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.
What's UP (Undermining Prevention) with Summer? | Michael W. Beets, M.Ed., M.P.H., Ph.D. | beets@mailbox.sc.edu
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