

What Summer Meals Mean for Kids

Tuesday, August 11, 2015
2pm EST



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About Share Our Strength

Share Our Strength employs an innovative three-pronged approach to ending childhood hunger.

1. INCREASING ACCESS to and participation in federal nutrition programs currently available to children In-need, including school breakfast, summer meals and afterschool meals/snacks.

2. EMPOWERING FAMILIES through Cooking Matters courses and grocery tours with skills to stretch their food budgets and prepare nutritious meals on a limited budget for over 20 years.

3. DRIVING AWARENESS OF CHILD HUNGER and No Kid Hungry at the national, state and local levels by engaging the public around this critical issue.

ENDING CHILDHOOD HUNGER



ACCESS

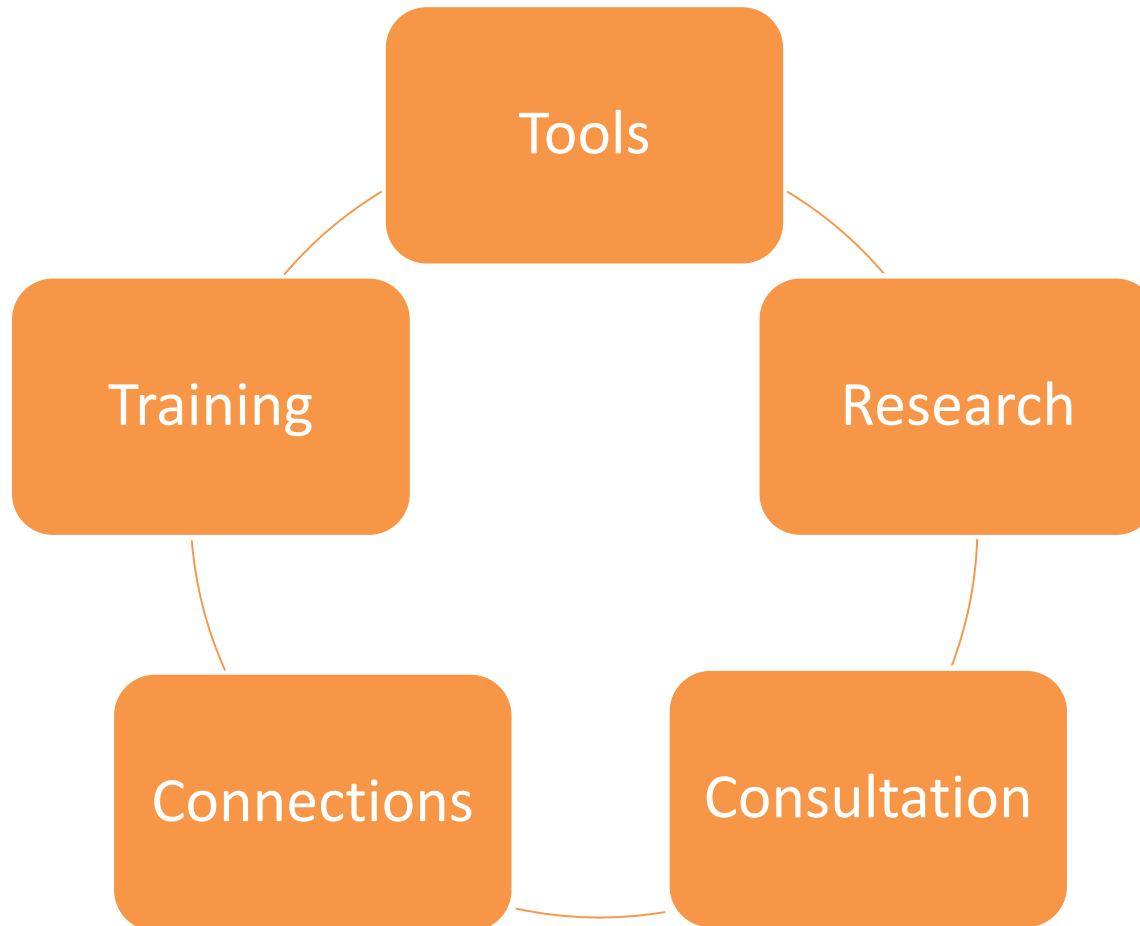


EDUCATION



AWARENESS

No Kid Hungry Center for Best Practices



Thank you to Deloitte for their continued partnership in support of No Kid Hungry.

Deloitte.



