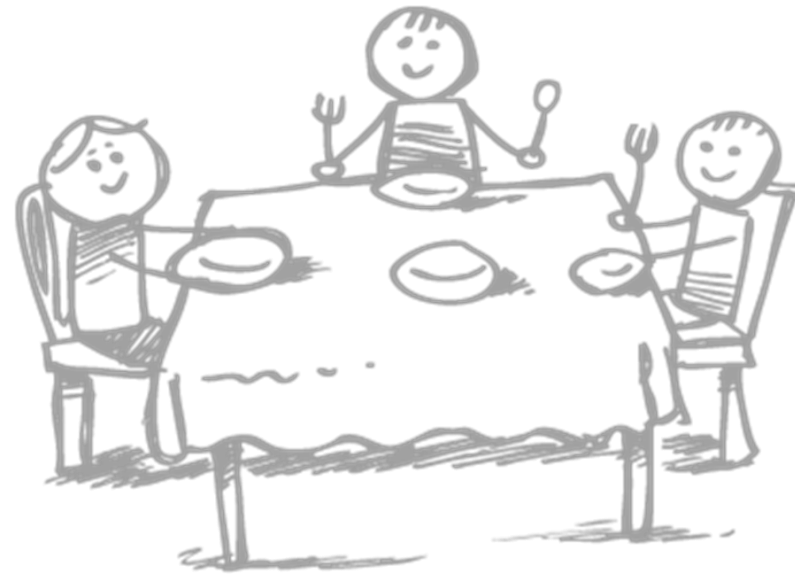




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Hunger in the UK Classroom

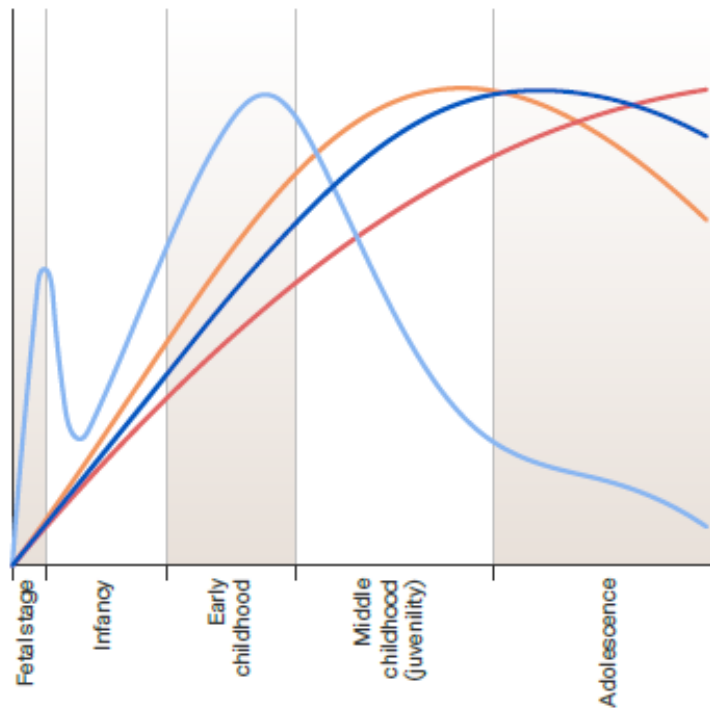


Professor Greta Defeyter
Director of the Healthy Living Lab
Northumbria University

<https://www.northumbria.ac.uk/takeontomorrow/it-is-time/holiday-activity-and-food-programmes>

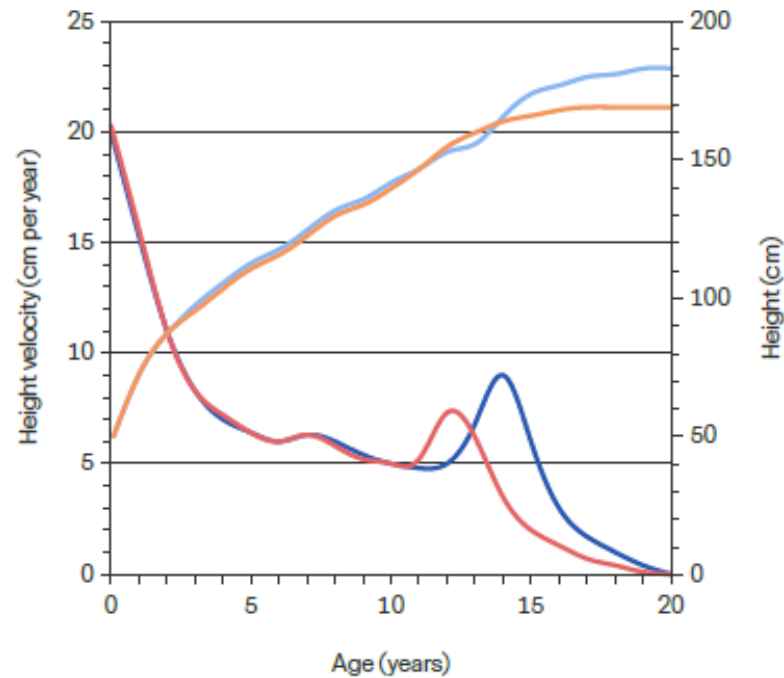
Developmental stages sensitive to intervention across the first 8,000 days of life

