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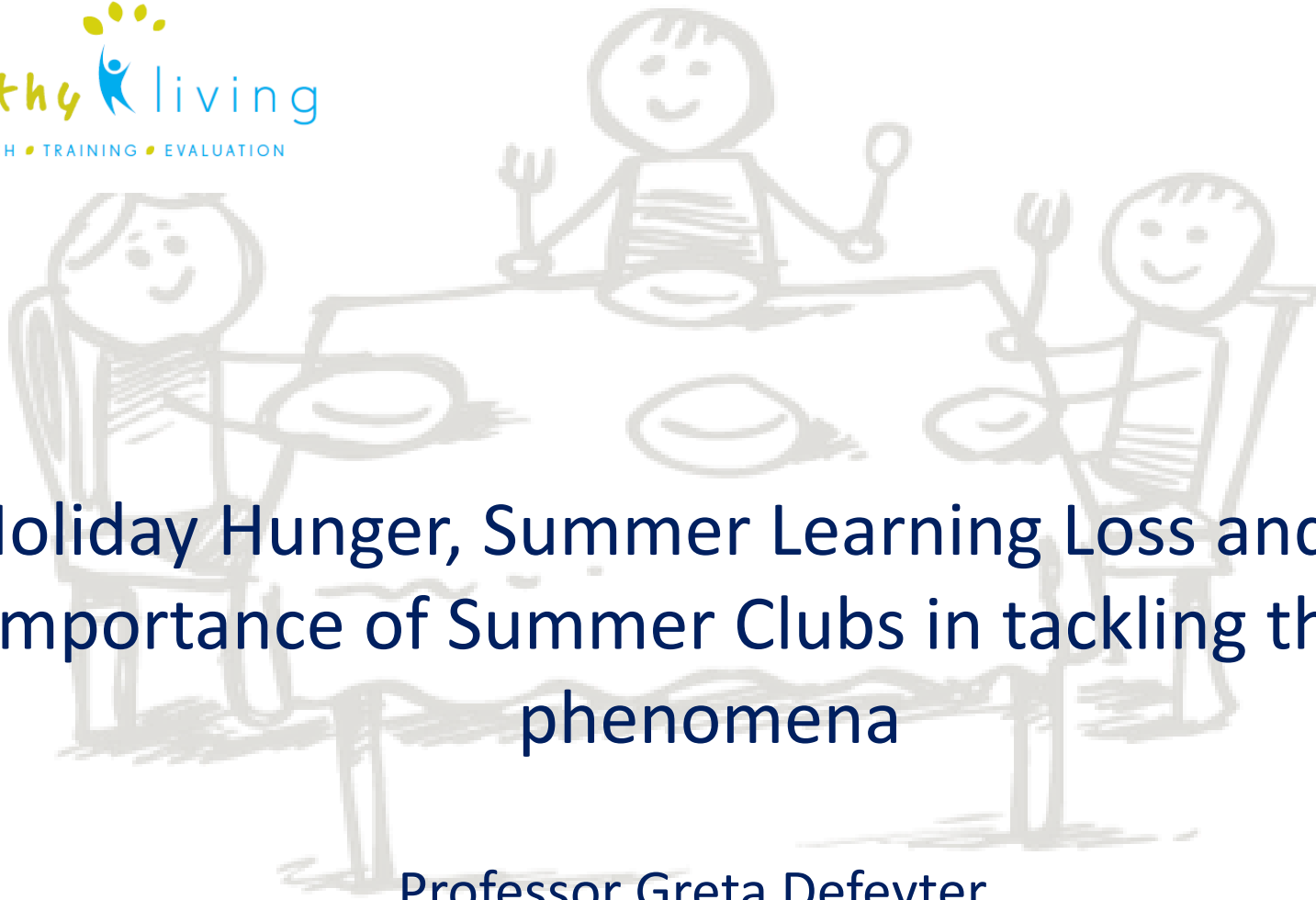
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# Holiday Hunger, Summer Learning Loss and the importance of Summer Clubs in tackling these phenomena

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# Format of Talk

- Poverty
  - Child Poverty
- Study 1: National Mapping of Holiday Provision
- Study 2: Holiday Provision
- Study 3: Summer Learning Loss
- Conclusions



