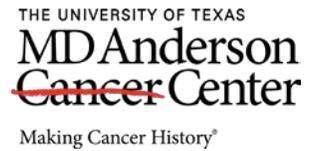




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Ysleta ISD CATCH Coordinated School Health Initiative

Preliminary Evaluation Results & Publicity Highlights

March 2016

Project Overview

The Ysleta ISD CATCH project aims to increase physical activity and healthy eating, reduce obesity, and create health-promoting environments for approximately 18,500 students in 37 elementary schools in the Ysleta Independent School District. Ysleta ISD is located within the city of El Paso and serves a community that is primarily Hispanic (92%) and economically disadvantaged (81%), key risk factors associated with higher rates of physical inactivity and obesity. Funded by a generous grant from Blue Cross and Blue Shield of Texas, and in partnership with The University of Texas MD Anderson Cancer Center, phase 1 of this project began in August 2015 with the implementation of CATCH in 14 schools (7,500 students) and will conclude in July 2016. Phase 2 will expand CATCH to the remaining 23 elementary schools during the 2016-2017 school year.

The CATCH program consists of five main components: 1) Classroom lessons for each grade level on nutrition, physical activity, and screen time reduction; 2) Enhanced PE instruction and activities designed to maximize moderate-to-vigorous physical activity (MVPA); 3) Guidance and resources for creating a school nutrition environment that promotes healthy foods and reinforces classroom learning; 4) The CATCH Coordination Kit which provides a framework for collaboration among administrators, teachers, nutrition staff, parents, and other important stakeholders; and 5) Implementation training, technical assistance, and evaluation support.

Activities completed to date include:

- A CATCH Champion and wellness team has been established on each phase 1 campus to spearhead and coordinate program efforts.
- Pre-implementation data collection has been completed including the administration of student surveys to 4th and 5th grade students and SOFIT (System for Observing Fitness Instruction Time) observations in a sample of PE classes.
- CATCH implementation training workshops were provided to the CATCH Champions and wellness teams and to all PE teachers.
- Each school has been provided with CATCH materials including: K-5th grade classroom teacher manuals (includes parent/family materials), Eat Smart Guidebook for child nutrition staff, CATCH PE Guidebook and Activity Boxes, CATCH Coordination Kit, and PE equipment as needed.
- Midterm data collection has been completed including SOFIT observations in the PE class sample and administration of CATCH Champion surveys.

Data Collection Timeline

August 2015:	Pre-implementation data collection including student survey and SOFIT observations; Pre-post teacher training survey
February 2016:	CATCH Champion survey (process measure)
March 2016:	Midterm SOFIT observations
May 2016:	Student survey; CATCH Champion survey and final SOFIT observations

Preliminary Evaluation Results

Teacher Training Survey

The Teacher Training Survey was administered prior to CATCH implementation training, conducted in August, and repeated immediately post training to assess changes in CATCH knowledge and implementation confidence. Thirty-seven teachers completed both the pre and post training surveys. Primarily, survey questions were divided into two scales:

Implementation Confidence Scale. Questions on this scale asked the teacher to rate his or her confidence level (1 = Not at all Confident to 5 = Very Confident) for changing the school health environment, implementing CATCH components, demonstrating activity breaks, convening the CATCH team every six weeks, leading CATCH team meetings, facilitating/teaching CATCH lessons, and using the Coordination Kit.

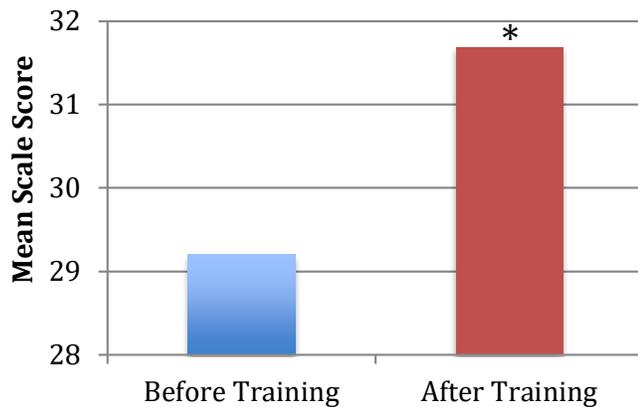
Beliefs Scale. Questions on this scale asked the teacher to rate his or her agreement (1 = Strongly Disagree to 5 = Strongly Agree) with statements such as: I understand my role on the CATCH team; Students will enjoy CATCH activities; CATCH can positively impact students' health behavior; I can motivate students' physical activity and healthy eating through my own behavior and encouragement; Activity breaks can be incorporated into class time.

As shown in the following charts, there was a statistically significant increase in teachers' implementation confidence and positive beliefs about CATCH following implementation training.

