



Public Health
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Champaign-Urbana Public Health District

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Contact: Nikki Hillier, Program
Coordinator (217) 531-2916
Lori A. Holmes, Public Relations &
Information Specialist (217) 531-2927

Champaign-Urbana Public Health District Helps the Students of Dr. Howard Elementary School “CATCH” the Spirit of Good Health!

Champaign, IL – Dr. Howard Elementary School has partnered with the Champaign-Urbana Public Health District (CUPHD) to implement the Coordinated Approach To Child Health (CATCH) Program. The CATCH Program is a multi-component program that promotes positive healthy behaviors in students and emphasizes the need for a healthy lifestyle to improved both living and learning. CATCH has three core components – nutrition, physical activity, and health education.

On Tuesday, May 22, 2007 Dr. Howard Elementary School will be celebrating the success of the this year’s CATCH program with a Field Day. Field Day will encourage the students at Dr. Howard Elementary to engage in physical activity by making physical activity FUN! Students will be able to participate in a variety of relays, activity stations and the ever-popular inflatable bounce house. Field Day will be open to all Dr. Howard Elementary students during their physical education period.

“CATCH is a fun, well-rounded program that affords students the ability to excel through a series of consistent messages from a variety of sources.” said Nikki Hillier, Program Director of Health Promotions for CUPHD. “CATCH builds an alliance of children, parents, teachers, and school staff to teach skills and behaviors associated with maintaining healthy lifestyles.”

As part of CATCH, students were encouraged to participate in and complete a “Homework Health Journey”. This journey consisted of a series of activities for students to complete at home with the assistance of their parents. This journey further expands awareness by incorporating the new lifestyle behaviors at home as well as at school. 15 students at Dr. Howard Elementary School have completed all the lessons and will receive a tennis racquet and tennis ball to promote the start of a new physical activity.

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