

CATCH - Coordinated Approach to Child Health: Curriculum & Training

The University of Texas Health Science Center at Houston

A Prevention Research Center Tool Showing Evidence of Effectiveness

FAST FACTS:

- Initiated in 1986, PRCs do practical public health research with at-risk communities to promote health and prevent diseases, such as cancer, diabetes, heart disease, HIV/AIDS, and obesity.
- The PRC program currently consists of 26 centers nationally, which are housed within a school of public health or a medical school that has a preventive medicine residency program.
- For every \$1 invested by CDC in 2014, PRCs received an average of \$8.60 in additional funds allowing for additional research projects and more innovation in public health.

OVERVIEW

More than 10,000 schools and communities in the United States and abroad have adopted CATCH, a school health program that focuses on coordinating the efforts of teachers, school staff, and the community.¹ CATCH promotes physical activity and healthy food choices for children from preschool through eighth grade and offers additional modules in sun safety and e-cigarette prevention. Scientific studies have shown CATCH to be effective, which led to Texas state legislation requiring coordinated school health programs.² The program reinforces health concepts through four combined parts:

- Classroom instruction
- School nutrition services
- Physical education lessons
- Family events

The program also includes the CATCH Coordination Kit which provides a step-by-step guide for increasing collaboration between school administrators, teachers, nutrition staff, parents, and community constituents to deliver coordinated health messages across children's learning environments and after-school settings. Many of the program lessons and resources are available online via the Digital CATCH platform. One to 3-day on-site workshops are held to train faculty and staff in the CATCH program.

RESEARCH RESULTS

More than 130 peer-reviewed scientific publications support the effectiveness of CATCH in reducing overweight and obesity. Compared with other childhood obesity interventions, CATCH is significantly more cost-effective.³ CATCH has an even greater impact when combined with community participation⁴ and Spanish translation⁵ in schools with many low-income students. One follow-up study showed that eighth grade students maintained higher levels of physical activity and better eating habits, which they began 3 years earlier as a part of the CATCH program.⁶

TOOL LOCATION

<http://catchinfo.org/programs/>



REFERENCES

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