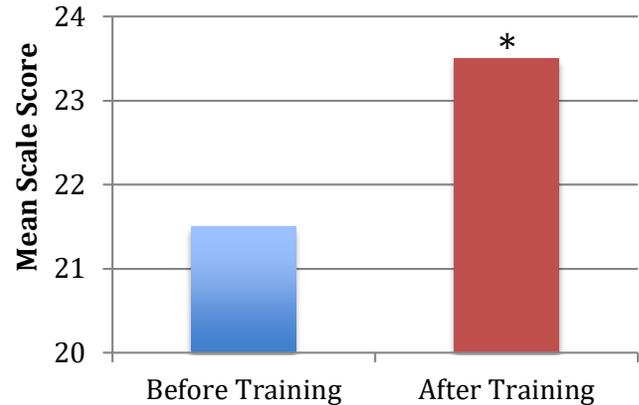
CATCH Champion Survey

Using the CATCH Coordination Kit as a guide, CATCH Champions and teams are responsible for building campus-wide support for CATCH, coordinating messages about healthy eating and physical activity throughout the school, assisting classroom and PE teachers with integrating CATCH into their lesson planning, and developing and implementing a sustainability plan to continue CATCH beyond the initial grant period. As a process evaluation measure, CATCH Champions were surveyed regarding the implementation of CATCH best practices during the first 5 months of the program. As noted in the survey

CATCH Implementation Confidence



Positive Beliefs About CATCH



* $p < .001$

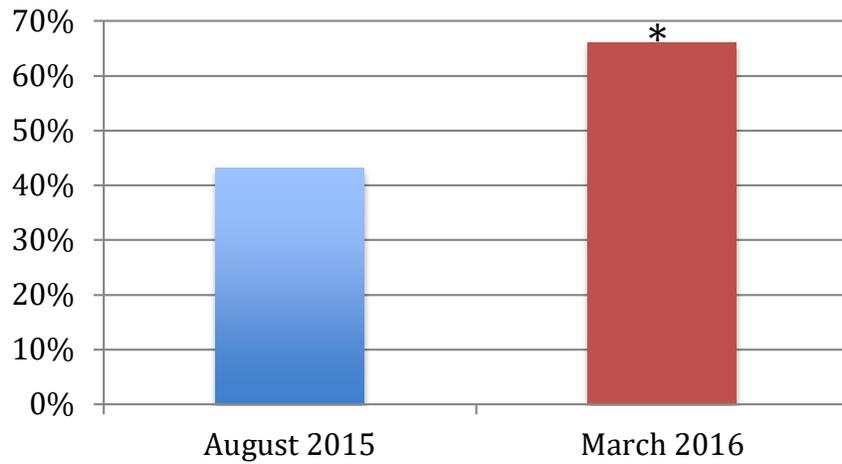
highlights below, there is variability in the level of implementation achieved by the schools thus far. Owing to the unique strengths and challenges of each school community, it is expected that campuses progress to full implementation at varying speeds. Currently, the CATCH Champion survey results are being used to target additional training and technical assistance to meet the individual needs of each CATCH Champion and team.

- A wide variety of positions are represented on the CATCH teams including PE teachers, classroom teachers, administrators, nutrition services staff, health services/nurse, counselors, community partners, parents, and students.
- A large majority of CATCH teams (11 out of 14) have met at least once every six weeks.
- All but one school have included health messages in their school-wide announcements. Two schools include health messages daily and eight schools include messages at least once a month.
- All schools have CATCH-related signage in their hallways and/or cafeteria.
- All schools report using the CATCH PE resources with eight schools using them most or all of the time.
- Twelve schools have held or are in the process of planning a Family Fun Night or other community event.

System for Observing Fitness Instructional Time (SOFIT)

To evaluate the impact of CATCH on students' MVPA engagement during physical education, pre and post SOFIT observations were conducted in a sample of PE classes in two elementary schools. The SOFIT tool assesses physical education practices by enabling direct observation and data collection on student activity levels and other class attributes. Prior to CATCH implementation, students in observed PE classes spent 43% of class time engaged in MVPA. Post-implementation, students in observed classes engaged in MVPA for 66% of class time, a statistically significant increase of 53%.