Brain development



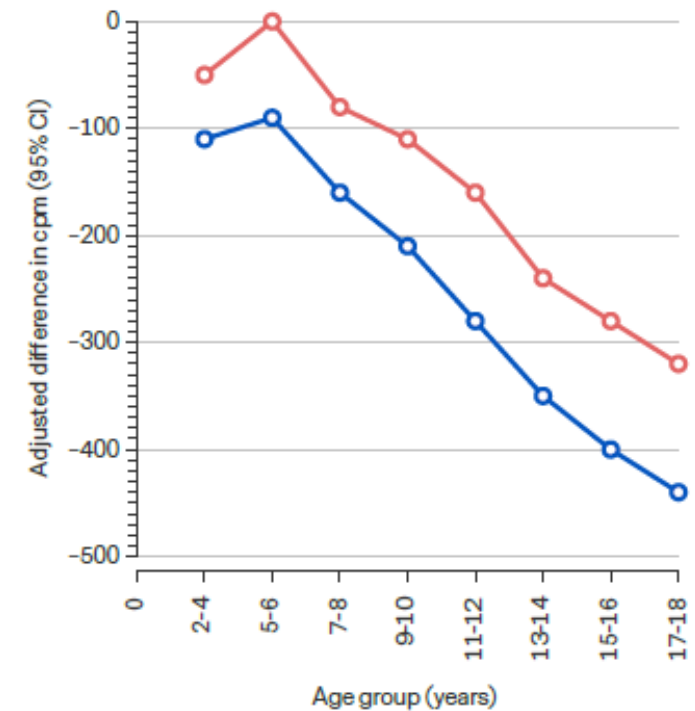
■ Total volume ■ White matter
■ Grey matter ■ Glucose utilisation

Linear growth



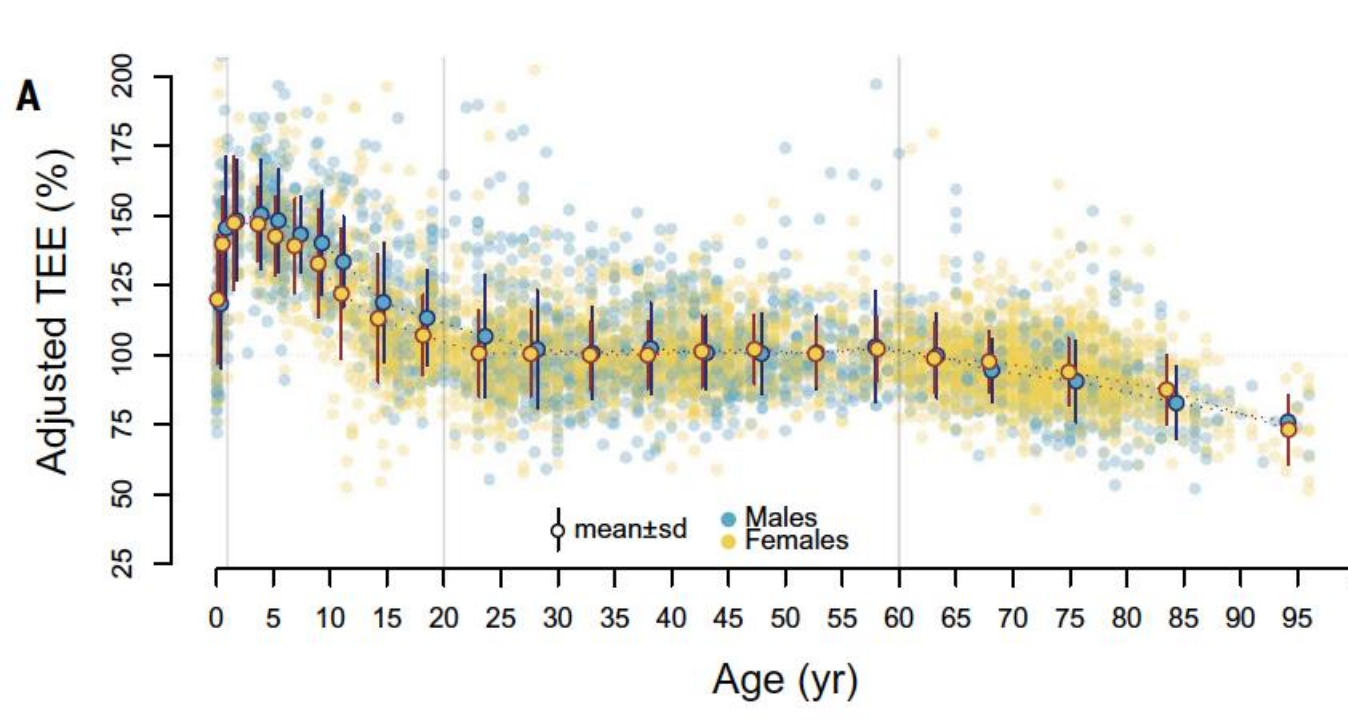
■ Male velocity ■ Female velocity
■ Male height ■ Female height

Physical activity



○ Male ○ Female

Developmental stages sensitive to intervention: Energy expenditure



Pontzer et al., Science 373, 808–812
(2021)

