

# Bell Elementary CATCH Initiative: 2018-2019 School Year

Lake Cumberland District Health Department  
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## Quality Improvement Story Board

Team Members:

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## PLAN

### Problem Statement

The adult obesity rate in the Lake Cumberland District is higher than the national average. Data shows that decreasing childhood obesity and increasing physical activity during childhood will impact future adult obesity rates.

### Aim Statement

An opportunity exists to improve the nutritional habits and increase recognition of physical activity among 1st grade students at Bell Elementary using the Coordinated Approach to Child Health (CATCH) program to focus on healthy behavioral changes during the 2018-19 school year to:

- increase student knowledge and exposure to nutritional food choices;
- increase recognition of physical activities; and
- positively influence BMI rates.

Success will be measured by assessing student's knowledge of nutritional foods and their ability to identify how to be physically active. BMI measurements will be obtained on all students pre-program implementation and at the end of the school year.

### Process Outline & Relevant Data

Students lack the knowledge to expand their current nutritional choices. Students also have a lack of knowledge or ability to understand how to be physically active. CDC data places adult obesity rates in Kentucky (33.20) and the LCDHD district (37.40) above national averages. Additionally, CDC data on Kentucky childhood obesity rates showed 18.5% of students were obese; and 13.3% of WIC participants, between 2-4 years old, were obese. Bell Elementary students completed an initial survey to determine baseline knowledge related to nutritional foods and physical activity. Only 18% of students appropriately identified all nutrition and physical activity responses. Measurements of the students initial BMI rates were obtained with an average of 18.4%.

## Identify Potential Causes

Potential causes of obesity among school aged children include:

- Limited availability of nutritional food options
- Less likely to try new foods when introduced
- Lack of general knowledge related to nutritional food choices and being physical active.

## Identify Potential Solutions

Potential solutions to improve/impact obesity among school aged children include:

- Providing nutritional food choices for breakfast & lunch in the school setting
- Giving students the opportunity to make their own food
- Participating in the school garden
- Brag tags - When the cafeteria staff observe a student trying a new food choice the student is given a sticker to be traded in for a brag-tag provided by the school.

## Improvement Theory

If the CATCH program is implemented, then students will increase recognition of healthy behaviors and begin adapting these changes into their current habits.

## DO

### Test the Theory

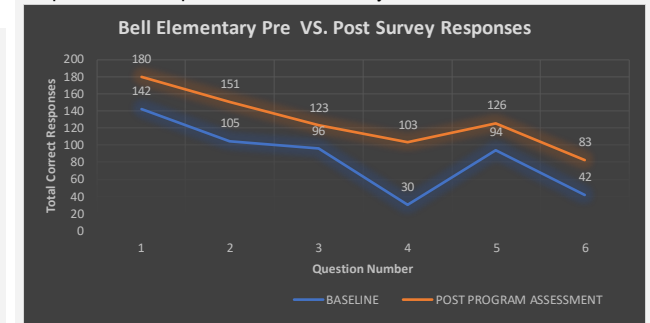
Staff began implementing the CATCH Program according to the guidance outlined by the program recommendations. This introduced the students to new terminology related to healthy eating and physical activity, healthy choices, and opportunities to try new foods. As various opportunities to provide instruction related to nutritional food choices arose, the staff were able to note when students were using the skills learned to make better food choices. Students were able to participate in a school garden. Staff noted that the students needed the instruction related to the program terminology "Whoa, Slow, and Go" to be repeated often so there was consistency in ensuring they knew "Slow" foods were not a 'never can have' but rather they should be eaten in moderation.

BMI for all students was collected when the program was implemented and again at the end of the school year.

## CHECK

### Study the Results

There were notable improvements from the baseline measurements, as defined by goals of this project, when data was assessed. One objective was to increase student's knowledge related to what nutritional foods and healthy physical activity are. The post program survey showed an improvement on correct responses to all questions in the survey.



The BMI data was compared student for student for the school year. The average of all students enrolled at Bell elementary in the fall was an average of 18.13 for the school year, with year-end results averaging 18.96. There was not a significant change in BMI this school year.

## ACT

### Standardize or Develop New Theory

Cafeteria staff especially noted continued improvement in student healthy foods choices, and in how much more of the healthier foods they are eating.

Brag tags have been well received with students.

Cafeteria staff expressed their appreciation of CATCH stating that they have felt more like a part of the school family than ever before. The lead CATCH teacher was pleased that there was an increase in whole school collaboration among faculty and staff once this program was implemented.

### Future Plans

- Expansion of brag tags as this was very popular with the students.
- Introduce use of wrist bands next year.
- Continue the CATCH idea box to keep learning fresh for students.
- More CATCH posters throughout the school.
- Continue to utilize the school garden; "Whoa, Slow, and Go" identifications; and the inclusion of all staff in continuing the program during the 2019-20 school year.
- CATCH champion & principal will attending the KY School Health Coalition in September 2019