

November 5, 2007



CATCH Program

Promoting Physical Activity and Healthy Food Choices in our Schools

CATCH (Coordinated Approach to Child Health) is an evidence-based school health program that promotes physical activity and healthy food choices. The Missoula County CATCH program is supported through a partnership between the Missoula City-County Health Department and St. Patrick Hospital, and is coordinated by Lisa Tims (Senior Community Health Specialist) and Marya Bruning, RD (CATCH dietitian). This local program has grown tremendously since its pilot run in 2002. The CATCH curriculum is now in seven schools, three Flagship Schools, and two recreation sites (YMCA/Parks & Recreation).

The Curriculum - GO, SLOW and WHOA. CATCH teaches children and their families about eating healthy and being active by categorizing foods and physical activity into three groups: GO, SLOW, and WHOA. Coordinated through classroom lessons, physical education classes, cafeteria signage and menus, and a family home component, the GO, SLOW and WHOA concepts are reinforced through multiple channels each day.

Free CATCH training in Missoula! Experienced and enthusiastic national trainers will lead this all-day training on Saturday, December 8th, from 8:30am to 3:00pm at St. Patrick Hospital (500 W. Broadway, Missoula). All interested schools and community agencies are invited to attend and schools are encouraged to send a PE teacher, classroom teacher, and food service manager as a team.

- Learn proven ways to improve your students' eating and physical activity behaviors at school and home.
- Meet your CATCH coordinators, Lisa Tims and Marya Bruning, and learn how we can support you in making CATCH successful in your school.
- Gain hands-on experience with the CATCH curriculum—it's fun!
- Discover how CATCH can enhance your health curriculum and help you meet your wellness policy goals.
- The training will include lunch, training materials and door prizes.
- Teacher credit is available.

RSVP to Eris Miller, CATCH Intern, at eamiller@saintpatrick.org by November 30th.

The Missoula team received national recognition in August (2007) – go to <http://www.catchinfo.org/catchnewsissuerechamp2007.html> to read the interview with Senior Community Health Specialist Lisa Tims.