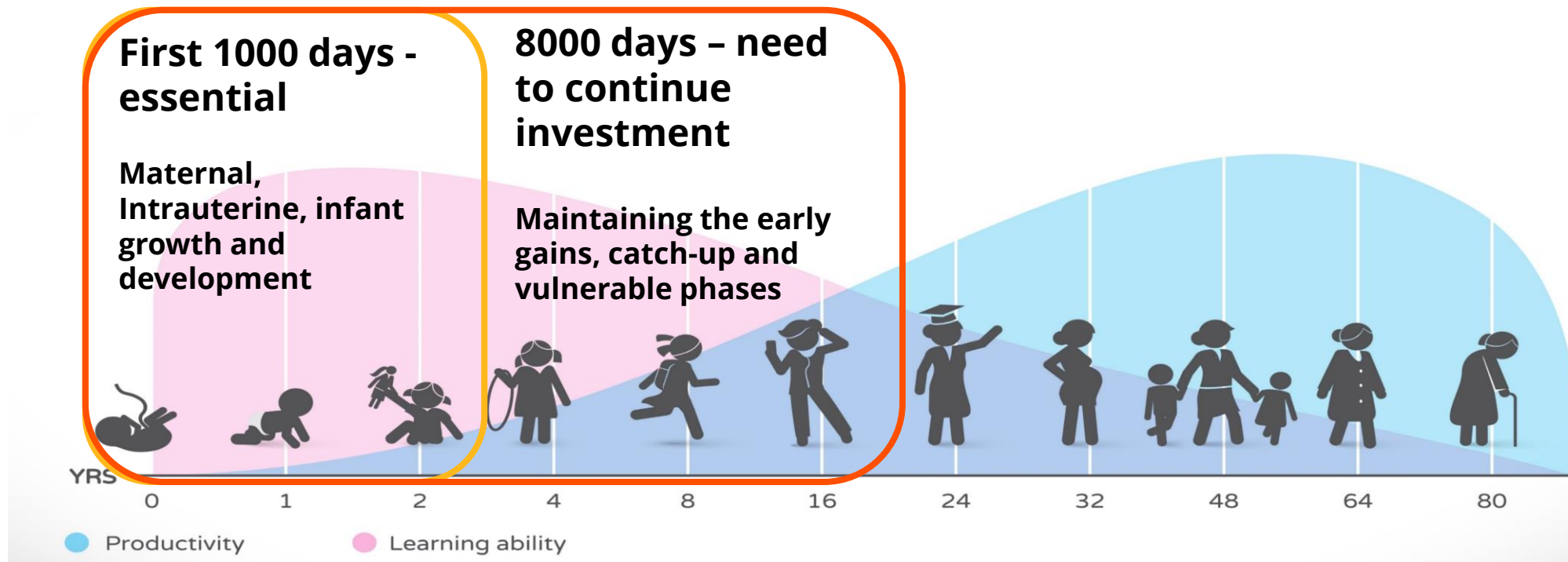
The BOND-KIDS Project

“While considerable attention...justifiably continues to be paid to...“the first 1000 days” ..., significant gaps exist in our understanding of the biology and role of nutrition in the next “7000 days” ... Children of school age (5-19 yrs) represent a range of ...developmental stages [which] demand...a high-quality diet to meet nutritional requirements.”

NICHD/NIH; LSHTM; USDA/FAS; Academy for Nutrition and Dietetics, 2023

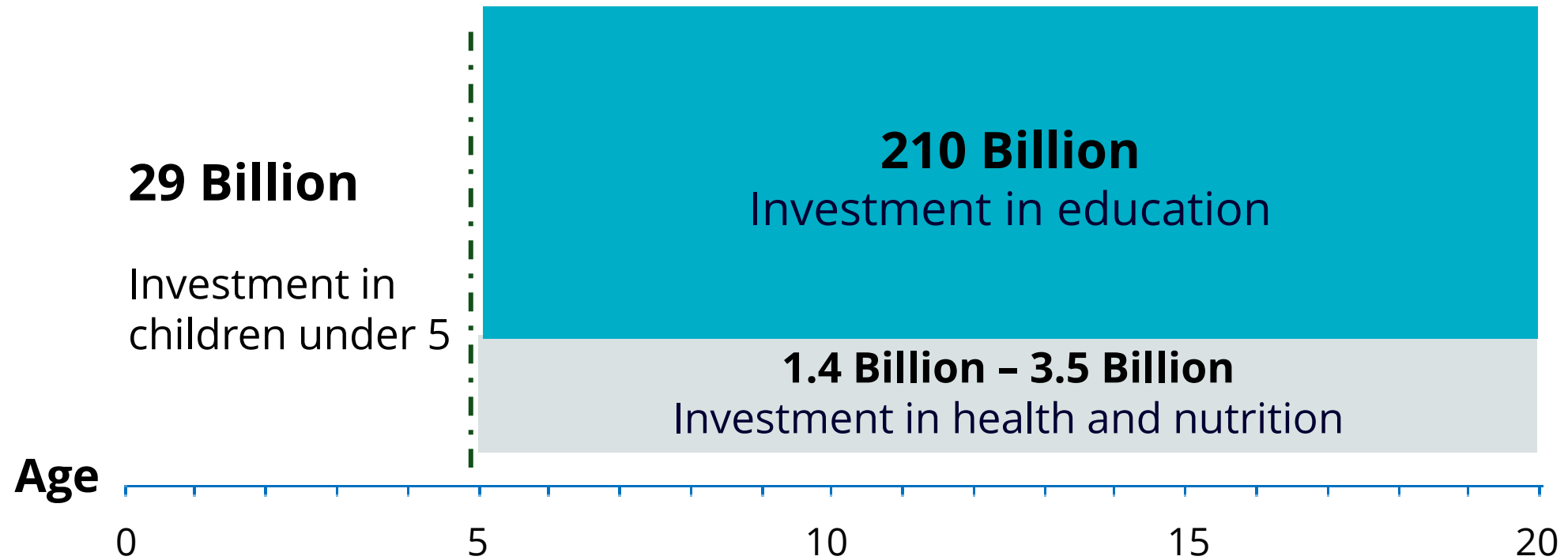
Supporting mission-critical research along the lifecycle

