WHAT IS CATCH?

CATCH stands for a Coordinated Approach To Child Health, and is scientifically proven to be a highly effective health, physical activity, and nutrition education program for children from all backgrounds. The CATCH platform has enabled thousands of schools, families and communities to create an environment that improves children’s health, increases academic success, and supports a lifetime of wellness.

CATCH provides programming and curriculum for four different settings:
- Elementary School (CATCH K-5)
- Middle School (CATCH 6-8)
- Pre-school (CATCH Early Childhood)
- Afterschool (CATCH Kids Club)

"I love the idea of ensuring that kids are going to be healthy for a lifetime. CATCH encompasses and supports the whole child, and the fact that they are educated encourages commitment to healthy lifestyles."

Nancy Guerrero
Principal
CD Fulkes Middle School

WHY CHOOSE CATCH?

1. MOST SCIENTIFIC EVIDENCE

CATCH is supported by 25 years & 120 academic papers indicating as much as 11% decrease in overweight & obesity.*

2. MOST COST EFFECTIVE

A 2010 article in Health Affairs named CATCH "the most cost effective program proven to prevent childhood obesity."*

3. ACADEMIC IMPACT

Research indicates better physical fitness is correlated with better academic achievement, and better attendance.*

* Studies cited in this document can be found on our website at catchinfo.org/research

CATCH BY THE NUMBERS

25 years of research & experience behind CATCH

10,000 schools and communities currently use CATCH

>50% of Texas schools use CATCH

33 states use CATCH in their YMCAs
HOW DOES CATCH WORK?

CATCH impacts children’s lives in five different arenas:
- Physical education (PE)
- Nutrition and cafeterias
- Academic classrooms
- Family and community
- Sun protection (early childhood only)

CATCH creates and supports an environment of health. Using our Coordination Kits, schools are able to engage all of the primary actors in a child’s life to reinforce messages of healthy eating and activity.

CATCH provides training, curriculum, "activity boxes" for PE teachers, and our Coordination Kits lay out a plan to unite whole communities behind the goal of child health.

COORDINATED SCHOOL HEALTH

CATCH is an approved Coordinated School Health (CSH) Program. Backed by public health authorities, CSH is a systematic approach to improving the health and well-being of all students so they can fully participate and be successful in school. By bringing together all of the major players in a child’s life, CSH creates an environment that is supportive of health and learning.

OUR PARTNERS

ABOUT THE FOUNDATION

The CATCH Global Foundation is a 501(c)3 public charity founded in 2014. Our mission is to improve children’s health worldwide by developing, disseminating and sustaining the CATCH platform in collaboration with researchers at UTHouston. The Foundation links underserved schools and communities to the resources necessary to create and sustain healthy change for future generations.

CONTACT: info@catchinfo.org | 855-500-0050
catchinfo.org | @catchusa | facebook.com/catchhealth