

# What's **UP** with Summer?

(Undermining Prevention)

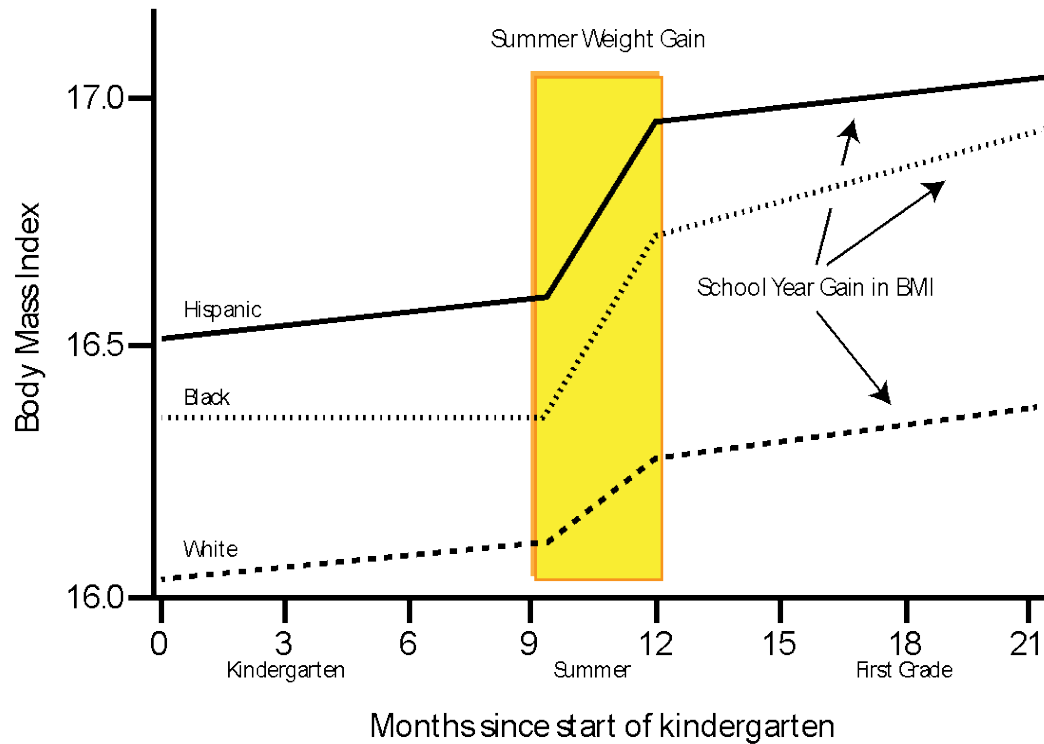
Is summertime undermining obesity prevention efforts during the school year?

