a lot of mums”



“It's given them the social event every day when they're mixed with children they might not normally mix with er there's friendships forming that wouldn't have formed otherwise they'd all stay in their little cliques er but they're not they're integrating with each other a lot better”

Parents Views on Holiday Clubs

What are holiday clubs utilised for?

“To have something to eat firstly and to join in”



“To be honest for me it mainly is the social side um 'cause obviously they're not seeing their school friends during the holidays so it's sort of helping them to sort of create other friendships with children they probably wouldn't necessarily normally um socialise with um with various ages too”

Children's Views

Dietary Habits

I don't have that much to eat at home but I'll have some so I've been having much more food here

At home we like we just rush around a bit and we don't really eat it

Social Time

Well I didn't have friends the first time it started and then when people started coming I joined friends with them

I've got one friend who usually just sits at home playing on his XBox but he's been coming

Study 3: Summer Learning Loss (Shinwell & Defeyter, under review)

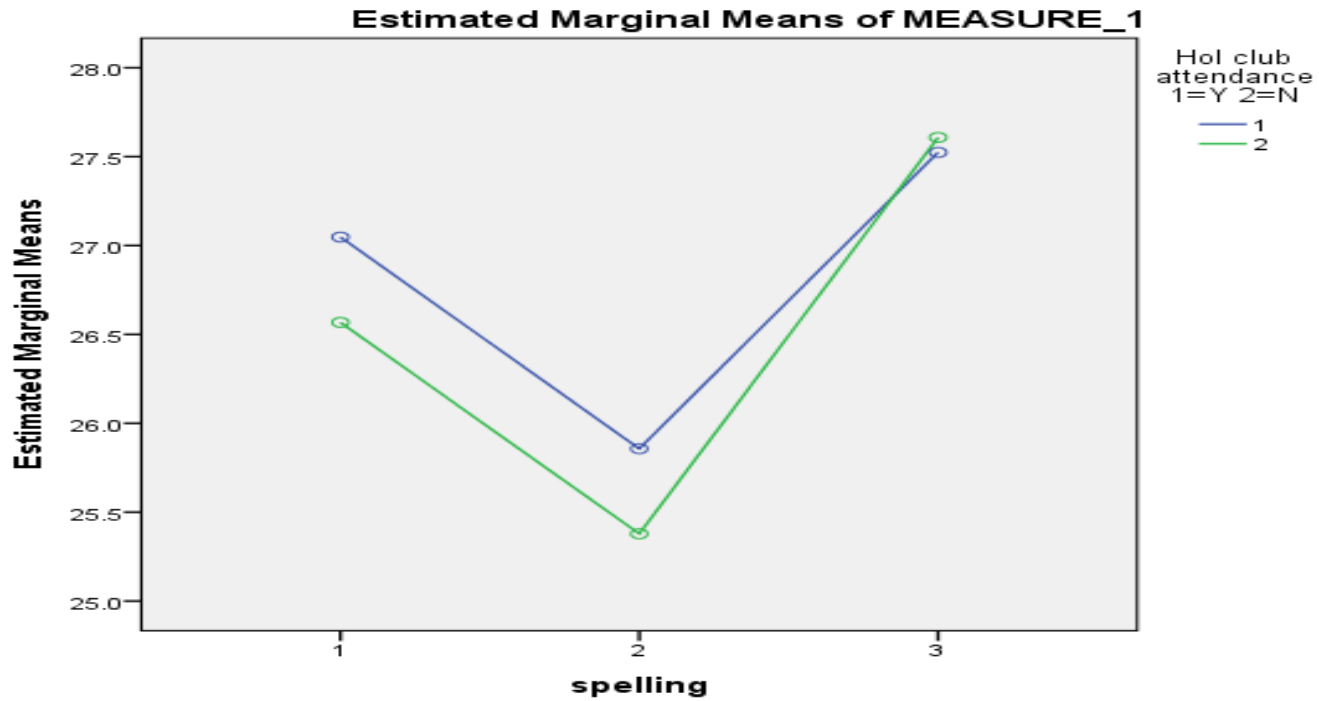
- Prior research in USA ...1 month's instruction (Cooper, 1987)
- Aim
 - Investigation of the phenomenon of “Summer Learning Loss”
- Study Design
 - 1 x 3 mixed factorial design
 - Time - Three levels: Time 1- end of summer term; T2 – start of autumn term & T3 - 7 weeks later
- Dependent Measures
 - Scores in WRAT 4 literacy test (Reading and Spelling)

Study 3: Summer Learning Loss

- Participants
 - N = 121 (6-8 year olds)
- Data Analysis
 - Repeated Measures ANOVA
 - Post-hoc Analyses

