Ysleta ISD Phase I Student Results

Fourteen elementary schools implemented CATCH during phase 1. Eight schools administered pre and post surveys to their 4th and 5th grade students. Five schools administered pre and post surveys to their 5th grade students only. One school did not complete the post student surveys and was not included in the data analyses.

	September 2015	May 2016
Sample (n)	1,453	1,427
Grade		
4th grade	534 (36.8%)	488 (34.2%)
5th grade	919 (63.2%)	939 (65.8%)
Gender		
Male	733 (50.6%)	741 (52.1%)
Female	715 (49.4%)	682 (47.9%)
Race & Ethnicity		
White	403 (28.1%)	281 (19.8%)
Black	76 (5.3%)	62 (4.4%)
Hispanic*	691 (48.1%)	899 (63.4%)
Asian or Pacific Islander	10 (0.7%)	11 (0.8%)
American Indian or Alaskan Native	37 (2.6%)	23 (1.6%)
Other	219 (15.3%)	143 (10.1%)

* The district is 93% Hispanic, so it is probable that many of the students who identified as white and other are also Hispanic.

Nutrition Outcomes

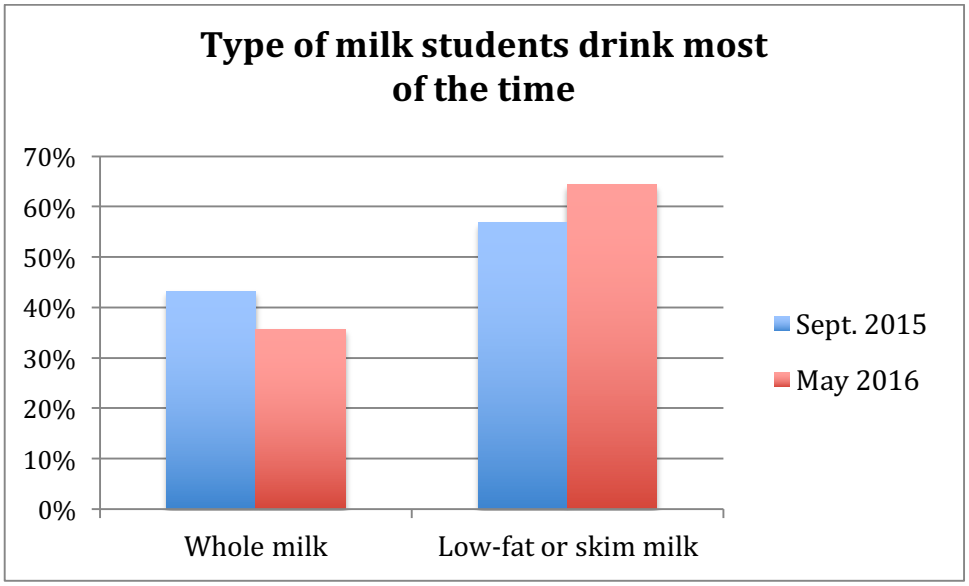
- There was a statistically significant increase ($p<.001$) in mean score on the healthy food consumption scale from 3.8 to 4.4. Healthy foods included: baked, grilled, broiled, or steamed fish or chicken; whole wheat breads or tortillas; vegetables; and fruit. There was no change in unhealthy food consumption which included: hamburger meat, hot dogs, sausage, steak, bacon, or ribs; fried meats; French fries or chips; white breads or tortillas; sweet rolls, doughnuts, cookies, brownies, pies, or cake; candy; and frozen desserts.

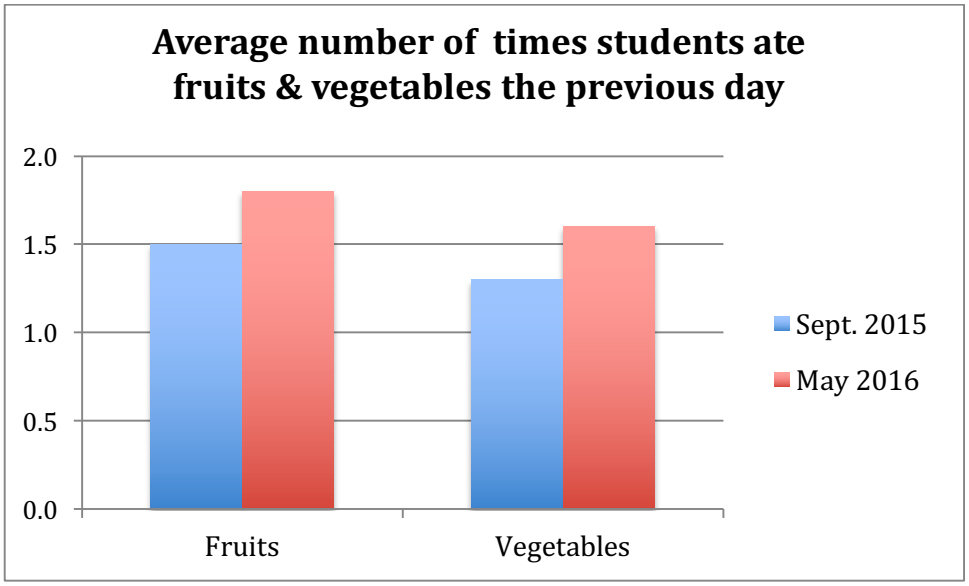
- The mean number of times students consumed milk the previous day increased from 1.3 to 1.4 ($p<.01$). Among milk drinkers, there was a decline in the percentage of students who typically drank whole milk (43.2% to 35.7%) and an equivalent increase in the number of students who typically drank low-fat or skim milk (56.8% to 64.3%), indicating that 7.5% of milk drinkers made a switch to the healthier alternative ($p<.001$).