The importance of promoting health, well-being and education throughout the first 8,000 days of life



We are investing in the learning but not in the learner

Estimates of public spending on children and adolescents in LLMICs (US\$ billion per year)

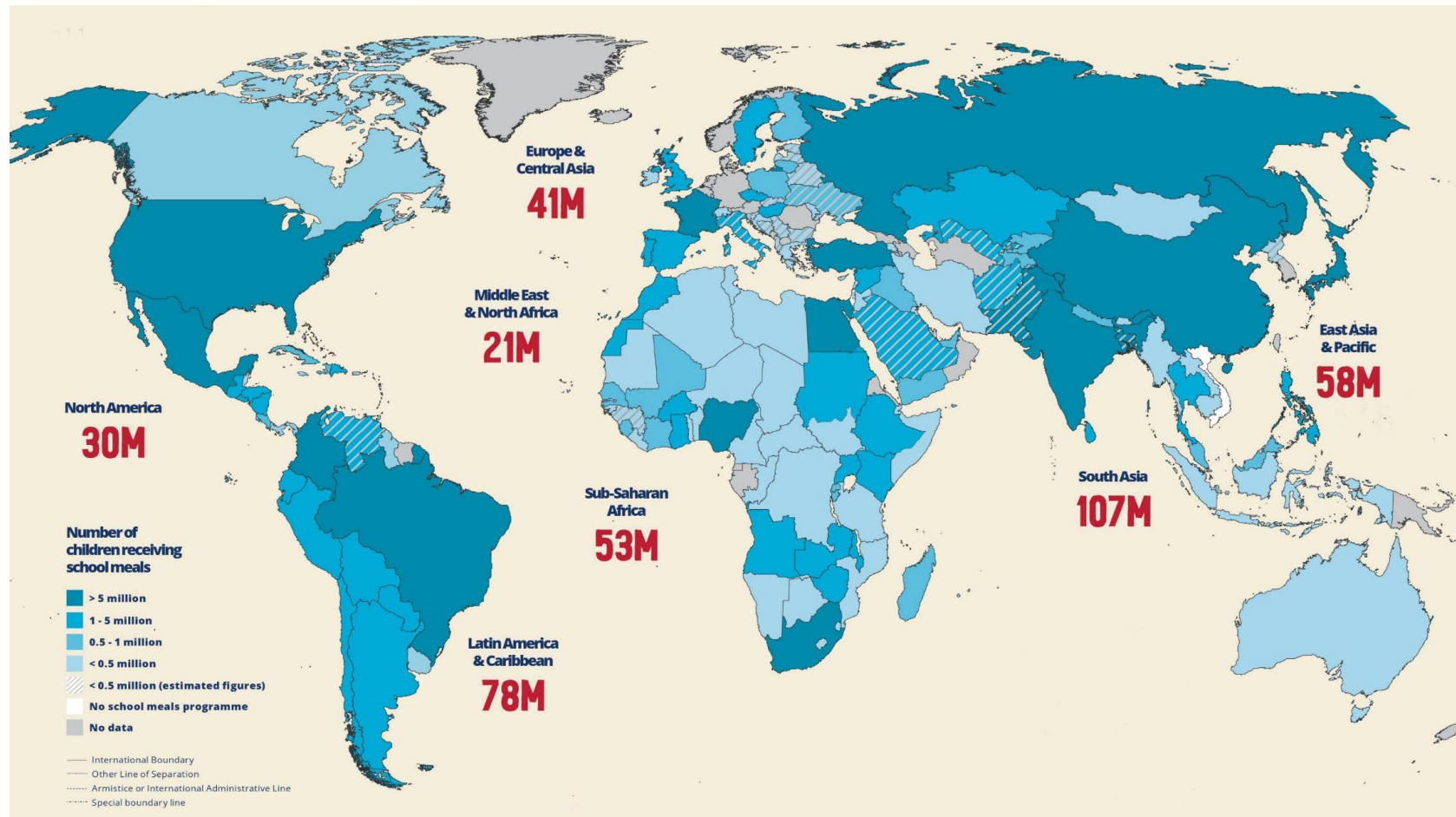


DCP3 Child and Adolescent Health and Development Volume: Prompted a global focus on the “next 7,000 days”

| | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 |
|--|------|------|------|------|------|------|------|
| Education and Health (UNESCO, GPE, WHO) | | | | | | | |
| Food (WFP, FAO) | | | | | | | |
| Development and Human Capital (WBG, USAID) | | | | | | | |

