

The CATCH Curriculum at Grandview Elementary



SUMMARY

Grandview Elementary is a school within the Monroe County School System in southern Indiana. The school staff vocalized their concerns of wanting to see their students carry out healthier habits in physical activity and nutrition, as well as see improvements in focus and learning. IU Health Bloomington Hospital applied for funding through the Indiana State Department of Health, Division of Nutrition and Physical Activity (DNPA), provided by Title V, in hopes of delivering a program to help Grandview Elementary School.



CHALLENGE

Students are growing up in a generation of convenience and sedentary behaviors, and the teachers of Grandview Elementary School want their students to understand the importance of health and apply health promotion practices into daily life for their students to reach their full academic potential.

YOUR INVOLVEMENT IS KEY

For more information about Monroe County Schools, visit <https://www.mccsc.edu/>.

More information about DNPA can be found at <http://www.dnpa.isdh.in.gov>.

This project is supported by the Indiana State Department of Health, Division of Nutrition and Physical Activity, in collaboration with Maternal and Child Health Title V funding.

"I am now thinking more about the foods I eat and being healthier."

- Student

"When I pack my son's lunch, he always tells me, 'Mom, don't pack that, it is a 'whoa' food and I don't want to eat many of those.'"

- Parent

Contact

Kelsey Barrick, MS
Indiana State Department of Health,
Division of Nutrition and Physical Activity
2 N. Meridian St.
Indianapolis, IN 46204
Phone: 317-234-3435
Email: Kbarrick@isdh.in.gov
Website: <http://www.dnpa.isdh.in.gov>

SOLUTION

Through informal observation, the Grandview P.E. teacher and principal agreed that additional resources were needed to address their students' health habits. IU Health Bloomington Hospital stepped in to provide Grandview with Coordinated Approach to Child Health (CATCH) trainings, which is a health curriculum that will help instill healthy habits into their students' daily practices. By incorporating the CATCH curriculum, Grandview was able to create signage and social media promotion to engage both the students and their parents.

RESULTS

Because of the CATCH program, IU Health Bloomington and Grandview Elementary were able to impact 442 students and their parents, as well as 75 staff members.

The pre- and post-surveys given to Grandview Elementary School's 5th grade students indicated that students have achieved a reduction in hours watching TV, playing online and video games, and using social media as well as improvements in vegetable and fruit consumption and recognition of healthier foods.

U.S. Department of Health and Human
Services
Centers for Disease Control and
Prevention
NCCDPHP

Contact CDC

<http://www.cdc.gov/cdc-info/requestform.html>

Website

<http://nccd.cdc.gov/nccdsuccessstories/>

The findings and conclusions in this success story are those of the author(s) and do not necessarily represent the official position of the funding agencies or the Centers for Disease Control and Prevention (CDC).

SUSTAINING SUCCESS

The information from this project was shared with school administration and the school board. Although the project didn't reach deep into the community, the CATCH program at Grandview Elementary has promoted an awareness of healthy eating and benefits of exercise to its student body. It also has inspired the school to implement other after-school programs for students that involve healthy choices. One strength seen from this program is an overall improvement to the well-being of teachers, staff, and students, as well as healthier snacks, beverages, and more movement throughout the day.



Indiana State
Department of Health