

The most cost effective program proven to prevent childhood obesity.<sup>1</sup>

**The Problem:** Nearly one in three children in the United States are overweight or obese.<sup>2</sup> Obese children face an increased risk for chronic illness and miss more school days and have poorer academic outcomes than their normal-weight peers.<sup>3,4</sup>

**The Solution is CATCH:** CATCH promotes physical activity and healthy food choices in preschool through middle school aged children and their families. CATCH is based on the CDC coordinated school health model in which 8 components – health education, physical education, health services, child nutrition services, counseling and psychological services, healthy school environment, health promotion for staff, and family/community involvement – work together to provide support for a healthy lifestyle. Over 120 peer reviewed scientific publications support the effectiveness of CATCH in increasing physical activity and healthy eating<sup>5,6</sup> and reducing overweight and obesity.<sup>7,8,9</sup>

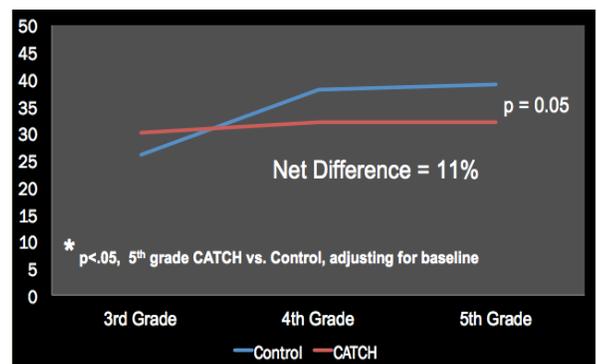
**CATCH reduces overweight and obesity:** A replication study of CATCH in El Paso, Texas reported a significant 11% difference between treatment and control children in preventing the onset of overweight and obesity.<sup>7</sup> In Travis County, Texas, implementation of CATCH led to a significant 9% difference in 4<sup>th</sup> grade overweight and obesity.<sup>9</sup>

**CATCH produces lasting changes in dietary and physical activity behaviors:** The main CATCH intervention trial found program effects for reducing fat consumption and increasing physical activity in children and adolescents.<sup>5</sup> These changes were maintained three years post intervention.<sup>6</sup>

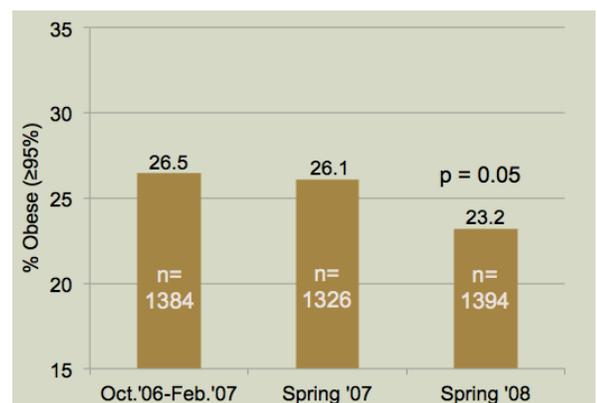
**Better physical fitness is correlated with better academic achievement:** The PASS & CATCH study evaluated an enhanced version of CATCH and demonstrated that 60 minutes of physical activity per day (achieved via participation in physical education, recess, and classroom movement activities) improved math and reading achievement among elementary school students.<sup>10</sup>

**CATCH is cost effective:** A cost-effectiveness study found the cost-effectiveness ratio for CATCH, or the intervention costs per quality-adjusted life years (QALY), to be \$889.68. Historically, the U.S. adopts health care treatments that cost less than \$50,000 per QALY; therefore, the CATCH program is an excellent public investment. The CATCH program costs \$68,125 less per person than the estimated present value of future costs incurred if the person were not exposed to the CATCH program.<sup>11</sup>

**El Paso CATCH Replication Study**  
Incidence of Overweight/Obesity in Girls  
(≥ 85<sup>th</sup> % BMI)



**Travis County CATCH Study**  
Obesity in 4<sup>th</sup> Grade Children





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