This report was made possible through the support of the Arby's Foundation.

Agenda

- Summer Nutrition Program Impact Analysis Overview and Findings
- Questions
- Putting Social Impact Analysis into Practice
- Questions

Speakers



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Summer Nutrition Program Social Impact Analysis Webinar

August 11, 2015

Agenda

1. Summer Nutrition Program Impact Analysis Overview
2. Social Impact Analysis Components
3. Research Findings
4. Maryland Case Study
5. Putting Social Impact Analysis into Practice

Summer Nutrition Program Social Impact Analysis Overview

Objective

- Research, analyze, and tell the story of the impacts of providing children food over the summer through data analysis and compiled academic research

Scope

- Focuses on the effects that improved access to food has on children's:
 - Food security and nutrition
 - Health and education outcomes in the long and short term
 - Economic outcomes

Audience

- The analysis is targeted towards those interested in summer nutrition programs and/or summer nutrition program stakeholders

Value

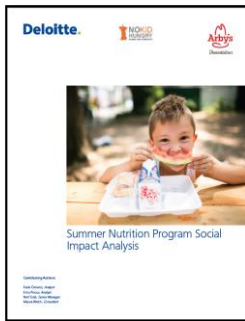
- Compiles research relevant to summer nutrition programs into one document
- Provides a base for conducting correlational data analysis to associate summer nutrition programs with education benefits in an environment where data over the summer is limited

Social Impact Analysis Components

Social Impact Analysis Whitepaper

- Approach**
- Gathered over 100 statistics from 60 academic research, articles, and publications on impact topic areas
 - Created impact story

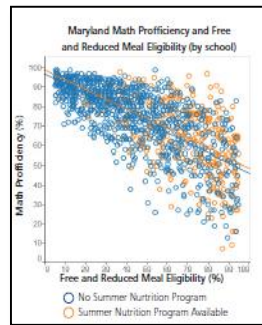
Resulted In...



- Impact**
- Consolidates academic research into one cohesive document to provide a strong foundation highlighting the importance of access to summer meals for children

Case Study Data Analysis

- Collected Maryland education and summer site list data
- Analyzed data for correlational connection between education outcomes and school-based summer nutrition program locations



- Provides a correlation argument for the importance of summer nutrition programs to education outcomes

Micro Report

- Share Our Strength generated a summary report that highlights key statistics from the Deloitte Social Impact Analysis



- Provides a concise document with key points for targeted audiences



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Research Findings

Key Impacts – Immediate Impacts


Key Points:

- *Children need proper nutrition 12 months a year, and while 21.5 million children receive free or reduced price lunch during the school year, only 3.3 million receive similar meals over the summer; the result is a gap of 17.9 million children not receiving food during the summer**
- *Children could, and should, get nutrition through expanded access to summer nutrition programs*
- *Research shows that increased access to nutritious food through summer nutrition programs leads to increased food security and improved nutrition*

Immediate Impacts



Food Security
Reduced the number of children experiencing very low food security by about one-third



Nutrition
Children ate more fruits and vegetables, whole grains, and dairy foods

* Source: U.S. Department of Agriculture, *Report on the Summer Food for Children Demonstration Projects for Fiscal Year 2013: Report to Congress*, 2013, http://www.fns.usda.gov/sites/default/files/SEBTC_2013.pdf , accessed April 7, 2015.

Key Impacts – Health Impacts

Key Point: Increased food security and nutrition may help avoid negative downstream health impacts for children

Health Impacts



Weight Gain

Children may gain weight two to three times faster during the summer than during the school year²⁰



Chronic Diseases

When a child gains weight, he/she is more susceptible to chronic diseases such as iron deficiency anemia,²² asthma, type 2 diabetes, and heart disease²³



Mental Health

Children experiencing food insecurity report higher rates of mental illness²⁵

Key Impacts – Education Impacts

Key Point: Increased food security and nutrition may also help avoid negative downstream education impacts for children

Education Impacts



Cognitive Functioning and Development

Nutritious meals protect against cognitive decline



Summer Learning Loss

Children from low-income families lose more than two months in reading achievement compared with their peers from middle-class families



Achievement Gap

About two-thirds of the 9th grade achievement gap between lower- and higher-income youth can be explained by unequal access to summer learning opportunities during the elementary school years

Key Impacts – Economic Impacts

Key Point: *If education and health outcomes are improved for children, there are associated economic benefits for their communities*

