

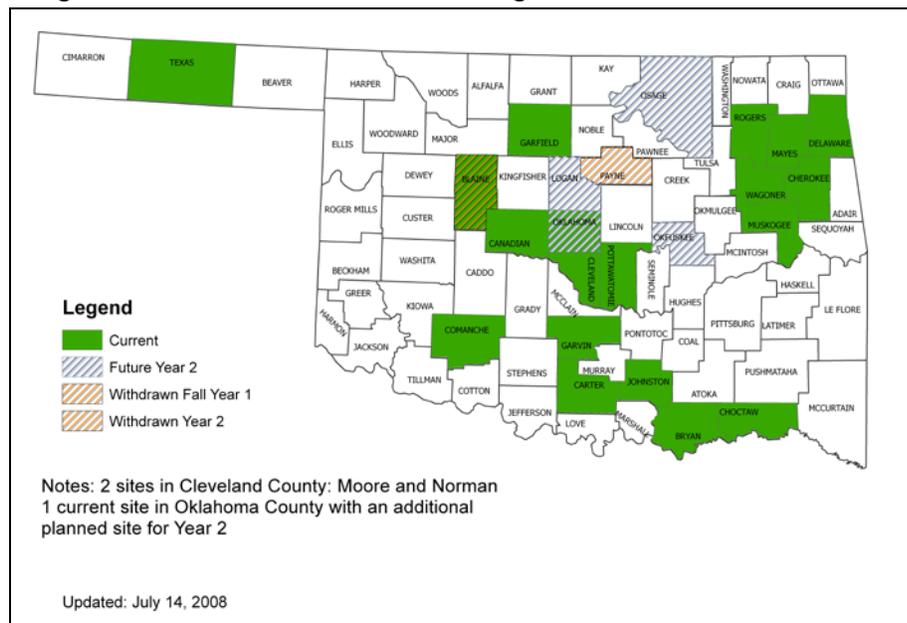
**CATCH Kids Club**  
 (Coordinated Approach To Child Health)  
 Year 1 Report

The primary goal of the OSDH **C**oordinated **A**pproach **T**o **C**hild **H**ealth Kids Club (CKC) to reduce childhood obesity among participating children in at least nineteen after-school programs by increasing fruit and vegetable consumption and encouraging children to become more physically active. Process indicators are assessed to determine fidelity to the curriculum as well as feasibility of statewide implementation. Outcome indicators assess change on multiple levels: individual behavior and knowledge, environmental behavior, and long-term health outcomes.

**YEAR 1 RESULTS**

There were 20 sites that signed up to be part of the CKC program and attended the first training in September 2007. Of those sites, one site withdrew because the health educator left the county health department and two sites changed their original after-school partner but continued with the program. Because the withdrawn site left CATCH equipment unused, the Strong and Healthy Oklahoma health educator started a second program within Cleveland County. Currently, we have 20 sites at the end of Year 1 (See Figure 1) with an additional 2 sites beginning in Year 2.

Figure 1: CATCH After-school Program Sites



**2007 Retrospective-Post Training Survey**

- Process evaluation document utilized to assess the CKC teams willingness and confidence with delivering the CKC program.
- 54 completed surveys
- All questions related to willingness and ability to implement the program were positively changed because of the training.

Question	Before Training	After Training	Mean Difference	Significant t-value (p-value)
11a. Improve physical activity and obesity rates in children.	3.31	4.44	1.13	8.22 (<.0001)
11b. Implement a nutrition program in my after-school program.	2.93	4.19	1.26	7.92 (<.0001)
11c. Implement a physical activity program in my after-school program.	3.15	4.43	1.28	7.90 (<.0001)
11d. Writing a nutrition plan for my after-school program.	2.72	3.91	1.19	7.36 (<.0001)
11e. Writing a physical activity plan for my after-school program.	2.93	4.11	1.19	7.27 (<.0001)
11f. Utilize the materials in the CATCH Kids Club Activity Box.	2.39	4.43	2.04	10.79 (<.0001)
11g. Utilize the physical activity equipment during my after-school program.	2.94	4.50	1.56	8.44 (<.0001)
11h. Utilize the CATCH Kids Club Nutrition Manual.	2.78	4.26	1.48	7.51 (<.0001)
11i. Understand the importance of parental involvement with the CATCH Kids Club program.	3.57	4.46	0.89	6.28 (<.0001)

