



Public Health
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Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE
September 12, 2013

Contact: Nikki Hillier
Program Coordinator - CUPHD
(217) 531-2914 / nhillier@c-uphd.org
Wendy Starwalt, PE Teacher
Carrie Busey (217) 351-3811; (217) 898-6449
Amy Roberts, Public Relations - CUPHD
(217) 531-4264 / aroberts@c-uphd.org

Champaign-Urbana Public Health District Helps the Students of Carrie Busey Elementary School “CATCH” the Spirit of Good Health

Sustainable Events Promote Active Living

Champaign, IL – Carrie Busey Elementary School has partnered with the Champaign-Urbana Public Health District (CUPHD) to implement a Coordinated Approach To Child Health (CATCH). CATCH is a multi-component initiative that promotes healthy behaviors in students and gives them the opportunity to practice them. CATCH emphasizes the need for a healthy lifestyle to improve both living and learning. CATCH has four core components – nutrition, physical activity, health education and family/community involvement. This is Carrie Busey’s fifth year implementing CATCH.

Each year, CATCH schools offer a family event to reinforce the CATCH philosophy. On Friday, September 13, 2013, at 6:00 PM, Carrie Busey Elementary School will be kicking off this year with a CATCH celebration including a family 3K walk/run, family picnic competition and movie in the gym. The CATCH celebration will encourage the students and families at Carrie Busey to engage in physical activity by making physical activity FUN as well as encourage families to prepare and eat healthy meals together! Families will be able to participate in a variety of activities including yoga and Zumba®.

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

For more information about CUPHD's programs and services, visit www.c-uphd.org.

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