

CATCH. The Coordinated Approach to Child Health is a Texas Education Agency approved program designed to promote physical activity, healthy food choices in elementary and middle school aged children.¹⁻³ The CATCH program is based on the CDC coordinated school health model in which eight components work interactively to educate young people about and provide support for a healthful lifestyle. The eight components are: *health education, physical education, health services, child nutrition services, counseling and psychological services, healthy school environment, health promotion for staff, and family/community involvement.* For nearly 20 years, CATCH has guided schools, families, and children in healthy living.

For CATCH elementary school there is an impressive evidence-base that the program improves diet, physical activity, and prevents the onset of child obesity amongst disadvantaged children - Hispanic Americans on the border. The CATCH randomized controlled trial--the largest elementary school-based RCT ever conducted in the United States-- offers evidence of program effects for decreasing fat consumption and increasing physical activity among children and adolescents.⁴ Long term follow-up indicated changes in diet and physical activity were maintained three years post-intervention.⁵ 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.^{6,7} In Travis County Texas, implementation of CATCH led to significant reductions of 4th grade overweight and obesity.⁸ The Pass and CATCH study demonstrated that incorporating 10 minutes per day of movement activities within a classroom setting (e.g., during science class) led to significant positive academic improvements.⁹ Additionally, a recent cost-effectiveness study of CATCH reports the program 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).¹⁰

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