

Leading Healthy Indicators for CATCH



About CATCH and the Healthy People 2020 Leading Health Indicators

CATCH (Coordinated Approach To Child Health) is a school-based health program designed to promote physical activity and healthy food choices. CATCH transforms a child's environment, culture, and society by coordinating child health efforts across all aspects of the educational experience: classroom, food services, physical education, and family.

Healthy People 2020 provides a comprehensive set of 10-year, national goals and objectives for improving the health of all Americans. Healthy People 2020 contains 42 topic areas with more than 1,200 objectives. A smaller set of Healthy People 2020 objectives, called **Leading Health Indicators**, has been selected to communicate high-priority health issues and actions that can be taken to address them. CATCH provides a comprehensive and coordinated framework to address many of these key Leading Health Indicators from Healthy People 2020.

CATCH can help increase the quantity and quality of kids' daily physical activity

- CATCH promotes the formation of **school wellness teams** along with a review of existing opportunities for physical activity (PA). New opportunities for PA can include **classroom activity breaks** and "**open gym**" policies before and after school.
- Daily **high-quality physical education** (PE) is one approach for increasing PA during the school day. CATCH provides quality PE trainings that have been documented to increase the amount of time children engage in moderate-to-vigorous PA during PE class.
- CATCH helps to increase PA during **recess time** through provision of structured CATCH Kids Club activities and the Active Play-Active Learning project, which uses fun playground markings to encourage PA.

CATCH teaches kids and parents the importance of daily physical activity

- CATCH **classroom curriculum** includes lessons on how kids can reduce sedentary behaviors, like screen time, and engineer physical activity into their daily lives and routines.
- Regular **Family Fun Nights** provide opportunities to drive CATCH messages and lessons home to parents.
- CATCH uses **social marketing campaigns** to increase message retention as well as the appeal of engaging in healthy behaviors.

RELEVANT LEADING HEALTH INDICATORS FOR PHYSICAL ACTIVITY ADRESSED BY CATCH

PA-3: Increase the proportion of adolescents who meet current Federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity.

PA-4: Increase the proportion of the Nation's public and private schools that require daily physical education for all students.

PA-5: Increase the proportion of adolescents who participate in daily school physical education.

PA-6: Increase regularly scheduled elementary school recess in the United States.

PA-7: Increase the proportion of school districts that require or recommend elementary school recess for an appropriate period of time.

PA-8: Increase the proportion of children and adolescents who do not exceed recommended limits for screen time.

Leading Healthy Indicators for CATCH

CATCH can help to transform the school environment to support healthier food choices

- The CATCH **Eat Smart school nutrition program** includes guidelines and tips for modifying school meals and can be implemented in school cafeterias as well as central food service operations. The primary goal of *Eat Smart* is to provide children with tasty healthy school meals while maintaining required levels of essential nutrients and student participation.
- The **GO, SLOW, and WHOA** food categorization is a simple method developed by the CATCH research team and tested as a tool to help children and their families choose healthier food options everyday. The goal is to eat more GO foods than SLOW foods and more SLOW foods than WHOA foods.
- CATCH promotes the formation of **school wellness teams** along with a review of existing nutrition policies. Opportunities for improving the school food environment can include healthy vending machine nutrition standards and operating hours, alternatives to junk food or candy fund-raisers, and nutrition guidelines for foods provided at school events.

RELEVANT LEADING HEALTH INDICATORS FOR NUTRITION & WEIGHT STATUS ADRESSED BY CATCH

NWS-2: Increase the proportion of schools that offer nutritious foods and beverages outside of school meals.

NWS-10: Reduce the proportion of children and adolescents who are considered obese.

NWS-11: Prevent inappropriate weight gain in youth and adults.

NWS-14: Increase the contribution of fruits to the diets of the population aged 2 years and older.

NWS-15: Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older.

NWS-16: Increase the contribution of whole grains to the diets of the population aged 2 years and older.

NWS-17: Reduce consumption of calories from solid fats and added sugars in the population aged 2 years and older.

NWS-18: Reduce consumption of saturated fat in the population aged 2 years and older.

NWS-19: Reduce consumption of sodium in the population aged 2 years and older.

CATCH teaches kids and parents the importance of eating healthfully every day

- CATCH **classroom curriculum** includes lessons on identifying GO, SLOW, and WHOA foods as well as the benefits of making healthy food and beverage choices and consequences of an unhealthy diet.
- Regular **Family Fun Nights** provide opportunities to drive CATCH messages and lessons home to parents.
- CATCH utilizes **social marketing campaigns** to promote water consumption and GO, SLOW, WHOA messaging to increase exposure to and understanding of nutrition lessons as well as the appeal of healthy food and beverage choices.

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