The New Jersey YMCA State Alliance has been using the Healthy U Program for eight years. Healthy U uses the Coordinated Approach to Childhood Health (CATCH) program to help children and teens be active and eat healthfully. Studies suggest that children in the CATCH program were less likely to be obese than those who were not in the program. Studies also suggest that being active and eating healthfully can make children’s learning, behavior, attention, and memory better.

Did You Know?
In 2015-2016, some children and families in the Healthy U program were asked about being active and eating healthy. Of these children and families:

- 83% of children ate fruit at least one time per day
- 81% of children drank water each day at least one time per day
- 79% of children did exercises that made their heart beat fast and breathe hard for 30 minutes or more the day before
- 75% of children ate vegetables at least one time per day
- 46% of children spent 1 hour or less on school days sitting in front of a screen

*Preschool caregivers were not included in this data. Preschool caregivers reported that on average, their children exercised for 54 minutes/day outside of school.

Healthy U

SITES AND NUMBER OF CHILDREN SERVED

<table>
<thead>
<tr>
<th>Preschool</th>
<th>School</th>
<th>Afterschool</th>
</tr>
</thead>
<tbody>
<tr>
<td>71 Sites</td>
<td>37 Sites</td>
<td>384 Sites</td>
</tr>
<tr>
<td>4,548 Children Served</td>
<td>38,337 Children Served</td>
<td>16,633 Children Served</td>
</tr>
</tbody>
</table>

Sources:
The Los Fresnos CATCH Project: Promoting Physical Activity and Healthy Eating with Coordinated School Health, Final Report December 2015
Central Texas CATCH Middle School Project, Final Report, February 8, 2013