



THE UNIVERSITY of TEXAS  
SCHOOL OF PUBLIC HEALTH  
AUSTIN REGIONAL CAMPUS



# MICHAEL & SUSAN DELL CENTER *for* HEALTHY LIVING



Promoting a Future of Healthy Children

Active Living Research: 2010 Translating Research to Policy Award

# From NIH to Texas Schools: Policy Impact of the Coordinated Approach To Child Health (CATCH) Program in Texas



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Deanna M. Hoelscher, PhD, RD, LD, CNS  
Professor and Director



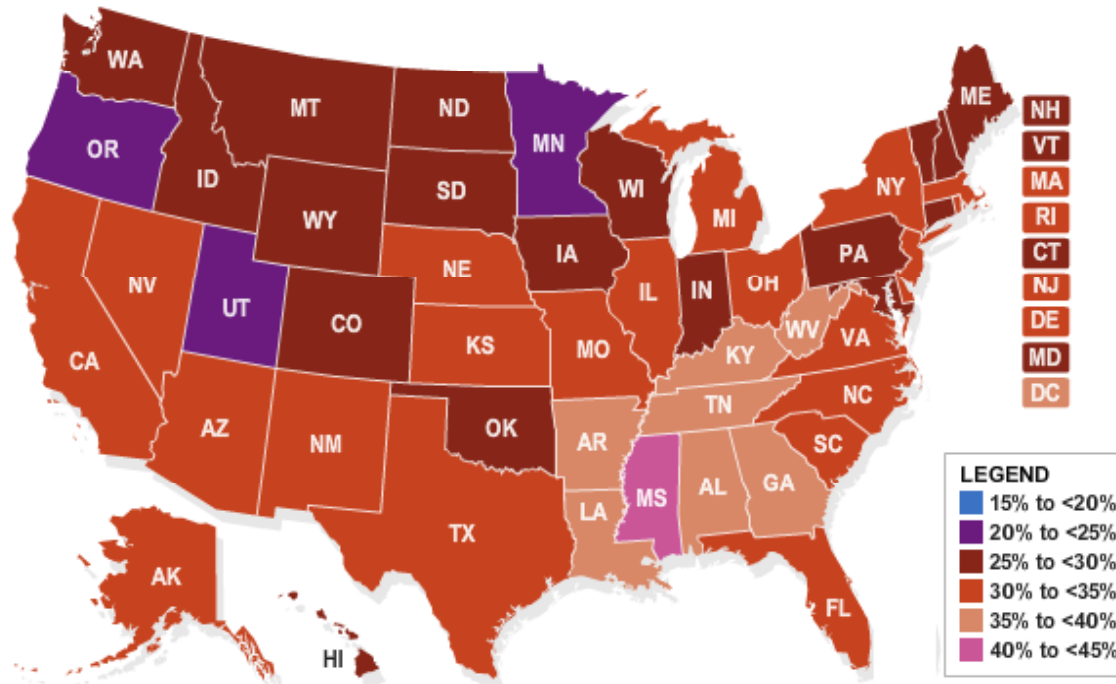
# Today's Talk

1. Problem
2. Context
3. Timeline for Translating Research to Policy
4. Use of Research in Legislation Process
5. Working Toward Solutions
6. Lessons Learned From the Texas Experience

# Problem

- Prevalence of overweight children in TX is higher than national estimates for the U.S.

- School and health
- Until PE a prog



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# Context

## CATCH (Coordinated Approach to Child Health)

- 4 core components
  - Classroom
  - Physical Education
  - Child Nutrition Services
  - Family Home Environment
- Originated through a NHLBI grant – Child and Adolescent Trial for Cardiovascular Health
  - Largest school-based health promotion study ever funded
  - Increased MVPA in PE classes, and overall MVPA
  - Effects maintained three years post intervention

**Source: Luepker et al, 1996; Nader et al., 1999**

# Where Did CATCH Come From?

- University of Texas School of Public Health
  - Guy Parcel
- University of Minnesota
  - Cheryl Perry
  - Leslie Lytle
  - Russell Luepker
- University of California San Diego
  - Phil Nader
- San Diego State University
  - Thom McKenzie
  - Jim Sallis
- Tulane University
  - Gerald Berenson
  - Larry Webber
  - Theresa Nicklas



# 1996: The Doors Open

- **JAMA** article on CATCH: Main Trial Outcomes published in March
- **Texas Department of Health** (now Texas Department of State Health Services), Diabetes Prevention Program Officer reads JAMA article and contacts CATCH Investigators in the Fall
  - TDH began efforts to disseminate CATCH in TX
  - Mass mailing to 3,000 elementary schools
    - *only 6 schools purchase program!*
- NHLBI publishes CATCH curriculum
- Texas AHPERD publishes article on CATCH
- Multiple meetings and presentations

# 1997: CATCH El Paso

- CATCH El Paso was funded by the Paso del Norte Health (PDN) Foundation to disseminate CATCH through community action in the El Paso area
  - PDN Foundation funds CATCH in 19 El Paso schools and funds evaluation of implementation in 12 schools
    - Conduct first CATCH trainings since main trial
  - Community support and publicity efforts by PDN brought attention to CATCH and attracted legislators



# 1998-1999: Momentum Continues

- The **Texas Coalition for Coordinated School Health & Physical Education** was created to support the promotion of health education and physical activity in schools



American Heart Association®



# 1999: A very good year

- Texas State Board of Education approves CATCH as a diabetes education program for health curriculum required under Texas Education Code Section 28.002
- Name change to **Coordinated Approach to Child Health (CATCH)**
- CATCH receives NIH funding for institutionalization in original 96 schools
- Griffin Publishing Company and Flaghouse, Inc., partner to publish curriculum