School meals before the COVID-19 pandemic

Unprecedented global reach

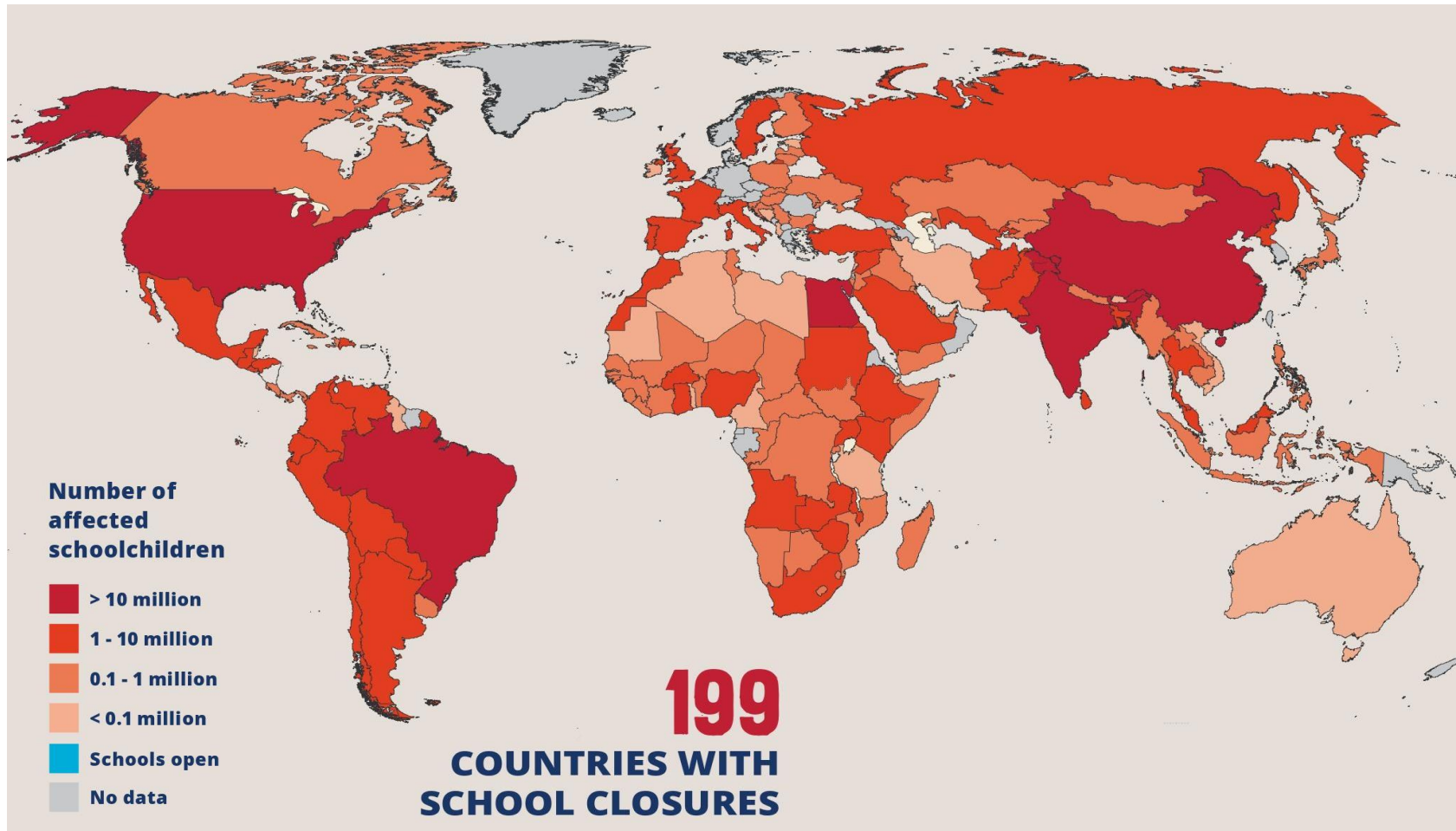


TOTAL
388 MILLION
CHILDREN



Impact of COVID-19 school closures

Children deprived of education and school-based services



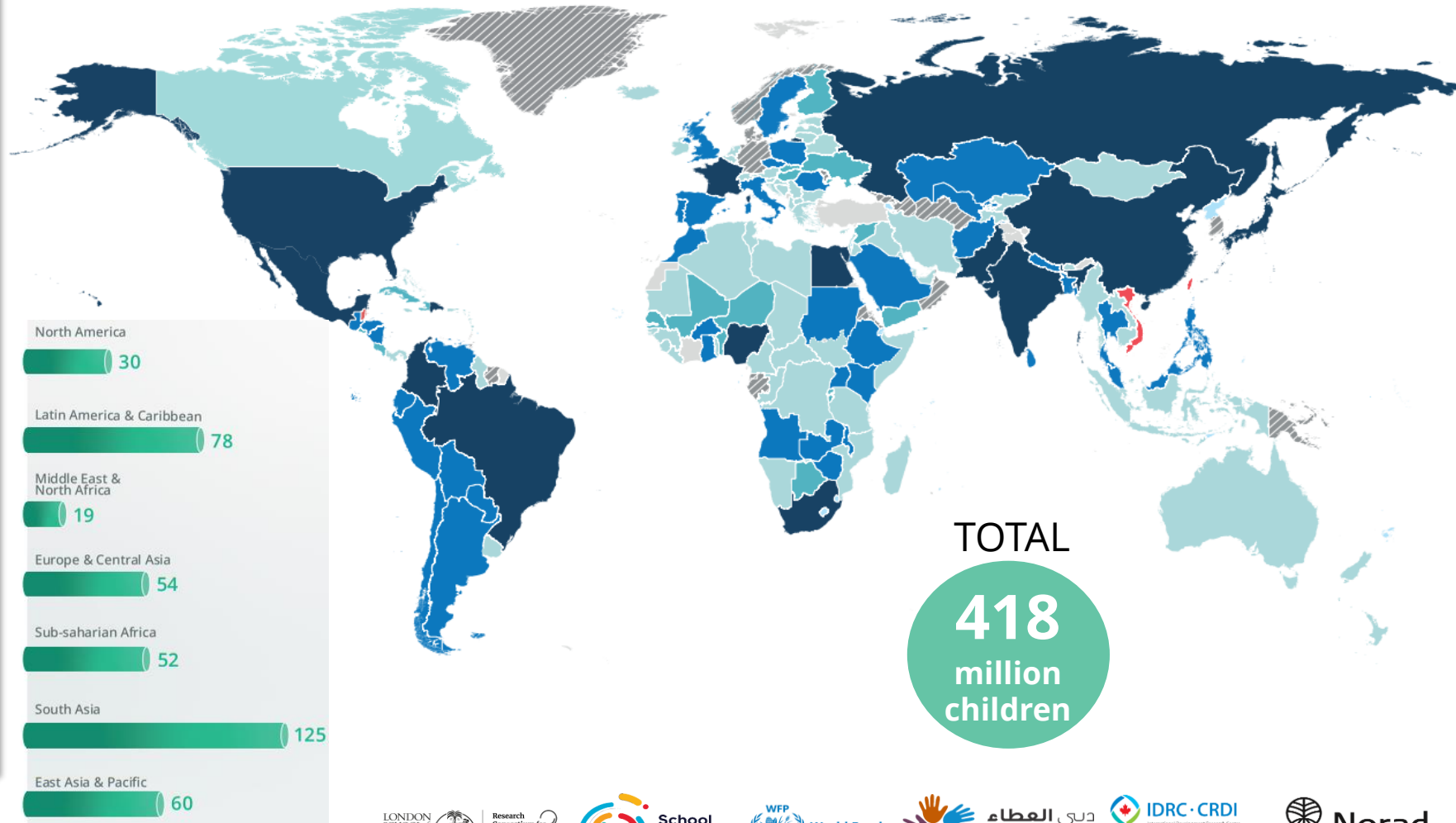
370 MILLION CHILDREN
MISSING OUT ON SCHOOL MEALS GLOBALLY



Where are we now?