- 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**

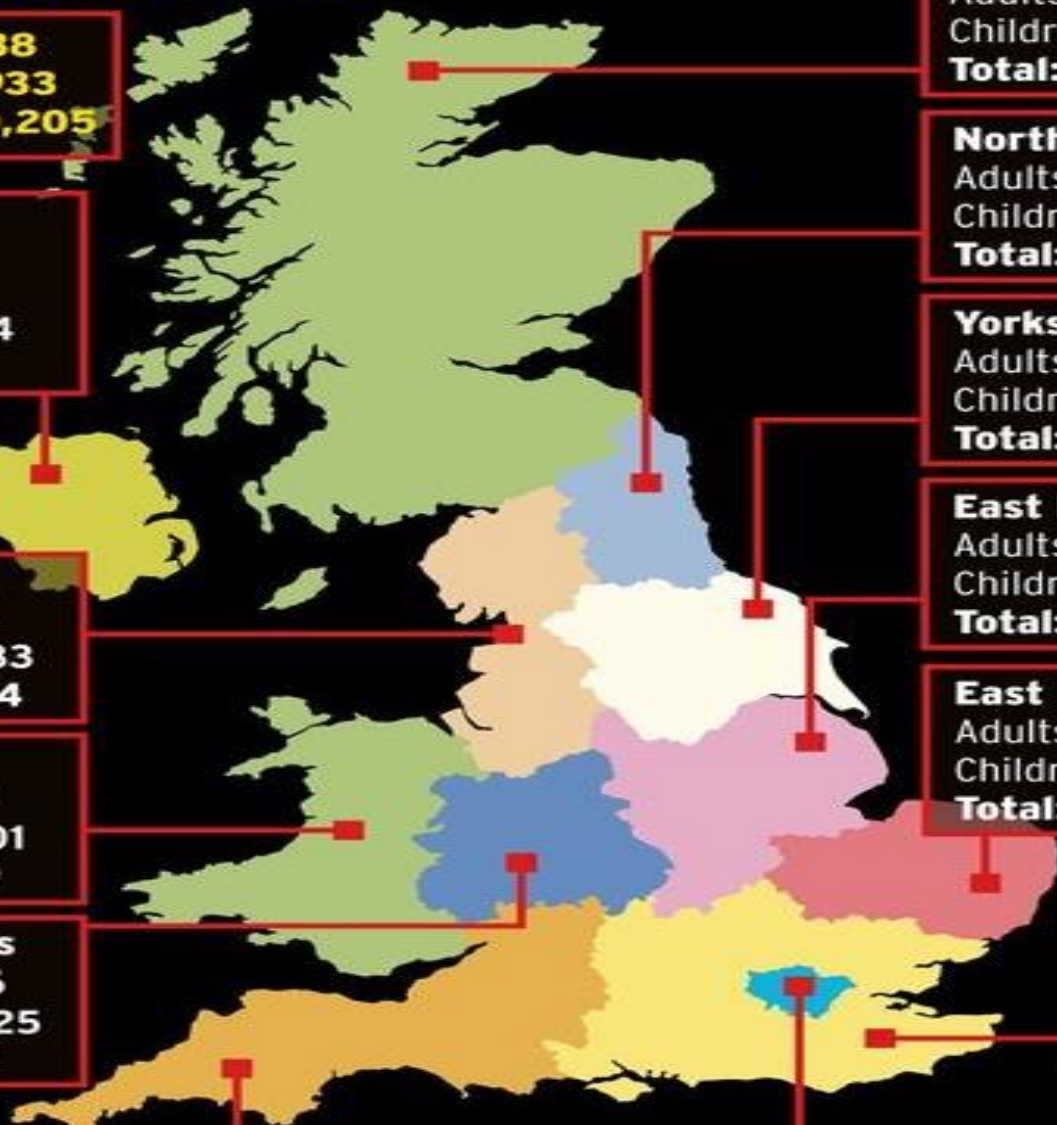
**North East**  
Adults: 36,273  
Children: 22,873  
**Total: 59,146**

**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**





# SCANDAL OF 1/4 MILLION SURVIVING ON FOOD HANDOUTS

Even people in work are on breadline



# Poverty

- Individuals, families and groups in the population can be said to be in poverty when they lack resources to obtain the type of diet, participate in the activities and have the living conditions and amenities which are customary, or at least widely encouraged and approved, in the societies in which they belong (Townsend, 1979)

# Causes of Poverty

- Worklessness...personal and structural
- Low Pay/No Pay (zero hour contracts)
  - In 2009/10 58% families below the Poverty line contained at least one working member
- Inadequate Benefits (JSA...only 65% money required to live above the poverty line)
- Benefit Sanctions



# Child Poverty Myths

- Drugs and alcohol dependency (6.6%)
- Family Breakdown (63% children in poverty lived in two parent households)
- Benefit Dependency (67% Jobseekers Allowance find work within 6 months)

1. G Hay and L Bauld, Population Estimates of Problematic Drug Users in England Who Access DWP Benefits: A Feasibility Study, DWP Working Paper No 46 2008

2. See ONS website for up to date claimant count figures

3. DWP, Beliefs About Work: An Attitudinal Segmentation of Out-of-work People in Great Britain, Research Report 1, DWP Customer Insight Team 2011

# 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*



# Holidays in Poverty (Graham & Defeyter, 2015)

Clip via @ChildhoodTrust London

<https://vimeo.com/128382783>



# USA



## Rural provision to outlying sites



## 8 million meals delivered in New York City



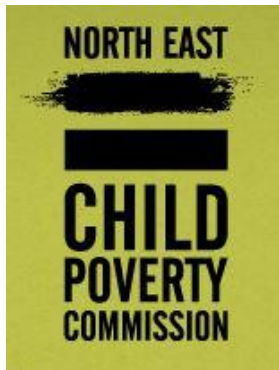
# Examples of Provision



FILLING THE  
HOLIDAY  
HUNGER GAP!



