Delivering CATCH Health at Home as a Virtual SNAP-Ed Toolkit Intervention

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Today’s Speakers

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CATCH Health at Home

“School Health” is more than a lesson or class.

Our goal is to create environments of health and we want to see that continue even though kids are not in school.
The Health at Home platform empowers and equips both educators and parents to continue to promote healthy behaviors.

Especially during these time challenging times on our physical, mental, and immune health, CATCH health education is more important than ever.
CATCH Health at Home Usage

United States:
- 30,000+ visitors
- All 50 states
- 4,000+ registered users
  - ~2,200 - Parents
  - ~1,800 - Educators

Global Site Traffic:
- 89 Countries!
View Resources at CATCH

New resources in response to Coronavirus (COVID-19) school closures
At-home & distance learning resources for parents and educators

Welcome to a new generation of CATCH.org
Select Option, Follow Instructions

CATCH Health at Home
At-Home & Distance Learning Resources for Parents and Educators

I'M A PARENT  I'M AN EDUCATOR

En Español
Parent Platform

Google Classroom

Educator Platform
Parent Platform Overview

- TIPS for parents - overall tips on teaching at home
- Health & Nutrition
- Games and Activity Breaks
  - For both 1 or 2 people or small groups
- Mindfulness
  - Activities, yoga and breathwork
- CATCH My Breath - Vaping, Lung Health & Infectious Diseases presentation
Hi Parents

Fruits and vegetables contain a variety of nutrients including vitamins, minerals and antioxidants that are important for the prevention of illnesses. Sometimes it is hard to eat the daily recommended number of fruits and vegetables. Here are some tips that can help!

Five Easy Ways to Get More Fruits & Vegetables

Eating fruits and vegetables can be as easy as counting to 5! Try these tips:

1. Wake up to fruit. Add sliced or dried fruit to cereal, yogurt or pancakes.
Mindfulness Resource Examples

Nature Walk

**I see...**
- [ ]
- [ ]
- [ ]
- [ ]

**I smell...**
- [ ]
- [ ]
- [ ]
- [ ]

**I hear...**
- [ ]
- [ ]
- [ ]
- [ ]

**I feel...**
- [ ]
- [ ]
- [ ]
- [ ]

Fun Family Activities

- Do a puzzle
- Call family or friends
- Setup a calm down area
- Listen to music
- Visit a virtual National Park
- Play an instrument
- Learn a language
- Craft
- Blow bubbles
- Paint
- Make an art board
- Scrapbook
- Sing karaoke
- Hug
- Build a fort
- Create art together
- Play in the sprinkler
- Create a glitter jar
- Camp in the backyard
- Chase obstacle course

[catchinfo.org/health-at-home](catchinfo.org/health-at-home)
Activity Demo Videos Added Since March 18th

23,929 video views* across all platforms

Mindfulness Breathing Activity
For more CATCH Health at Home resources, visit...

Introduction to Yoga Poses - CATCH Health at Home
For more CATCH Health at Home resources go to...

Mini Yoga Class for Kids - CATCH Health at Home
For more CATCH Health at Home resources go to...

CATCH Activity Demo: As If
See more CATCH Health at Home activities at...

CATCH Activity Demo: Dice-er-cise
For more CATCH Health at Home activities visit...

CATCH Activity Demo: Hoop It Up
See more CATCH Health at Home activities at...

CATCH Activity Demo: Jump the Circuit
See more CATCH Health at Home activities at...

CATCH Activity Demo: Steel Abs Chall...
See more CATCH Health at Home activities at...

CATCH Activity Demo: Zero In
See more CATCH Health at Home activities at...

CATCH Activity Demo: Yoga Breathing...
For more CATCH Health at Home resources visit...

CATCH Activity Demo: Dragon's Tail
Tag game that involves trying to pull other kids' scarves (dragon tails) from their...

Hand Washing Demonstration - CATCH Health at Home
Our friend Simone demonstrates how to properly wash your hands. More CATCH...