Source: Hoelscher et al., 2004



## 2000-2002: More Movement

- CATCH training and materials to elementary schools under SB 19/TEA code 38.013
- SPAN (School Physical Activity and Nutrition) survey conducted 2000-2002
- TEA sets criteria for health education programs to meet SB 19 mandates
  - CATCH became approved TEA CSH program



Source: Hoelscher et al., 2004

# 2001: Legislative Success

- Texas Coalition for Coordinated School Health and Physical Education with CATCH investigators, develop and support the provisions for Texas **Senate Bill 19**
  - SB 19 passed in the 77<sup>th</sup> Texas Legislature
    - Texas Education Code Section 38.013
    - Daily PA for elementary schools
    - Implementation of approved coordinated school health programs

# 2003-2006: Incremental Changes

- Senate Bill 1357 passes
  - Strengthens accountability of SB 19
- CATCH replication study in El Paso, TX found that children in CATCH schools had significantly lower prevalence overweight and obesity compared to children in control schools
- Senate Bill 42 passes
  - Extends CSH requirement to middle schools
- Partnership for a Healthy Texas formed ([www.partnershipforahealthytexas.org](http://www.partnershipforahealthytexas.org))

Source: Coleman et al., 2005



# 2007-2009: The Work Continues

- **Senate Bill 530 passes**
  - Required Fitnessgram testing for students in grades 3-12
- **Newly passed legislation (2009) expanded on existing mandates**
  - **Senate Bill 283**
    - Formalizes structure and function of School Health Advisory Committees (SHAC)
  - **Senate Bill 892**
    - Requires schools to include Coordinated School Health Programs in Campus Improvement Plans

# Use of Research in the Legislative Process



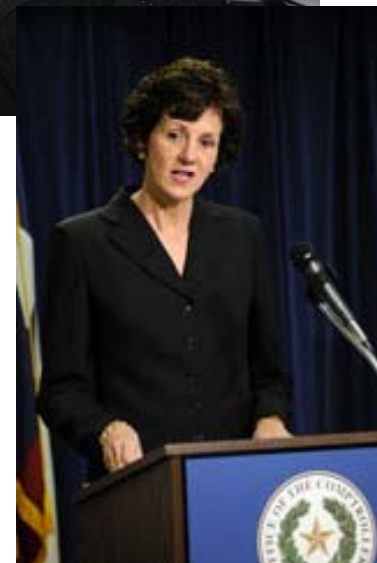
- CATCH El Paso, SPAN statewide obesity rates, and ALR-funded research presented to Texas Health and Human Services Committee
  - Senator Jane Nelson
  - CATCH and SPAN data supported and strengthened school health policies since the passage of SB in 2001



Source: Hoelscher et al., 2009; Hoelscher et al., 2004;  
Kelder et al., 2009; Barroso et al., 2009

# Working Toward Solutions

- **Senator Jane Nelson**
  - Seek input from SPAN and CATCH policy research, funded by ALR
  - ALR funded research showed high compliance of SB 19, especially in El Paso region
- **Texas Comptroller Susan Combs**
  - As Commissioner for the Texas Department of Agriculture, Combs initiated a standard series of foods served at schools
  - 2007, Provided funding for implementation of SB 42 in low-income middle schools to purchase CATCH materials and equipment





# Lessons Learned

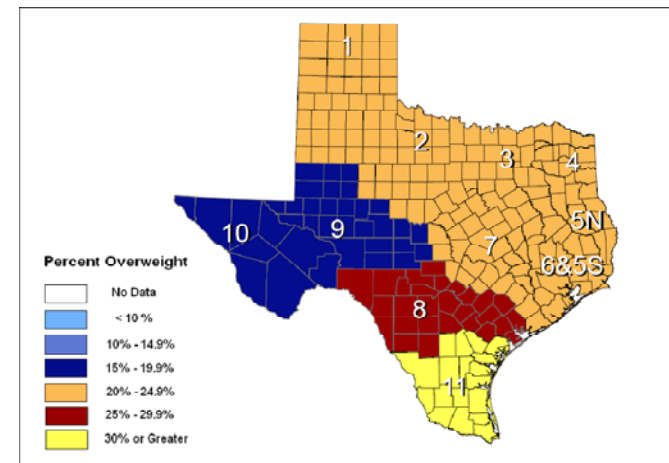
## Need for:

- Scalable evidence based programs
- Legislative champions
- Stakeholder coalitions
- Statewide health-related monitoring
- Infrastructure, personnel, and material resources
- Relationships for support and sustainability



# Conclusions and Next Steps

- Relationships are important
  - Effective champions
  - Not just during session
  - Respond quickly
- Put data in usable form
- Watch for backsliding
- Build on success
- Evaluation can inform decisions



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- Active Living Research
- Texas DSHS
- CDC Prevention Research Center



# Contact Information

Deanna M. Hoelscher, PhD, RD, LD  
Director, Michael & Susan Dell Center for  
Advancement of Healthy Living  
UT School of Public Health  
313 E. 12<sup>th</sup> St., Suite 220  
Austin, TX 78701  
512-482-6168

[Deanna.M.Hoelscher@uth.tmc.edu](mailto:Deanna.M.Hoelscher@uth.tmc.edu)

Website for Dell Center for Healthy Living:

<http://www.sph.uth.tmc.edu/dellhealthyliving/home.asp>

Website for CATCH:

<http://www.sph.uth.tmc.edu/catch/>

Website for SPAN survey:

<http://www.sph.uth.tmc.edu/DellHealthyLiving/default.asp?id=4061>

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# Barriers to implementation of daily PE and CSHP

- Low priority compared to other academic requirements
- Insufficient funding
- Lack of district and state-level accountability mechanisms
- Lack of program champions at district level