ashram

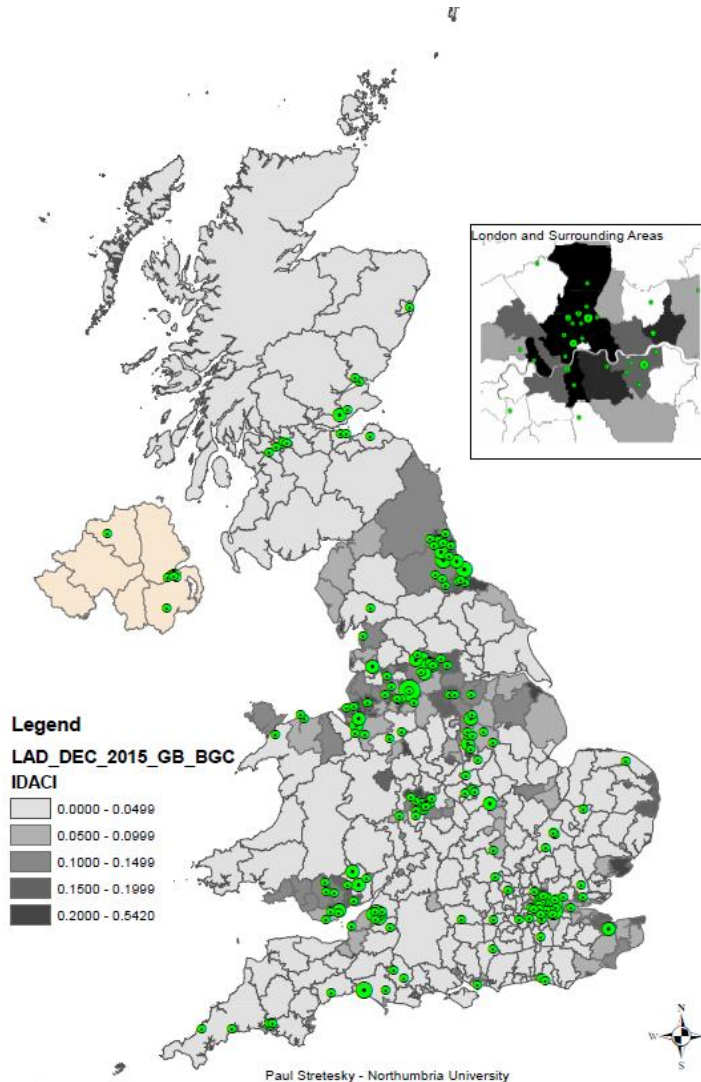


***ASPE Snapshot  
Survey Feb 2014, 120  
responses in first 24  
hours 72% stated  
holiday hunger is an  
issue in their area  
(Defeyter &  
Stretesky, 2014)***



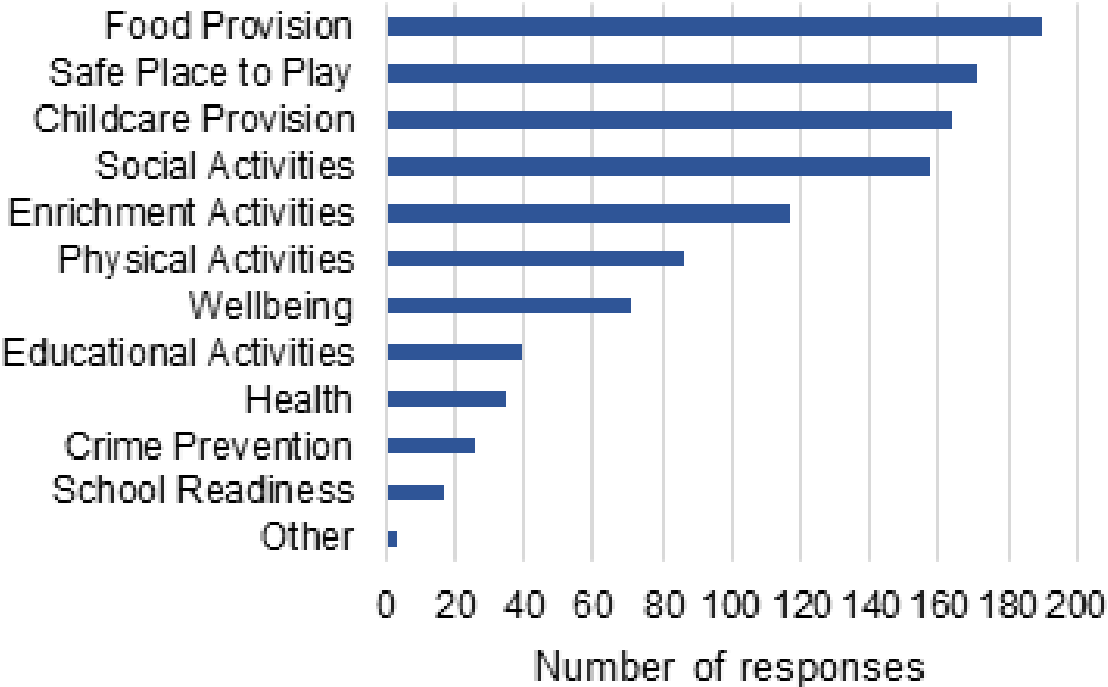
Meals & More

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



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

# Figure 2: Priority needs for families and children in the communities



# Study 2: Holiday Breakfast Clubs (Graham & Defeyter, 2016)

- Aims:
  - Evaluate the impact of summer breakfast clubs
  - Health, Social and Educational outcomes

Design:

Mixed methods approach (self-report questionnaires and semi-structured interviews)

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.*





(Szajewska & Ruszczyński, 2010); Hoyland et al., 2009; Haire-Joshu et al., 2011; Graham et al., 2014; 2015)



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

# Participating Clubs

Oldham Community Building (40-50 attendees/day)

Trafford Community Building (50-70 attendees/day)

Coventry Community Church Building (30 attendees/day)

Strabane Trussell Trust Food Bank (30 attendees/day)