CATCH Activity Demo: Cone Reaction
The objective of the game is to see how quickly partners can react to a specific...

*counts views of all CATCH video content (not just new)
Parent Platform in Spanish

- Has TIPS & Activity Log
- Physical Activity list varies slightly from English version
- Videos are in English (Sp. subtitles available)
- Includes Yoga Mindfulness activities
- Nutrition tips and resources
Educator Platform Overview

- Distance Learning Resource for Educators
- MVP Announcements
- Calendars, Challenges & More
  - Guidance on creating your own family challenges
- Student Independent Learning Assignments
- Health Lessons
- Games & Activity Breaks
- Mindfulness & Stress Management
- CATCH My Breath - vaping prevention
Educator Platform Differences

- More content
- Downloadable resources to send out to families (many in Eng. & Spn.)
- Classroom Health Lessons
- Independent Learning Assignments

We hope communities will utilize both the parent and educator resources
CATCH MVP Lessons

- Created as a direct response to COVID-19
- 4 Lessons focused on supporting immune health
- Based on the foundational principles of CATCH

M - Move & Stay Active
V - Value Healthy Eating
P - Practice Healthy Behaviors
Educator Platform Demo

To view slide notes/scripts, download for offline use, or print this presentation, click the button below to open in Google Slides.

OPEN IN GOOGLE SLIDES
Nebraska SNAP-Ed
University of Nebraska-Lincoln Extension
2016
National CATCH trainer offered training on CATCH Kids Club

2017
Sent a team of trainers (including Ashlynn) to national CATCH training.

2018-19
Implementation and expansion of CATCH in Nebraska
23 staff, 4,134 youth

2020
National CATCH trainer offered training on CATCH - Early Childhood

March 2020
Partnered with CATCH Global Foundation

Nebraska SNAP-Ed
University of Nebraska-Lincoln Extension
Nebraska SNAP-Ed
University of Nebraska-Lincoln Extension

● Morning Move-It
  ○ Before COVID-19
    ■ Before School Physical Activity Program
  ○ After COVID-19
    ■ Virtual Morning Physical Activity Program
Morning Move It

Interested in more information on Morning Move-It, complete this form:
https://forms.gle/2XTnMsGjrgR6Bzgo6
CATCH Health at Home Activity Videos

- CATCH designed a video template
- Nebraska Extension/SNAP-Ed recorded demonstration videos, which are now included in the CATCH Health at Home Materials on Google Classroom.
Nebraska SNAP-Ed
University of Nebraska-Lincoln Extension

- Sharing out and Engaging with Families
  - Nebraska Extension/Nebraska Nutrition Education Program (SNAP-Ed) has been sharing the video resources via social media, the website, etc.
Nebraska SNAP-Ed
University of Nebraska-Lincoln Extension

- CATCH Success
  - Parents
  - Teachers
  - Students
  - After School Director
  - Training Participant

“We love having you out here. It is so good for the students to be moving, while also learning about nutrition.”
- After School Director
Lessons Learned

- Partnerships are key
- Internal trainer has been good for professional development
- Take it slow
- Consider your audience
- Reach out to CATCH - they are great to work with.
How can SNAP-Ed Agencies support their communities through Distance Learning and beyond
Share the Health at Home resources with parents and educators

- **Agency Websites**
- **Email Blasts**
- **Social Media**
- Create your own videos
- Direct education to students
Offer your schools and programs full CATCH.org curriculum packs

- Best way to ensure continued access to full CATCH curriculum
- Subscriptions give all school or program staff access
- Will include new pre-recorded lessons delivered by CATCH team
- All subscriptions purchased for summer or fall start will receive immediate access (free 2-5 months)
Plan a CATCH Training for your team or your schools

- Offering in-person trainings beginning August 1st
- Delivering limited virtual training (including utilizing our online resources) beginning June 1st
THANK YOU!

Any Questions?

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