



Healthy Behaviors Conference



2010 Conference Presentation

Coordinated Approach To Child Health

The CATCH Team

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CHI COORDINATED
HEALTH
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FLAGHOUSE

CATCH ON THE INTERNET

www.CATCHTexas.org

- Handouts and resources
- Information about CATCH components

www.CATCHInfo.org

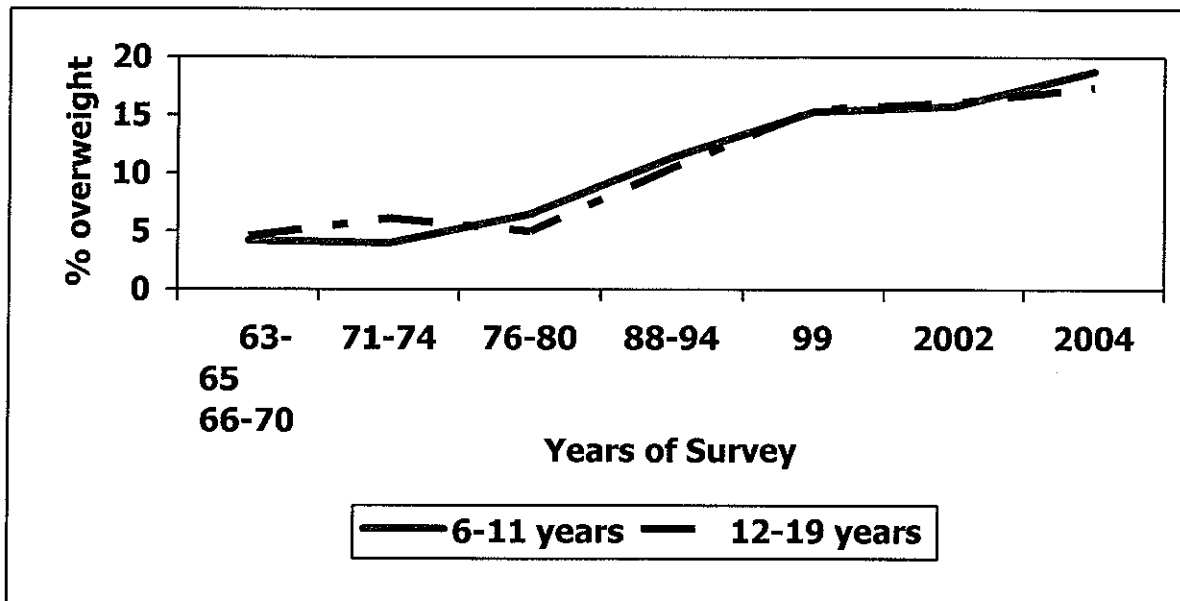
- Information about what's going on with CATCH around the nation
 - Monthly newsletters

Why are we here today?

Our purpose today is to provide you with a basic overview of the CATCH (Coordinated Approach To Child Health) Program and CATCH Kids Club Program. The objectives for the day will help guide you in understanding the process of Coordinated School Health and implementing the CATCH/CKC Program.

- C** oordinate, highlight & share with others things you are already doing that create a healthy learning environment.
- A** ssess the health status of our nation and accept that environmental changes have to be made.
- T** arget things in your area of specialty that you can do to begin implementing CATCH immediately.
- C** larify and identify the objectives of each CATCH component.
- H** ave Fun!

More children in this country are overweight than ever before, more than tripled the number who were heavy in the late 1970s. Children who are overweight are more likely to develop diabetes and other chronic disease risk factors like high blood pressure or high cholesterol. The graph below shows the increase in obesity rates of children ages 6-19 over the past few decades.



Sources: Medline, 2006. Ogden et al. *JAMA*;195:1549-55. Hedley et al. *JAMA*;291:2847-2850.

What is Coordinated School Health?

- ❖ Coordinated School Health is a *process* which brings a school community together to teach children to be healthy for a lifetime. Effective coordinated school programs reinforce positive healthy behaviors throughout the day and makes clear that good health and learning go hand in hand.

What is CATCH?

