

The CATCH Project In Dekalb County



**SUPPORTED BY: WE CHOOSE HEALTH
GRANT, THE DEKALB COUNTY HEALTH
DEPARTMENT, NORTHERN ILLINOIS
UNIVERSITY, KISH HEALTH SYSTEM,
LIVE HEALTHY DEKALB COUNTY**



**~PRESENTED BY LISA CUMINGS RN BUT
SUPPORTED BY MANY~**

WHY CATCH?



- Kish Health System Community Needs Assessment (2009, 2012)
- Dekalb County Health Department IPLAN (2007, 2012)



WHY CATCH?



- CATCH stands for a ***Coordinated Approach To Child Health*** and is an ***evidence-based, coordinated school health program*** designed to promote physical activity, healthy food choices and the reduction of screen time.
- The CATCH Programs cover kids from preschool through 8th grade and has been implemented in thousands of schools and after-school organizations across America and Canada.
- For 25 years, the CATCH Programs have guided kids on how to be healthy for a lifetime and it is now the #1 health promotion and childhood obesity prevention program available

WHY CATCH?



- Physical inactivity and unhealthy eating are associated with an increased risk of a number of chronic health conditions, including heart disease, stroke, diabetes, and some cancers, as well as being overweight and obese.
- More than one-third of American adults—over 60 million people—are obese. In addition, the percentage of young people who are overweight has tripled over the last 25 years.

WHY CATCH?



“Today’s younger generation will have shorter and less healthy lives than their parents for the first time in modern history.”



Dr. S. Jay Olshansky, Longevity Researcher, University of Illinois at Chicago

UNDERSTANDING OF PSE-POLICY, SYSTEMS AND ENVIRONMENTAL CHANGES

- **The Collaborative premise**

“If you bring a diverse and appropriate group of leaders together and give them good information and an effective process, they will create effective policy and environmental strategies and take responsibility to implement them.”

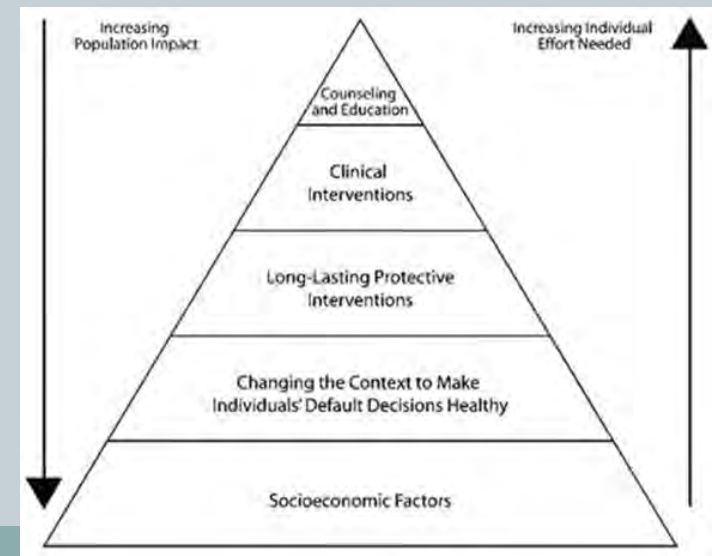
YMCA Activate America
Pioneering Healthier Communities



UNDERSTANDING OF PSE-POLICY, SYSTEMS AND ENVIRONMENTAL CHANGES

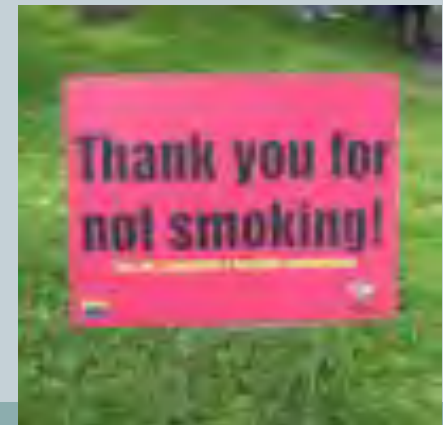
To truly counteract the nation's chronic disease crisis, a **national effort** is needed—one that encourages healthy living and **engages all sectors** of society with a focus on policy and environmental change.

(changes in the physical environment that support healthy behaviors).



UNDERSTANDING OF PSE-POLICY, SYSTEMS AND ENVIRONMENTAL CHANGES

This approach has had **proven success** in the effort to curb tobacco use. While there have been increasing efforts to improve opportunities for physical activity and healthy eating, until recently these efforts often have been **narrowly focused, lacking the coordination and fuller engagement** across sectors necessary to see significant and sustained changes.



