



CATCH Success and History

CATCH Awards

The CATCH program has received state, national, and international recognition for being one of the most comprehensive and ambitious approaches to targeting physical education, food services, classroom curriculum, and families through a coordinated school health program.

- **2006**, United States Department of Health and Human Services awards CATCH the 2006 Secretary's Innovation in Prevention Award. Secretary of Health, Michael Leavitt chose CATCH as one of nine programs in the United States as a program that has taken research and translated it into a proven program in communities
- **2006**, The President's Council on Physical Fitness and Sport incorporates CATCH into the 2006 President's Challenge Active Lifestyle Award as a fun and valuable activity in the CATCH family component
- **2007**, Centers for Disease Control and Prevention (CDC) and the School of Public Health at the University of North Carolina at Chapel Hill selected CATCH as one of the 2007 Public Health Grand Rounds events

CATCH Recognition

- **2009**, CATCH Kids Club is one of the four recommended programs for parents and youth designated by *We Can!*TM national education program, launched by the NIH in 2005. CATCH Kids Club includes community involvement as a key component of the program.
- **2009**, The Alliance for a Healthier Generation has approved *CATCH Go for Health* for the classroom, *CATCH PE* physical education program and the *CATCH Kids Club* after-school program to be included in the resource database used by schools enrolled in their "Healthy Schools Program."
- **2008**, The Michael & Susan Dell Center for Advancement of Healthy Living receives \$3.1 million grant from the Michael & Susan Dell Foundation to disseminate CATCH in Central Texas middle schools.
- **2007**, CATCH was selected as a best practice intervention by the Canadian Best Practices Portal for Health Promotion and Chronic Disease Prevention
- **2007**, The Institute of Medicine Childhood Obesity Report highlights CATCH
- **2007**, Steps to a Healthier Houston, Harris County Consortium (STEPS) CATCH Project – Harris County Public Health and Environmental Services was selected as a Promising Practice by the National Association of County and City Health Officials' (NACCHO) Model Practice initiative
- **2007**, Steps to a Healthier Houston, Harris County Consortium (STEPS) CATCH Project – Harris County Public Health and Environmental Services was included in the Best Practices in Texas 2007 Nutrition & Physical Activity Recognition Program
- **2006**, The Michael & Susan Dell Center for Advancement of Healthy Living receives a \$2.4 million grant from the Michael & Susan Dell Foundation to disseminate CATCH in Travis County elementary schools
- **2006**, The National Governor's Association features CATCH as a school-based solution to creating healthier school environments
- **2006**, Three CDC Special Interest Projects awarded to Texas CATCH Investigators to further develop the program
- **2005**, NHLBI public health initiative features CATCH Kids Club Physical Activity and CATCH Nutrition Education in a community recreation pilot program
- **2005**, CATCH Kids Club is one of the three youth programs featured in the current *We Can!*TM national education program, launched by the NIH in 2005
- **2005**, CATCH recognized by National Institute of Medicine as evidence based program
- **2005**, CATCH PE and Classroom Lessons included in School Walk for Diabetes Kit