Potential Economic Impacts of Summer Nutrition Programs:



Food Insecurity Cost

Food insecure children are 31% more likely to be hospitalized, and the average pediatric hospitalization costs approximately \$12,000



Elevated BMI Cost

The average total health expenses for a child treated for obesity under private insurance is more than 200 percent⁴⁵ higher than the average health cost for a child covered by private insurance,⁴⁶ and elevated BMI in childhood is associated with \$14.1 billion in health expenses and hospitalization costs annually



Reteaching Cost

Two months of reteaching costs account for 22% of the school year and \$1,540 per student



Economic Output

Labor participation is directly correlated to one's education level, and high school graduates earn an average of \$10,090 more annually than those who do not graduate



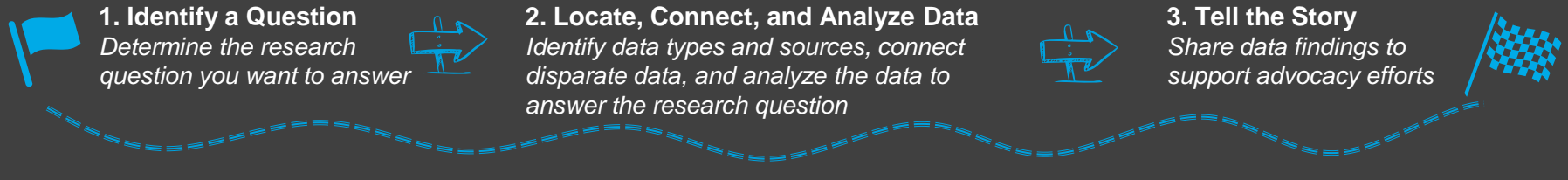
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Maryland Case Study

A case study of schools in Maryland with summer nutrition programs are associated with higher educational achievement than schools that did not offer a summer nutrition program

Data Analysis Approach

The Analytics Journey

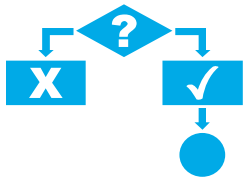


Approach in Action – Maryland Case Study

As part of the Summer Social Impact Analysis, Deloitte conducted research on Maryland as a case study using this approach

1. Identify a Question

Our Question:
“Is there a difference between student educational achievement at schools that offer a summer nutrition program and schools that do not?”



2. Locate, Connect, and Analyze Data

To answer this question we **located** and compiled school data for:

- Student achievement
- Free and reduced meal eligibility
- Summer nutrition program site lists



Data was **connected** to plot each school on a graph with coordinates based on achievement and free and reduced meal eligibility. These points were then segmented into two groups:

- No summer nutrition program
- Summer nutrition program

...and **analyzed** using a data visualization.

