



Can Be A Successful Part of Your "Communities Putting Prevention to Work" Grant Application

WHAT: The Department of Health and Human Services and the Centers for Disease Control and Prevention have announced the release of \$373 million in funds from the American Recovery and Reinvestment Act of 2009. These funds will be dedicated to the new initiative **Communities Putting Prevention to Work (CPPW)**, which will support the implementation of evidence-based policies and programs proven to:

- increase activity
- improve nutrition
- decrease obesity, and
- decrease smoking

WHO: Local and State Health Departments and Federally Recognized Tribal Agencies can apply for funds to address healthy eating, active living, and tobacco prevention.

WHEN:

All applicants must submit a Letter of Intent by **October 30, 2009**.

Grant applications are due **December 1, 2009**.

Funds will be awarded by **February 2010**.

For grant guidelines, visit the [CDC's FAQ Page](#)

HOW: **CATCH** (Coordinated Approach To Child Health) is an ideal fit for your CPPW grant application. CATCH's primary focus is to prevent chronic disease through a coordinated approach to health in schools and communities. The program promotes moderate-to-vigorous physical activity, healthy eating behaviors, and tobacco prevention.

Over 18 years of research and development have made CATCH a model program - replicated in over 7,500 schools and communities. State and County Health Departments across the country are using CATCH to make a lasting impact on the health of children and their families.

CATCH is an evidence-based, NIH funded program proven to:

- Increase physical activity
- Improve student nutrition habits
- Reduce sodium and saturated fats in school lunches
- Sustain student health behaviors 3 years post intervention
- Decrease obesity rates

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CATCH began as a multi-component, multi-year, coordinated school health promotion program designed to decrease fat, saturated fat, and sodium in children's diets, increase physical activity, and prevent tobacco use (Perry et al., 1990). The CATCH trial was the largest school-based health promotion study ever funded in the United States (through the National Heart, Lung, and Blood Institute).

Below are some resources to review as you consider how CATCH may fit into your CPPW application:

CDC Grant Goal: Increase levels of physical activity

CATCH succeeded in producing lasting changes in physical activity behaviors both in and out of school. Students were more physically active during physical education classes, and participated in moderate-to-vigorous physical activity for at least 50% of class time.

[Abstract from The Journal of the American Medical Association](#)

CDC Grant Goal: Improve nutrition

CATCH is proven to produce lasting changes in dietary behaviors, as well as reduce amounts of sodium and saturated fats in school cafeteria lunches.

[Abstract from The Journal of the American Medical Association](#)

CDC Grant Goal: Decrease overweight/obesity prevalence

CATCH successfully slowed the epidemic increase in risk of overweight or obesity in school children exposed to CATCH. The study "*Prevention of the Epidemic Increase in Child Risk of Overweight in Low-Income Schools: The El Paso Coordinated Approach to Child Health*" is the first research demonstrating that CATCH works to halt the increase of obesity among youth.

[El Paso Study - Reducing Overweight in CATCH Schools](#)

CDC Grant Goal: Decrease tobacco use/Exposure to secondhand smoke

[CATCH Go for Health Classroom curriculum](#) includes tobacco prevention tools - Facts and Activities About Chewing and Smoking Tobacco.

CATCH Sustainability

CATCH is proven to help sustain student health related behaviors. Students who had participated in CATCH as 5th graders were studied again as 8th graders. Without any continued CATCH intervention, the CATCH students maintained lower fat intakes and higher levels of physical activity compared to students who had not participated in CATCH.

[Study: 3-Year Maintenance of Improved Diet and Physical Activity](#)

CATCH Training and Evaluation Tools

The CATCH Research Team at the University of Texas School of Public Health have developed tools and trainings to help sustain and evaluate the CATCH Program nationally. CATCH can provide guidance on how to assess changes in physical activity levels, as well as student and staff behavior surveys, and customized trainings for school and after-school community programs.

[How Do We Know It's Working Evaluation Tool School/Staff Questionnaires](#)

CATCH can also provide tools that align to MAPPS strategies outlined in the grant!

To learn more, contact Kathy Chichester, National CATCH Coordinator, at Kathy.Chichester@Flaghouse.com.
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