

CATCH Kids Club in Oklahoma Year 2 Evaluation Summary

Primary Goal: Reduce childhood obesity among participating children

- Increasing fruit and vegetable consumption
- Encouraging children to become more physically active
- Promoting environmental change within the after-school programs

CATCH Kids Club Sites

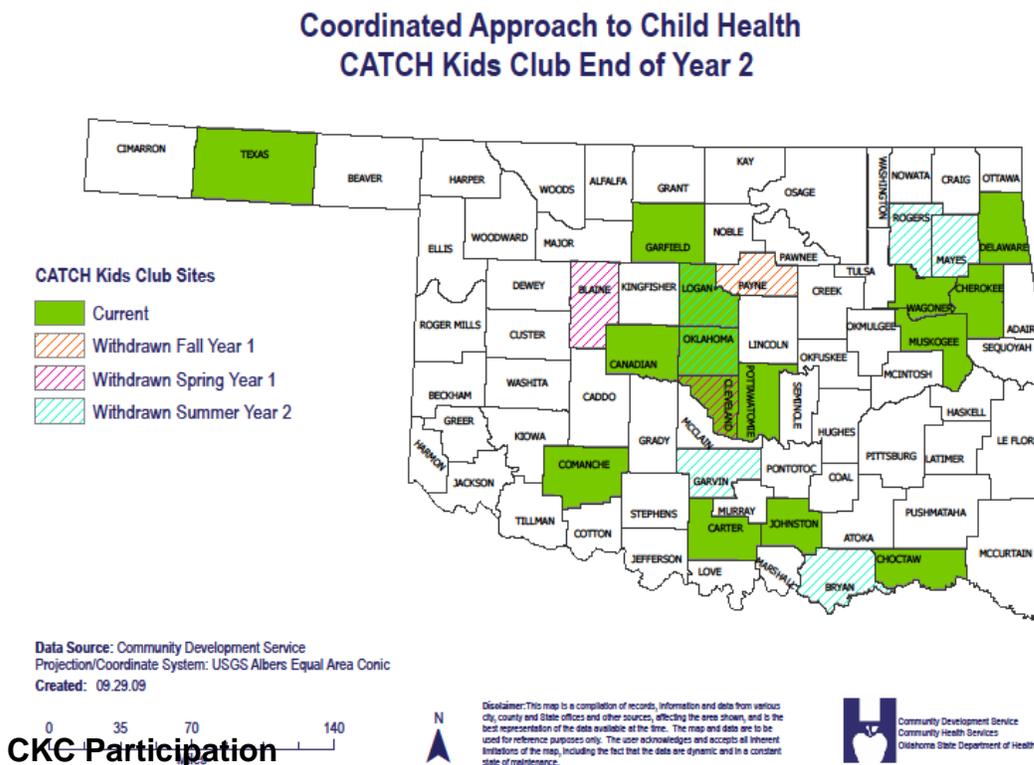


Table 1: CATCH Kids Club Participation

Year	Semester	Number of Sites	Number of K-5th graders (Average per Site)	% in 3rd-5th grade
Year 1	Fall	20	611 (31)	55%
	Spring	21	748 (36)	51%
Year 2	Fall	20	757 (38)	49%
	Spring	19	580 (31)	58%

Physical Activity Results (SOFIT)

- There was a significant increase in moderate to vigorous physical activity among participants (Year 1 = 46%, Year 2 = 61%).

- CATCH sites surpassed the Year 2 goal of spending at least 50% of the physical activity doing moderate to vigorous movement.

Student Survey

Table 2: Demographics of Surveyed Participants (3rd-5th grade only)

	Year 1				Year 2			
	Fall		Spring		Fall		Spring	
Total	270		233		296		197	
Grade								
3rd	93	34.4%	84	36.1%	100	33.8%	84	42.6%
4th	107	39.6%	88	37.8%	118	39.9%	71	36.0%
5th	47	17.4%	37	15.9%	58	19.6%	37	18.8%
Other	22	8.1%	22	9.4%	20	6.8%	5	2.5%
Missing	1	0.4%	2	0.9%	0	0.0%	0	0.0%
Age								
8 or under	63	23.3%	33	14.2%	90	30.4%	27	13.7%
9	93	34.4%	76	32.6%	99	33.4%	59	29.9%
10	73	27.0%	67	28.8%	75	25.3%	69	35.0%
11	23	8.5%	42	18.0%	22	7.4%	34	17.3%
12 or older	16	5.9%	12	5.2%	9	3.0%	6	3.0%
Missing	2	0.7%	3	1.3%	1	0.3%	2	1.0%
Gender								
Male	120	44.4%	119	51.1%	141	47.6%	94	47.7%
Female	149	55.2%	114	48.9%	152	51.4%	103	52.3%
Race/ Ethnicity								
White	138	51.1%	132	56.7%	137	46.3%	92	46.7%
Black	19	7.0%	23	9.9%	37	12.5%	26	13.2%
Hispanic	14	5.2%	9	3.9%	15	5.1%	10	5.1%
Asian/ PI	1	0.4%	1	0.4%	3	1.0%	2	1.0%
American Indian	57	21.1%	45	19.3%	52	17.6%	46	23.4%
Other	41	15.2%	21	9.0%	47	15.9%	21	10.7%
Missing	0	0.0%	2	0.9%	5	1.7%	0	0.0%

Significant changes occurred in the following areas in Year 1:

- Behavior – Drinking 100% fruit juice more often
- Expected Behavior (Foods they would pick) – Frozen Yogurt over Ice Cream
- Knowledge – Whole wheat bread is healthier, Chicken is healthier than a hamburger, Frozen Yogurt is healthier than ice cream

Significant changes occurred in the following areas in Year 2:

- Behavior – Eating more fruit in the prior day

- Expected Behavior – Choose fresh fruit over candy bar, Choose baked potato over French fries
- Knowledge – Broiled fish is healthier than beef
- Self-Efficacy (More sure they could...) – drink low fat/ skim milk, eat high fiber cereal, be physically active 3-5 times a week

Significant changes occurred in the following areas in both Year 1 and Year 2:

- Expected Behavior – Popcorn without butter, Low fat or skim milk, Skin-off chicken, Grilled chicken sandwich versus hamburger
- Knowledge – Food makes a difference in getting heart diseases or cancer, Beans are healthier than beef, Low fat / skim milk is healthier than regular milk

Other information:

- All negative changes occurred during the summer (n= 6)
- Four of the six negative changes were reversed during Year 2.

Note: Significance was determined by Analysis of Variance

Table 3: Changes in Matched BMI

Time Point	Mean BMI	Standard Deviation	T Test	p-value	Significant
Fall 2007	66.18	29.57	-2.49	0.0136	**
Spring 2008	65.03	28.61			
Fall 2008	66.12	30.07	3.88	0.0001	**
Spring 2009	72.54	29.94			

- Significant changes did occur among participants during the CKC program.
- Average BMI percentiles went down during Year 1. However, they went back up during Year 2.
- Age of participant could be a confounding factor and will be explored further.