



Health is CATCHing on in Dekalb County

Today's Moderator



Peter Cribb, MEd

National CATCH Director
Michael & Susan Dell Center for Healthy Living
The University of Texas School of Public Health
Austin Regional Campus



Today's webinar will be recorded and
available online at

www.CATCHusa.org

About our Center



We are an international leader in conducting research and providing programs that promote healthy living for children, their families and communities.

Our work fosters improved health behaviors among youth, influences policy and environmental change to support healthy living, and advances professional education and community service.

Our vision: *Healthy children in a healthy world*

www.msdceneter.org



Our guest Speakers



Lisa Cumings, RN
Kish Health System



Nancy Prange, MS, RD
Northern Illinois University



Cristy Meyer
Principal
Jefferson Elementary School

Health is **CATCH**ing on in DeKalb County

Presented by:

Lisa Cumings, RN

Kish Health System

Nancy Prange, MS, RD

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Cristy Meyer, Principal

Jefferson Elementary School



History of CATCH in Dekalb County

- Strategic Action Plan for the Health System 2010
- CATCH Pilot at Tyler Elementary School in 2010-2011
- Presentation to Dekalb School Board
- Cortland CATCH implementation 2011 by Kish Health System Community Wellness

Strategic Action Plan for the Health System



- Community Needs Assessment/Dekalb County IPLAN
- High priority areas: obesity, cardiovascular disease, high cholesterol and blood pressure, cancer
- Community Benefit Plan for Dekalb County (Health System supporting CATCH)

CATCH Pilot at Tyler Elementary School

- Dekalb Leadership Academy Project-had to be sustainable
- Principal support at Tyler and 12 community leaders involved to implement the program (highest free and reduced % school)
- Implemented with fidelity of all 4 CATCH components
- Changed the culture of the school-Staff and student support



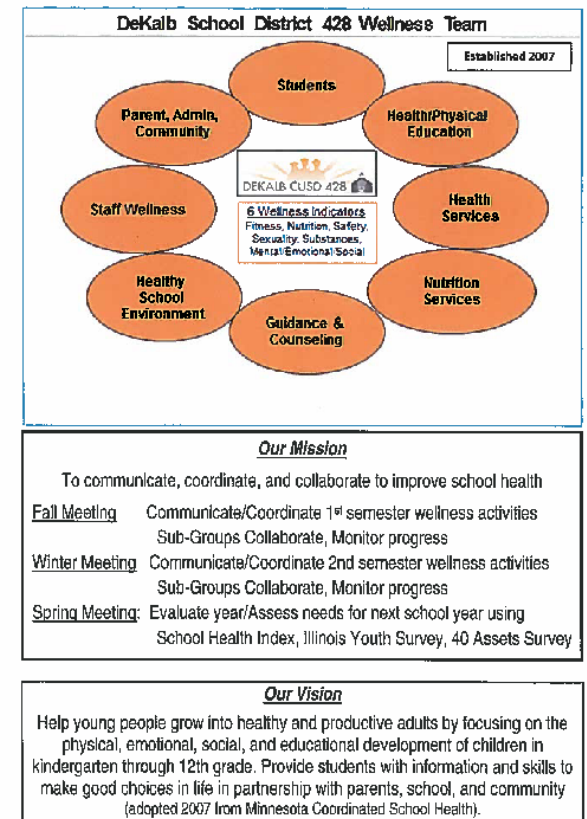


Presentation to Dekalb School Board

- Superintendent support of sharing Tyler Pilot project with school board. Presentation of data and project.
- Support to continue CATCH at other Dekalb Elementary Schools (Cortland Elementary) Community wellness implementing lessons- needing a sustainability plan to grow the program throughout the county

Dekalb School District Wellness Team

- District Wellness Needs
- District Wellness Policy
- Forming of the Wellness Team in 2008
 - Coordinated School Health Approach
 - Multi-Disciplinary
 - Supporting the CATCH Mission



Dekalb School District Wellness Team

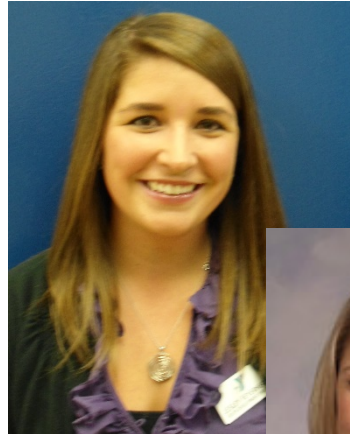
- We Choose Community Transformation Grant
- How could CATCH fill a need for nutrition education for k-5? (CATCH-ifying Family Events)





Key Partners in the Dekalb County CATCH Project

- Dekalb School District
- Northern Illinois University
- Kish Health System
- Kishwaukee Family YMCA
- Dekalb County Health Department



Dekalb School District Connecting with Northern Illinois University

- NIU Dietetic Internship was revamping program to emphasize life cycle
- DeKalb Superintendent and Wellness Policy committee
- 2012-2013 school year included NIU students:
 - Dietetics
 - Nursing
 - Public Health
 - Health Ed.