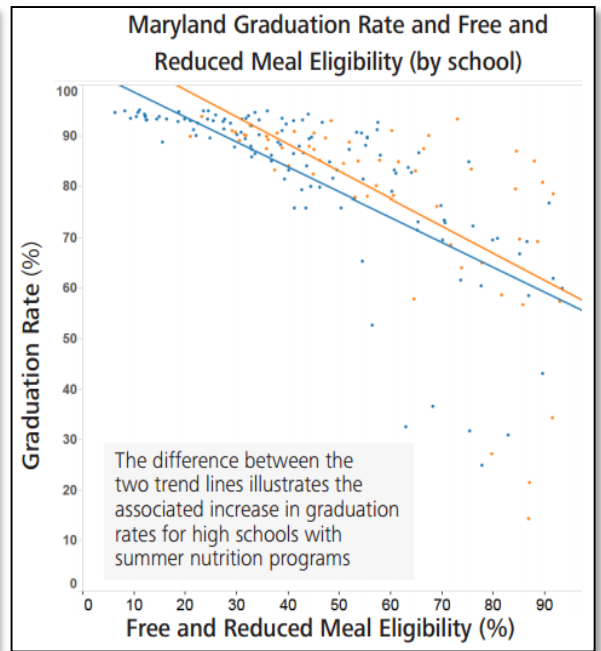
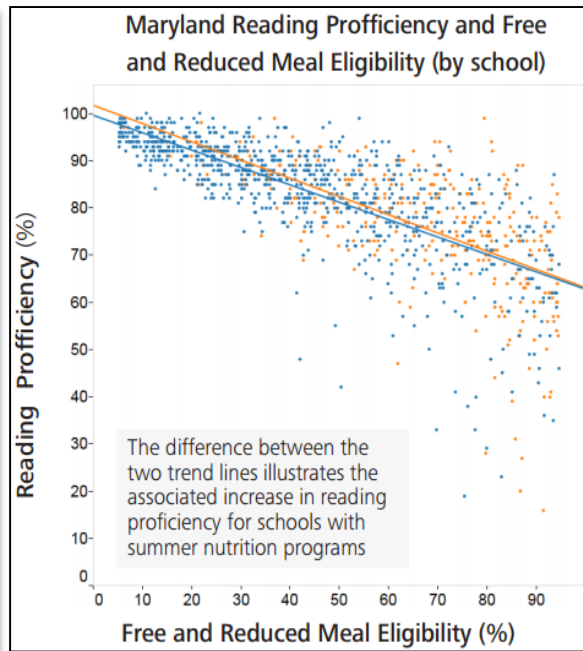
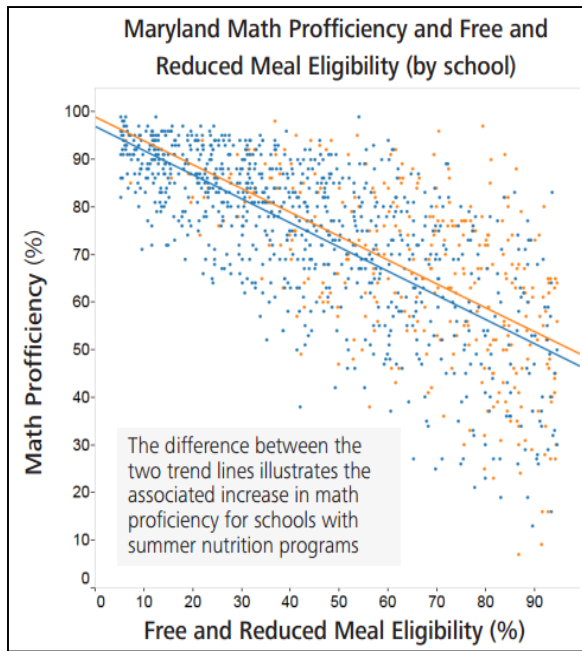
3. Tell the Story

The analysis shows a correlational difference in educational achievement at schools with summer nutrition programs.

Additional meaning is added to the data by extrapolating the results.

Data Analysis Results

Schools offering summer nutrition programs were associated with higher levels of academic achievement across three areas compared to schools that did not offer summer nutrition programs.



Schools that offered a summer nutrition program in summer 2013 were associated with higher educational achievement in the 2014 school year:



2.0% to 2.5% more students achieving math proficiency



0.4% to 2.0% more students achieving reading proficiency



2.2% to 5.3% more students graduating

Data Analysis Results Extrapolation

Results from the data analysis were then extrapolated to schools not currently offering summer nutrition programs.

If all Maryland schools were to offer summer nutrition programs and the percentages above proved consistent, then one might see:



5,600 more students
achieving math proficiency
each year



1,150 more students
achieving reading
proficiency each year



760 more high school
graduates each year



\$4.7 million increase in
earnings each year



Questions?



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Putting the Social Impact Analysis into Practice

Adding Context to Research Findings

Additional context to the research findings is provided through an appendix that includes a what if scenario, which extrapolates research findings to all children not currently receiving meals through summer nutrition programs

Appendix: Impact Extrapolation

What if all children who receive free and reduced-price lunch during the school year were able to access summer nutrition programs?

The extrapolation of impacts is based on statistics detailed in this paper; however, these statistics may not have the same scale of impacts everywhere. The following extrapolation should only be used to imagine the possibilities.


Across the United States:

Connecting children who receive free or reduced-price lunch during the school year to the meals in the federal summer nutrition program is a key strategy in ending childhood hunger in America. The higher the participation rates, the more children are able to get the nutritious food they need to thrive.


Imagine closing the gap between the 21.7 million children receiving free or reduced-price lunch during the school year, and the 3.8 million children currently receiving meals through federal nutrition programs over the summer...

 17.9 million more children would benefit from summer nutrition programs


Imagine the impact this could have on the ultimate goal of ending childhood hunger...

 As many as 1 million fewer children would be food insecure⁶²


Resulting in...

