



Coordinated Approach  
To Child Health



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

## CATCH Selected References

Perry CL, et al. School-Based Cardiovascular Health Promotion: The Child and Adolescent Trial for Cardiovascular Health (CATCH). *J School Health* 1990; 60(8): 406-413.



*This paper describes the design of the CATCH main trial intervention study.*

Luepker, R.V., Perry, C.L., McKinlay, S.M., Nader, P.R., Parcel, G.S., Stone, E.J., Webber, L.S., Elder, J.P., Feldman, H.A., Johnson, C.C., Kelder, S.H., & Wu, M. for the CATCH Collaborative Group. (1996). Outcomes of a field trial to improve children's dietary patterns and physical activity: The Child and Adolescent Trial for Cardiovascular Health (CATCH). *JAMA*, 275(10), 768-776.



*This paper describes the results of the main CATCH intervention trial which occurred between 1991-1994. The CATCH intervention was able to modify the fat content of school lunches, increase moderate-to-vigorous physical activity in PE, and improve eating and physical activity behaviors in children during 3 school years.*

**Abstract:** <http://jama.ama-assn.org/cgi/content/abstract/275/10/768>

Nader, P.R., Stone, E.J., Lytle, L.A., Perry, C.L., Osganian, S.K., Kelder, S., Webber, L.S., Elder, J.P., Montgomery, D., Feldman, H.A., Wu, M., Johnson, C., Parcel, G., & Luepker, R.V. (1999). Three-year maintenance of improved diet and physical activity: The CATCH Cohort. *Archives of Pediatrics and Adolescent Medicine*, 153(7), 695-704.



*This paper describes the 3-year follow-up study of students in the eighth grade who participated in the CATCH Program in third – fifth grade. The results suggest that without further intervention, the behavioral changes initiated during the elementary school years persisted to early adolescence for self-reported dietary and physical activity behaviors.*

**Abstract:** <http://archpedi.ama-assn.org/cgi/content/abstract/153/7/695>

Osganian, S.K., Parcel, G.S., & Stone, E.J. (2003). Institutionalization of a school health promotion program: background and rationale of the CATCH-ON study. *Health Education & Behavior*, 30(4), 410-417.



*Results from the CATCH-ON study demonstrate that components of school-based health promotion programs can be sustained. Collectively, the results provide valuable insights on the factors that may facilitate institutionalization of programs for the future. A recurrent theme is the need for staff training, a program champion, and adequate administrative support and resources such as sufficient funding for materials and equipment.*

Hoelscher, D.M., Kelder, S.H., Murray, N., Cribb, P.W., Conroy, J., & Parcel, G.S. (2001). Dissemination and adoption of the Child and Adolescent Trial for Cardiovascular Health (CATCH): a case study in Texas. *Journal of Public Health Management and Practice*, 7(2), 90-100.



*This article summarizes the dissemination of CATCH in Texas including the theoretical framework, strategies used and lessons learned.*

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