

# CATCH<sup>®</sup>

COORDINATED APPROACH TO CHILD HEALTH

FEATURED  
IN

## SNAP-ED STRATEGIES & INTERVENTIONS:

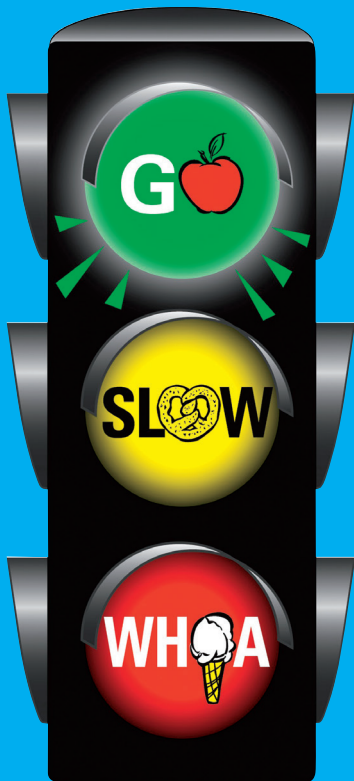
An Obesity Prevention Toolkit for States



*“CATCH provides nutrition educators and program managers with knowledge and skills to promote and provide technical assistance to schools they are working with in the SNAP-Ed program; for both nutrition education and environmental approaches.”*

*State SNAP-Ed Coordinator*

CATCH is a health promotion program supporting physical activity and nutrition education for children in preschool – middle school.



Recently reviewed in the

### **USDA SNAP-Ed Interventions: A Toolkit for States**

CATCH has been included as an evidence-based obesity prevention strategy that States should consider when crafting their long range SNAP-Ed plans.

**Aligned with the CDC target behaviors for obesity prevention and control, CATCH is a proven partner for SNAP-Ed focus and priorities:**

- CATCH has a track record of success and sustainability in child care, school, and community programs.
- CATCH provides a comprehensive approach to interventions across several settings and supports collaborative obesity prevention activities within your State.
- CATCH has successful implementations in rural, urban, border, low income, and Native American communities.
- CATCH provides guidance and professional development for State SNAP-Ed teams and partners.
- CATCH provides evaluation and measurement support using proven strategies and tools.
- CATCH can supplement existing community based educational strategies used by nutrition and physical activity educators in a multi-component program delivery model.
- CATCH and its **Go Slow Whoa** messaging complement the healthy eating recommendations of the *Dietary Guidelines for Americans* and messages from USDA's nutrition assistance programs.