Coordinated Approach To Child Health

Illinois Department of Public Health
Office of Health Promotion

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Overweight Children and Adolescents: NHANES

Equal or greater than 95% age/sex CDC Growth Charts

Source: Medline, 2006
Ogden et al. JAMA;195:1549-55, Hedley et al. JAMA;291:2847-2850
According to the 2003-2004 Healthy Smiles, Healthy Growth data from the Illinois Department of Public Health, (39%) of 3rd grade students are either at risk for overweight or are overweight.
Prevalence of overweight and risk of overweight* among children aged 5 to <20 years, by age
2008 IL PedNSS, CDC

Overweight:  > 95th percentile BMI-for-age; at risk of overweight:  > 85th-<95th percentile BMI-for-age, CDC Growth Charts, 2000. 15% of children are expected to fall above the 85th percentile (5% above the 95th percentile and 10% between the 85th and 95th percentiles). Year 2010 target: reduce the proportion of children and adolescents aged six to nineteen years who are overweight (> 95th percentile) to 5%.
What is CATCH?

The CATCH Program is a resource for bringing schools, families, and communities together to work toward creating a healthy school environment.

It is a Coordinated Program designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary school aged children.
What is Coordinated School Health?

- Coordinated School Health Programming is a process which brings a school community together to teach children to be healthy for a lifetime.
- Effective coordinated school programs reinforce positive healthy behaviors throughout the day and makes clear that good health and learning go hand in hand.
CATCH Research Trial
1991-94

- Research study was called the “Child and Adolescent Trial for Cardiovascular Health”
- First research trial to integrate school, child & family
- Ethnically diverse population, over 5,000 students involved in nearly 100 schools
- Four geographic areas of the U.S.
  - California
  - Louisiana
  - Minnesota
  - Texas
Does CATCH Work?

- Reduced total fat and saturated fat content of school lunches.
- Increased moderate-to-vigorous physical activity (MVPA) during P.E. classes.
- Improved students’ self-reported eating and physical activity behaviors.
- Effects persisted over three years without continued intervention.

2005 El Paso Study

“Prevention of the Epidemic Increase in Child Risk of Overweight in Low-Income Schools.”

Results

• Girls in control schools had significant increases in percentage of risk of overweight or overweight from third (26%) to fifth (39%) grades, as did girls in CATCH schools (30%-32%); however, the rate of increase for girls in the CATCH schools was significantly lower (2%) compared with the rate for control girls (13%).

• A similar pattern was seen for boys, with a rate of increase for boys in CATCH schools of 1% (40%-41%), which was significantly less than the 9% increase (40% to 49%) for control boys.
Conclusion

• The translation of the national CATCH program to low-income schools with Hispanic students successfully slowed the epidemic increase in risk of overweight or overweight seen in control school children.
How the CATCH Program educates students and changes environments

• In the Classroom
• Physical Education Classes
• In the Cafeteria
Coordinating the Message

- The “language” of CATCH: **GO, SLOW, & WHOA** food categories.
- Kids receive consistent healthy messages in the classroom, cafeteria, & in PE class.
  - Through the classroom lessons.
  - Posting **GO, SLOW, & WHOA** signs on cafeteria line.
  - Using CATCH **GO, SLOW, & WHOA** Eat Smart games in CATCH PE class.
GO - SLOW - & WHOA Foods

• **GO Foods** = “Almost Anytime” foods – contain the lowest amount of fat. Students are taught that **GO** foods should be eaten more often than **SLOW** or **WHOA** foods.

• **SLOW Foods** = SLOW foods are higher in fat than **GO** foods, and lower in fat than **WHOA** foods. Students are taught that **SLOW** foods should be eaten less often than **GO** foods and more often than **WHOA** foods.

• **WHOA Foods** = WHOA foods are the highest in fat of the three groups. Students are taught that **WHOA** foods should be eaten less often than **GO** or **SLOW** foods.
Curricula Objectives

• Students will be able to:
  
  IDENTIFY
  PRACTICE
  & ADOPT

Healthy eating & physical activity behaviors
Curricula Focuses On

- Children’s Knowledge
- Children’s Values
- Self-Efficacy
- Skills

ABOUT HEALTHFUL FOOD & PHYSICAL ACTIVITY
Learning Standards

- The CATCH curriculum and physical education activities for grades K-5 have been aligned with the Illinois learning standards for physical development and health.
Family Component Objectives

Getting parents and families involved as much as possible and whenever possible by coordinating CATCH concepts and activities with the family and school community.
Carterville Family Fun Night
Carterville
East Peoria Family Day
GOAL OF CATCH PE