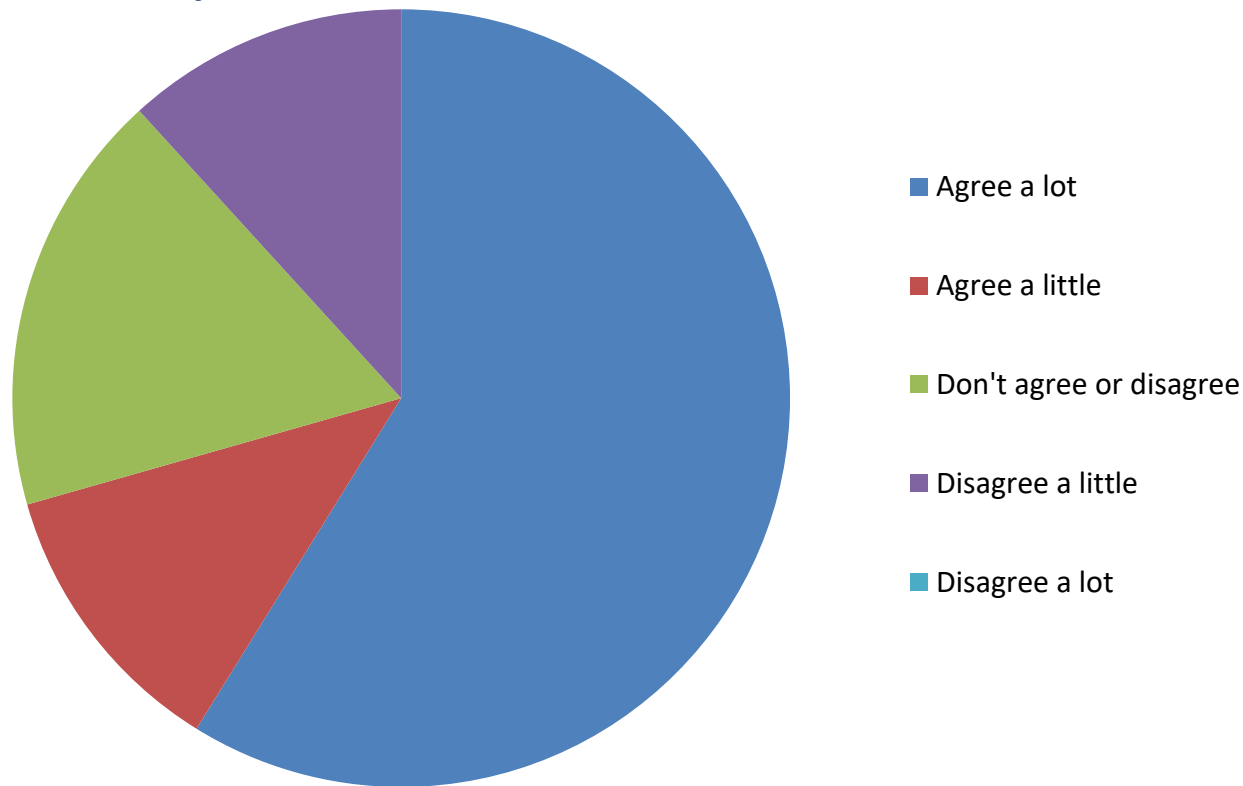
Liverpool Trussell Trust Food Bank (only 1 attendee)

Coventry Trussell Trust Food Bank (4-6 attendees/day)



# Questionnaire Part A: *Summer Circumstances* (N = 256)

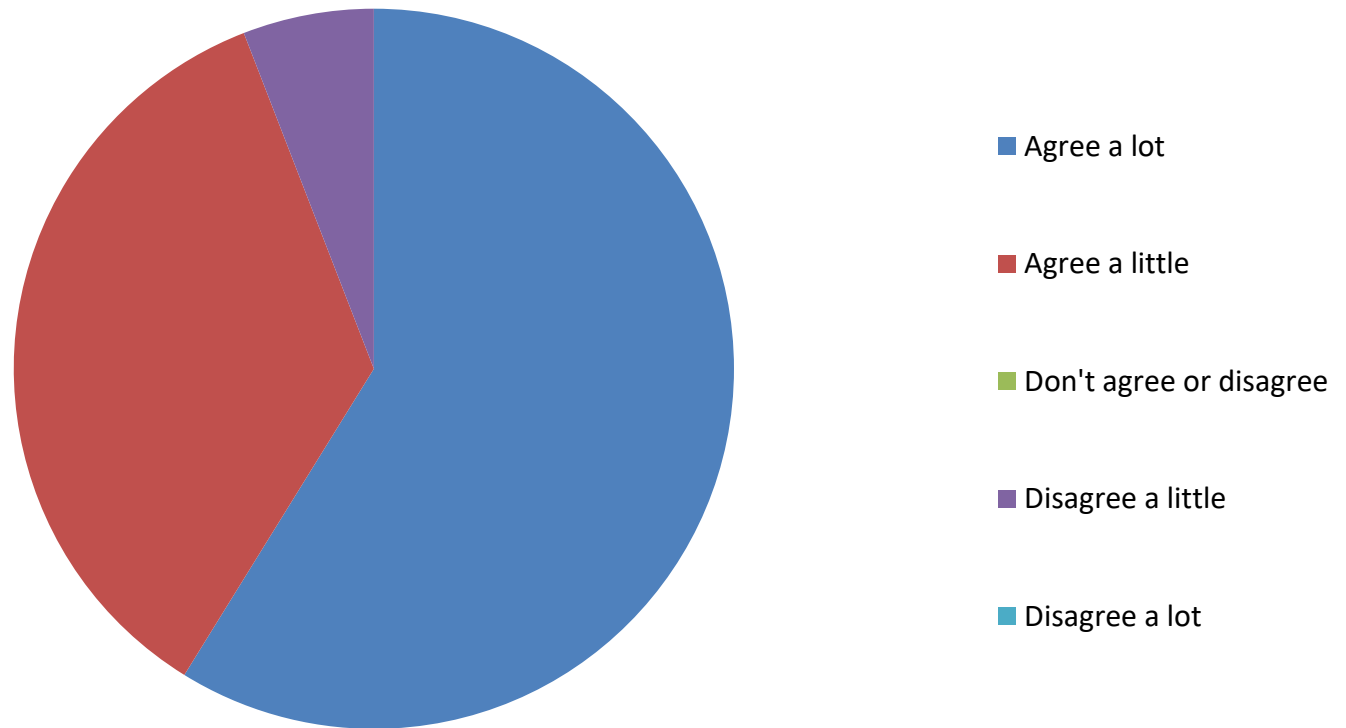
Q1. “It’s harder to make ends meet during the summer than during the school year”



