

Preventing Childhood Obesity with CATCH

Why are we concerned about childhood obesity?

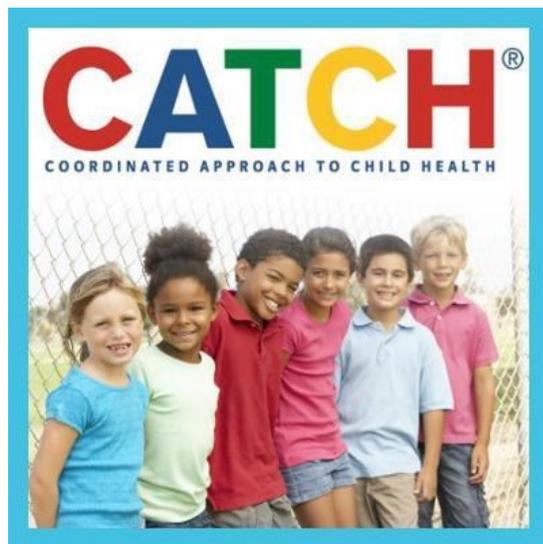
Nearly one in three children in the United States is overweight or obese, and children in our communities are no exception. Obese children have a higher risk for chronic illness, miss more school, and have worse academic outcomes than their normal-weight peers.

What is CATCH?

CATCH stands for **C**oordinated **A**pproach **T**o **C**hild **H**ealth. CATCH is an evidence-based obesity prevention program that prepares kids for a lifetime of healthy choices in eating and physical activity.

How does CATCH help kids?

CATCH works with schools and communities to help prevent childhood obesity with a fun, interactive program. CATCH gives kids a chance to learn and practice healthy behaviors through inclusive games and activities. Staff can use CATCH materials to lead kids in physical activity, teach about nutrition, and promote healthy habits. CATCH also includes tip sheets for families to reinforce messages at home.



How can you get involved with CATCH?

Become a facilitator! Our local *Move2Health* coalition is expanding CATCH to after-school and early childhood programs in central Virginia. Free facilitator training is provided along with all of the materials needed to implement CATCH in your organization.

For more information: Visit www.catchinfo.org, www.move2healthcentralva.org or contact Amanda Saccone, CATCH Coordinator, at Asacone1221@gmail.com .



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