**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. 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. Long term follow-up indicated changes in diet and physical activity were maintained three years post-intervention. 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. In Travis County Texas, implementation of CATCH led to significant reductions of 4th grade overweight and obesity. 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. 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).

