

**Agenda Item Number:**

**ORANGE COUNTY BOARD OF HEALTH  
AGENDA ITEM SUMMARY**

**Meeting Date:** May 22, 2019

**Agenda Item Subject:** OCS CATCH Presentation

**Attachment(s):** PowerPoint

**Staff or Board Member Reporting:** Richard Lewis, SCR Coordinator

**Purpose:**  Action  
 Information only  
 Information with possible action

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**Summary Information:**

Orange County Schools was award the 2018 Community Support Award by the BOH Physical Activity and Nutrition Subcommittee. Richard Lewis will talk about how their project, CATCH, is coming along a year after receiving the funding.

**Recommended Action:**  Approve  
 Approve & forward to Board of Commissioners for action  
 Approve & forward to \_\_\_\_\_  
 Accept as information  
 Revise & schedule for future action  
 Other (detail):



**Orange County Board of  
Health(BOH)  
&  
Orange County Schools  
Health Advisory Council (SHAC)**

Coordinated Approach to Child Health (CATCH)  
Initiative Year 1



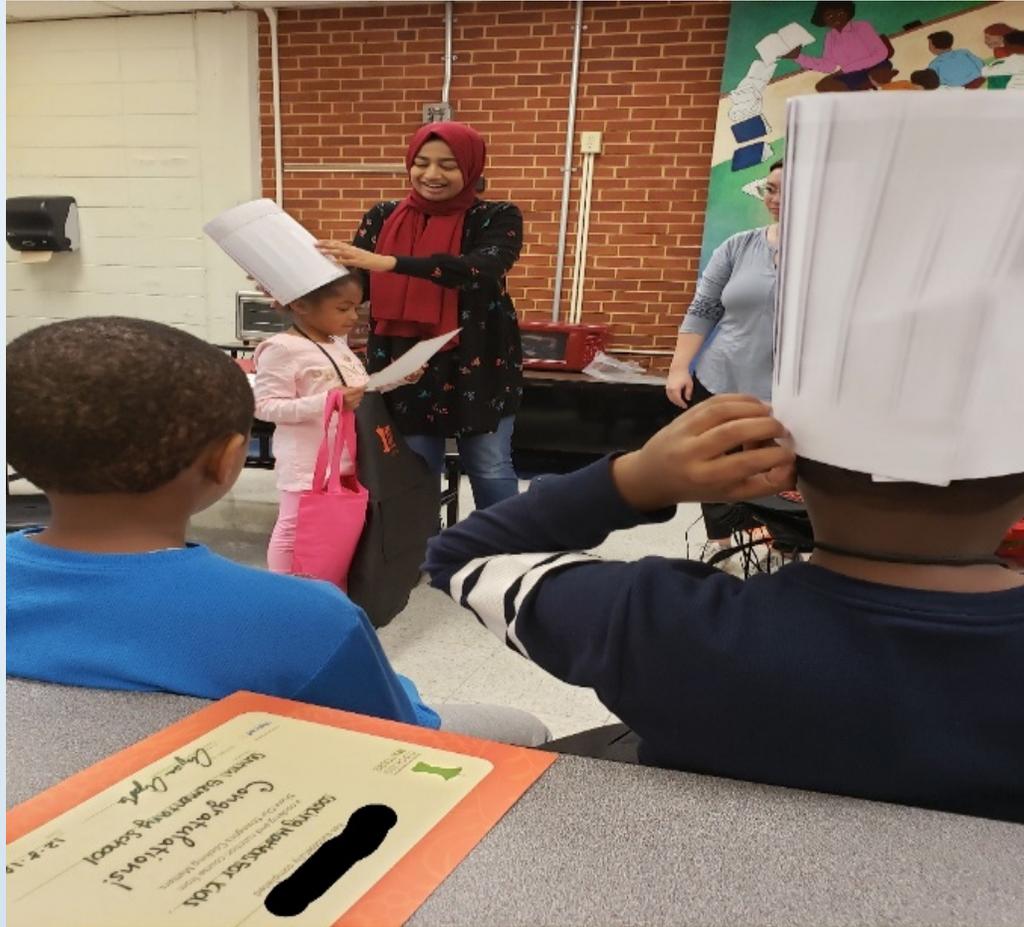
# 2018 Orange County BOH points CATCH targeted

- ▶ Obesity is a top concern for adults and children
- ▶ Chronic disease is leading cause of death
  - ▶ Lack of physical activity (PA)
  - ▶ Lack of healthy eating habits
- ▶ Increase level of PA and provide nutrition educational opportunities for children
  - ▶ Encourage youth to share information with parents & family

# Why CATCH and why Afterschool?

CATCH promotes physical activity and healthy food choices in preschool through middle school aged children and their families.

