

Healthy U



The Horizon Foundation for New Jersey Healthy U program is designed to combat childhood obesity by instituting behavioral changes in children using a multi-pronged approach that includes nutrition education, increased physical activity and a focus on family.

About the Healthy U program:

The Healthy U program is New Jersey's first comprehensive, statewide initiative to address childhood obesity in the after-school setting.

The Healthy U program uses the Coordinated Approach To Child Health (CATCH) program curricula, created by the University of Texas Science Center Houston School of Public Health.

The Healthy U program is the result of a collaborative partnership between The Horizon Foundation for New Jersey and the [New Jersey YMCA State Alliance](#), which is comprised of all 44 YMCA member Associations throughout New Jersey. The Healthy U program will reach more than 18,000 children in 359 YMCA sites.

The Horizon Foundation for New Jersey has awarded a \$1 million grant for the program over a four-year time frame: January 2008 through December 2011.

Baseline data will be collected and evaluated by the University of Texas Science Center Houston School of Public Health each year to measure the impact and progress of children taking part in the program.

About CATCH:

In 2006, the U.S. Secretary of Health and Human Services awarded CATCH with the **Innovation in Prevention Award**, as a successful initiative in disease prevention and health promotion.

More than 7,000 schools nationally have adopted the CATCH curricula.

Clinical studies demonstrate that the program is effective and has produced lasting dietary and physical changes in children.