



## **CATCH Can Be A Successful Part of Your Grant Application**

**WHAT:** CATCH can be an instrumental partner in your grant application to:

- increase activity
- improve nutrition
- prevent obesity
- decrease smoking

**CATCH** (Coordinated Approach To Child Health) is an ideal fit for your grant application. CATCH's primary focus is to prevent chronic disease through a coordinated approach to health in schools and communities. The program promotes moderate-to-vigorous physical activity, healthy eating behaviors, and tobacco prevention.

Over 25 years of research and development has made CATCH a model program - replicated in over 9000 schools and communities. State and County Health Departments, community after school sites and schools across the country are using CATCH to make a lasting impact on the health of children and their families.

***CATCH is an evidence-based, NIH funded program proven to:***

- Increase physical activity
- Improve student nutrition habits
- Reduce sodium and saturated fats in school lunches
- Sustain student health behaviors 3 years post intervention
- Decrease obesity rates

CATCH began as a multi-component, multi-year, coordinated school health promotion program designed to decrease fat, saturated fat, and sodium in children's diets, increase physical activity, and prevent tobacco use (Perry et al., 1990). The CATCH trial was the largest school-based health promotion study ever funded in the United States (through the National Heart, Lung, and Blood Institute).

[CATCH History-Publications-Awards](#)

**Below are some resources to review as you consider how CATCH may fit into your grant application:**

***Grant Goal: Increase levels of physical activity***

CATCH succeeded in producing lasting changes in physical activity behaviors both in and out of school. Students were more physically active during physical education classes, and participated in moderate-to-vigorous physical activity for at least 50% of class time.

[Abstract from The Journal of the American Medical Association](#)

***Grant Goal: Improve nutrition***

CATCH is proven to produce lasting changes in dietary behaviors, as well as reduce amounts of sodium and saturated fats in school cafeteria lunches:

[Abstract from The Journal of the American Medical Association](#)

***Grant Goal: Decrease overweight/obesity prevalence:***

CATCH successfully slowed the epidemic increase in risk of overweight or obesity in school children exposed to CATCH. The study "*Prevention of the Epidemic Increase in Child Risk of Overweight in Low-Income Schools: The El Paso Coordinated Approach to Child Health*" is the first research demonstrating that CATCH works to halt the increase of obesity among youth.

[El Paso Study - Reducing Overweight in CATCH Schools](#)

***Grant Goal: Decrease tobacco use/Exposure to secondhand smoke:***

[CATCH Go for Health Classroom curriculum](#) includes tobacco prevention tools - Facts and Activities About Chewing and Smoking Tobacco.

***CATCH Sustainability***

CATCH is proven to help sustain student health related behaviors: Students who had participated in CATCH as 5th graders were studied again as 8th graders. Without any continued CATCH intervention, the CATCH students maintained lower fat intakes and higher levels of physical activity compared to students who had not participated in CATCH.

[Study: 3-Year Maintenance of Improved Diet and Physical Activity](#)

***CATCH Evaluation Tools***

The CATCH Research Team at the University of Texas School of Public Health have developed tools and trainings to help sustain and evaluate the CATCH Program nationally. CATCH can provide guidance on how to assess changes in physical activity levels, as well as student and staff behavior surveys, and customized trainings for school and after-school community programs.

[How Do We Know Its Working Evaluation Tool](#)  
[School/Staff Questionnaires](#)

***CATCH Training***

CATCH Training helps you maximize the benefits of the CATCH Program in your school or community. Planning and supporting training is the first step in changing your school's environment. Through training, your faculty and staff become more aware of what coordinated school health is and how CATCH is used as a resource to meet their wellness policy goals. We have in person and train the trainer model, and well as online booster trainer, perfect for new staff members, or as a refresher.

[CATCH Training](#)

**Sample Grant Questions and Answers-** while each grant application is specific, many are similar in that they want to know about your project, timeline, budget, how you will accomplish goals, what you will be doing, and how you are going to measure success. Here are a few sample questions, and simple CATCH text to consider:

### *Grant Application: Proposal Narrative*

#### Proposed activities

- Describe what you will do and how you will do it.
- What programs and services will you offer?
- Are you using a strategy that has been proven effective by research?
- Describe the populations served by the proposed work. How many people are expected to benefit from the activities?
- What are the risks of the proposed work?

Millions of children today have their only parent or both parents working outside the home. These families have a clear need for child care programs during after school hours and when school is not in session. The unstructured time after school and during the summer provides a ready-made opportunity for programs to fill this child care need with fun, hands-on nutrition activities as well as enjoyable structured physical activity.

The CATCH Kids Club (CKC) is a physical activity and nutrition education program designed for elementary school aged children (grades K - 8) in an after-school/summer setting. CKC is composed of nutrition education materials (including snack activities) and a physical activity component. The CKC program offers an easy-to-use format that both children and staff enjoy and is ready to implement in the after-school setting.

Based on the evidence based CATCH Curriculum, CKC has been designed and tested, proven to increase children's physical activity and their nutrition knowledge and intentions. The education component aims to equip children with the knowledge, skills, self-efficacy, and intentions to make healthy dietary and physical activity decisions.

