

Title of Intervention	CATCH Kids Club (Coordinated Approach to Child Health)	
Website	http://www.catchinfo.org/	
Intervention Strategies	Group Education	
Purpose	Promote physical activity, healthy food choices, and prevent tobacco use in children from preschool through grade 8.	
Populations	Kindergarten to 5th grade students in after-school programs in Texas	
Settings	After-school program, summer programs	
Partners	University of Texas, Heart Lung and Blood Institute. Action for Health Kids, American Diabetic Association, Robert Wood Johnson Foundation, WeCAN	
Intervention Description	CATCH Kids Club (CKC) is a program for use in after-school settings. It includes three primary components: a five module education component, a physical activity component, and a healthy snack component. The nutrition component consists of 15 lessons divided into 3 week units. The program is based on the CATCH in school program.	
Theory	Social Learning Theory, Social Cognitive Theory	
Resources required	Staff/Volunteers:	After-school program staff
	Training:	2, 4 hour sessions
	Technology:	Not mentioned
	Space:	An area for physical activity (i.e. running, kicking, aerobic recreation games), equipment storage, food area.
	Budget:	Training plus materials, cost varies based on location and materials needed. Multiple grants available.
	Intervention:	CATCH Kids Club Nutrition manual, CATCH Kids Club Activity Box, CATCH Kids Club equipment
	Evaluation:	System for Observing Fitness Instruction Tool (SOFIT), After-school Questionnaire, and instructor focus groups.
Evaluation	Design:	Pre-test/post-test, quasi-experimental design
	Methods and Measures:	The CATCH Kids Club was pilot-tested and formatively evaluated at 16 Texas after-school programs. Evaluation consisted of direct observation of physical activity during play, self-reported food intake and physical activity; and focus groups with implementing staff. Measures included physical activity levels, behavioral and psychosocial measures, and program feedback
Outcomes	Short term impact:	The physical activity component was considered easy to implement and enjoyable by teachers and students. It was also found to increase moderate to vigorous physical activity significantly in the test groups.
	Long term impact:	Not mentioned

Maintenance	Teacher training.
Lessons Learned	1) Materials used in the study for the nutrition element were found to be too extensive for after school programs and needed modification.
	2) Teachers commented daily implementation was difficult and suggested two to three sessions per week instead of five.
	3) The Physical Activity component was highly effective but the nutrition education component was less effective than desired.
Citation(s)	Kelder, Steve, Hoelscher, Deanna M., Barroso, Cristina S., Walker, Joey L., Cribb, Peter, and Hu, Shaohua. (2004) The CATCH Kids Club: a pilot after-school study for improving elementary students' nutrition and physical activity. <i>Public Health Nutrition</i> 8(2). 133-140
Current Program Status	CATCH has a very informative website and on-going research. It has been implemented as school based and afterschool program in over 7,500 schools. Grants and grant writing assistance available through the website. Separate age appropriate resources and curriculum available for Preschool, K-2, 3-5, 6-8, and after-school.