

NEWS



MEDIA NOTE: You are welcome to attend any part of the training. More information including a schedule of events and directions to Horizon Middle School are attached to this release.

For immediate release:
July 20, 2004

U.N.D. MEDICAL SCHOOL BEGINS TRAINING FOR CHILDREN'S HEALTH PROGRAM

GRAND FORKS, N.D. -- The Center for Health Promotion at the University of North Dakota School of Medicine and Health Sciences this week begins training teams from several North Dakota elementary schools to implement a comprehensive program designed to improve children's fitness and overall health.

The training of about 80 people throughout the state on Thursday (July 22) and Friday (July 23) at the Horizon Middle School in Bismarck will start the Coordinated Approach to Child Health (CATCH) program in North Dakota.

The CATCH program consists of delivering health education in the classroom, new physical activity/education programs, and providing healthier food choices in the cafeteria. It is designed to increase knowledge of healthy lifestyle choices and improve fitness.

"CATCH is an evidence-based program that is unique because all school personnel work together to improve children's health," said Dr. Nancy Vogeltanz-Holm, director of the Center for Health Promotion. "The kids will have healthier food choices, fun physical activities, and classroom education that stresses life-long health."

Each of the eight participating schools has created a CATCH Team consisting of administration members, classroom teachers, food service personnel, physical education teachers and community members who will participate in the training this week. Representatives from the North Dakota Departments of Health and Public Instruction will also participate.

The following schools, with more than 2000 enrolled children, are participating in the CATCH Program: Burlington-Des Lacs, Ellendale, Grafton, Hettinger, Kenmare, Killdeer, Lisbon and Turtle Mountain community schools.

Workshop instructors will include Center for Health Promotion staff and three trainers from Texas where CATCH has been implemented in nearly 2000 schools.

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Over the next three years, the Center for Health Promotion will assist participating schools in implementing and evaluating CATCH.

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Or

Grafton: Ron Thompson, Principal, Century Elementary School; (H) 352-1739

Ellendale: Diane Olson, Elementary Principal, Ellendale Public School; (H) 349-3970

Kenmare: Joanne Haugland, Principal, Kenmare Elementary School; (H) 339-0195

Killdeer: Peg Wagner, Elementary Principal, Killdeer Schools; (H) 764-5309 or Mary Wheeling, PE teacher, Killdeer Schools; (H) 764-5404

Hettinger: Lynn Hendry, K-6 Principal, Hettinger Schools; (H) 567-4825

Lisbon: Ron Braaten, Elementary/Middle School Principal (retired), Lisbon Schools; 683-4108
Marge Asche, Administration - Counselor, (H) 678-2721

Burlington-Des Lacs: Jean Klein, Principal, Burlington-Des Lacs Elementary; (H) 682-5243

Belcourt: Brook Scott, Administration - Counselor, Turtle Mountain Schools; (H) 246-3216

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