



Coordinated Approach
To Child Health



THE UNIVERSITY of TEXAS
HEALTH SCIENCE CENTER AT HOUSTON
SCHOOL OF PUBLIC HEALTH

How Do We Know It is Working?

The first step toward changing children's health behaviors is changing the health environment. By creating a program that coordinates the school's health practices, services and instruction. The checklist below identifies basic steps that will lead to environmental change in a school. While not complete, it does identify many fundamental practices required to implement and maintain a Coordinated School Health Program (CSHP). This document also can serve as an important evaluation tool for school administrators as well as the CATCH committee.

YES NO

- Is there a CATCH committee composed of members from each of the CSHP component areas?
- Does the committee have a designated CATCH Champion (i.e., committee chair)?
- Are there representatives from the district's Health Advisory Committee on the committee?
- Has the CATCH Committee attended a CATCH Implementation Training?
- Does the CATCH Committee have a standing meeting time?
- Does the CATCH Committee have a strategic plan?
- Has the CATCH Committee met with the Principal and gained approval and endorsement of the Committee's strategic plan?
- Has the CSHP strategic plan been presented to faculty?
- Is the strategic plan included in the Campus Improvement Plan?
- Is there a CATCH committee composed of members from each of the CSHP component areas?
- Has the CATCH Committee identified and accomplished its initial coordination goal?
- Are the CATCH materials used within each component area?
- Is there documentation that the materials are being used?
- Is there signage throughout the school building that focuses on concepts, practices and values that support the CSHP?
- Is communication with parents sustained through newsletters/newspaper features, open house events?
- Are there events within the cafeteria that promote healthy eating habits?
- Are there annual, sustainable events conducted that focus on health behaviors?
- Do the children know what CATCH/CSHP is and what they are supposed to do to improve or maintain their health?
- Are annual booster trainings for campus staff provided that focus on growing the program and integrating CSHP topics into additional content and component areas?

CATCH Texas CATCHTexas.org

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