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

# Questionnaire Part A: *Summer Circumstances*

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

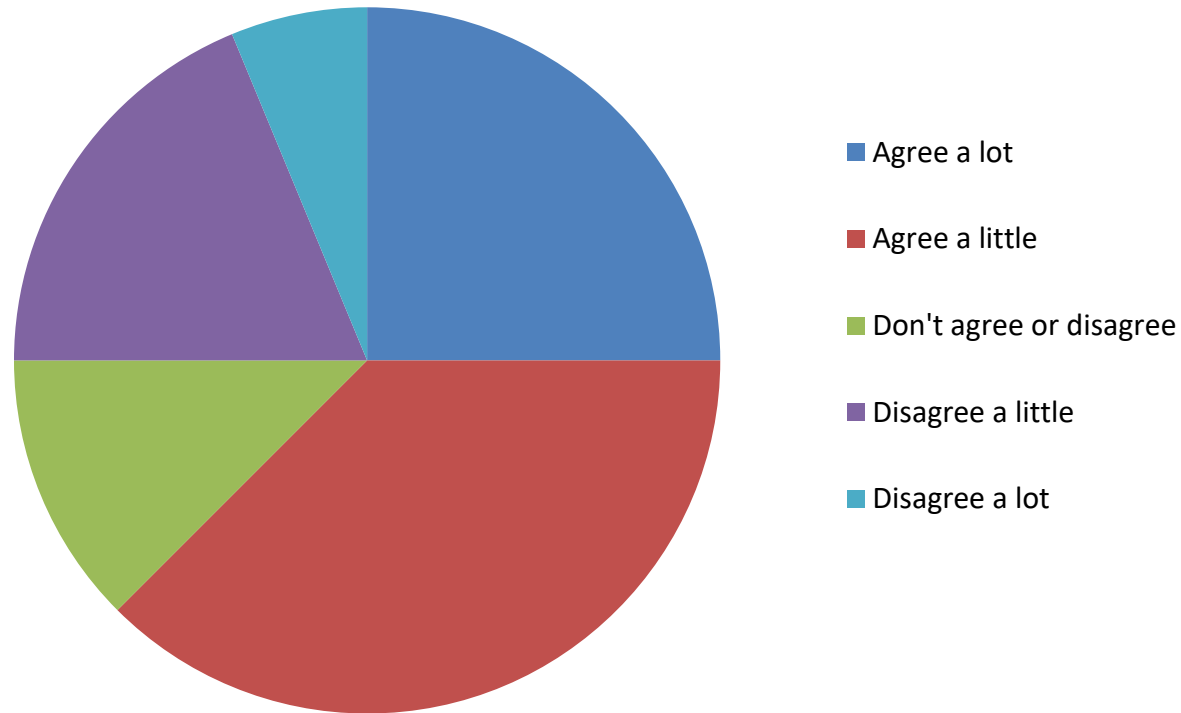


**94% of parents agreed that their family spend more money on food during the summer than during the school year**



# Questionnaire Part A: *Summer Circumstances*

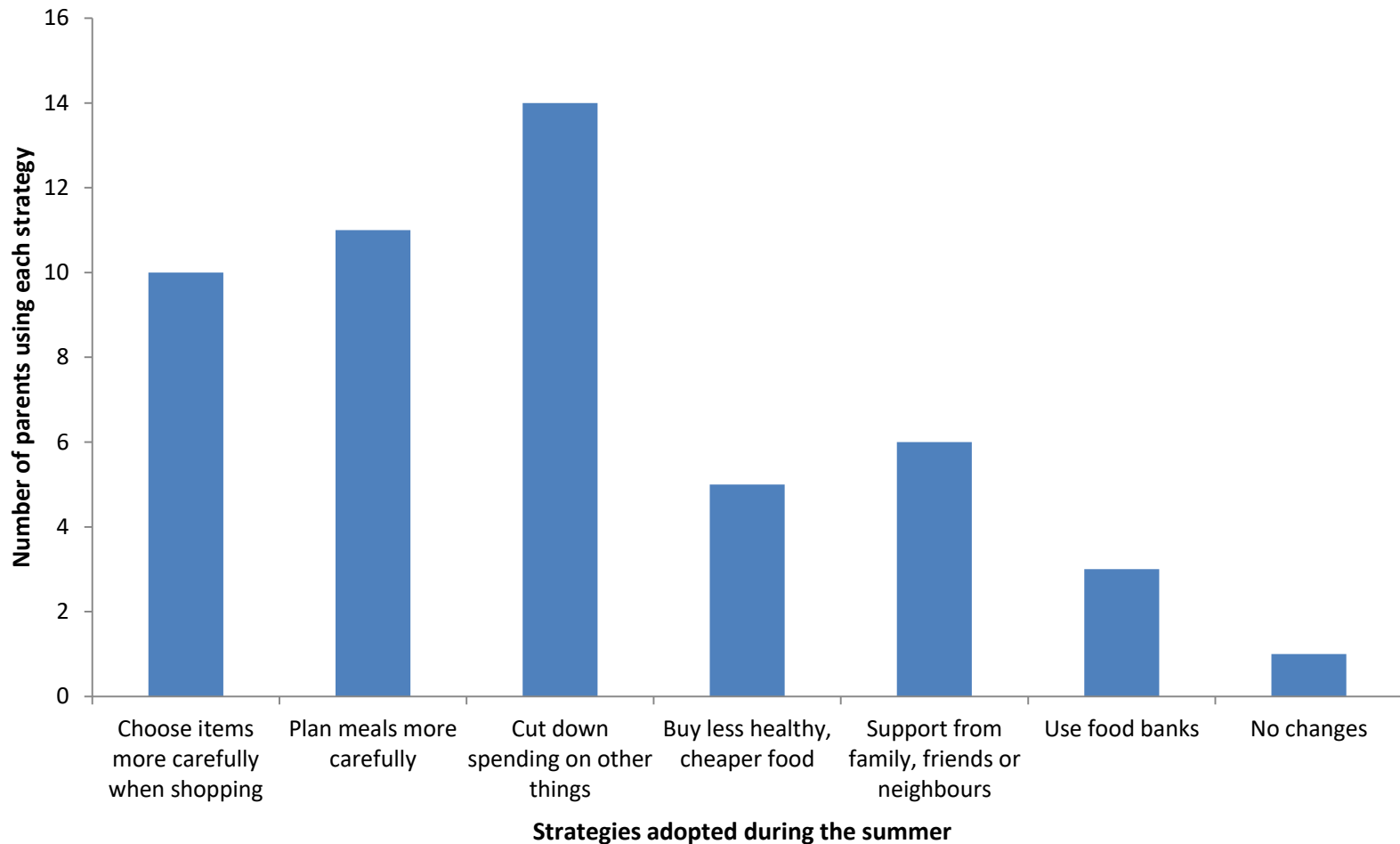
Q3. “We sometimes find ourselves without enough money for food during the summer”



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

# Questionnaire Part A: *Summer Circumstances* (Long, Stretesky, Graham & Defeyter, 2017)

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



# Semi-structured Interviews (N = 50 Children, Parents and Staff) (Defeyter et al., 2015)



- 1) What are holiday breakfast clubs utilised for?
- 2) What are the perceived impacts of holiday breakfast clubs?
- 3) What factors need to be considered in the development of holiday breakfast clubs in the future?

# 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 Breakfast Clubs

**What are the perceived impacts of holiday breakfast 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”*  
(Strabane)



# 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” (Liverpool)*



*“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” (Oldham)*



# Familial Impacts



*“It’s seeing families enjoy it together you know sitting down just enjoying time together”  
(Coventry)*

