Why Summer Matters:
The challenge and opportunity in summer learning

Northern California Grantmakers
February 28, 2013
Purpose of today’s meeting

Inform

Inspire

Engage
Why summer matters – learning loss

Horizons National (Youtube)
What’s more...

Unequal summer-learning opportunities during elementary school years are responsible for about two-thirds of the ninth-grade achievement gap between lower- and higher-income youth. (Alexander et al., 2007)
Obesity Trends* Among U.S. Adults
BRFSS, 1985
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1990
(*BMI ≥30, or ~30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1995
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2000

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2005

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)

No Data          <10%           10%–14%           15%–19%           20%–24%          25%–29%           ≥30%
Obesity Trends* Among U.S. Adults
BRFSS, 2008

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Why summer matters – Obesity

- Relative increase in obesity has been greater among young people under 18.

- 32% are overweight or obese - Pacific Islanders (42%), Latinos (40%), American Indians (37%)

- 75% of overweight children will become overweight or obese adults.
Obesity

Reasons?

- Energy Input > Energy Output
- Toxic Food Environment
- Sedentary Lifestyle
Obesity

Who Cares?

- Sleep apnea
- High Blood Pressure & Hypertension
- Gallbladder Disease
- Psychological Disorders (e.g., depression)
- Type II Diabetes
- Adult Cardiovascular Disease
- Premature Death

- Total Annual Cost for Children ≈ $14.3 billion
- Annual Cost ≈ $75 billion
Summertime and Obesity

• BMI gains were more than twice as large during the summer than the school year (longitudinal study of ≈ 17,000 K-1 Graders)

• Summer weight intensified the racial/ethnic gap in obesity

• Summer weight gain undermines otherwise effective obesity treatments during the school year.

Source: Gillis et al. (2005); von Hippel et al. (2007)
Obesity

Percent Obese by Age

AGE 5  21%
AGE 8  29%

Source: Mahoney, Lord, & Carryl (2005)
Obesity

Summer Arrangements and Risk for Obesity

Regular Summer Arrangements

Source: Mahoney (2011)
Obesity

Summer Arrangements and Risk for Obesity

Source: Mahoney (2011)
Discuss

• Introduce yourselves to each other.
• What is surprising or interesting?
• How is it the same as, or different from, what you already knew?
• What are the implications for education, health and overall, success?
Summer Matters campaign

• Statewide coalition working to expand and improve summer learning across California

• 13 communities pilot quality programming

• Coalition works to raise awareness about the value of summer learning
The vision

Young people in California have access to quality summer learning opportunities that support year-round learning and well-being.
CASE STUDY OF 3 PROGRAMS

• Programs:
  • Fresno County Office of Education
  • LA’s BEST
  • Sacramento City School District

• Common Features:
  o After school staff and platform
  o Partnership with school
  o Literacy integrated with experiential learning
  o 3 to 4 years building quality

• Diversity of program design and management
Summer Matters Evaluation 2012

**Significant Increases in Grade-level Vocabulary**

**SDQA Results - Instructional Level - Middle vs. Elementary**

<table>
<thead>
<tr>
<th>School Type</th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary School</td>
<td>4.34</td>
<td>4.64</td>
</tr>
<tr>
<td>Middle School</td>
<td>5.31</td>
<td>6.00</td>
</tr>
</tbody>
</table>

Source: San Diego Quick Assessment, July 2012 - Aug 2012, total n=403

*Statistically significant change at p < .05*
Summer Matters Evaluation 2012

WORK HABITS

Youth Perception of Work Habits

Source: Summer Outcome Measures Survey, July 2012 (pre) & Aug 2012 (post), n=911
Summer Matters Evaluation 2012

READING EFFICACY

Youth Perception of Reading Efficacy

Source: Summer Outcome Measures Survey, July 2012 (pre) & Aug 2012 (post), n=911
YOUTH REPORT HIGH QUALITY EXPERIENCES

- Positive peers: 67%
- Engaging activities: 68%
- Caring adults: 74%
### Parent Perception of Supports for Pro-Social Attachments

<table>
<thead>
<tr>
<th>Statement</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>In this program, my child has opportunities to make new friends.</td>
<td>97%</td>
</tr>
<tr>
<td>This program helps my child get along better with other children.</td>
<td>89%</td>
</tr>
<tr>
<td>In this program, my child has opportunities to develop leadership skills.</td>
<td>86%</td>
</tr>
<tr>
<td>This program helps my child get along better with adults.</td>
<td>82%</td>
</tr>
</tbody>
</table>

Source: Parent Satisfaction Surveys, July 2012 - Aug 2012
# Summer Matters Evaluation 2012

## High and Sustained School Day Attendance

<table>
<thead>
<tr>
<th>School District</th>
<th>Attendance 2011-12</th>
<th>Attendance Fall 2012</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresno (n=367)</td>
<td>98%</td>
<td>98%</td>
<td>0%</td>
</tr>
<tr>
<td>Los Angeles (n=618)</td>
<td>98%</td>
<td>98%</td>
<td>0%</td>
</tr>
<tr>
<td>Sacramento (n=324)</td>
<td>97%</td>
<td>98%</td>
<td>+1%*</td>
</tr>
</tbody>
</table>

Source: Fresno Central USD, Sacramento City USD, Los Angeles USD, 2012

*Statistically significant change at p<.05

Plus, participants in Fresno 30% less likely to be chronically absent than similar peers!
Discuss: The data/the strategy

• Introduce yourselves to each other.
• What is surprising or interesting?
• How is it the same as, or different from, what you already knew?
• What are the implications for education, health and overall, success?
Panel 1: What summer learning looks like

Zenae Scott
Coordinator II
Youth Development Support Services
Sacramento City School District

Jibraan Lee
Program Manager
Reading Partners Plus Linked-Day After School Program
Hillcrest Elementary School
Panel 2: The role of private foundations

Jeff Sunshine
Program Officer and Manager
David and Lucille Packard Foundation

Kathryn Boyle
Project Manager, Community Benefit Programs
Kaiser Permanente
Discuss: Summer learning and your foundation

- What strengths did you hear in the funding strategies?
- What unanswered questions do you have?
- How does this work relate to issues that your foundation addresses?
- Report out: 1 strength; 1 question; 1 synergy
Before you go...

• What is one thing you learned today?
• What is one idea or fact you will share with a colleague?
Please visit
SummerMatters2You.net

Thank You.