

## Skagit Childcare Nutrition and Activity Pilot (SNAP)



### Background:

The Skagit County Healthy Communities Project (SCHCP) is a partnership of the Skagit County Public Health Department (SCHD) and Skagit Valley Hospital, with broad community support to focus on increasing access to healthful nutrition and physical activity to decrease chronic disease and obesity. SCHCP is one of nine Healthy Communities Projects funded, in part, with a Washington State Department of Health (DOH) Prevention Block Grant. Our project has three primary work areas: walking, biking and pathways; active community environments; and children's health. Skagit Valley Hospital (SVH), United General Hospital (UGH) and Skagit Valley Family YMCA (SVY) are leadership team members of SCHCP.

SCHCP, in partnership with the SVY, UGH and Children of the Valley (COV) will implement the Childcare Nutrition and Activity Pilot, utilizing the CATCH (Coordinated Approach to Child Health) Kids Club (CKC) Program for Kindergarten through fifth graders at 15 YMCA childcare sites and one faith based childcare site in Skagit County. The intent of the pilot is to demonstrate that a nutrition and physical activity program offered within the structure of before and after school childcare programs can increase the number of fruit and vegetable servings students consume, increase the number of minutes of physical activity that students accumulate during the day and educate students and their families about the importance of eating fruits and vegetables and healthy snacks, and being physically active to promote health and prevent chronic disease.

County data, information from focus groups and the expertise of the SCHCP Advisory Leadership Team were used to identify barriers and opportunities for children's access to healthful nutrition and physical activity in Skagit County. A review of literature combined with local findings helped identify evidenced-based strategies and priorities that we could utilize to overcome the identified barriers and take advantage of opportunities that could result in creating policies, systems and environments that make the healthy choice the easy choice.

Working with childcare and early learning sites is identified by the Community Guide and (MAPPS) Media, Access, Point of decision information, Price, and Social services strategies as evidence-based or strongly recommended strategies for increasing access to healthy nutrition and physical activity. SCHCP and the Skagit Valley Family YMCA had previously discussed how they could work together on a project and were able to involve UGH in developing a project pilot proposal that can also serve their Washington Health Foundation grant objectives.

The CATCH Program is a comprehensive school health program that employs a holistic approach to child health promotion for children in Kindergarten through fifth grades. The four components of CATCH include: 1) the school cafeteria nutrition program, 2) physical activity and healthy eating classroom curricula, 3) physical education program, 4) family education and involvement program. Since the development of CATCH 20 years ago, approximately 7,000 schools in the United States have integrated the program into their school systems. CATCH implementation results demonstrate effectiveness in reducing fat consumption, offering lower fat meals in the school cafeteria, and increasing physical activity levels during physical education classes as well as outside of school. Long term results of CATCH include preventing the onset of obesity as well as stabilizing the prevalence of obesity among youth. Based on the success of CATCH the CATCH Kids Club (CKC) curriculum was created. CKC consists of three components: 1) nutrition education, 2) physical activity, and 3) snack. The nutrition education component is a 15-30 minute lesson that includes basic information on healthy eating, goal setting, modeling, skill training, practice, and reinforcement. In addition, newsletters complimenting the nutrition component are distributed to parents of participants to educate about proper nutrition and help integrate healthier eating habits at home. The physical activity component engages participants in a minimum of 30 minutes of physical activity in inclusive activities. The snack

component occurs once a week, and allows participants the opportunity to practice preparing and eating healthy food options. A pilot study with sixteen sites in Austin and El Paso, Texas demonstrated that CKC is effective in increasing physical activity, nutritional knowledge, and the belief in oneself to make healthy food choices. CATCH Kids Club is most effective when implemented two or three days a week.