- **2005**, Houston Endowment Inc. awards Harris County Department of Education \$2.4 million to implement CATCH in all (400+) Harris County elementary schools
- **2005**, CATCH recognized by the American Council for Fitness and Nutrition (ACFN) as an outstanding program that is making inroads in combating obesity
- **2004**, CDC Community Guide to Preventive Services recognizes CATCH as an “effective PE program.”
- **2004**, CATCH awarded a “Recognition for Translation of Research to Public Health Practice” award by CDC
- **2004**, National Cancer Institute lists CATCH as an “Evidence-based program that works.”
- **2003**, DHHS Secretary, Tommy G. Thompson, promotes CATCH during a Town Hall Meeting in Austin, TX
- **2003**, CATCH cited by Robert Wood Johnson Foundation report as a Program that Works, “Healthy Schools for Healthy Kids”
- **2002**, CATCH included on Healthy Schools Summit as "a successful program that supports children's fitness and nutrition," www.actionforhealthykids.org
- **2002**, Centers for Disease Control (CDC) and US Department of Health and Human Services (USDHHS) announces CATCH as an exemplary program for improving child health during their conference held in Washington, DC
- **2002**, CATCH was the first program approved by the Texas Education Agency as a coordinated school health program that schools may use to satisfy the requirements of SB19 (now 1357)
- **2000**, Texas Department of Health, Office of Minority and Cultural Competency certifies CATCH as “culturally appropriate and a comprehensive strategy to prevent Type 2 diabetes and childhood obesity.”
- **1999**, Texas State Board of Education unanimously approves CATCH as a diabetes education program
- **1998**, CATCH cited as “Best Practices” by the Canadian Health Behavior Research Group in the International Scan for Best Practices in Heart Health.
- **1998**, Paso del Norte Health Foundation selects CATCH to implement in the El Paso area elementary schools. Continuous annual funding since then (over \$5 million total) has resulted in near universal implementation.
- CATCH is also proud to be part of the YMCA *Activate America* initiative, National *Save the Children* Alliance, and the National Heart, Lung, and Blood Institute’s National *We Can* initiative
- CATCH initiatives are under way in 22 states in the U.S., Washington, D.C., and Canada.
- The Department of Defense Dependent School System (320 schools) adopted CATCH PE and CATCH Staff has provided trainings in the European, North American and Pacific regions
- Action for Healthy Kids includes CATCH on a list on the What’s Working Programs - “selected profiles of successful programs that support children’s fitness and nutrition in and around the school environment.”
- CATCH is included on the Shaping America’s Youth Program Registry and listed as an intervention program in the United States that are targets physical activity and/or nutrition in young people

Exemplary Program

- CATCH (Coordinated Approach To Child Health) is a program designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary school aged children.
- CATCH employs a holistic approach to child health promotion by targeting multiple aspects of the school environment and involving classroom teachers, school food service staff, physical education (PE) teachers, students’ families, and the broader school community in a range of health promoting activities for all children in grades K-5.
- The four core components of CATCH include: (1) the Eat Smart school cafeteria nutrition program, (2) physical activity and healthy eating classroom curricula, (3) the CATCH physical education program, and (4) a family education and involvement program. The coordination of health messages and activities between these four component areas is critical to positively impact children's knowledge, skills, and behavior.
- For nearly 20 years, CATCH has guided schools, families, and children in healthy living.

CATCH History

CATCH began as a randomized controlled community trial evaluated from 1991-1994 in 96 schools (56 intervention, 40 control). The main trial included four sites in the United States, funded through the National Heart, Lung, and Blood Institute:

- University of Minnesota, Principal Investigator – Cheryl Perry, PhD
- Tulane University of School of Public Health and Tropical Medicine, Principal Investigator – Larry Webber, PhD
- University of California at San Diego, Principal Investigator – Phillip Nader, MD
- University of Texas School of Public Health, Principal Investigator – Guy Parcel, PhD
- New England Research Institute (Coordinating Center), Principal Investigator – Sonya McKinley, PhD

As a multi-centered trial, CATCH was one of the largest and most influential school-based health promotion study ever funded in the United States. Together the sites received funding from four major National Institute of Health (NIH) grants:

- The CATCH Main Trial –To determine intervention effectiveness using a randomized control trial (RCT).
- The CATCH Tracking Study – To determine long-term impact of CATCH three years post intervention and to naturalistically observe the trajectory of physiological and behavioral variables.
- The CATCH Institutionalization Study – To determine elementary school institutional factors related to long-term implementation of CATCH.
- CATCH Homocysteine –To understand the public health effects of mandated flour and grain fortification of folic acid on plasma homocysteine levels of the CATCH cohort, and to continue observation of the trajectories of physiological and behavioral variables.

CATCH Main Trial Outcomes

- At the completion of the main trial, CATCH succeeded in producing lasting changes in dietary and physical activity behaviors.
- Students exposed to the intervention consumed less fat and participated in more physical activity outside of school; school cafeterias provided meals that were lower in fat; and students were more physically active during physical education classes.
- Changes in diet and physical activity were maintained three years post-intervention.
- Further evaluation of CATCH schools provided a broad understanding of how elementary schools valued and prioritized health education.
- The institutionalization study also provided a framework that set the foundation for approaching and mass training of schools.
- Data from CATCH homocysteine supported the notion that folic acid fortification has had a beneficial effect on serum homocysteine concentrations.
- Data generated from these four NIH studies have resulted in over 90 peer-reviewed publications and a broad knowledge base on child and adolescent health.