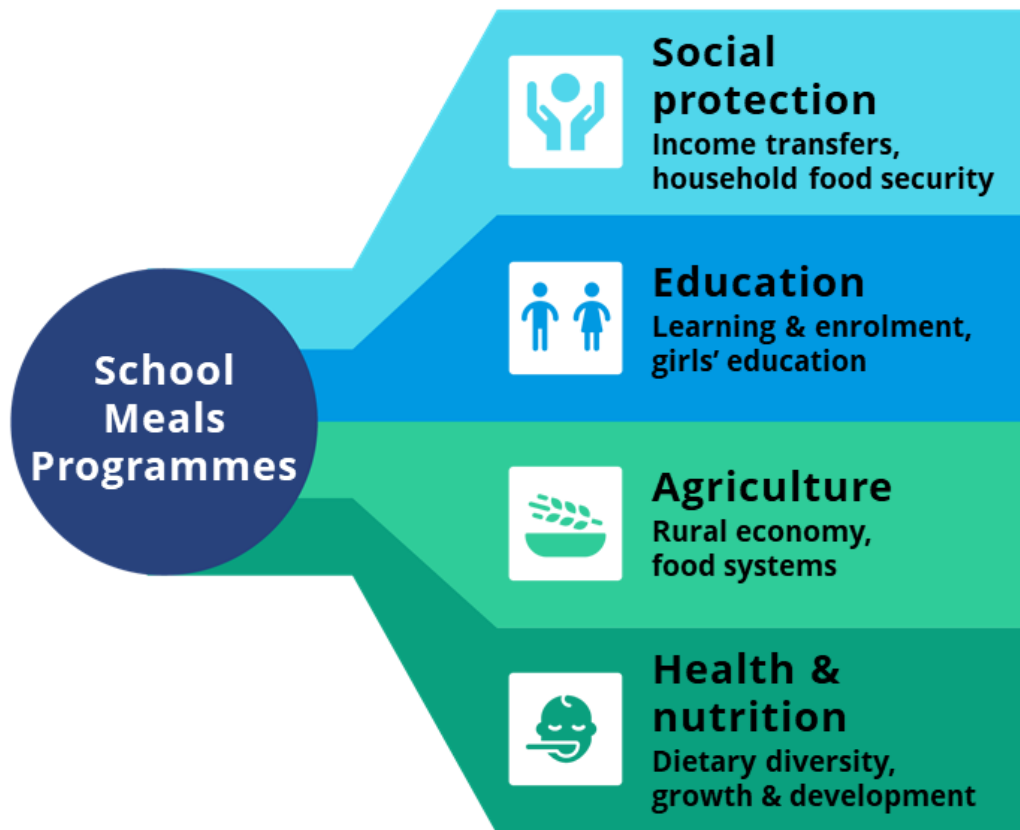


► Map: Children receiving school meals around the world



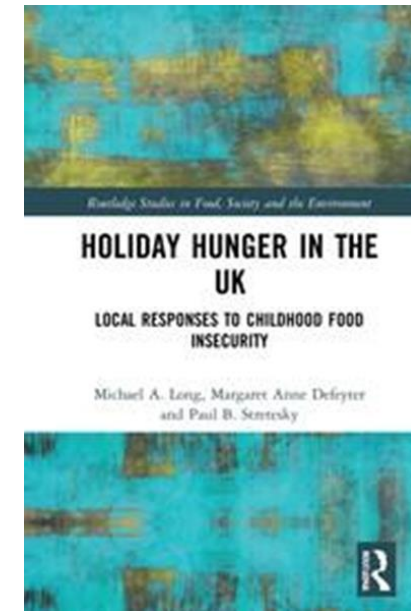
Published March 2023

Well designed school meals and complementary programs can have large multi-sectoral returns



- **Large returns, potentially between \$7 and \$35 for each \$1 of investment**
- **Extensive safety net**
- **New markets and jobs for local farmers - 2,000 new jobs created for every 100K children fed**

Holiday Activities and Food (HAF)



Benefits of HAF

Alleviates financial strain (Defeyter et al., 2015; Shinwell & Defeyter, 2021; Stretesky et al., 2020)

Alleviates food insecurity (Long et al., 2018)

Improves children's dietary intake (Crilley et al., 2022; Mann & Defeyter, 2019; Shinwell & Defeyter, 2019)

