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

University of Texas researchers initially developed and implemented the CATCH program, but now the CATCH Global Foundation has been created to expand the reach and implementation of the program. CATCH is implemented in schools (pre-K, grades K-5, grades 6-8), and in afterschool settings. CATCH programs have been implemented in the United States, Ecuador, and Canada and in every state in the United States. **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 Coordination Kit includes family materials and provides a step-by-step guide to facilitate collaboration among administrators, teachers, nutrition staff, parents, and other important stakeholders. The middle school program (grade 6-8) also incorporates the HEADS UP science education program and the IMPACT physical activity program. CATCH provides trainings for teachers and other educators who will be implementing the program. [https://catchinfo.org/programs/training/](https://catchinfo.org/programs/training/) More information about the various programs and their components can be found on their website: [http://catchinfo.org/programs](http://catchinfo.org/programs)

**Intervention Materials**


**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 ([http://catchinfo.org/research/](http://catchinfo.org/research/)) and include:


**Classification:**

Evidence-based

Evaluation Indicators

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

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<thead>
<tr>
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<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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<tbody>
<tr>
<td>Individual</td>
<td>ST1, ST3</td>
<td>MT1, MT3</td>
<td>LT1, LT3</td>
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<tr>
<td>Environmental Settings</td>
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<td>MT5, MT6</td>
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<td>Sectors of Influence</td>
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Evaluation Materials

CATCH offers pre/post surveys and other evaluation tools, many of which are available on their website at [http://catchinfo.org/resources/resource-library/](http://catchinfo.org/resources/resource-library/). Additional evaluation support is available by contacting CATCH at info@catchinfo.org.

Additional Information

**Website:** The CATCH website ([http://catchinfo.org](http://catchinfo.org)) includes information about CATCH, a description of programs (pre-k, K-5, 6-8, afterschool, training, CATCH MEND), modules, news and events, research, case studies, and a grant finder. **Contact Person:** CATCH Global Foundation Phone: 855-500-0050 Email: info@catchinfo.org