Abstract

The obesity epidemic is one of the greatest public health challenges of the 21st century, and it is spreading to children at an alarming rate. Using the school environment to teach children healthy lifestyle habits can help diminish this public health crisis. The objective of this study was to evaluate the implementation of CATCH, the Coordinated Approach to Child Health, in the four elementary schools of Beach Park School District #3 (BPSD#3) in northeast Illinois during the 2010-2011 school year. CATCH aims to fight obesity and improve childhood health by creating a school environment that promotes physical activity and healthy dietary choices. Questionnaires were distributed to CATCH staff at each school and responses were compared to standards for program implementation. Results showed that BPSD#3 implemented CATCH satisfactorily overall; however, recommendations are provided to make significant improvements in certain component areas, particularly family involvement, nutrition and classroom instruction.