Strengths and Challenges of the 1st Year

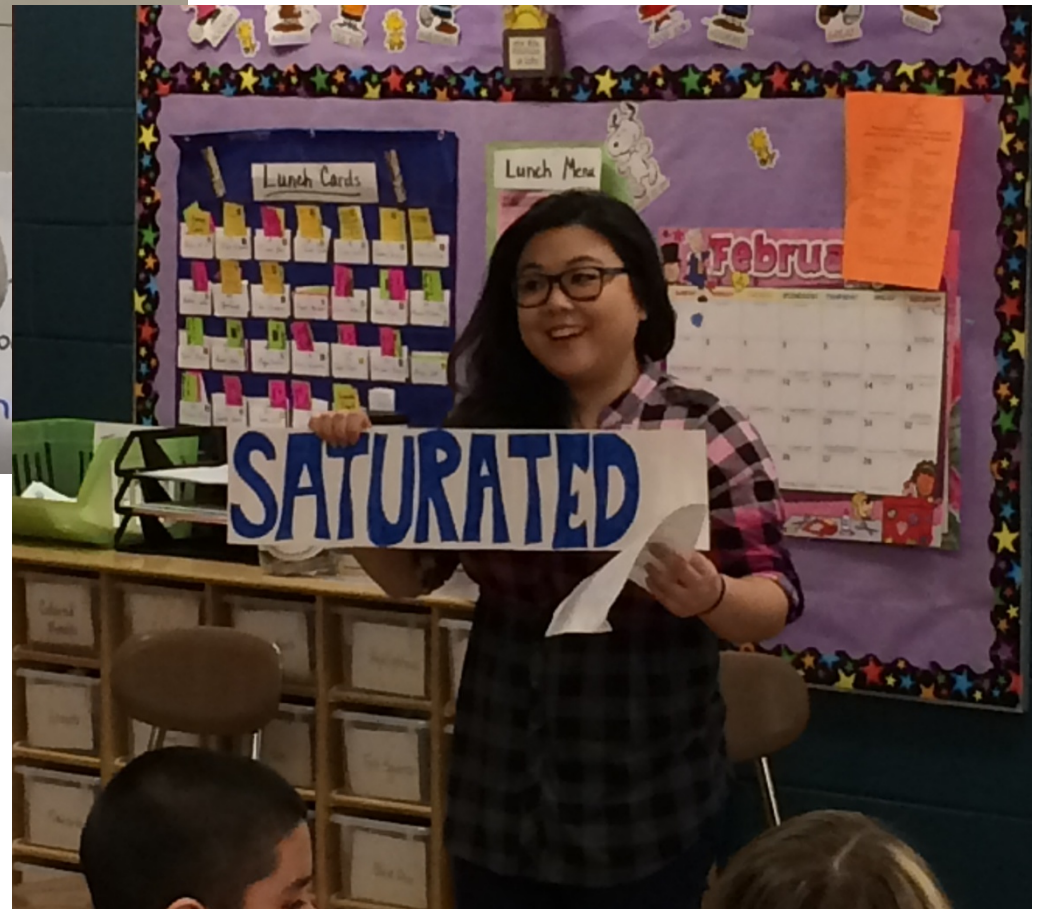
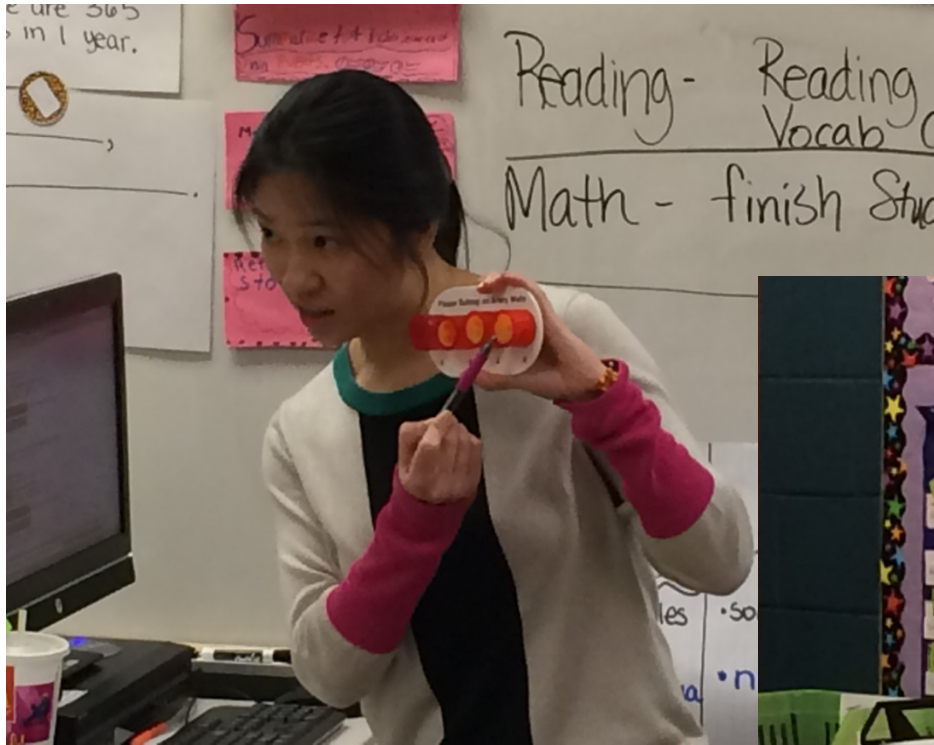
Strengths:

- Kids loved CATCH in the classroom
- NIU students enjoyed the experience



CATCH Day!







