

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, 1st grade 10 lessons, 2nd grade 12 lessons, 3rd grade 15 lessons, 4th grade 24 lessons plus 4 lessons on diabetes, 5th grade 16 lessons plus 4 lessons on tobacco prevention and 6th – 8th 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 afterschool/ 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

1st Grade - Everyday Foods for Health - \$29.95 each

2nd Grade - Celebrate Health - \$29.95 each

3rd Grade - Hearty Heart & Friends - \$49.95 each

4th Grade - Taking Off - \$63.95

5th Grade - Breaking Through Barriers - \$36.95 each

6th - 8th Grade - Impact - \$73.50 each Student Workbooks

(Reproducible)

4th Grade - \$14.95 each

5th Grade - \$14.95 each

Grade Level Supplements

4th Grade Diabetes Supplement - \$19.95 each

5th 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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