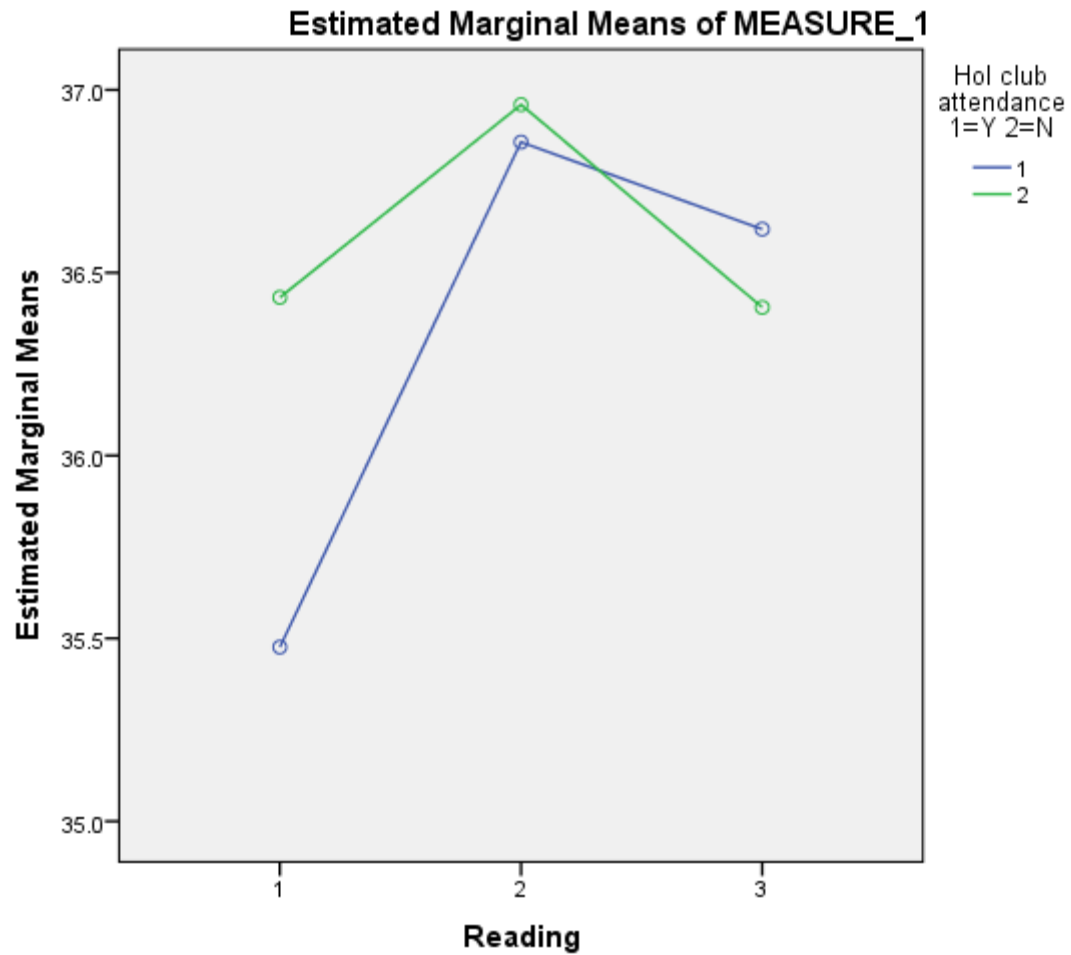


Results: Spelling



		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Dviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	T1 Spelling total 1 - T2 Spelling total 2	1.237	2.686	.436	.354	2.120	2.839	37	.007
Pair 2	T2 Spelling total 2 - T3 Total Spelling 3	-2.684	2.886	.468	-3.633	-1.736	-5.733	37	.000
Pair 3	T1 Spelling total 1 - T3 Total Spelling 3	-1.447	2.446	.397	-2.251	-.643	-3.647	37	.001

Results: Reading



Children's BMI Scores & Food Diaries



(FRAC, 2012; Early Childhood Longitudinal Study (von Hippel et al., 2007))

5. What did you do when you got home from holiday club yesterday?
 (Please draw a circle around the correct answer - if you did more than one thing, put a circle around everything you did)



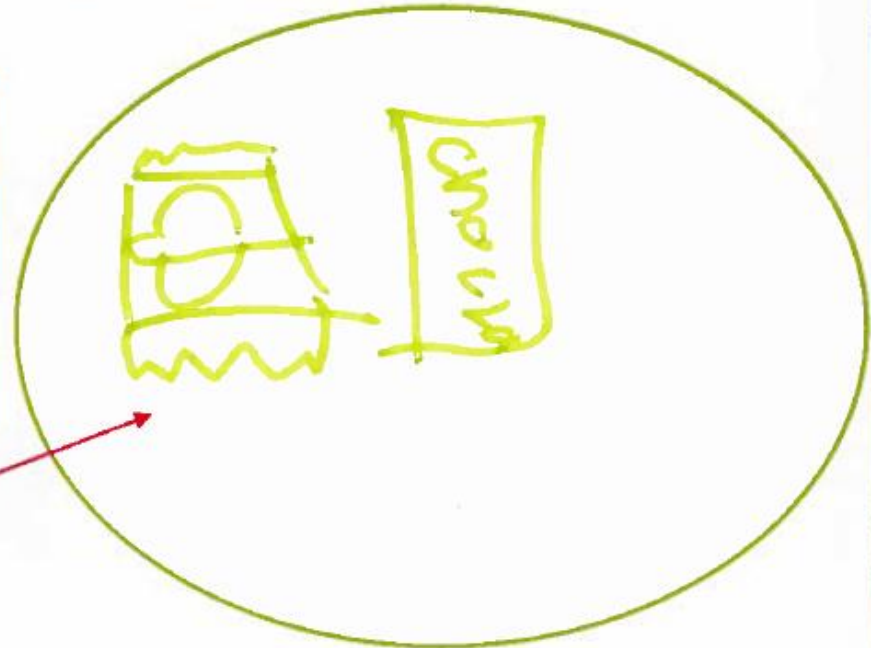
Played on the computer	Listened to music	Went out	Played out	Arts and crafts	Watched TV
Or did you do something else? What else did you do?		Washed cars			