**Michael W. Beets, M.Ed., M.P.H., Ph.D.**

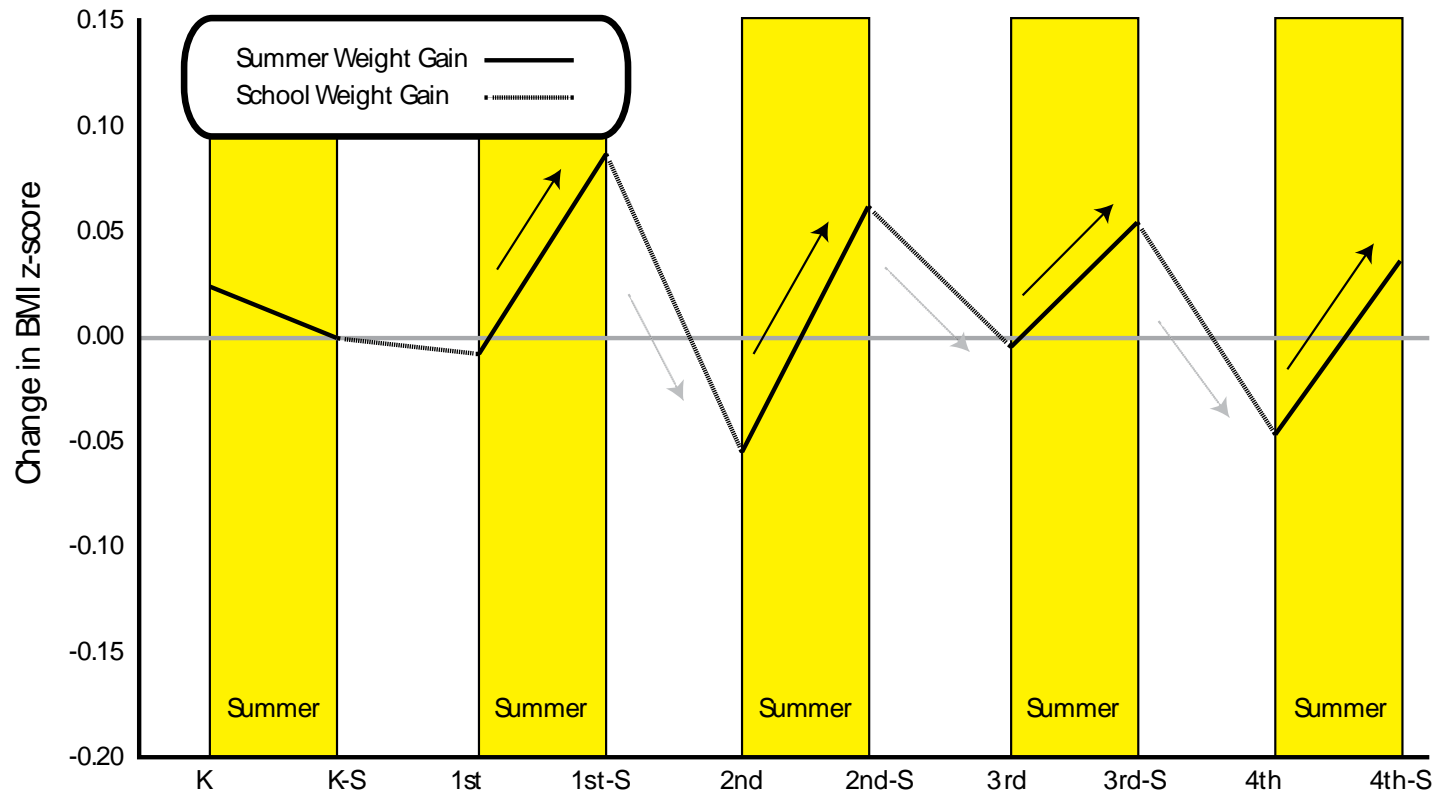
Associate Professor, Arnold School of Public Health, University of South Carolina  
Director, Arnold Childhood Obesity Initiative



