Coordinated Approach to Child Health (CATCH)

CATCH Global Foundation; University of Texas School of Public Health (UTHealth)

Overview

The Coordinated Approach to Child Health (CATCH) is a PSE change and direct education intervention aiming to prevent childhood obesity in school-age children. The two main behavioral targets are helping children identify and choose healthy foods and increasing moderate-to-vigorous physical activity (MVPA). CATCH’s training and curriculum materials provide the information and resources teachers need to implement strategies to improve child health. **Target Behavior:** Healthy Eating, Physical Activity **Intervention Type:** Direct Education, PSE Change

Intervention Reach and Adoption

CATCH was initially developed in the late 1980s through a collaborative effort by: the University of California at San Diego, the University of Minnesota, Tulane University, and The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. In subsequent years, it was distributed by researchers with the UTHealth School of Public Health who continued to test and improve the program. In 2014, the CATCH Global Foundation was created to further expand the program’s reach and implementation. CATCH is implemented in schools (pre-K, grades K-5, grades 6-8), and in after school settings. CATCH programs have been implemented in all 50 states, and internationally. In addition to nutrition and physical education, CATCH offers programs for vaping prevention, social and emotional learning, and oral health. In the United States, more than 15,000 educational sites use CATCH programs reaching over 1.3 million children. **Setting:** Schools, Community, Faith-based community **Target Audience:** Elementary School, Middle School **Race/Ethnicity:** All

Intervention Components

The CATCH program is based on the CDC Whole School, Whole Community, Whole Child (WSCC) model and has four main components: 1) the Eat Smart school nutrition program, 2) Classroom curriculum, 3) a Physical Education program, and 4) a Coordination Kit. The CATCH Whole Child Coordination Kit provides a step-by-step guide for bringing together the many stakeholders of a campus – teachers, administrators, support staff, nutrition services, and parents – to deliver coordinated messages and activities that promote health behaviors, support social and emotional learning (SEL), and institutionalize health and wellness as part of a school’s environment and culture. CATCH provides in-person and virtual trainings for teachers and other educators who will be implementing the program. https://letsgo.catch.org/pages/training? More information about the various programs and their components can be found on their website:
Intervention Materials

CATCH includes classroom health and nutrition lessons, video lessons, a physical education program, and Whole Child coordination kit for elementary schools, middle schools, and after-school programs. Materials may be viewed at: https://letsgo.catch.org

Intervention Costs


Evidence Summary

Evaluations of CATCH have shown that the program is associated with reductions in overweight and obesity, increases in physical activity, improvements in dietary intake, and is cost effective. Reports of supporting evidence are listed on the website (https://catch.org/proven-effectiveness#research) and include:


Classification: Research-tested
### Evaluation Indicators

Based on the SNAP-Ed Evaluation Framework, the following outcome indicators can be used to evaluate intervention progress and success.

<table>
<thead>
<tr>
<th>Individual</th>
<th>Readiness and Capacity – Short Term (ST)</th>
<th>Changes – Medium Term (MT)</th>
<th>Effectiveness and Maintenance – Long Term (LT)</th>
<th>Population Results (R)</th>
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</thead>
<tbody>
<tr>
<td>ST1, ST3</td>
<td>MT1, MT3</td>
<td>LT1, LT3</td>
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<tr>
<td>ST6</td>
<td>MT5, MT6</td>
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**Environmental Settings**

| Sectors of Influence | ST6 | MT5, MT6 | LT1, LT3 |                        |

### Evaluation Materials

CATCH offers pre/post surveys and other evaluation tools, many of which are available on their website at [https://letsgo.catch.org](https://letsgo.catch.org). Additional evaluation support is available by contacting CATCH at [info@catch.org](mailto:info@catch.org).

### Success Story

Active In-Home Learning: Virtual, Live Physical Activity in Orland, CA:


### Additional Information

**Website:** [CATCH.org](https://catch.org)  
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