



CATCH in Los Fresnos CISD: How do we know it's working?

with guest speaker:

Annice Garza
Los Fresnos CISD

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.CATCHinfo.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 mission: To advance health and healthy living for children and families through innovative research, cutting edge community-based programs, and dissemination of evidence-based practices.

Our vision: *Healthy children in a healthy world*

www.msdcenter.org





Annice Garza

Curriculum Coordinator
Los Fresnos CISD



CATCH in Los Fresnos CISD: How do we know it's working?



About Los Fresnos CISD

- 7,500 students in 9 elementary and 3 middle schools
- 97% of students are Hispanic
- 76% of students are FRL eligible



About Los Fresnos CISD

- FitnessGram: LFCISD students are more likely to be overweight or to have low cardiovascular fitness compared to the rest of Texas
- Small exposure to CATCH 10 years ago
- Greater district and community support for coordinated school health made this a good time to try again



Why CATCH?

- State CSH mandate
- CATCH is evidence-based
 - Reduces overweight and obesity
 - Produces lasting changes in diet and physical activity
- Addresses the entire educational environment
 - Classroom, physical education, food services, and family



Why CATCH?

Because students who eat right and are physically active have ...

- Better Academic Performance
 - Class grades, standardized test scores, graduation rates
- Better Education Behavior
 - Attendance, drop-out rates, behavioral problems
- Better Cognitive Skills
 - Concentration, Memory



Getting Started

- Securing district-level approvals
- Building support among school principals
- Managing start-up costs
 - Partnered with CATCH Global Foundation
 - Awarded a 1-year grant from BlueCross BlueShield of TX to implement CATCH in all 12 elementary and middle schools



Administrator Support

- Develop an understanding amongst all stakeholders
- Promoting the program
 - Individualized department/cluster awareness meetings
- Meetings with champions
- Staff development
- Community partnerships for wellness events



The CATCH Team



PE Teachers
Food Services
Administrators



Classroom Teachers



Parents
Nurses
Counselors
Community



CATCH Resources

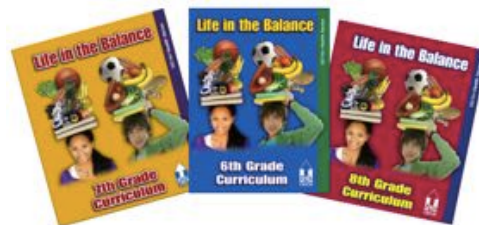
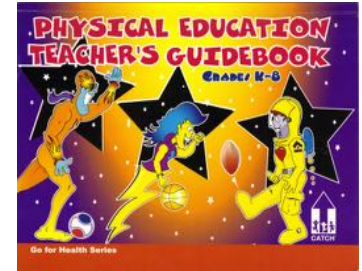
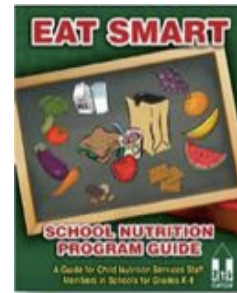
K-8 Classroom Curriculum

K-8 PE Curriculum

School Nutrition Program Guide

Family Materials and Activities

Coordination Toolkit



How do we know it's working?



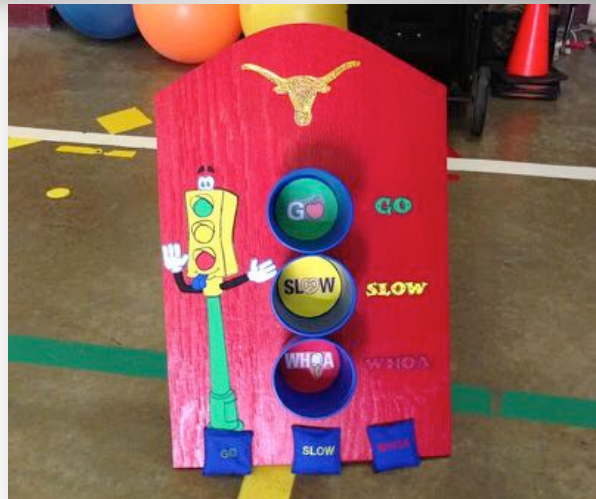
Take a look around our schools ...