THE CATCH PILOT

The **CATCH** Pilot Project at Tyler Elementary School



~Project supported and promoted through the Dekalb Leadership Academy~

THE CATCH PILOT

CATCH: A Coordinated Approach to Children's Health

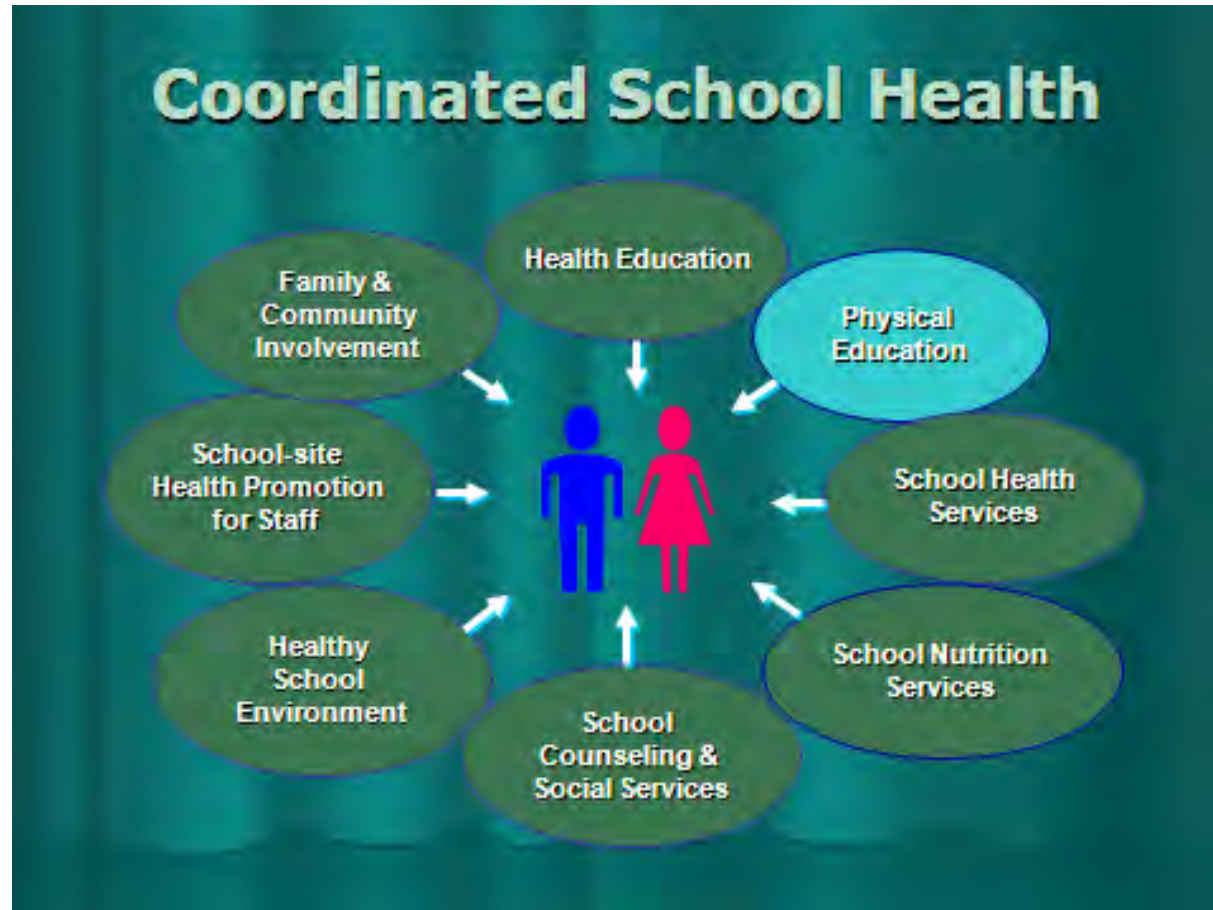
CATCH is an evidence-based coordinated approach to increasing physical activity and improving nutrition for elementary school age children.

Component areas:

- Physical Education- CATCH P.E.
- School Nutrition- CATCH Eat Smart
- Classroom- Go for Health
- Family component



THE CATCH PILOT



CATCH®

Coordinated Approach To Child Health

THE CATCH PILOT

Outcomes of the **CATCH** Pilot at Tyler



THE CATCH PILOT

5th

Grade CATCH Classroom Data

- 5% improvement in food choices (what they are eating now)
- 22% improvement in food choices (In what they would choose to eat)
- 32% improvement of knowledge of what is considered "healthy" choices
- 33% improvement in current physical activity

GARNERING SUPPORT FOR CATCH



- Taking it to the next level and assessing resources
- Presenting at school board meetings-gaining leadership, teacher and community support
- Taking CATCH to the School Wellness Committees



GARNERING SUPPORT FOR CATCH



- Inviting the newspapers to come and watch CATCH in action
- Involving local officials and leaders to be a part of the CATCH initiative
- Talking with Bob Pritchard, IL. State Representative to share CATCH successess and ideas

GARNERING SUPPORT FOR CATCH



Sycamore School District

- Wanted to start with CATCH Kids Club afterschool program
- All after school staff trained in CATCH
- Support and ongoing training

Dekalb School District

- After the Tyler pilot and implementing CATCH at another elementary school, it became policy that all 8 elementary schools and pre-K would have CATCH during the school year!

COLLABORATION OF CATCH AND THE WE CHOOSE HEALTH GRANT

- Coordinating and collaborating of resources
- Coordinated School Health Index and strengthening of wellness committees to improve the health and wellness of our schools
- Funding available to take CATCH to the next level throughout the county to make policy and environmental changes and tie it to the Illinois State Learning Standards



WHERE ARE WE GOING WITH CATCH?



- Change does not come without challenges
- Continue to spread CATCH throughout the County through ***Live Healthy DeKalb County*** and the ***WE CHOOSE*** grant
- Continue to work with county schools, wellness teams and leaders in the community



Thank you!



“Nobody can go back and start a new beginning, but anyone can start today and make a new ending”.....



~Maria Robinson~