Healthy U is a program of the New Jersey YMCA State Alliance, with funding from the Horizon Foundation. The program, which includes the Coordinated Approach to Child Health (CATCH) curriculum, works to prevent childhood obesity by improving children’s nutritional choices, increasing the amount of physical activity they participate in, and engaging parents in providing healthy options for their children.

**Policy and Environmental Changes Made or In Progress At Healthy U Sites As Reported by YMCA Executives and School Principals in 2016**

- **82%** stated that healthful beverages (e.g., plain water or low-fat milk) will be among the beverages offered at student parties, after-school programs, and/or snack time.
- **82%** stated that fruits or vegetables will be among the foods served whenever food is offered at student parties, after-school programs, and/or snack time.
- **62%** stated that children cannot be seated for longer than 45 minutes at a time.

**Healthy U Schools**

**Program Sustainability Factors**

Findings from the 2016 Healthy U evaluation suggest that several factors help to maintain the program. Some of these factors include those below:

- Coordinator or Leadership Position
- Internal Communication System Among Staff
- Parent and Community Involvement
- Team Approach to Implementation
- Continuous Review and Training

**Did You Know?**

YMCA Executives and School Principals surveyed in 2016 agreed that children need daily physical activity to stimulate the brain.

Research suggests that regular physical activity and healthy eating can improve student academic performance, behavior, attention and memory (1,2).

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