



stay healthy  
 learn proper nutrition  
 get physically fit

The Horizon Foundation  
 for New Jersey  
 Healthy U Program



*The Horizon Foundation for New Jersey*

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## Overview

The Horizon Foundation for New Jersey's **Healthy U** initiative is designed to prevent childhood obesity by instituting behavioral changes in children ages 3-13. The program will use a multi-pronged approach to educate children on proper nutrition, increase their moderate to vigorous physical activity and engage parents to get more involved with their children to lead a healthier lifestyle.



## About Healthy U

Healthy U uses the CATCH (Coordinated Approach To Child Health) curriculum in the preschool, afterschool and elementary school settings. CATCH is an evidence-based and award winning curriculum that was created in 1992 by national education and child health experts. It is coordinated by The University of Texas Health Science Center at Houston, School of Public Health (UTHSC) and the Michael & Susan Dell Center for Healthy Living.

In 2008, The Horizon Foundation for New Jersey and the New Jersey YMCA State Alliance created Healthy U and implemented the program in all 21 counties throughout New Jersey.

The New Jersey YMCA State Alliance is comprised of 41 YMCA member Associations serving 600,000 individuals and 284,000 children.

Healthy U will reach more than 40,000 children ages 3-13 at 480 YMCA sites and 50 public schools.

The Horizon Foundation for New Jersey has invested a total of \$3.45 million in grants for the program which spans from January 2008 through December 2015.

Baseline data will be collected and evaluated by Dr. Jennifer Conroy, DRPH, MPH in collaboration with the UTHSC each year to measure the impact and progress of children taking part in the program. The evaluation will also include an assessment of height and weight, used to calculate Body Mass Index (BMI).



## About CATCH

CATCH is an evidence-based, coordinated school health program designed to promote physical activity, healthy food choices and the prevention of tobacco use in children. The CATCH Programs cover kids from preschool through 8th grade and has been implemented in 8,500 schools and afterschool organizations across America.

By teaching children that eating healthy and being physically active every day can be fun, CATCH has proven that establishing healthy habits in childhood can promote behavior changes that can last a lifetime.

## How It Works

Healthy U is a behavior change program that will help prevent obesity in children by delivering nutrition education, physical activity and parental involvement in the following settings:

- Preschool
- Afterschool
- School-based



## Preschool

The preschool CATCH curriculum is designed to nurture a love of physical activity, provide an introduction to classroom-based gardening and nutrition, and encourage healthy eating in children ages 3-5. Preschool children are motivated to walk, run, jump, dance and move their whole bodies while playing and having fun!

## Afterschool

The afterschool CATCH curriculum is cost-effective and proven to have a positive impact on children ages 5-13. It delivers coordinated messages about the importance of physical activity and nutrition. It also encourages parents and caregivers to help children learn behaviors to lead a healthier life.

## School-based

The elementary school CATCH program brings schools, families and communities together to teach children how to be healthy for a lifetime. The healthy behaviors are reinforced through a coordinated approach in the classroom, cafeteria and physical education class.

