



**PRESS RELEASE**  
**For Immediate Release**

## **ALL TEXAS YMCA SITES TO HAVE ACCESS TO CATCH CHILD HEALTH PLATFORM**

**AUSTIN, Texas—December 18, 2014** – The CATCH Global Foundation, and the Texas State Alliance of YMCAs today announced a collaboration to bring the evidence-based CATCH child health program to all of the YMCA sites in Texas that don't already use it. The expansion is funded by a grant from the Michael & Susan Dell Foundation, a Founding Partner of the CATCH Global Foundation.

CATCH (Coordinated Approach to Child Health) has been independently determined to be the most cost-effective means of preventing childhood obesity. Developed over the past 25 years in universities, CATCH is currently used by over 10,000 sites worldwide to combat obesity and improve child health. The Texas YMCA CATCH Kids Club project will expand CATCH Kids Club, an evidence-based physical activity and nutrition education program designed for afterschool and summer settings, to the 11 YMCA Associations across the state that do not already use it.

"Collectively, the Texas State Alliance of YMCAs is the largest after school provider within the state," explains Ar'Sheill Sinclair, State Advocacy Director for the Texas State Alliance of YMCAs. "We believe it's our responsibility to make sure that our youth are exposed to quality curriculum and programs that reinforce healthy habits after the school day ends. Through this collaboration we are able lead youth toward positive behaviors and better health even outside of the school day."

This project, set to begin in early 2015, will serve approximately 6,500 children in grades K-8 attending afterschool and summer programs at 129 YMCA sites, with a goal to improve physical activity in out-of-school time. Most of the communities in which these programs are located are majority Hispanic and African American and have high numbers of economically disadvantaged youth, risk factors for elevated rates of overweight and obesity. Additionally, most of the YMCA programs take place within public schools, eliminating barriers to transportation, and enabling more students to access this valuable health education programming.

"This project is an excellent example of organizations working together for collective impact on children's health," said Duncan Van Dusen, Executive Director of CATCH Global Foundation. "Resources to expand the proven CATCH Kids Club programming in Texas YMCAs are coming from the Michael & Susan Dell Foundation which has a long history of combatting childhood obesity, the Texas State Alliance of YMCAs which promotes best practices such as CATCH, the YMCA Associations themselves, and us. Together we will make positive change in the lives of thousands of Texas children."

### ***About CATCH Global Foundation***

*The CATCH Global Foundation, founded in 2014, develops, disseminates, and sustains the CATCH (Coordinated Approach To Child Health) platform, and connects underserved schools and communities to the resources necessary to implement it effectively. CATCH improves the*

*health of children from pre-K through middle school, in both school and after-school settings, through classroom curriculum, nutritional decisions, and level of physical activity, and supports that impact through community engagement. Since its inception over 25 years ago, CATCH has been created and maintained in a research university setting. CATCH has been independently determined to be the most cost-effective program on the market for childhood obesity prevention and is now used in 10,000 schools and educational settings worldwide.*

[www.catchglobalfoundation.org](http://www.catchglobalfoundation.org) | [twitter.com/usacatch](https://twitter.com/usacatch) | [Facebook.com/CATCHHealth](https://Facebook.com/CATCHHealth) | [YouTube.com/CATCHProgram](https://YouTube.com/CATCHProgram)

***About the Texas State Alliance of YMCAs***

*Texas State Alliance of YMCAs is an association representing the interests and concerns of the 27 independent Ys across Texas in over 200 communities. We are a nonprofit, grassroots-driven and volunteer-led organization that advocates on behalf of local Ys to promote our three areas of focus: youth development, healthy living, and social responsibility. Collectively Ys in Texas serve 1.4 million kids and families through membership and programs. [www.texasymcas.org](http://www.texasymcas.org)*

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