*We were able to sign post that parent on for help because that parent wasn’t getting any help so we were able to find what we call here Social Services Gateway the gateway team so that’s that just started instantly within a week they were able to go and get support”  
(Strabane)*

# Children's Views on Holiday Breakfast Clubs

## What are holiday breakfast clubs utilised for?

*"It's somewhere that you can just come, be with your friends and have a healthy breakfast"*



# What are the perceived impacts of holiday breakfast clubs?

## Breakfast Habits

*I don't have that much cereal at home but I'll have some so I've been having much more cereal 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*

# Adult's Views on Holiday Breakfast Clubs

## What are holiday breakfast clubs utilised for?

*"To have something to eat firstly and to join in"*  
(Parent. Oldham)



*"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"* (Parent. Church-Based Club, Coventry)

# What are the perceived impacts of holiday breakfast clubs?

*“The day before pay day can be tough as you know and it's- they don't run out, they don't run out of cereal or they don't run out of milk or they don't run out of bread and so they've got the choice there all the time whereas they wouldn't necessarily at home” (Parent. Church-Based Club. Coventry)*

*I've been able to get to know some of the other mum's a bit more especially some that are going- whose children are going into school with [child] so it's been nice and numbers have been exchanged and things” (Trafford)*



# Study 3: Summer Learning Loss (Shinwell & Defeyter, 2017)

- 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)