Strengths and Challenges of the 1st Year

- **Strengths:**

- Collaboration and sharing of resources



**Northern Illinois
University**



Learning Today, Leading Tomorrow

Strengths and Challenges of the 1st Year

- **Strengths:**

- Exposure in the community through local newspaper articles

Fight to be Fit: Experts, schools work to educate both kids, parents

Published: Saturday, Oct. 5, 2013 5:30 a.m. CST •

DeKalb schools expand health education

Published: Friday, Oct. 26, 2012 5:30 a.m. CST • Updated: Friday, Oct. 26, 2012 11:14 p.m. CST



Fight to be Fit: Communities struggle with issue of overweight youth

Published: Thursday, Oct. 3, 2013 5:30 a.m. CST



Genoa-Kingston Middle School to start CATCH program

Published: Friday, May 31, 2013 5:30 a.m. CST

CATCH-ing on at Genoa-Kingston Middle School

Published: Wednesday, Jan. 22, 2014 11:24 p.m. CST •



CATCH to start at all Sycamore schools

Published: Friday, Jan. 18, 2013 5:30 a.m. CST

Strengths and Challenges of the 1st Year

Challenges:

- Lack of educational tools and funding
- Lack of classroom teacher and administrative understanding of CATCH components
- Scheduling of NIU students at each of the schools
- Needing more “on site” support for CATCH at the Schools (PE teachers involvement)



Summer 2013...Revamping the CATCH program in the Dekalb Schools

- Identified grant funding through the We Choose Health grant
- CATCH Academy for classroom teachers
- Connecting with district leadership
- Lesson planning and prioritizing



Fall 2013....Revamping the CATCH program in the Dekalb Schools

- Preparing educational CATCH bins
- NIU CATCH Training
- CATCH teaching lab hours for NIU students
- CATCH onsite Liaisons at each school
- Discipline specific scheduling at each school
- Incorporating Pre and Post CATCH testing



Where Will We Go From Here?

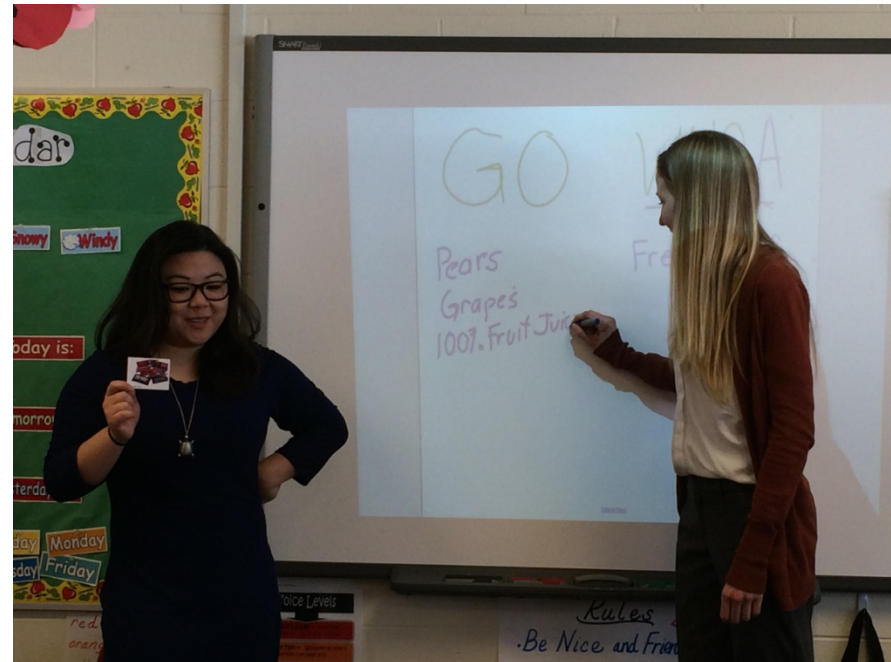
- Recruiting more CATCH instructors
 - Nursing, elementary education, honors, physical therapy at NIU
 - Approaching Kish Community College
- Expanding to the Sycamore and Genoa School Districts



Genoa Middle School CATCH



Sycamore School District #427



Where Will We Go From Here?

- Summer 2014: CATCH Academy for **FOODSERVICE**
- Summer 2015: CATCH Academy for **PARENTS**



They say this may be the first generation of kids that won't outlive their parents. It has taken us 30 years to get to the obesity rates we see today, it will take about the same time to turn things around. CATCH is a tool to help us accomplish that and schools are a perfect environment to reach children and their parents~



Questions?

The archive of this webinar will be available online at www.CATCHusa.org

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