Main Street After School Program would like to implement The CATCH Kids Club After School nutrition and physical activity program in 100 of our after school sites for grades K-8, serving 3,000 students each day. The CATCH Kids Club program materials have been revised (to meet new USDA nutrition guidelines) and expanded (including activities for older students grades 5-8, and children with special needs). We propose supporting 100 After School sites with new CATCH Kids Club materials and training to support the sustainability of the existing CATCH program.

UT has actually done research to determine what factors make for a successful and sustainable CATCH implementation; the two key factors are - a local champion, and CATCH Training. As such, our proposal also includes adequate professional development and booster support training for staff so that CATCH strategies become part of the school culture, and are replicable and sustainable long after the grant period has ended the Main Street After School Staff will participate in regularly scheduled in person trainings conducted by certified CATCH trainers, as well as ongoing booster trainings via Online CATCH Training.

#### Intermediate milestones:

- What are the major milestones that you plan to reach throughout the course of your grant? Milestones might include “products” or “deliverables” that will help you achieve your final results.
- What is the timeline for the work and what are the expected milestones that will ultimately lead to your desired results?
- What evidence will you have to show that the activities took place as described and that the milestones were reached?
- Method for tracking and calculating your measurable result(s)

Main Street After School Program will identify eligible after school sites and solicit participation via release of a simple application and MOU (Memorandum of Understanding). The MOU will require Staff commit to CATCH

online training and tracking, in person training for CATCH program leaders, and CATCH program integration. We will be utilizing a training and tracking mechanism designed by the University of Texas School of Public Health, the CATCH Research HQ.

Month 1- Promote the availability of funding for CATCH Kids Club sites; distribution of application

Month 2 - Review of applications

Month 3 - Announcement of Grant recipients

Month 3 - Required Online Training. Registrants to be confirmed prior to goods shipping

Month 4 - In person Training of new materials - 2-3 hour sessions

Month 5-12 - posting of success stories and news

Month 6 - 8 - lesson fidelity tracking and review

Month 12 - Year end report

- What do you expect to be the ultimate result(s) of your grant activities

We expect as a result of the grant activities; 200 Main Street School District Staff will be trained and implement CATCH Kids Club, Nutrition lessons will be conducted twice a week, and CATCH PE will be implemented daily; 3000 students will be affected daily; positive nutrition and physical activity choices will be tracked pre and post implementation using the CKC AASQ, and we expect the healthy behaviors to increase.

In addition to significantly increasing MVPA within physical activity sessions, project, post surveys are likely to indicate CATCH positively affects:

- Better student behavior (e.g., less acting out)
- Better relationships with peers
- Improved student concentration
- Greater interest in schoolwork
- Increased minutes of PA
- Decreased sedentary time
- Improved student attitude toward PA/active play

- How will you know that your work is successful? (Identify measures that will indicate that your intended results were achieved.)

We will work with each school to customize a training and implementation plan for each school.

Throughout the project, project facilitators will assist each school by providing routine site visits, and implementation feedback to increase personnel skills and enhance program implementation. Staff will have access to online CATCH training support. The teacher and interviews will be used to determine level of CATCH implementation and will be used to provide an overview of current health initiatives.

The online survey will measure CATCH program implementation levels, including fidelity of lesson implementation, quantity of lesson minutes daily and weekly, number of teachers implementing the program, teachers' gain in CATCH implementation knowledge and skills during training, and quality and quantity of the implementation.

In Addition, student and staff surveys pre and post implementation using the UT ASSQ will help determine nutrition and physical activity behaviors outside/at home

- What is the link between the grant activities and the Funders measurable result(s) listed above?

There will be a direct correlation between Main Street After-School implementing the CATCH Kids Club, and the increase in positive nutrition and physical activity behaviors outside of school.

- How will you track program data so that you can calculate and report on the final results? How will you use the information to improve or refine your organization, program or strategies?

Evaluation will be conducted by interviews with lead teachers, on-line surveys of implementing teachers, and pre/post CKC Student Survey of Nutrition and Physical Activity Behaviors. The local health department has agreed to help evaluate ASSQ surveys. In addition, CATCH On Line booster training will be mandatory for all program participants, and will allow for on line tracking of participant time spent on lessons, lesson fidelity, and surveys to track program progress.

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- How will you let others know about the results and what you've learned?

Main Street After School Program will support PR/marketing efforts through school channels, web, social media, and press; will share program successes throughout partnership channels with state and local health departments, and after school organizations, and community agencies. A workgroup will be convened to meet on a quarterly basis to discuss and evaluate progress and strategies.

- A description of your key partners.

CATCH is unique in that it helps coordinate healthy messages throughout the community, and it was designed and proven to work this way. In the school, through classroom, cafeteria, and physical education; in after school and early childhood centers; community partners and health agencies, all integrating CATCH related messages, and reinforcing healthy behaviors. Main Street After-School plans on inviting community members to attend trainings, and is currently working with the local university physical education teacher prep students who volunteer to work with our after school students. In addition, the local Main Street County Health Department has agreed to help evaluate ASSQ surveys.