### After-School Program Enrollment Form

- Process evaluation document utilized to track the number of students enrolling in the program and to aid in survey distribution for 3<sup>rd</sup> through 5<sup>th</sup> graders.
- Beginning of Year 1:
  - Total: 653 K-5th; 172 3<sup>rd</sup>-5<sup>th</sup> graders
  - Average: 65.3 per site; 17.2 per site
  - Range: 2-301; 2-52
- End of Year 1:
  - Total: 1,022 K-5th; 330 3<sup>rd</sup>-5<sup>th</sup> graders
  - Average: 53.8 per site; 17.4 per site
  - Range: 2-419; 2-51

### Team Checklist

- Process and outcome evaluation components depending on the time of data collection and the question and allows for an overview of each CKC team during the program.
- Document provides information about CKC team makeup and implementation information.

CATCH Team Member	Response	Fall N=18		Spring N=19	
Health Educator and After-School Program Partner	Yes	18	100%	18	94.8%
Additional CHD or Community members on team	Yes	14	77.8%	13	68.4%
Farmer	Yes	0	0.0%	2	10.5%
Grocer	Yes	0	0.0%	0	0.0%
Local Physician	Yes	1	5.6%	0	0.0%
Nutritionist	Yes	3	16.7%	3	15.8%
Trainer	Yes	0	0.0%	0	0.0%
School District Representative	Yes	1	5.6%	2	10.5%
Local County Extension Educator	Yes	12	66.7%	8	42.1%

### SOFIT: System for Observing Fitness Instruction Time

- The System for Observing Fitness Instruction Time (SOFIT) is an objective method for assessing the physical activity portion of the CKC program, which provides a measure of student physical activity, lesson context, and teacher behavior during the after-school program time through direct observation of lessons.
- 40% of CATCH programs are selected each semester for observation
- Year 1 Goal = students spend 40% of physical activity time doing moderate to vigorous physical activity (MVPA)
- Year 1 result = Fall: 35.2% of time in MVPA  
Spring: 48.4% of time in MVPA

Physical Activity Level/Content	Fall 2007	Spring 2008	Mean Change	P-value	Significant
Lying Down	2.3%	1.4%	0.9%	0.5787	
Sitting	19.5%	6.5%	13.1%	0.1152	
Standing	42.9%	43.8%	-0.9%	0.9117	
Walking	26.8%	30.7%	-3.9%	0.4924	
More Activity Than Walking	8.4%	17.7%	-9.3%	0.0183	**
Management	6.8%	22.3%	-15.6%	0.0851	
Knowledge	3.5%	2.7%	0.8%	0.7924	
Fitness	2.0%	11.6%	-9.5%	0.065	
Skills	0.0%	7.8%	-7.8%	0.1516	
Game	20.1%	52.5%	-32.4%	0.044	**
Other	67.7%	3.1%	64.6%	0.0229	**

### After-School Program Student Questionnaire

- Completed by 3rd through 5th grade participants to assess nutrition behaviors, attitudes and knowledge.

Student Survey Question	Fall 07					Spring 08				
	None	Once	Twice	3 or more		None	Once	Twice	3 or more	
Yesterday, did you eat/drink...										
French fries or chips?	59%	29%	5%	5%		58%	31%	6%	4%	
Vegetables?	30%	37%	16%	17%		30%	29%	18%	23%	
Beans?	78%	16%	3%	2%		79%	14%	4%	3%	
Fruit?	32%	37%	13%	17%		28%	30%	21%	20%	
100% fruit juice?	41%	35%	12%	12%		33%	41%	12%	13%	
Sweets?	50%	36%	6%	9%		53%	30%	9%	6%	
How many total servings of fruits and vegetables should you eat each day?	2	5	8	10	Don't Know	2	5	8	10	Don't Know
	40%	27%	5%	8%	20%	24%	43%	7%	9%	14%
How sure are you that you can ...	N	Mean	Std Dev			N	Mean	Std Dev	Equal T-value	P-value
Drink low fat milk?	270	1.81	0.87			233	1.93	0.92	-1.40	.1621
Eat high fiber cereal?	270	2.19	0.88			233	2.28	0.91	-1.08	.2795
Eat fresh fruit?	270	2.37	0.84			233	2.44	0.87	-0.94	.3490
Eat chicken with the skin off?	270	1.87	0.92			233	2.05	0.96	-2.06	.0398
Eat frozen yogurt?	270	2.08	0.95			233	2.24	0.95	-1.82	.0701
Eat baked potato?	270	2.26	0.91			233	2.27	0.95	-0.23	.8179
Drink fruit juice?	270	2.22	0.91			233	2.27	0.93	-0.63	.5277