6. Did you eat or drink anything when you got home but before your evening meal yesterday? Please tick (✓) Yes or No:

Yes No

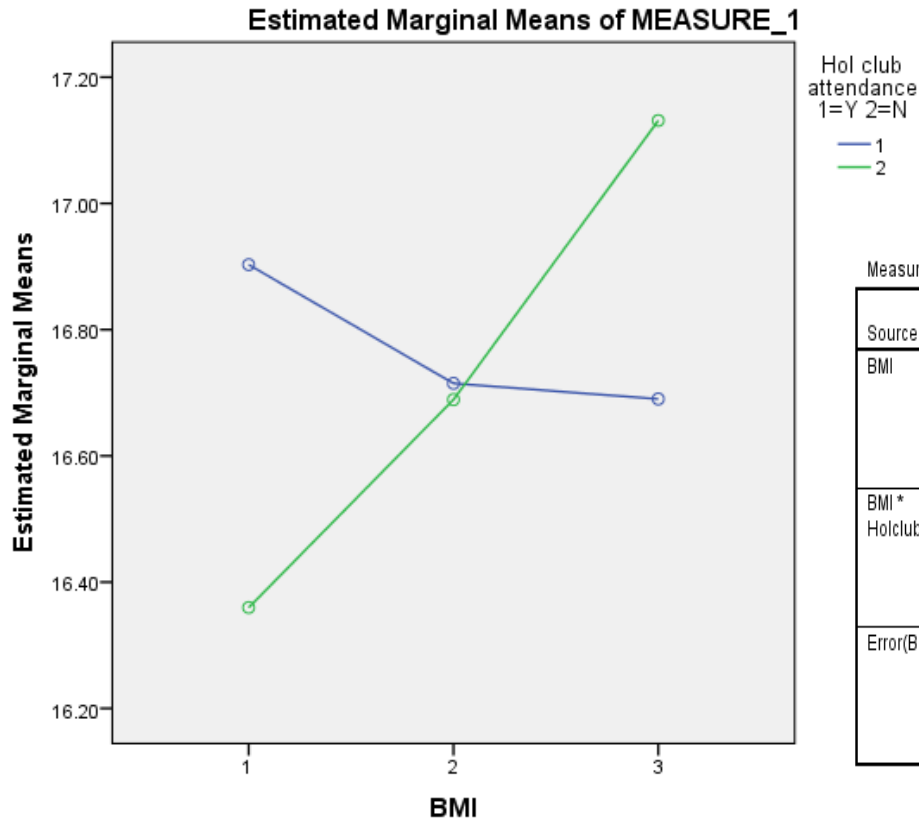
If you said yes, please write and draw what you had:

I had:
Chips and chocolate
69
I drank:



If you had something to eat after you got home but before your evening meal, draw it here.

Results: Club 2 BMI Scores



Tests of Within-Subjects Effects

Measure: MEASURE_1

Source		Type III Sum of Squares	df	Mean Square	F	Sig.
BMI	Sphericity Assumed	.665	2	.332	1.237	.306
	Greenhouse-Geisser	.665	1.394	.477	1.237	.297
	Huynh-Feldt	.665	1.611	.413	1.237	.301
	Lower-bound	.665	1.000	.665	1.237	.285
BMI* Holclubattendance1Y2N	Sphericity Assumed	1.909	2	.955	3.555	.042
	Greenhouse-Geisser	1.909	1.394	1.369	3.555	.062
	Huynh-Feldt	1.909	1.611	1.185	3.555	.054
	Lower-bound	1.909	1.000	1.909	3.555	.080
Error(BMI)	Sphericity Assumed	7.520	28	.269		
	Greenhouse-Geisser	7.520	19.519	.385		
	Huynh-Feldt	7.520	22.554	.333		
	Lower-bound	7.520	14.000	.537		

Conclusion

- Need for holiday food provision
- Provision for ethnic populations and special needs requires careful consideration
- Widespread provision but piecemeal, unregulated
- Potential to help combat obesity
- Evidence of Summer Learning Loss (spelling, but trend for gain in reading)
- Food and Physical Activity (MVPA)

What Works



Collaborators:
Professor Paul Stretesky
Dr Michael Long
Dr Pamela L Graham
Jackie Shinwell
Emily Mann



School holiday food provision in the UK: A qualitative investigation of needs, benefits and potential for development



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

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Hungry Holidays

A report on hunger amongst children during school holidays