Over 120 peer reviewed scientific publications support the effectiveness of CATCH in increasing physical activity and healthy eating<sup>5,6</sup> and reducing overweight and obesity.<sup>7^</sup>





# CATCH curriculum

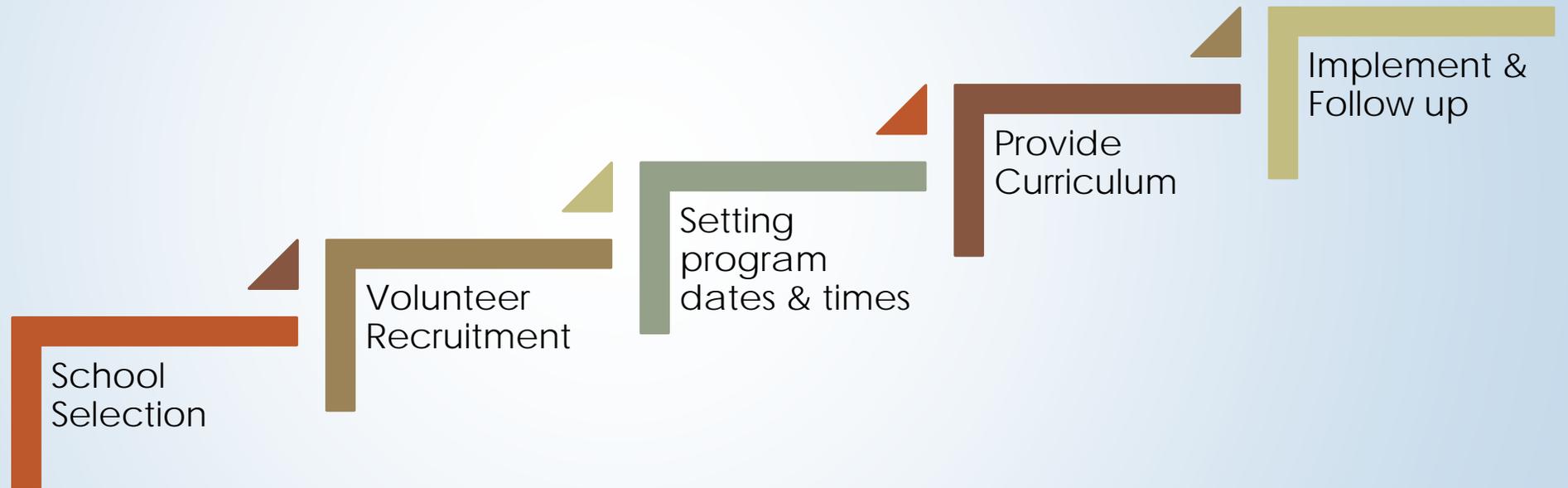
- ▶ CATCH stands for a Coordinated Approach to Child Health
- ▶ CATCH is based on the CDC Whole School, Whole Community, Whole Child model in which health education, school environment, and family/community involvement work together to support youth in a healthy lifestyle
- ▶ CATCH creates behavior change are by enabling children to identify healthy foods, and by increasing the amount of moderate to vigorous physical activity (MVPA) children engage in each day



# After-school Out of school time benefits

- ▶ School-based prevention programs can be a way to teach children how to maintain a healthy lifestyle (CDC, 2013; Kropski et al., 2008).
  - ▶ Focus on academics reduces opportunities for PA during school day (Best, 2010; Sallis et al., 1997; Satcher, 2005).
  - ▶ Organized after-school physical activities that are perceived as appealing and fun may serve as a vital means for preventing child health risk factors while enhancing interest in leisure-time physical activities (Bailey, Cope, & Pearce, 2013).
  - ▶ Parents not receiving the actual training learn about better eating habits and the importance of PA through their children (Nabors, et al. 2015)
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# Initial CATCH flow-chart for 2018





# CATCH Activities and Lessons

- ▶ Integrated PA for 30 min with 30 min. Nutrition education
- ▶ [LESSON EXAMPLE](#)
- ▶ Approx. 30 children at 3 locations CES, PES, NHES
- ▶ Increase in PA and implementation of kid friendly Nutrition education program for elementary age students
- ▶ Increase of 2.5 hours PA for students & 2.5 hours of Nutrition education

# Volunteer insights:

To have fun with activities especially physical activity with the children.

Just a deeper appreciation for our kids - great way to give back

To assist OCS students with learning how to be healthy and ways that they can safely increase their physical activity.

To help assist youth with structure to physical activity along with giving them something and tools to be able to do at home and things that they are interested in doing outside of school.

# Program(s) Insights:

Hit with the kids

Children said they had fun

"We learned a lot"

"Will they be coming back next year?"

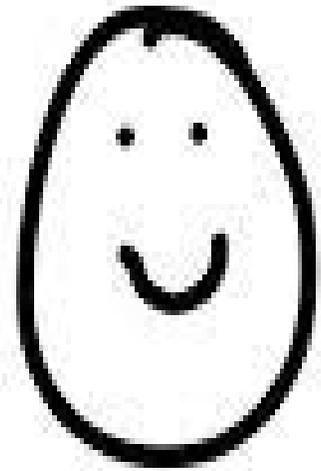


Community Volunteers (maybe draw from other program partners)

Rotate one group of volunteers to different sites

Implement as site based and volunteers come as group to one site per month





Do you have  
any  
questions?





## Resources

Laura Nabors, Michelle Burbage, Kenneth D. Woodson, and Christopher Swoboda Implementation of an After-school Obesity Prevention Program: Helping Young Children Toward Improved Health, *Issues in Comprehensive Pediatric Nursing*, 2015; 38(1): 22–38

Centers for Disease Control and Prevention. (CDC, 2013). Retrieved from <http://www.cdc.gov/healthyyouth/obesity/facts.htm>.

Kropiski, J. A., Keckley, P. H., & Jensen, G. L. (2008). School-based obesity prevention programs: An evidence-based review. *Obesity*, 16, 1009–1018.

Bailey, R., Cope, E. J., & Pearce, G. (2013). Why do children take part in, and remain involved in sport? A literature review and discussion of implications for sports coaches. *International Journal of Coaching Science*, 7(1), 56–75.