

CATCH® Kids Club

COORDINATED APPROACH TO CHILD HEALTH

CATCH Kids Club (CKC) is an evidence-based program designed to improve elementary school age children's health habits with a program focusing on nutrition education and physical activity. CATCH stands for Coordinated Approach to Child Health.

This program offers:

- ▶ Over 300 moderate to vigorous inclusive physical activities.
- ▶ More than 40 nutrition activity lessons promoting healthy eating and physical activity.
- ▶ Bilingual (English and Spanish) tip sheets informing parents about what their children have learned.

By teaching children that eating healthy and being physically active every day can be fun, the CKC has proven that establishing healthy habits in childhood can promote positive behavior changes that can last a lifetime. Research indicates that CKC has successfully helped decrease the risk of obesity in children. It has been established that students who participate in a CKC maintain lower fat intake and higher levels of physical activity.

This program strives to prepare children and their parents with the knowledge, skills, and tools to choose healthy foods and fun physical activities. By learning how to choose healthy and delicious snacks, children in a CKC will be able to share this information with their family.

The Office of Health Disparities & Health Equity (OHDHE) is inviting your organization to help us promote physical and nutrition activities in your organization by supporting these efforts.

This program offers:

- ▶ Is open to 3rd, 4th, and 5th grade students.
- ▶ Will meet once a week for six weeks providing nutrition and physical activities during each session.
- ▶ Will provide free CKC on-line training to one staff person from each host organization.
- ▶ Provides on-site mentoring by a Community Health Educator from the OHDHE.
- ▶ Encourages involvement of parents.

What we need from you:

- ▶ Implement CKC and help kids make healthy choices in their lives.
- ▶ Be a trainer and become an important voice in delivering a coordinated message to children about the importance of physical activity and nutrition.

The group size is limited and pre-registration is required.



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