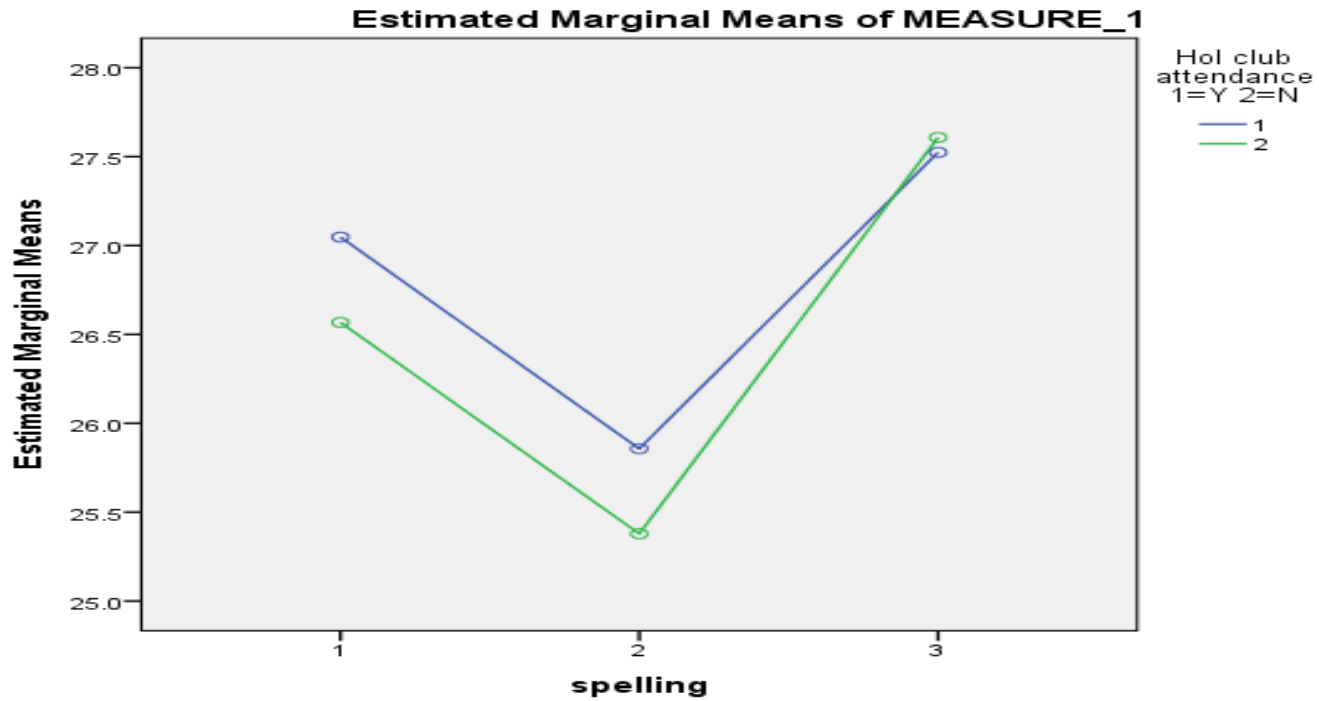


# Study 3: Summer Learning Loss

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

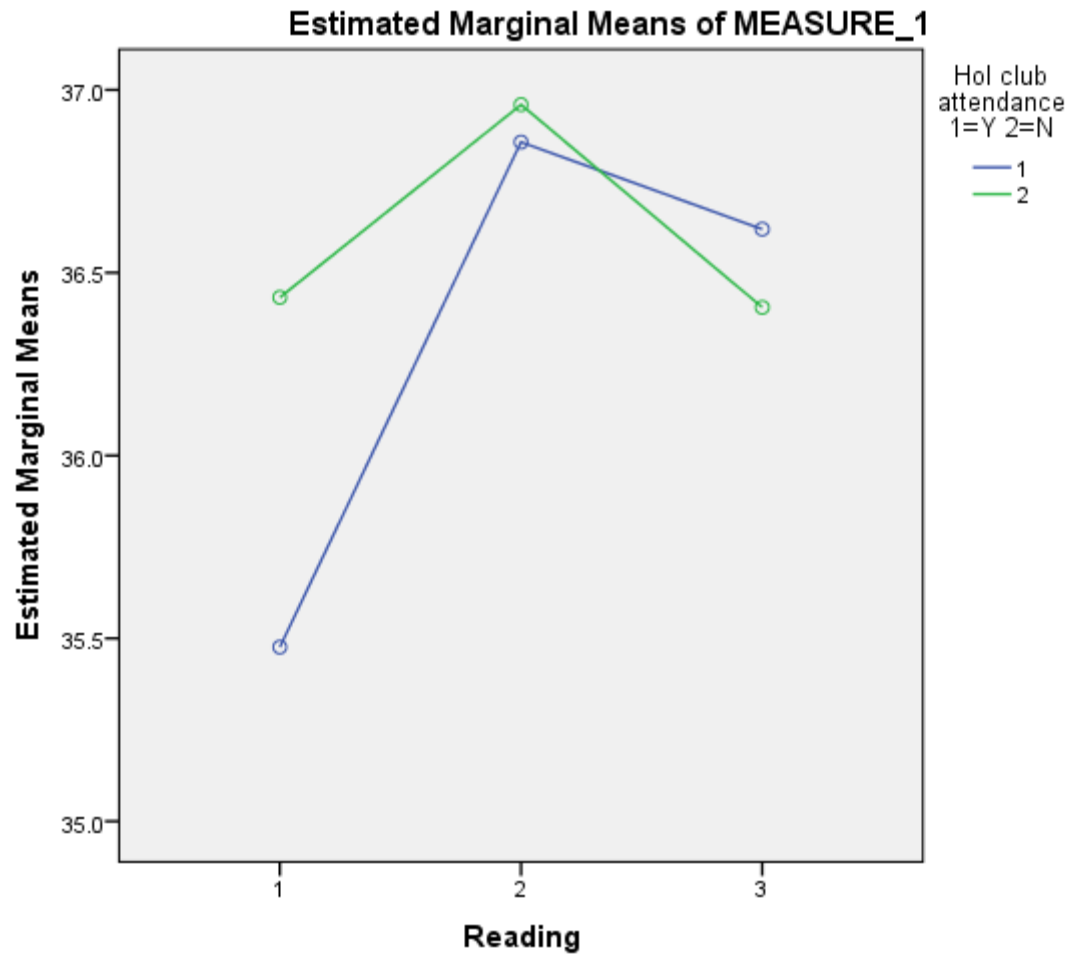


# Results: Spelling



		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			

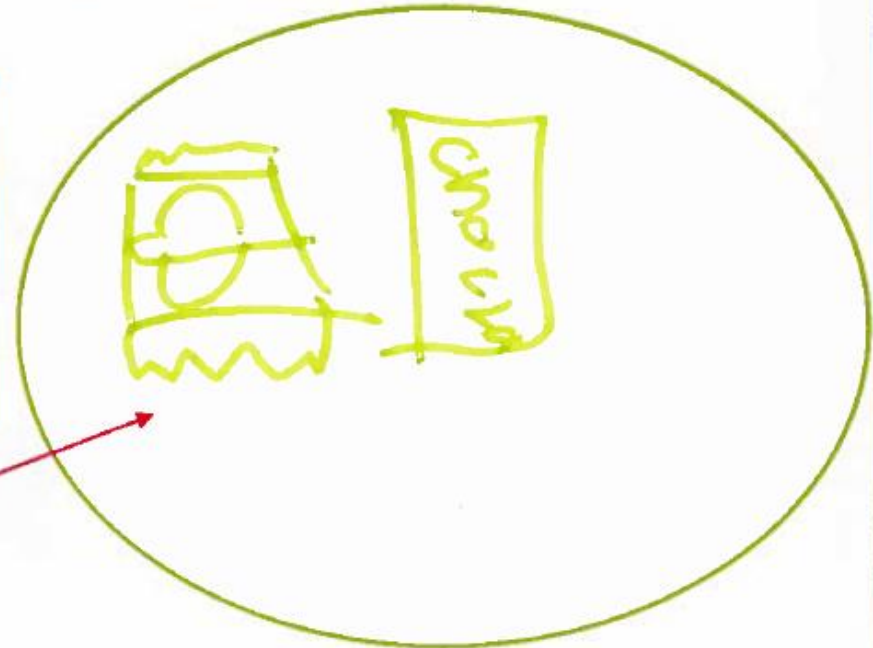