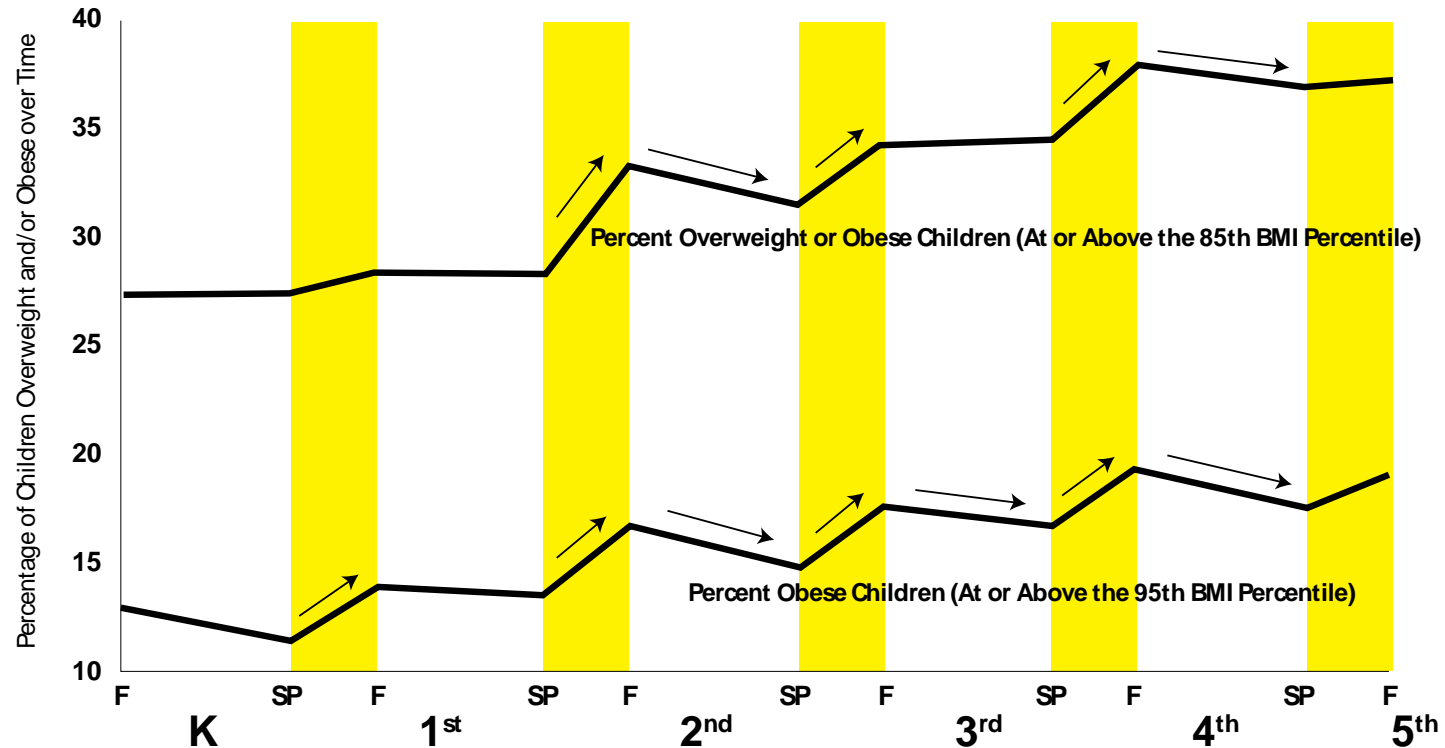
# Summer vacation is the most critical timeframe for addressing childhood obesity



