

Staying Active with CATCH During School Breaks

Completed



Reporting Periods

SNAP-Ed 2024 (October 1, 2023 - September 30, 2024)

Site

Minami Community Center

Unit

Santa Barbara (County)

Program Activity

Not Specified


Keywords

Physical Activity

Comments

Not Specified

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Collaborators

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Story

Background

Physical activity plays an important role in the healthy development of children and adolescents. [It is recommended that children and adolescents engage in a minimum of 60 minutes of physical activity per day. Regular moderate-vigorous physical activity has shown to have immediate health benefits including improved sleep and reduced anxiety in addition to better known long-term benefits including improved bone and heart health and reduced excessive weight gain.](#) While youth have the resources and environment to meet this recommendation during the school year through recess and physical education classes, students often lack opportunities to participate in structured physical activity during school breaks.

Story Narrative

To promote physical activity opportunities and overall well-being during school breaks, staff from CalFresh Healthy Living, UCCE in San Luis Obispo, and Santa Barbara (CFHL, UCCE SLO/SB) Counties partnered with the Santa Maria Recreation and Parks (SMRP) to equip their staff with the knowledge and skills to implement Coordinated Approach to Children’s Health (CATCH). CFHL aimed to enhance the quality of recreational programs offered to the youth during winter and summer breaks, fostering a culture of physical activity and well-being in the community. SMRP staff attended one of the two 6-hour trainings offered by CFHL, UCCE SLO/SB to learn how to engage youth in structured physical activity. During the training, staff not only learned how to implement CATCH lessons, but they also received hands-on

experience by practicing a variety of activities and implementing a sample lesson after the training.

Twenty SMRP staff were trained in CATCH. The impact of this training was evident in the CATCH training Physical Education post-evaluation, where SMRP staff expressed their enthusiasm for incorporating the newly acquired knowledge into their ongoing recreation programs. SMRP staff reported that they learned how to manage large groups during physical activity, how to make physical activity fun and engaging, how to facilitate safe games, and how to adapt a lesson to ensure all students are engaged. Staff also shared they would continue to incorporate what was learned in their recreation programs in the future. The Program Supervisor shared, "...it was rewarding to see our Rec Leaders utilizing many of the activities they learned from you..."

To continue to meet community needs, two CFHL, UCCE SLO/SB staff have committed to maintaining CATCH trainer certifications to provide similar training in the future to support the communities of San Luis Obispo and Santa Barbara in engaging in quality physical activity. Through these ongoing efforts, CFHL, UCCE SLO/SB remains dedicated to empowering community partners and supporting the youth in engaging in enjoyable physical activities, contributing to the overall health and well-being of the community.

Favorite Quote

SNAP-Ed Custom Data

Project Name	CalFresh Healthy Living, UCCE
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Related Framework Indicators	Physical Activity & Reduced Sedentary Behavior (MT3) Physical Activity and Reduced Sedentary Behavior Supports (MT6) Physical Activity Supports Implementation (LT6)
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Socio-Ecological Frameworks	Individual/Family Environmental Setting
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Approaches

Individual or group-based nutrition educators (e.g. direct education)

Comprehensive multi-level interventions (a combination of direct education, PSE's, and social marketing)

Partner Types

Community-based program(s) working with the SNAP-Ed target audience