From NIH Research to Practitioner Translation

Based on these successful results from the CATCH main trial, researchers from The University of Texas School of Public Health (UTSPH) were committed to translating the research knowledge base into common practice, adhering to the NIH Roadmap. Under leadership of Drs. Steve Kelder, Deanna Hoelscher, and Guy Parcel, the research team began a series of demonstration projects designed to build upon the NIH findings and disseminate the CATCH program to over 2,500 Texas elementary schools.

Beginning in 1997, the Texas investigators have generated nearly \$11 million dollars of public and private funding for dissemination of CATCH throughout Texas.

- *Paso Del Norte Health Foundation (PDNHF)*: Beginning in 1997, with assistance from CATCH investigators, the PDNHF invested over \$5 million dollars to disseminate CATCH in the El Paso region, extending to New Mexico, Juarez, and other area of west Texas.
- *Centers for Disease Control and Prevention*: From 1997 to 2003, the CDC has provided \$430,000 dollars to the CATCH team for statewide dissemination
- *Texas Department of State Health Services (TDSHS)*: From 1998 to 2006, the TDSHS provided \$2.3 million dollars directly to the CATCH team for statewide dissemination.
- *Houston Endowment Inc.*: Beginning in 2005, with assistance from CATCH investigators, the Houston Endowment has invested \$2.4 million to disseminate CATCH in over 400 Houston Harris County elementary schools.
- *Michael & Susan Dell Foundation (MSDF)*: Beginning in 2006, with assistance from CATCH investigators, the MSDF has provided \$2.5 million dollars to the CATCH team for dissemination in all 97 Travis County elementary schools.

Drawing heavily on models for Diffusion of Innovations and Social Marketing, the research team set out to determine optimum training strategies, parent and community involvement, continuing education, curriculum development, communications message development, coalition building and social networking.

CATCH emphasizes a coordinated approach to build an alliance of parents, teachers, child nutrition personnel, school staff, and community partners to teach children and their families how to be healthy for a lifetime. Successful implementation of CATCH requires that every school is educated in the need for and benefits of CATCH. Logistical support is provided before and during the implementation process of the CATCH program. New and revised CATCH products, training programs and advocacy networks are developed to effectively support the institutionalization of CATCH in all schools.

CATCH Results

In Texas, greater than 2,500 schools, nearly 50% of all elementary schools in the state have adopted the program. The lessons learned in Texas have been applied in other areas of the United States and CATCH has been adopted by more than 7,000 schools nationally.

Will CATCH curb the child obesity epidemic?

Two sources of evidence suggest the program can.

- A recent replication study of CATCH in El Paso reported significant effects of the program on preventing the onset of overweight and obesity among children. After three years of CATCH implementation, in the intervention group there were 11% fewer girls and 9% fewer boys classified as >85 percentile for height and weight (at-risk, and overweight). Based on this result, UTSPH researchers from Brownsville conducted a cost-effectiveness study of CATCH and reported the program as an excellent public investment. The cost-effectiveness ratio was \$889.68 (revealing the intervention costs per quality-adjusted life years) and net benefit was \$68,125 (comparison of the present value of averted future costs with the cost of the CATCH intervention).
- The School Physical Activity and Nutrition (SPAN) population-based surveillance study. Data from SPAN allowed comparison of the prevalence of overweight among children in grades 4, 8, and 11 in eight Texas Health Service Regions between 2000-2002 and 2004-2005, and nine selected counties in Texas in 2004-2005. SPAN is the first study in the United States to have a large population-based sample showing statewide leveling off in the prevalence of overweight in children. This leveling was seen at all grade levels and in every region in Texas. More importantly, significant population-level decreases in the prevalence of child overweight were found, specifically among 4th grade students in the El Paso area (7% reduction) and among 11th grade students in the Lower Rio Grande Valley area. These decreases have occurred in populations at high risk: predominantly Hispanic and located on the Texas-Mexico border.