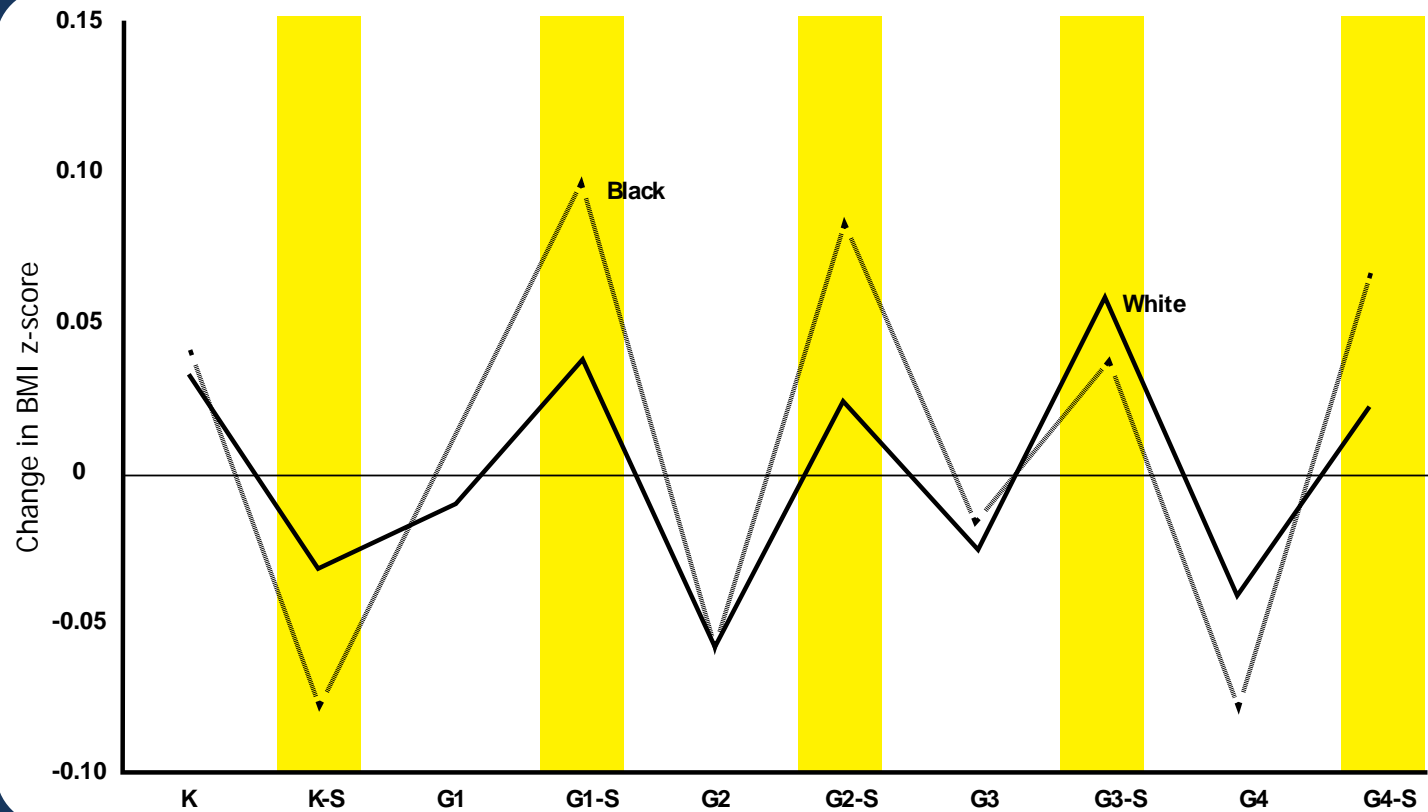
von Hippel PT, Powell B, Downey DB, Rowland NJ. The effect of school on overweight in childhood: gain in body mass index during the school year and during summer vacation. Am J Public Health. 2007;97(4):696-702

