Creating a Culture of Health in Ysleta ISD
About Ysleta ISD

• Located in El Paso, TX
• 41,062 overall student population
• 27,239 students in 36 elementary schools, 11 middle schools, and 2 K-8 schools
• 94% of students are Hispanic
• 83% of students are FRL eligible
Getting Started

• Selecting CATCH for CSH
• Securing district-level approvals
• Building support among school principals
• YISD partnered with CATCH Global Foundation to obtain a grant from BlueCross BlueShield of Texas to implement CATCH in 14 elementary schools
• YISD applied for and received a grant from the Paso del Norte Health Foundation to complete implementation at the remaining 24 elementary schools
Supporting the Cause

• Develop an understanding amongst all stakeholders
• Meet regularly with campus CATCH team to plan and promote program
• Staff development
• Develop partnerships for wellness events
Increase in MVPA during PE Classes

Percentage of PE Class Time Spent in MVPA

- September 2016
- April 2017

Percentage of PE Class Time by Activity Level

- Sitting
- Standing
- Moderately Active
- Very Active

September 2016
- April 2017
Improved Nutrition & Physical Activity

**Average number of times students ate fruits & vegetables the previous day**

- Fruits
  - Sept. 2016: 1.5
  - May 2017: 2.0

- Vegetables
  - Sept. 2016: 1.0
  - May 2017: 1.5

**Average number of days per week students were physically active**

- Participated in MVPA ≥ 30 minutes
  - Sept. 2016: 3.0
  - May 2017: 4.5

- Played outdoors ≥ 30 minutes
  - Sept. 2016: 3.5
  - May 2017: 5.0

- Practiced or played sports
  - Sept. 2016: 3.0
  - May 2017: 4.0
YSLETA ISD CATCH® PROJECT

PHASE 2 RESULTS

MVPA
84% increase in time spent in moderate-to-physical-activity (MVPA) in P.E. classes

AEROBIC CAPACITY
34% increase in students who scored in the healthy fitness zone for aerobic capacity

HEALTHY FOOD CHOICES
Overall increase in fruit and vegetable consumption, drinking water, and choosing lower-fat milk over whole milk
Moving Forward

• Challenges
  • Time
  • Content priorities
  • Getting everyone on board
• Lessons Learned
  • Use the Coordination Kit
  • Meet with Champions more often
• Sustaining and expanding CATCH
  • Include CATCH in staff development and district wide events
  • Make schools accountable for carrying out lessons with lesson evaluation form
  • We now have 5 district CATCH trainers to provide the district with updated, refresher or new teacher training.