

# CATCH (Coordinated Approach to Child Health)

## BRIEF PROGRAM DESCRIPTION

CATCH is an evidence-based, coordinated school and after school program designed to promote healthy food choices, prevent tobacco use and increase physical activity in elementary school age children. Tobacco prevention and nutrition education are within the classroom Go for Health curriculum. EAT SMART is the guide for school nutrition service providers. Home Team activities for families and take home letters reinforce positive healthy habits at home and within the school day. Evidence based designed moderate to vigorous Physical Education curriculum for K-8 and for after school programs provide opportunity for children to participate in healthy physical activities and encourage them to adopt healthy lifestyles.

## SPECIFIC OUTCOMES

CATCH on-going research and development resulted in evidence based outcomes as follows:

- Reduction of obesity levels
- Increased moderate to vigorous activity levels in the elementary school age children
- Improved healthy food decision making practiced.
- Improvements in offerings of the school lunch program
- Health behavior improvements gained by CATCH implemented in elementary school stuck into adolescent years.

## AUDIENCE CHARACTERISTICS

Age Range	Youth ages 3– 11
Grade	Grades K – 8 School Based Grades K – 5 After School Early Childhood/Preschool
Gender	Both Male and Female

## PROGRAM DETAILS

Type of Program	Prevention
Audience Size	Minimum 5 / Maximum 80
# of Lessons	10 – 32 depending on grade level & setting
Length of Sessions	Classroom – 20 min each PE - 30 min each After School – 30 min each
Duration of Implementation	1 – 3 times per week depending on setting

## HOW IT WORKS

**CLASSROOM:** Classroom teachers implement the curriculum at least one time per week using lesson plans from the teacher’s manual. Each grade level uses age appropriate activities to promote healthy eating habits, physical activity and nutrition. (Pre-school 9 lessons, Kindergarten 10 lessons, 1<sup>st</sup> grade 10 lessons, 2<sup>nd</sup> grade 12 lessons, 3<sup>rd</sup> grade 15 lessons, 4<sup>th</sup> grade 24 lessons plus 4 lessons on diabetes, 5<sup>th</sup> grade 16 lessons plus 4 lessons on tobacco prevention and 6<sup>th</sup> – 8<sup>th</sup> grade – 32 lessons).

**PHYSICAL EDUCATION KITS:** These kits feature developmentally appropriate, non-elimination games that keep kids moving and having fun. These kits are typically used in schools during PE.

**AFTER SCHOOL** – The after school program, CATCH Kids Club, is a physical activity and nutrition education program designed for elementary aged children in after-school/recreation setting. The teacher’s nutrition manual features 32 easy-to-implement activities. The activity box includes detailed instruction for 325 activities that keep kids moving.

## EAT SMART SCHOOL NUTRITION

**PROGRAM GUIDE** – This guide was developed for school nutrition services providers. It includes information on increasing whole food, fruit and vegetable, low-fat, and dairy consumption. The guide also allows schools to link healthy nutrition messages between classroom education and parents. It also includes information on menu planning, adjusting recipes, portion control and purchasing healthier vendor products.

### IMPLEMENTATION ESSENTIALS

To replicate with fidelity in a **school based setting**:

- Coordinate the CATCH curriculum throughout the school campus by implementing the CATCH Classroom Curriculum, the Eat Smart School Nutrition Program Guide, and the CATCH PE components.

To replicate with fidelity in an **after-school setting**:

- Implement the CATCH Kids Club Activity Box.
- Implement the CATCH Kids Club Nutrition Manual.

To replicate with fidelity in an **Early Childhood setting**:

- Implement the CATCH Classroom curriculum.
- Implement the CATCH Physical Activity kit.

### MATERIALS

#### Teacher's Manuals

Kindergarten - Jump Into Health – \$19.95 each  
1<sup>st</sup> Grade – Everyday Foods for Health - \$29.95 each

2<sup>nd</sup> Grade – Celebrate Health - \$29.95 each  
3<sup>rd</sup> Grade – Hearty Heart & Friends - \$49.95 each  
4<sup>th</sup> Grade – Taking Off - \$63.95  
5<sup>th</sup> Grade – Breaking Through Barriers - \$36.95 each  
6<sup>th</sup> – 8<sup>th</sup> Grade – Impact - \$73.50 each

#### Student Workbooks (Reproducible)

4<sup>th</sup> Grade – \$14.95 each  
5<sup>th</sup> Grade - \$14.95 each

#### Grade Level Supplements

4<sup>th</sup> Grade Diabetes Supplement - \$19.95 each  
5<sup>th</sup> Grade Tobacco Prevention Supplement - \$19.95 each

Eat Smart School Nutrition Program Guide - \$14.95 each

#### CATCH Physical Activity Kits

Grades K – 2 PA Kit - \$175 each  
Grades 3 – 5 PA Kit - \$175 each  
Grades 6 – 8 PA Kit - \$175 each

#### After-School

CATCH Kids Club Activity Box & Nutrition Manual – \$195 each

#### Pre-School

Teacher's Manual and Physical Activity Box - \$199 each

### PROGRAM CONTACT

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