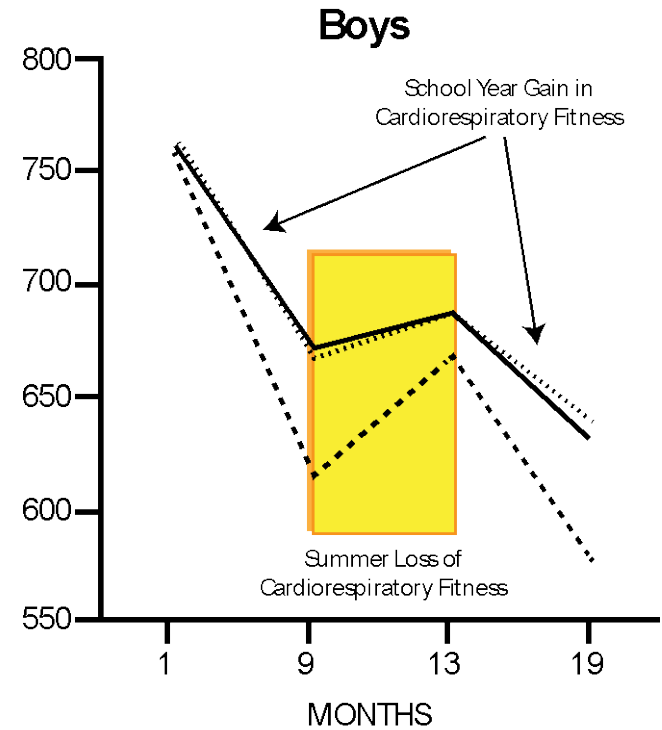
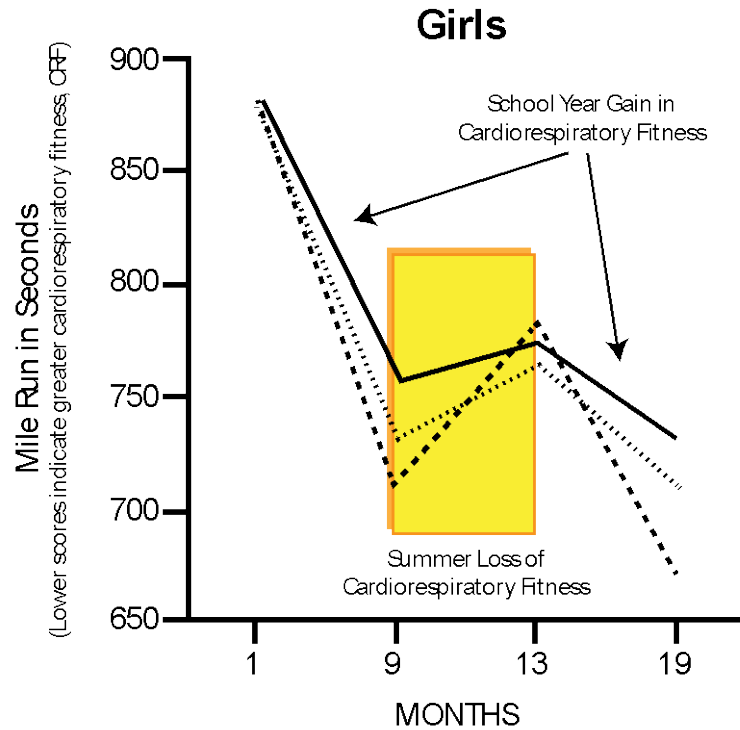


Moreno JP, Johnston CA, Woehler D. Changes in Weight Over the School Year and Summer Vacation: Results of a 5-Year Longitudinal Study. *Journal of School Health*. 2013;83(7):473-7



Chen TA, Baranowski T, Moreno JP, et al. Obesity status trajectory groups among elementary school children. *Bmc Public Health*. Jul 7 2016;16.





Sallis JF, McKenzie TL, Alcaraz JE, Kolody B, Faucette N, Hovell MF. The effects of a 2-year physical education program (SPARK) on physical activity and fitness in elementary school students. Sports, Play and Active Recreation for Kids. American Journal of Public Health. 1997;87(8):1328-34

The background of the slide features a blue gradient with silhouettes of children in various active poses, such as jumping and running, against a lighter blue sky. The word "Why?" is prominently displayed in the center in a large, white, sans-serif font with a subtle drop shadow.

# Why?



# We know nothing about...

**Physical Activity or Sedentary Behaviors**

**Dietary Patterns/Behaviors**

**Screen time Usage**

**Sleep Patterns/Behaviors**

**Parenting Behaviors**

**Home Food Environment**

**Locations where kids spend their time  
and who they're with**

## Summer vs. School

# Research to date

Compared different children at different times of the year

**NONE**

Examine the SAME children during school and summer, over time

# We do know...

## Children attending summer day camps

**80% boys**

**73% girls**

## Accumulate 60 or minutes of MVPA during the SDC

(based on 569 boys and 492 girls from 20 SDCs)

National Institutes of Health under award number R01HD079372  
Turn Up the HEAT: Healthy Eating and Activity Time in Summer Day Camps

# In Conclusion

Summer IS undermining obesity prevention efforts during school year

We know very little about what's happening during summer

We know kids in SDCs are highly active, but few have access to programs