Improves parental wellbeing (Defeyter et al., 2018; Stretesky et al., 2020)

Improves parental and child wellbeing (Defeyter & Stretesky, 2021, 2022)

Increases children's engagement in MVPA (Crilley et al., 2020)

Supports connected communities (Stretesky & Defeyter, 2020)

Attenuates learning loss (reading and maths) (Defeyter & Shinwell, forthcoming)

For a summary, see www.northumbria.ac.uk/takeontomorrow/it-is-time/holiday-activity-and-food-programmes

BRING IT ON BRUM 2022

An Evaluation of Birmingham's HAF Programme

February 2023



Authors:
Professor Greta Defeyter,
Professor Paul Stretesky,
Dr Jackie Shinwell

Total HAF spend per child: **£250.93**

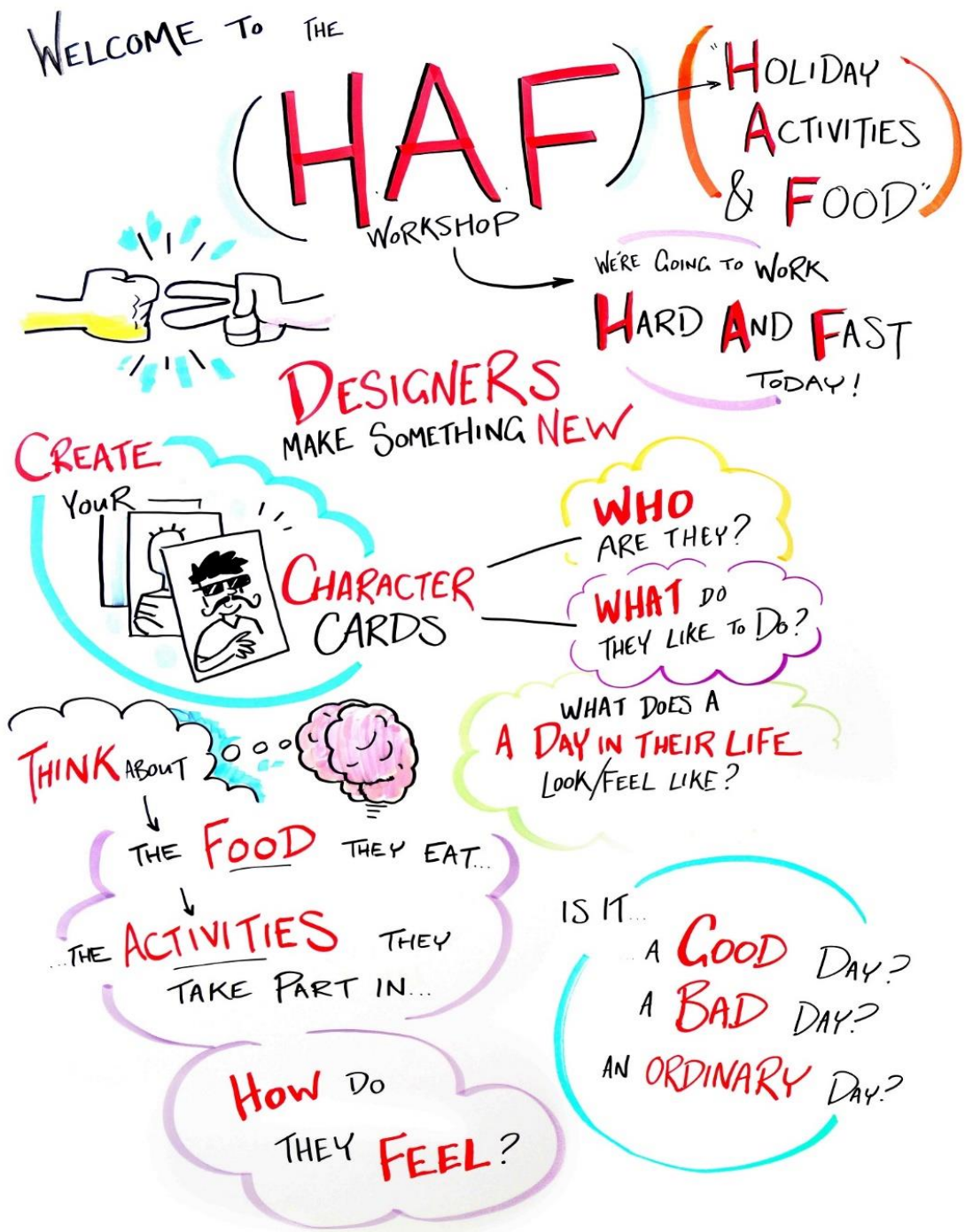
Total estimated SROI per child: **£2787.79**