 Potentially 22,800 less child hospitalizations annually⁶³
\$274 million in associated cost savings for potential hospitalization costs annually⁶⁴

Imagine if the increased graduation rates from the Maryland Case Study were to hold true at the national level...

 At the lower end of the range, 81,600 more children would graduate from high school annually⁶⁵

Imagine contributing to the prevention of summer learning loss through proper nutrition...

 Up to \$50.6 billion in re-teaching costs could be reallocated towards teaching new information annually, which is equal to about 10% of total US spending on K-12 education⁶⁶

Communicating Impacts to the Public

Share Our Strength's Micro Report expands upon the reach of the Social Impact Analysis by highlighting key takeaways from the research, data analysis, and appendix

REPORT



Summer Hunger is Too Expensive to Ignore

AN ANALYSIS OF THE HIDDEN TOLL SUMMER HUNGER TAKES ON AMERICA'S CHILDREN AND OUR ECONOMY

OVERVIEW

THE LONG-TERM EFFECTS OF SUMMER HUNGER

A new report from Deloitte Consulting, "Summer Nutrition Program Social Impact Analysis," analyzes available research on the long-term impacts of childhood hunger during the summer months.

The study, conducted on behalf of No Kid Hungry (with support from the Arby's Foundation) shows that providing children with access to nutritious food beyond the school year and into the summer months has clear health, education and economic benefits.

National summer nutrition programs increase food security and have a lasting impact on children's lives. In the short-term, the programs can help mitigate summer weight gain, cognitive decline and summer learning loss for children from low-income families. In the long-term, they may help increase high school graduation rates and reduce susceptibility to chronic diseases, which are otherwise each accompanied by large potential costs to the children and their communities.

THE FINDINGS

THE ECONOMIC IMPACT OF SUMMER HUNGER

What could happen if all children receiving free or reduced-price school meals were able to access nutritious meals during the summer? Using existing research as a base, the study investigated the potential impact on American society and found:

- As many as **1 million fewer children** would be food insecure.
- Potentially **22,800 fewer** child hospitalizations, saving **\$274 million** in associated costs annually.
- Potentially **81,600 more high school graduates** each year.
- Summer nutrition is closely tied to summer learning loss. Stopping the "summer slide" among kids from low-income families could save up to **\$50.6 billion** in reteaching costs, equal to approximately 10% of the current total U.S. spending on K-12 education.

THE COST OF HUNGER FOR A CHILD



\$12,000

THE AVERAGE COST OF A CHILD'S HOSPITALIZATION. FOOD INSECURE KIDS ARE 31% MORE LIKELY TO BE HOSPITALIZED.



\$300

THE ADDITIONAL AMOUNT LOW-INCOME FAMILIES SPEND ON GROCERIES EACH MONTH DURING SUMMER.



\$1,540

THE AMOUNT SCHOOLS SPEND IN RE-TEACHING A STUDENT STRUGGLING WITH SUMMER LEARNING LOSS.



\$10,090

HOW MUCH MORE A HIGH SCHOOL GRADUATE EARNS THAN SOMEONE WITHOUT A HIGH SCHOOL DEGREE.

JUNE 30, 2015

NO KID HUNGRY MICRO REPORT

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Summer Meals

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PROGRAM POLICY

NATIONAL SUMMER
MEALS SUMMIT

SODEXO FOUNDATION
SUMMER MEALS
OUTREACH TOOLKIT

Summer Nutrition Program Social Impact Analysis

In 2015 Share Our Strength collaborated with Deloitte to develop the Summer Nutrition Program Impact Analysis. This report synthesizes the research on summer meals and presents a primary data analysis from Maryland schools to demonstrate the positive social impacts of providing children with better access to summer nutrition programs.

National summer nutrition programs increase food security and have a lasting impact on children's lives. In the short-term, the programs can help mitigate summer weight gain, cognitive decline and summer learning loss for children from low-income families. In the long-term, they may help increase high school graduation rates and reduce susceptibility to chronic diseases, which are otherwise each accompanied by large potential costs to the children and their communities.

This report is intended to help advocates better understand and demonstrate the importance of increasing participation in Summer Meals programs.

- **Summer Nutrition Program Social Impact Analysis** – download the full report for an in-depth look at the analysis and to see the research cited
- **Summer Hunger is Too Expensive to Ignore** – this short report provides a compelling summary of the findings and the impact of increased access to summer nutrition

This was made possible by the generous support of the Arby's Foundation.





Questions?



Thank You!