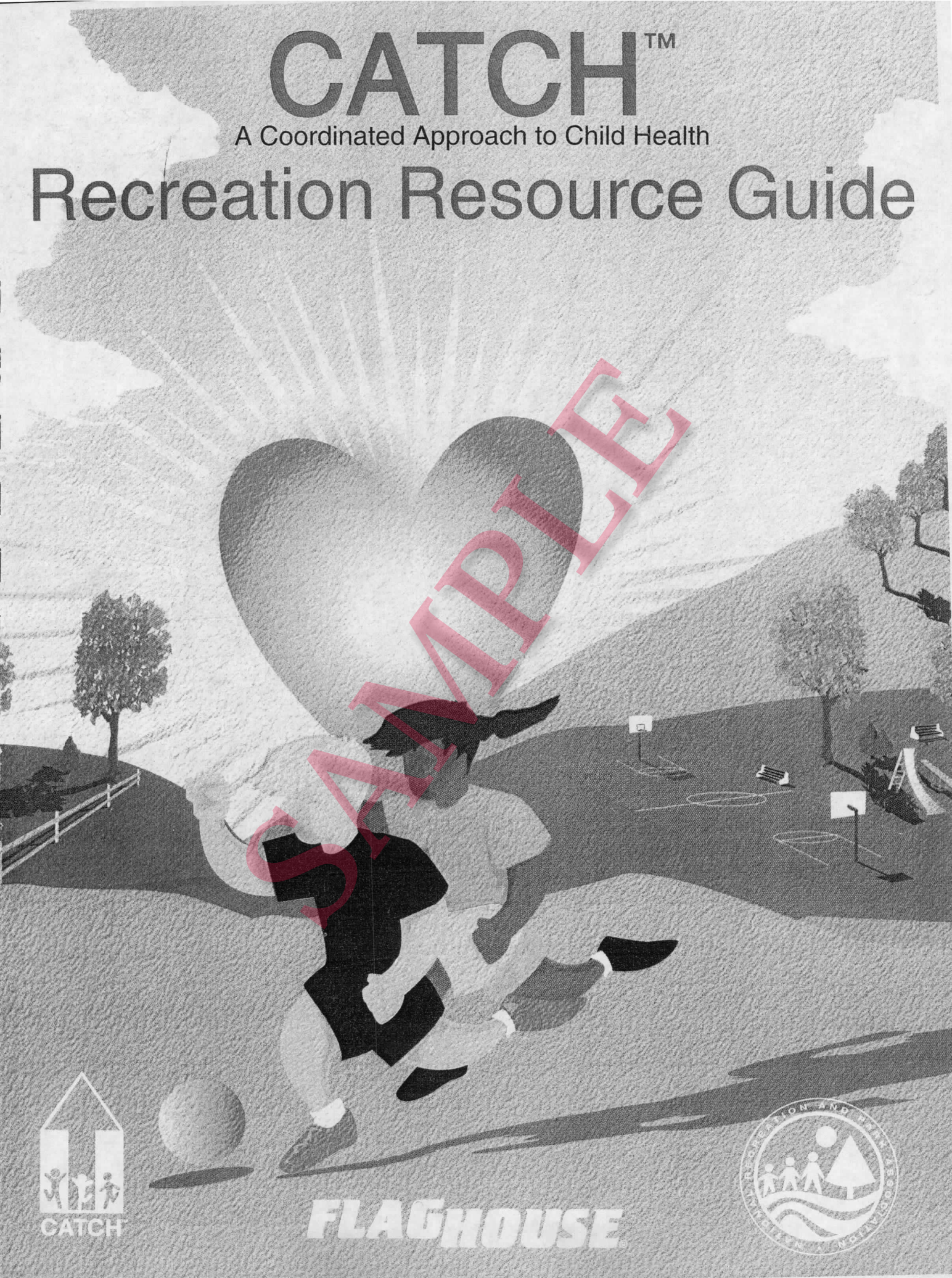


CATCH™

A Coordinated Approach to Child Health

Recreation Resource Guide



FLAGHOUSE



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CATCH Steering Committee

Russell V. Luepker, M.D., M.S., Chair
University of Minnesota

Cheryl L. Perry, Ph.D.
University of Minnesota

Sonja M. McKinlay, Ph.D.
New England Research Institutes, Inc.

Elaine J. Stone, Ph.D., M.P.H.
National Heart, Lung, and Blood Institute

Philip R. Nader, M.D., Vice-Chair
University of California, San Diego

Guy S. Parcel, Ph.D.
University of Texas Health Science Center

Larry S. Webber, Ph.D.
Tulane University School of Public Health and
Tropical Medicine

CATCH Intervention Committee

Thomas L. McKenzie, Ph.D., Chair
B. J. Williston, M.Ed.

University of California, San Diego

Patricia K. Strikmiller, M.S.
Tulane University School of Public Health and
Tropical Medicine

Sally Ehlinger, Ph.D.
University of Minnesota

Elaine J. Stone, Ph.D., M.P.H.
National Heart, Lung, and Blood Institute

Sherry Woods, Ed.D.
University of Texas, Austin

Susan Budman, M.S.W.
New England Research Institutes, Inc.

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CATCH

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the following CATCH staff for
contributions to the development of
the CATCH activities:

Steve Danna, B.A.

University of California, San Diego

Jackie Reeds Epping, M.Ed.

David W. Harsha, Ph.D.

Denise Serpas Mott, M.Ed.

Kelly Romero, M.Ed.

Tulane University School of Public
Health and Tropical Medicine

Tom M. Hofflander, M.Ed.

Gretchen Newman, M.A.

University of Minnesota

Peter W. Cribb, M.Ed.

Jim Deline, M.Ed.

University of Texas, Austin

Gayle Hutchinson, Ed.D.

California State University at Chico

Maira A. Walsh, B.A.

New England Research Institutes, Inc.

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Introduction

PROJECT CATCH: An Overview

The Child and Adolescent Trial for Cardiovascular Health (CATCH) is designed to promote behaviors that assist in developing and maintaining cardiovascular health in school-age children.

A school-based research study funded by the National Heart, Lung, and Blood Institute (NHLBI), PROJECT CATCH was implemented and evaluated with **third through fifth grade students** in 96 schools in four regional study centers from 1991-1994:

- University of California, San Diego
- Tulane University School of Public Health and Tropical Medicine, New Orleans
- University of Minnesota, Minneapolis
- University of Texas Health Science Center, Houston, and University of Texas at Austin

The New England Research Institutes in Watertown, Massachusetts, served as the coordinating center. The NHLBI Program Office served as part of the collaborative research team.

The three behavior patterns CATCH is designed to establish are:

1. participation in moderate-to-vigorous physical activity (MVPA),
2. healthful eating habits with a low-fat and low-sodium awareness, and
3. non-smoking.

A list of selected CATCH publications can be found in Appendix A.