- The percentage of students who reported drinking no water the previous day declined from 12.1% to 9.4% while the percentage of students who drank at least 3 servings of water increased from 44% to 52% (p<.001).

- The mean number of times students ate fruits and vegetables the previous day increased significantly from 1.5 to 1.8 and 1.3 to 1.6, respectively (p<.001).

- There was no change in sugar sweetened beverage consumption, including sodas, fruit-punch, and sports drinks.

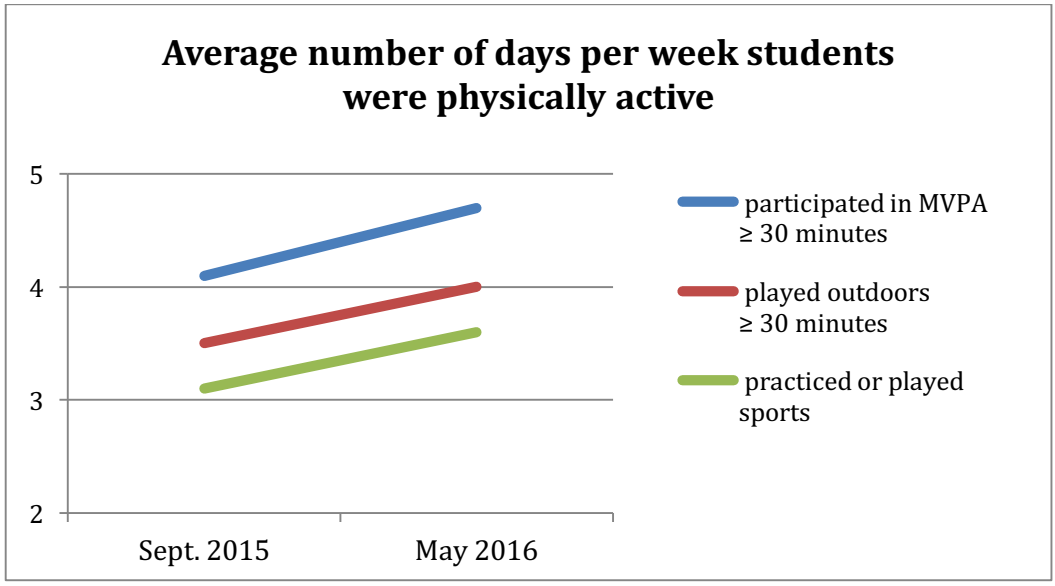




Physical Activity Outcomes

- There were significant increases in the mean number of days per week that students engaged in moderate-to-vigorous physical activity for at least 30 minutes (4.1 to 4.7), played outdoors for at least 30 minutes (3.5 to 4.0), and practiced or played sports (3.1 to 3.6), p<.001.

- The average number of hours per day spent watching TV, DVDs, or videos when not in school decreased significantly from 2.1 to 1.9 (p=.01).



Health Beliefs and Self-Efficacy Outcomes

- The health beliefs scale included 3 statements:
  - When I eat healthy foods, I have more energy to do the things I want to do.
  - If I eat healthy foods most of the time, I will have fewer health problems.
  - If I run and play everyday, I will have fewer health problems.

  A higher score on the scale (range: 3-9) indicates greater agreement with these statements. From pre to post-test, there was a significant increase in mean score from 7.4 to 7.7 indicating greater agreement (p<.001).

- The self-efficacy scale included a series of questions asking the students how sure they were that they could be physically active and choose healthy over unhealthy food options. From pre to post-test, the mean self-efficacy score for physical activity increased from 10.2 to 10.6 and the mean self-efficacy score for nutrition increased from 9.0 to 9.5, p<.001. (possible score range: 4-12)