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

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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.