### **SNAP Timeline**

October-December 2009:

- Project feasibility is established
- Project partnerships and budget is established
- Childcare staff and community partners attend CATCH training
- CATCH program equipment is purchased
- Evaluation plan is developed

January-June 2010

- Pretest is conducted for 3<sup>rd</sup> through 5<sup>th</sup> graders
- Baseline data and activities are conducted
- Based on baseline data, project outcomes will be established for increasing physical activity and nutrition education
- CATCH physical activity and nutrition curriculum is implemented
- Site visitations are conducted to observe pilot implementation
- Mid-point pilot project post-test, instructor survey, and process evaluation is completed in May.

July 2010-June 2011

- Evaluation information is used to review short-term outcomes and determine if any program changes are needed
- CATCH curriculum is continued at childcare sites. Including pre and posttests and baseline data assessment
- Evaluation is completed in May

### **Partnerships and Resources:**

SCHCP will provide project funding for staff training, program equipment and evaluation. SCHCP Coordinator will provide pilot over site and coordination and project oversight team and will be responsible for reports and evaluation as required by SVH, SCHED and DOH.

Skagit Valley Family YMCA will provide YMCA pilot over site at 15 before-and after- childcare sites in Skagit County serving 400 students. Karen Rose, YMCA Childcare Director will supervise site project implementation and participation in assessment and evaluation activities. The YMCA will provide CATCH activity sessions at least three times per week, and nutrition education once per week. Rose will participate on the project oversight team and be responsible for reporting project outcomes to YMCA stakeholders. YMCA Fitness Staff will administer youth fitness testing to selected sites.

Children of the Valley childcare will implement pilot at their site, under the supervision of Flora Lucatero consistent with YMCA practice.

UGH will provide project support with funding from their WHF grant and equipment purchased with grant funds. Allison Johnston, UGH coordinator, will be responsible for all WHF grant reporting requirements and will participate on the project oversight team.

Westra Research will provide evaluation oversight and reporting and is providing a portion of this in kind.

**Equipment:**

The project will utilize the CATCH® Kid's Club Kit with Equipment, available from Flag House, item #W11397 at 14 sites. This kit includes the following: An easy-to-implement format designed especially for after-school, youth-organization, and community-recreation programs. Over 300 detailed activity cards are organized by activity. Each card gives simple, easy-to-follow instructions, includes diagrams that illustrate precisely how to set up the group, and provides equipment lists. Plus, you receive the equipment needed to implement most of the activities. This set includes: 1-Kids Club Activity Box, 1 Nutrition Manual, Nutrition 5 Poster Set, 20-CATCH Playground Balls, 12-CATCH 7' Jump Ropes, 12-CATCH 8' Jump Ropes, 12-CATCH 9' Jump Ropes, 12-CATCH Footballs, 2-CATCH Base Sets (8 pieces total), 2-CATCH Batting Tees, 16-Plastic Softballs, 16-CATCH Foam Softballs, 2-Foam Bats, 2-Fat Bats & Balls, 16-CATCH Beanbags, 16-CATCH Cones, 32-CATCH Pinnies, 3-Music Compact Discs, 12-CATCH Spot Markers, 1-Communication Drum, 32-CATCH Flying Discs, 1-Parachute, 32-CATCH Ropes, 12-CATCH Floater Volleyballs, 24-Hoops, 24-Scarves, and 6-Mesh Storage Bags.

Two smaller sites will receive smaller equipment kits.

**Evaluation:**

The Project Leadership Team will consist of representation from SCHCP, Skagit Valley Hospital, Skagit Valley Family YMCA, United General Hospital and Westra Research. We have identified the following evaluation plan:

Baseline data will consist of height and weight for each child at all sites and fitness testing utilizing the YMCA Youth fitness Testing protocol for selected sites. YMCA fitness staff and childcare site staff with help from volunteers and project staff will conduct the testing in January. We will not do post testing in May. The plan is to conduct testing annually.

YMCA site leaders will keep daily records of attendance and program implementation to document what program elements were used and minutes of activity and will be asked to participate in a process evaluation. The instructor survey will be administered in May, and then annually after that.

Westra Research will provide limited evaluation oversight. Serving as an evaluation advisor and developing evaluation tools to facilitate data collection. Westra will also analyze the data that is collected and work with project coordinator to write a report.



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