- ❖ CATCH stands for Coordinated Approach To Child Health. It is a *resource or tool* for bringing schools, families, and communities together to work toward creating a healthy learning environment.
- ❖ It is a Coordinated School Health Program designed to prevent sedentary behavior, poor dietary choices, and tobacco use through changes at the elementary school level. CATCH sought to determine if multi-component health promotion efforts targeting both children's behaviors and the school environment, including classroom curricula, food service modifications, physical education changes, and family reinforcement, would reduce chronic disease risk factors.
- ❖ CATCH demonstrated that health behaviors such as eating foods high in fat and physical activity can be changed.
- ❖ CATCH was the largest school-based health promotion study ever done in the United States.

Description of CATCH Program Components

Component	Title	Grade	Description
Classroom Curricula	Jump into Health	K	10 sessions, intro to nutrition (nutr) & physical activity (PA)
	Everyday Foods for Health	1 st	10 sessions, intro to nutr & PA
	Celebrate Health	2 nd	12 sessions, intro to nutr & PA
	Hearty Heart	3 rd	15 sessions, nutrition & PA
	Go For Health 4	4 th	24 sessions, nutrition & PA
	P.A.S.T. Diabetes	4 th	4 sessions, diabetes information & prevention
	Go For Health 5 FACTS	5 th	16 sessions, nutrition & PA 4 sessions, tobacco prevention
Physical Education	CATCH PE	K to 8 th	Developmentally appropriate physical activities
School Environment	Eat Smart	K to 5 th	School food service program
Family	Home Team	3 rd - 5 th	Reinforcement of classroom
	Family Fun Nights	K to 5 th	Once a year, 2 hours, diet & PA
After-School Care	CATCH Kids Club	K to 5 th	After school/recreation program, nutrition & PA

What is CATCH Kids Club?

- ☺ *The **CATCH Kids Club** is an after-school program designed to promote behaviors that assist in developing and maintaining health in school-age children. The primary goal is to promote healthy nutrition and physical activity behaviors.*

CKC Highlights

Materials - Resources

- CATCH Kids Club Activity Box & Cards
- CATCH Kids Club Lessons (Nutrition & Physical Activity)
- CATCH Websites

Physical Activity

- Wide range of activities for all developmental levels
- Easy to follow Activity Cards
- Sample Activity Plans
- Teaching cues and variations for activities

Nutrition/Physical Activity Lessons

- Staff/User friendly
- Easy to follow lessons with "scripts" (boxes/bulleted items)
- Fun, hands-on and interactive

Research Background & Overview

Millions of children today have their only parent or both parents working outside the home. These families have a clear need for child care programs during after school hours and when school is not in session. The unstructured time after school and during the summer provides a ready-made opportunity for programs to fill this child care need with fun, hands-on nutrition activities as well as enjoyable structured physical activity.

The CATCH Kids Club (CKC) is a physical activity and nutrition education program designed for elementary school aged children (grades K – 5) in an after-school/summer setting. CKC was developed based on the successful elements of the Coordinated Approach To Child Health (CATCH) Program, which is a successful and proven elementary health promotion program. CKC is composed of nutrition education materials (including snack activities) and a physical activity component. The CKC program offers an easy-to-use format that both children and staff enjoy and is ready to implement in the after-school and summer settings.

The Research Trial was conducted in 1999-2000 in 16 after school sites in Texas. Significant positive effects were demonstrated in nutrition knowledge, healthy eating intentions and behaviors, as well as self-efficacy for healthy food choices and participation in physical activity.

CKC Physical Activity Component

Key Objectives of CKC Physical Activity

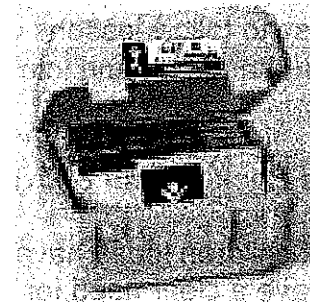
- CKC physical activity is *fun & enjoyable*
- Provide children with at least 30 minutes of physical activity daily & be involved in MVPA (*moderate-to-vigorous physical activity*) for 50% of physical activity time
- Children are provided with many opportunities to *participate and practice* skills
- Encouraged children to participate in a variety of physical activities in school, after-school, and with *family & friends*

CATCH Kids Club Activity Box

MAKING IT HAPPEN – making planning simple with suggested strategies for routine planning, safety tips, and sample activity plans!

