



**FOR IMMEDIATE RELEASE**

## **CATCH EXCELS IN RECENT REPORT EVALUATING AFTERSCHOOL HEALTH PROGRAMS**

Hasbrouck Heights, NJ – April 2, 2007. Out of twenty afterschool health programs reviewed by the National Institute on Out-of-School Time, the CATCH® Kids Club Physical Activity and Nutrition Education program was rated as the most compliant with National Afterschool Standards. The report, titled *Healthy Choices Afterschool: An Investigation of the Alignment of Physical Activity and Nutrition Programs/Curricula and the National Afterschool Association Program Standards*, was created in response to the national concern for child and youth obesity and the vital role out-of-school time programs play in resolving this crisis. According to researchers, “the information will be helpful to afterschool program providers, staff and funders as they consider the implementation of physical activity and nutrition initiatives in their programs.”

The programs were first analyzed using the National Afterschool Association’s six major standards; including Human Relationships, Indoor Environment, Outdoor Environment, Activities, Safety, Health & Nutrition and Administration. The Standards are “designed to describe the best practices in out-of-school time programs for children and youth between the ages of 5 and 14 and are used by the National Afterschool Association and out-of-school time programs throughout the country as a basis for self-study process and program accreditations.”

The second stage of research focused on whether or not a program and its curriculum materials demonstrated a particular strength in aligning to a standard and its “Keys of Quality,” or the sub-items related to each standard. Of the twenty programs reviewed, CATCH® Kids Club was the only program that not only addressed the standards set by the National Afterschool Association, but also strongly aligned with the Keys of Quality relating to each standard.

CATCH® Kids Club (CKC) is one of many programs offered by CATCH® (Coordinated Approach To Child Health), an evidence based K-8 coordinated school health program published by Flaghouse, Inc. CKC is a physical activity and nutrition education program designed for elementary and middle school-aged children in an after-school/summer setting. CKC is composed of nutrition education materials and 300 activities, including physical and snack activities. It offers an enjoyable, easy-to-use format for both children and staff. In addition, the program is flexible and provides suggestions for limited space and modifying activities to meet the unique needs and limitations of the children participating. Family participation is also highly encouraged and parent handouts are presented in both English and Spanish.

**If you are interested in learning more about CATCH Kids Club, or other CATCH programs, please visit [www.CATCHinfo.org](http://www.CATCHinfo.org) or contact Kathy Chichester, National CATCH Coordinator, at 800-793-7900, x 7518.**

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**The *Healthy Choices Afterschool* Report can be found on the website for the National Institute on Out-of-School Time at: [www.niost.org](http://www.niost.org).**

CATCH® (Coordinated Approach To Child Health) is an evidence-based, coordinated school health program designed to promote physical activity and healthy food choices and prevent tobacco use in elementary and middle school-aged children. By teaching children that eating healthy and being physically active can be fun, the CATCH Program has proven that healthy habits established in childhood can produce positive and lasting health behavior changes. For more information visit [www.CATCHinfo.org](http://www.CATCHinfo.org).

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