

conducted once a week or three times a week each accounted for 20% of the sites.

- There were an additional 15 persons from the communities that assisted with CATCH, including people such as Extension Educators, school district representatives, farmers, and nutritionists.
- There was a significant increase in vigorous physical activity among participants (8.4% to 17.7%).
- CATCH sites surpassed the Year 1 goal of spending at least 40% of the physical activity doing moderate to vigorous movement. There was a 37% increase, going from 35.3% of time to 48.4% of time.
- There was a 37% increase in 3 or more servings of vegetables eaten the prior day. (Not significant)
- There was a 48% increase in knowledge of the total servings of fruits and vegetables that should be eaten each day. (Significant)
- Significant increases in children’s self-efficacy of eating skin-off chicken and frozen yogurt, drinking fruit juice, and being physically active 3-5 times a week were made.
- There was not a significant change in children participating in moderate to vigorous physical activity the prior day (82.2% vs. 83.7%) according to the student survey.
- There were significant increases in preferences of healthier options: popcorn no butter, low fat/ skim milk, fresh fruit, skin off chicken, frozen yogurt, baked potato, vegetables without butter, and grilled chicken sandwich.
- There was no significant change in unmatched BMI categories during Year 1.
- Matched BMI analysis will be conducted in the future.

Unmatched BMI for Year 1

Category	Fall 07		Spring 08		Percent Change
	Count	Percentage	Count	Percentage	
Underweight	13	2.3%	7	1.8%	-22.2%
Healthy Weight	227	40.4%	183	47.0%	16.5%
At Risk for Overweight	72	12.8%	48	12.3%	-3.7%
Overweight	78	13.9%	52	13.4%	-3.7%
Biologically Implausible or Missing	172	30.6%	99	25.4%	
Total	562		389		