CATCH PE is designed to promote children's enjoyment and participation of MVPA (moderate to vigorous physical activity) during PE classes, recess, and extracurricular activities, and recreation time with family and friends.
Objectives of CATCH PE

- Students will be involved in MVPA for 50% of class time
- Students are provided many opportunities to participate and practice skills
- Students enjoy physical activity
- Students are encouraged to be physically active outside of school
Eat Smart Goals

• Provide children with tasty lower fat, saturated fat, and sodium school meals
• Maintain required levels of essential nutrients and student participation
• Coordinate healthy messages with the rest of the school
Four Target Areas of Eat Smart

- Menu Planning
- Food Purchasing
- Food Production
- Promotion
The Illinois CATCH Program

- An initiative by the Illinois Department of Public Health
- Debuted in January 2004
- Currently 142 schools have been funded for CATCH with approximately 44,000 students participating
The Illinois CATCH Program

- Approximately 700 CATCH team members have been trained in the schools
- 17 people trained as Implementation Trainers
- Many different sources of funding being used
Schools Received Grants To:

- Train key personnel
- Implement the CATCH curriculum
- Purchase necessary equipment
- Promote CATCH activities and the program philosophy
- Host a family fun event
**TRAINING**

- Provided by certified CATCH trainers
- One day in length (6 ½ hours)
- CPDU credits are given to teachers
- Minimum team of 4 from each school must attend
  - One classroom teacher (preferably 3rd grade)
  - One physical education teacher
  - One food service person (head cook preferred)
  - One administrator (school nurse, principal, curriculum specialist, etc.)
Evaluation

- **SOFIT (System for Observing Fitness Instruction Time)**
  - Validated instrument used to determine the level of activity in the physical education classes
  - Observations occur before CATCH training to provide baseline levels and repeated 6 mo. to 1 year after implementation
  - Performed by certified SOFIT observers
Objective 5: By December 31, 2013, increase the number of CATCH schools to 120 where students participating in CATCH physical Education are involved in moderate-to-vigorous physical activity (MVPA) for a minimum of 50 percent of physical education class time.

Baseline: Six CATCH schools achieving MVPA in 50 percent of physical education class time (2007 status: 28 schools)

Data Source: 2003, 2007 SOFIT data, IDPH

Population: Age 5 – 10, selected CATCH schools statewide.
Illinois SOFIT Evaluation

- 19 CATCH schools in 2003-2005 participated in the observation of their physical education classes prior to CATCH training and again six to 12 months after implementation of CATCH.
SOFIT Results 2003-2005

- MVPA
- Vigorous
- Management
Illinois Delta Network Grant Project
SI U-CRHSSD

• 13 schools in the lower 18 Illinois counties are being evaluated with SOFIT

• Pre-CATCH observations complete

• Post observations now being conducted
New Fitness Data!!

- Texas Fitnessgram® Study released 3/9/09

- Physically fit students are more likely to:
  - Do well on the state’s standardized tests
  - Have good attendance records
  - Fewer disciplinary incidents (drugs, alcohol, violence and truancy)
Continued.

• The study found that **cardiovascular health**, measured by a walking/running test, had a higher correlation to school success than did the BMI.
Texas Fitnessgram® Results

Links:


• [http://texasyouthfitnessstudy.org/](http://texasyouthfitnessstudy.org/)
Other Illinois Evaluation Reports

Annual Report

• Includes accomplishments and CATCH committee reports

• Completed on-line using the Inquisite program.
Evaluation...continued

School Level Evaluations:

- Assessments for the P.E. and classroom teachers and the food service manager
- These assessments determine the level of implementation, impressions of CATCH, training levels, class/school organization, number of lessons taught and the amount of support within the school.
- Also completed on-line using Inquisitie.
Teacher Opinions about CATCH and Kids

- More active kids eat better
- Kids enjoy PE
- Class and Cook

Graph shows:
- PE
- Class
- Cook

Labels: more active, kids eat better, kids enjoy

Values on the y-axis range from 0 to 100.
Teacher Opinions about the Program

Helped to meet goals
Recommend to others

PE
Class
Cook
Classroom Curriculum

- Lots of time
- Adapted to current curr.
Future of the IL CATCH Program

- Will continue in the pilot phase for the 2009-2010 school year
- Dependent upon funding, additional schools will be added in 2010.
- IDPH will assist with training of schools securing outside funding (other than IDPH) for full CATCH implementation
Contact Information

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