6. Did you eat or drink anything when you got home but before your evening meal yesterday? Please tick (✓) Yes or No:

Yes  No

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

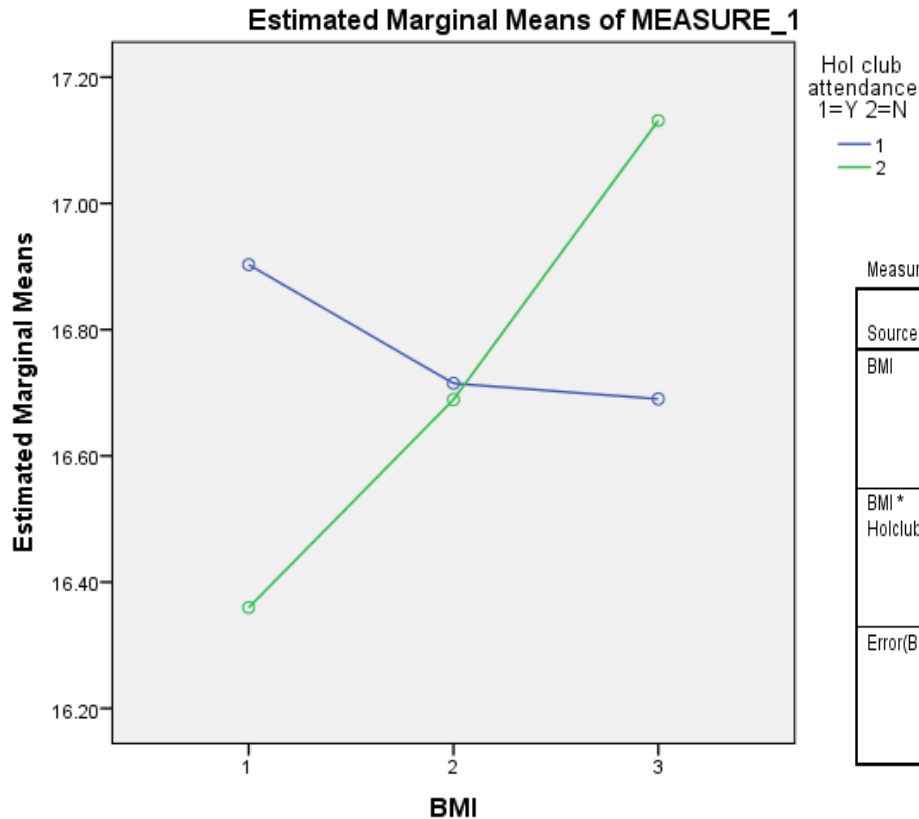
I had:
Chips and chocolate
69
I drank:



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)



Collaborators:

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