Total spent on HAF: **£8,029,880**

Total estimated SROI for HAF in Birmingham:
£89,209,280

An Economic Evaluation of the Holiday Activities and Food (HAF) programme, titled, 'Bring it on Brum', in Birmingham (April 2023).

Authors: Tobyn Eagles, Peter McMeekin, Andrew McCarthy, Paul Stretesky, & Margaret Defeyter (April 2023) [see <https://www.northumbria.ac.uk/takeontomorrow/it-is-time/holiday-activity-and-food-programmes/>]



Co-producing and co-designing a HAF+ Service Framework with young people

Purposive sampling (HAF and non-HAF)

13–16-year-olds

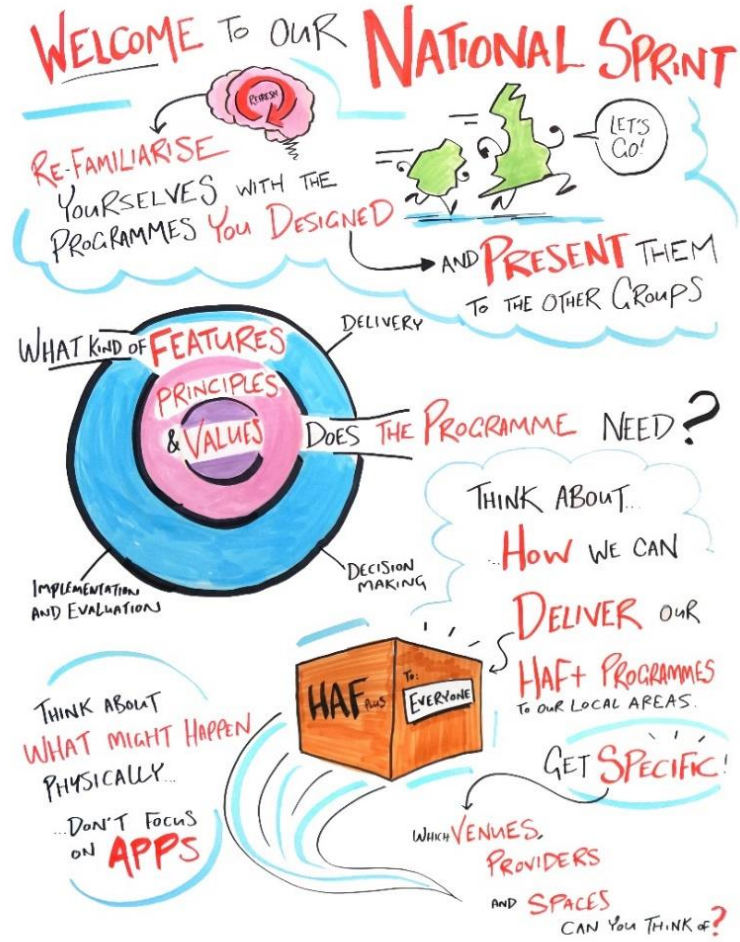
Adults with experience of HAF/other services

Northumberland, Gateshead, London (Brent) and Birmingham

Design Sprints: intensive guided group and individual activities to support creative idea generations (Knapp et al., 2016)

Ownership, power, language, cultural differences etc.

Academic research expertise (nutrition, PA, design, psychology, education).




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Conclusion

- Recent research clearly shows the first 8000 days are important.
- We need to invest in coherent, sustainable education systems and invest in a) education and b) the learner.
- Investment in human capital will support the economy.
- Careful implementation and roll out of school food programmes with consideration of the UN's 'right to food'.
- Build on existing good practice in Ireland and extend the hot school meal programme to secondary schools.
- Implement a school holiday programme to act as a safety net all year round.