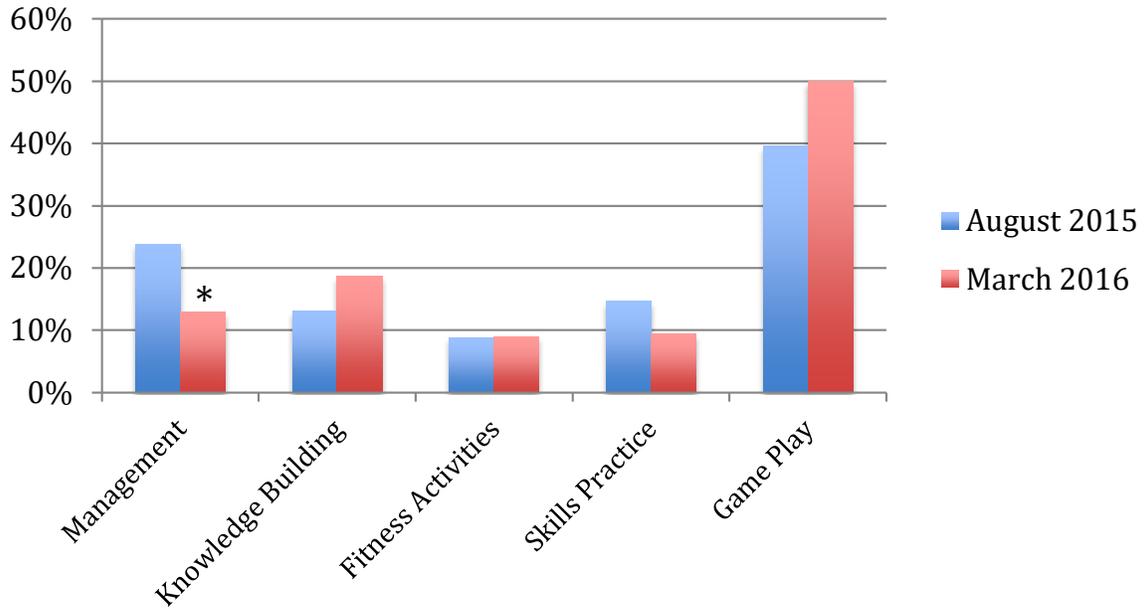
Percentage of PE Class Time Spent in MVPA



* p < .001

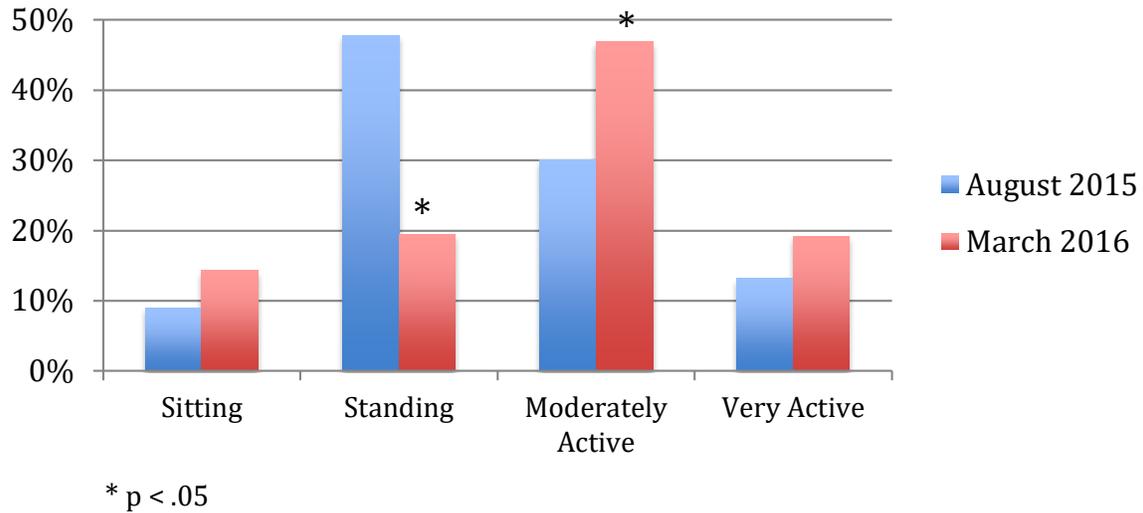
As shown in the charts below, CATCH has led to a decrease in the proportion of PE class time spent on classroom management activities, during which students are often standing still, and an increase in game play in which students are moderately or vigorously active.

Percentage of PE Class Time by Lesson Category



* p < .05

Percentage of PE Class Time by Activity Level



Publicity Highlights

To increase awareness of the Ysleta ISD CATCH project in the greater El Paso community and to acknowledge the generous support of Blue Cross and Blue Shield of Texas, we have accomplished the following media outreach activities:

- We distributed a [news release](#) announcing our partnership with Blue Cross and Blue Shield of Texas to implement CATCH in Ysleta ISD.
- The El Paso Times, which has a daily readership of 213,000 people, published an [article](#) on the project.
- [Fox 59 El Paso](#), [Univision](#), and [KVIA TV](#) each featured news stories about the project.
- We have provided frequent project updates on social media including Twitter, Facebook, Flickr, and the CATCH blog. To view these items, please go to: <http://catchinfo.org/bcbstx-ysleta-interactions/>