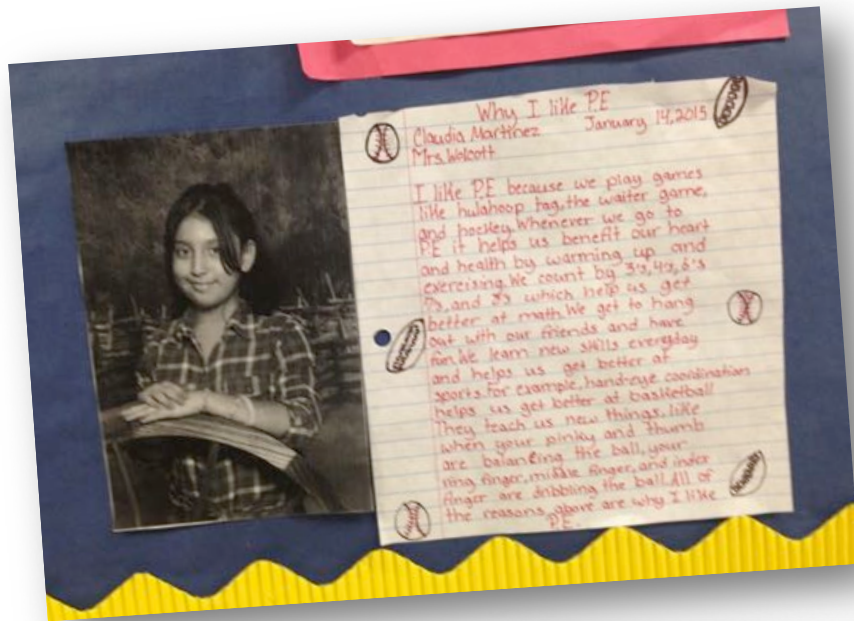
Nutrition Services



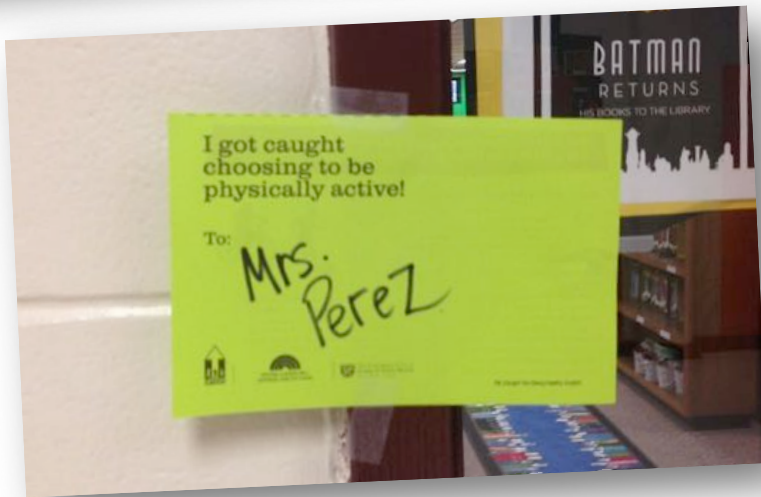
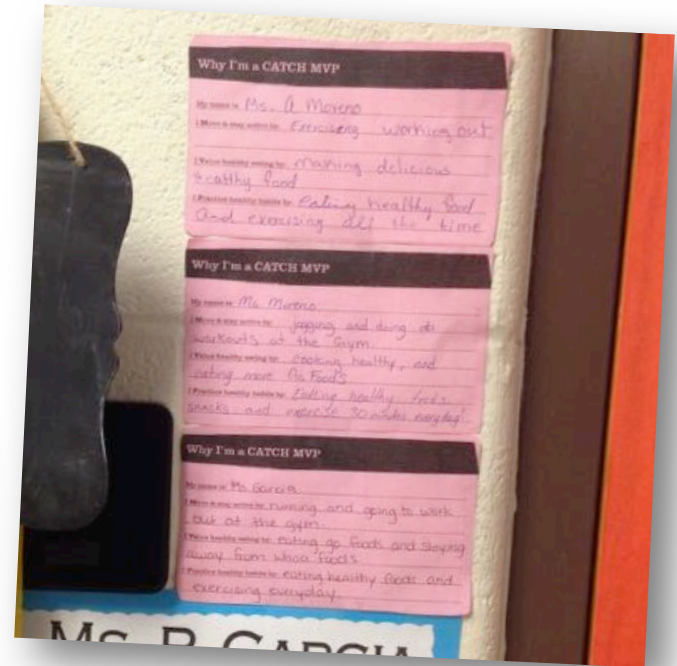
Physical Education