Eat a grilled chicken sandwich?	270	2.08	0.92			233	2.09	0.98	-0.020	.8499
Be physically active 3-5 times a week?	270	2.26	0.91			233	2.38	0.90	-1.47	.1431
Be phys.act. most of the time in your ASP?	270	2.37	0.84			233	2.38	0.89	-0.10	.9186
Run or ride a bike 3-5 times a week?	270	2.34	0.85			233	2.43	0.90	-1.13	.2589
Keep up a steady pace for 15-20 minutes?	270	2.18	0.87			233	2.20	0.90	-0.20	.8397

### Health Educator and Partner Questionnaire

- Completed by all health educators, after-school partners, and additional CATCH team members at the end of every spring semester. This tool provides information on fidelity to the CATCH program, ASP implementation behaviors, knowledge and attitudes held by team members.
- 62 surveys completed in Year 1 representing 20 different programs.
- 88.7% (55) of respondents reported that all 32 CATCH nutrition lessons were completed.
- 95.2%( 59) of respondents reported that all 8 snack preparation lessons completed.
- 65% of all programs work with all grades K-5; the remaining programs work with differing combinations of these grades.
- Most programs (30%) conduct physical activity twice a week followed by 25% of programs conducting physical activity lessons five days a week and then physical activity being conducted one day a week and four days a week accounting for 20% of the programs each.
- 42% of the programs stated they allowed students to assist in snack preparation lessons most of the time, 29% of the programs allowed students to assist in snack preparation all of the time, 16% some of the time, and 11% none of the time.
- 3 programs did not provide the suggested food items for the nutrition lessons.

### Biometrics

- No significant change occurred in unmatched BMI.
- Matched BMI analysis to be conducted.

### Unmatched BMI for Year 1

Category	Fall 07		Spring 08		Percent Change
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		

## Health Educator comments about CATCH Kids-Club, Year 1

- **Nutrition Lessons (positive aspects)**

Educators commented that the lessons were easy to teach and adapt when necessary. The kids especially liked the lessons that required food preparation because they got to try new foods they've never eaten before.

- **Nutrition Lessons (negative aspects)**

Posters used for the lessons were much too small to be utilized. Sometimes when the lessons did not involve an activity, it was hard to hold children's attention. Probably need more interactive lessons with the children.

- **Physical Activity (positive aspects)**

The children thought the physical activities were a blast! The physical activities are non-competitive which makes it even better for kids who are not involved in extra-curricular sports. Having the equipment on site was a bonus!

- **Physical Activity (negative aspects)**

Some of the games were not geared to young children. Sometimes it was hard to maintain control during the activities. Limited space for the physical activity portion of the program made it difficult at times.

- **What part of the program needs to be strengthened?**

Need to work on parent involvement. Need to strengthen the link between the after-school administrators and parents with regard to promoting the CATCH program. Additional lesson plans for year 2 and year 3 would probably be helpful. Partner involvement needs attention.

- **How would you improve your own performance?**

I would like to have more classroom management techniques. When kids come to the after-school programs, they are "out of school" and it shows and sometimes they are very hard to corral. Some educators reported that the quality of after-school food was poor and they would like to work on improving that with the school.

- **Were kids engaged in the program?**

Most of the time yes, but sometimes they were not, especially when the nutrition lessons seemed too repetitive. In large groups it was sometimes hard to hold their attention, unless the nutrition lesson involved an activity. It was often hard to hold attention of the very youngest in our classes.

- **Involving parents**

Sending "Home Letters" seemed to be a good way to connect with the parents. We sent recipes home to the parents and the kids reported they tried many of them. Some families had never tried things like kiwi, skim milk, beets, pineapple and other "go" foods. The idea of "go" "slow" and "no" foods was very clear to parents and kids. We do need to figure out a way to involve more parents in these CATCH activities. I wasn't able to get parents involved the way I had hoped.

- **After School Partner engaged in the program?**

There is quite a turnover in after-school program staff, so it is challenging to get interested staff and to keep them engaged particularly if they haven't had the training. After-school programs are strapped financially and sometimes don't know from year to year if they will be open; this makes it hard to keep them fully engaged. Many educators felt their partners were fully engaged, many other educators felt differently.