ACTIVITY SECTIONS – variety of activities and games!

Aerobic Games	Basketball
Beanbag	Fast Games
Flying Disc	Plastic Hoop
Jump Rope	Parachute
Rhythms	Soccer



ALSO: LIMITED SPACE & FORMATIONS SECTIONS

The Language of CATCH Kids Club Physical Activity

- Hitting the Track”/ “Mingle-Mingle”
- Lost & Found
- Eliminate elimination games
- Re-Entry Tasks/Re-Entry Zone
- Challenge by Choice
- The “When” before the “What”
- “GO” Activities = Increase MVPA
- “CATCHify” old favorites
- Integrate Everyday/Sometimes food language
- “CATCH” them making healthy choices!

Behavior Management Strategies

HOW TO SURVIVE GROUP AFTER GROUP OF ELEMENTARY SCHOOL CHILDREN

CATCH Kids Club BASICS

B

Boundaries and Routines

A

Activity from the Get-go

S

Stop and Start Signal

I

Involvement by All

C

Concise Instructional Cues

S

Supervision

Keys to Success

Publicize your CKC rules: Post the rules, talk about them and have students recite them. Make sure your students know what is expected.

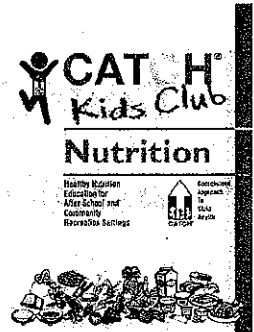
Establish routines, routines, routines: Important routines to establish include: stop/start signal, walking the boundaries, listening to teacher while holding equipment, time-out procedures, getting children into groups.

Deal with “off-task children”: Give them a leadership role, like carrying equipment or going out early to set up the cones.

CKC Nutrition Component

Key Objectives of CKC Nutrition Lessons

- Learning about nutrition can be *fun and enjoyable!*
- Children make healthy choices based on:
 - Knowledge
 - Skills
 - Confidence



CATCH Kids Club Nutrition Man

- **Nutrition lessons cover a variety of topics**
 - Everyday and Sometimes Foods
 - Fruits and Vegetables
 - Low-fat dairy
 - Fiber
 - My Pyramid
- **Snack preparation recipes**
 - Easy to prepare snacks give children “hands-on” practice for making healthy snacks.
 - Requisition forms makes it easy to calculate how much you need.
- **Home Letters**
 - Newsletters to parents relay information about what their child is learning, tips, and fun recipes to try at home.
- **FYI Section**
 - Throughout the nutrition manual, there are For Your Information (FYI) references. The FYI section is at the end of the manual and provides additional information on topics such as: Everyday/Sometimes Foods, MyPyramid, Fiber, Fat, the importance of breakfast, and the importance of physical activity.

CKC Nutrition Lesson Component

Sample Activity Handout

SESSION 7


Name _____

ALFRUITBET

A	_____
B	_____
C	_____
D	_____
E	_____
F	_____
G	_____
H	_____
I	_____
J	_____
K	_____
L	_____
M	_____
N	_____
O	_____
P	_____
Q	_____
R	_____
S	_____
T	_____
U	_____
V	_____
W	_____
X	_____
Y	_____
Z	_____



Am Do, Can Do, Will Do

AM DOING	CAN DO	WILL DO
List things you are already doing that correlate with the CATCH objectives to create a healthy environment.	Identify new things that you can begin doing immediately.	Identify things you would like to incorporate but require more time and planning.
	 The logo for CATCH Kids Club features a stylized stick figure with arms raised in a 'V' shape, standing on a small house-like base. Below the figure, the word 'CATCH' is written in a bold, sans-serif font, and 'Kids Club' is written in a smaller, cursive-style font underneath.	