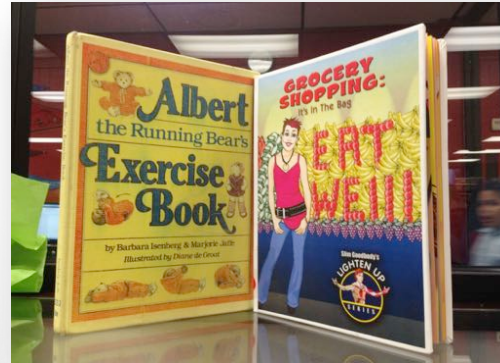
Classroom



Positive Role Modeling



Campus-wide Messaging



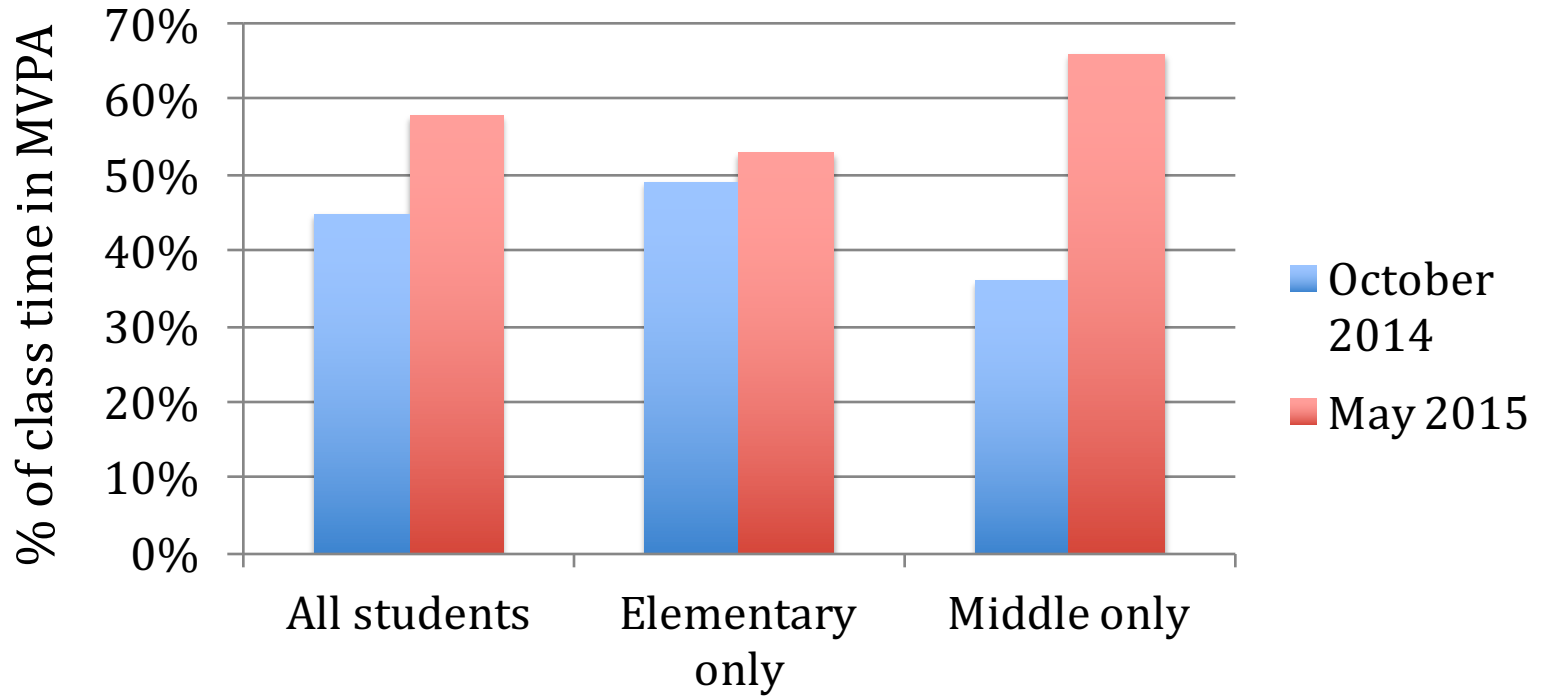
Family & Community



Family & Community



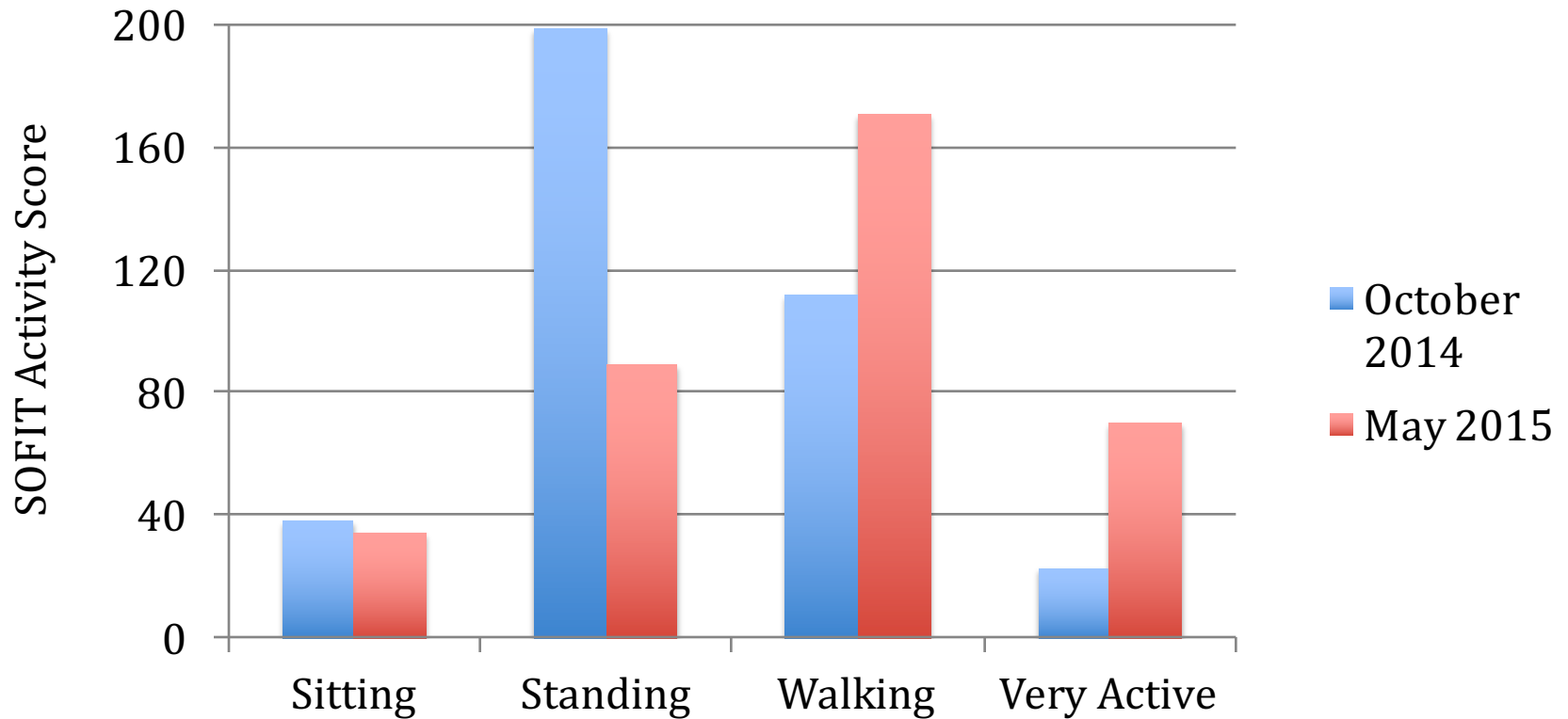
Increase in MVPA during PE Classes



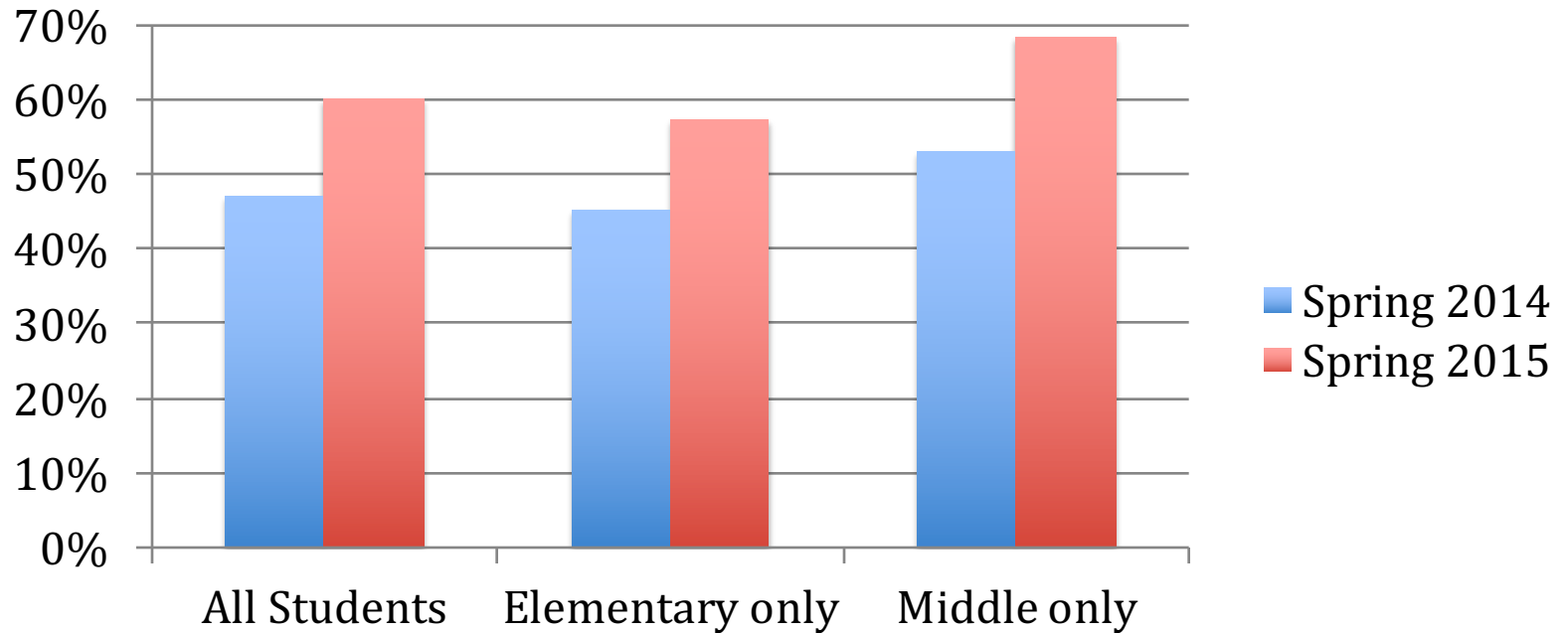
Overall, a 29% increase in physical activity level



Middle School PE Classes



Percentage of Students with Healthy BMI



Overall, a 27% increase in students with healthy BMI



Challenges & Lessons Learned

- Challenges
 - Health program vs. Testing
 - Common planning
- Lessons Learned
 - Champion selection
 - Study the Coordination Kit
 - Community Health Worker contacts
 - Awareness is key
 - Celebrate successes more often



Keeping CATCH Going ...

- Understanding the benefits & what our district needs
- Continued professional development
- Planning
- Building partnerships with community
- Aligning curriculum
- Reflecting and improving the process



Thank You!



Peter Cribb, M.Ed.

CATCH Program Director

CATCH Global Foundation

email: pcribb@catchglobalfoundation.org

phone: (855) 500-0050

www.CATCHinfo.org

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