
Community-Wide Children's Health Assessment and Planning Survey CCHAPS 2015: Children Discussion Group Summary Report

OVERVIEW AND METHODOLOGY

ETC Institute conducted ten Focus Groups with parents and guardians of children ages 3 to 14-years-old living in Tarrant County. In addition to the Focus Group sessions with parents, trained Child Life Specialists from Cook Children's Medical Center led guided discussions about health with children of the parents who participated in the adult Focus Group sessions. A total of 104 children participated in the guided discussions. The adult Focus Groups and guided discussions with the children took place from Monday, April 13th through Wednesday, April 15th.

This report contains a summary of the major findings from the discussions with the children, included open-ended comments provided by the children, and charts showing the overall results of the discussions with the children.

MAJOR FINDINGS

HEALTHY LIFESYTLLE

- Children were asked how many times in the past week they did at least 30 minutes of physical exercise. Thirty-seven percent (37%) of children indicated they exercised 1-3 days last week, 30% exercised 4-6 days, 26% exercised every day, and 7% did not exercise for at least 30 minutes in the past week.
- Sixty-four percent (64%) of children indicated they typically eat healthy meals.
- Children were asked how minutes they watched television or played video games yesterday. Twenty-eight percent (28%) of children watched television or played video games for 1-60 minutes yesterday. Twenty-three percent (23%) indicated 1-2 hours, 18% indicated 2-3 hours, 16% indicated more than 3 hours, and 15% did not watch television or play video games at all yesterday.

- Children were asked how many hours they slept yesterday. Forty-seven percent (47%) of children indicated they slept 9-10 hours yesterday; 32% slept 7-8 hours, 12% slept 6 hours or less, and 9% slept 11-12 hours.
- Approximately one-third (33%) of children live in a home where someone smokes.

DENTAL

- Ninety-four percent (94%) of children indicated they own their own toothbrush.
- Eighty-eight percent (88%) of children indicated they brushed their teeth yesterday.
- Eighty-two percent (82%) of children indicated they have visited a dentist for a general exam in the past 12 months.
- Twenty-eight percent (28%) of children have dental problems that need to be treated.
- Six percent (6%) of children have gone to the emergency room because of dental pain, and 2% have missed school because of dental pain.

MENTAL/EMOTIONAL

- Thirty-five percent (35%) of children indicated they are sad a lot.
- Listed below are a summary of the reasons children indicated they feel sad:

○ People tell me I'm hairy	○ Call from their teacher
○ My brother calls me a butthead	○ Things they are going through
○ When I can't go outside	○ Family and their relationships
○ When I want a toy	○ When someone cusses at me
○ Bullied	○ Depression
○ Bored	○ People are mean
○ Brother not being nice	○ No one plays with me
○ Brothers can't talk so there's no one to play with	○ I'm alone
○ Sibling fights	○ When friends run away
○ People making fun of them	○ Scared
○ Grandma died	○ My mom and sister
○ Scary dream	○ Bullying
○ Because my teacher is mean	○ Can't ride their bike
- Listed below are a summary of what children indicated they do when they are sad:

○ My friend comes over to talk to me	○ Step out of it
○ Slam door and get in bed	○ Tell mom
	○ Tell teacher

- Tell grandma
 - Play
 - Fight
 - Count to ten
 - Read a book
 - Freak out
 - Talk
 - Cry
 - Sometimes cry and don't talk
 - Just think of something else
- Listen to music
 - Go to corner and sit down
 - Ask if I can play with them
 - Eat
 - Walk around
 - Talk to mom
 - Talk to dad
 - Get angry
 - Cry
- Listed below are a summary of where children indicated they go for help when they are sad:
 - To the teacher
 - My room
 - Mom
 - Mom
 - Teacher
 - Dad
 - Grandma
 - My mom
 - Mental hospital
 - Friends
 - Counselor
 - Friends they can trust
 - Friends
 - Food
 - People come up to me and ask what's wrong
 - Mom
 - Teacher
 - Counselor
 - Under the bed
 - To their house
- Thirty-three percent (33%) of children indicated they are angry a lot.
- Listed below are a summary of the reasons children indicated they feel angry:
 - When girls flirt with me.
 - Losing a sports game or getting a bad test grade
 - At my brother, when I want a toy
 - Mean siblings
 - Kids being mean at school
 - Don't like my teacher
 - Kids at school blame things on me that I didn't do
 - Sibling conflict
 - Grandparents don't handle things correctly
 - When people scream at me
 - If we lose recess
 - Frustration issues
 - Because of my sister
 - Because kids at school are annoying
 - People in general
 - People don't take me seriously
 - When they are hungry
 - Sister or brother does something
 - Someone says something mean
 - Mom and sister
 - Dad was mad at me
 - Mom wouldn't buy me a toy
- Listed below are a summary of what children do when they are angry:
 - Go to mommy
 - Run away
 - Get payback even though I shouldn't

- Try to calm down
 - Sit down
 - Step out of it
 - Tell mom
 - Count to ten
 - Scream
 - Beat them up
 - Go to my room
 - Put my head down on my desk
 - Nothing
 - Count to ten
 - Think of hurting others
 - Try to keep calm
 - Don't talk and look mad
 - Make faces
 - Tell mom or dad
 - Say sorry
 - Eat
 - Yell a lot
 - To the law
- Listed below are a summary of where children go for help when they are angry:
 - Go to their mom
 - Mommy
 - I don't go for help
 - Pray
 - Tell mom
 - Guardian angel
 - Mom
 - Dad
 - Brother
 - My mom
 - Nowhere
 - No one
 - Parents
 - Friends
 - Teacher
 - Dad
 - Counselor
 - To the police
 - To Walmart
 - To Chuck-E-Cheese

SCHOOL ISSUES

- Twenty-four percent (24%) of children have had academic problems as school.
- Thirty-five percent (35%) of children indicated they have been bullied or teased a lot at school.

FAMILY INTERACTION

- Children were asked how many times a family member has taken them on an outing, such as a park, library, zoo, etc. in the past month. Forty-one percent (41%) of children indicated they've been taken on an outing more than 10 times in the past month; 13% indicated 7-10 times, 16% indicated 5-6 times, 18% indicated 3-4 times, 7% indicated 1-2 times, and 5% said none.
- Children were asked how many times someone in their household has read to them in the past month. Twenty-nine percent (29%) of children indicated they've been read to 5-7 days in the past month; 17% indicated 3-4 days, 18% indicated 1-2 days, and 36% said they have not been read to in the past month.
- Children were asked how many minutes someone in their household read to them yesterday. Seventeen percent (17%) of children indicated they were read to for

30 minutes or more yesterday; 20% indicated 16-30 minutes, 27% indicated 1-5 minutes, and 36% indicated they were not read to yesterday.

- Children were asked how many times in the past week they ate a meal with everyone in their household. Sixteen percent (16%) of children indicated they ate a meal with everyone in their household 9 times or more in the past week; 26% indicated 7-8 times, 19% indicated 5-6 times, 19% indicated 3-4 times, and 20% indicated 0-2 times.
- Nearly two-thirds (65%) of children indicated that their mom, dad, or primary care giver has talked to them about health eating habits.

SAFETY/COMMUNITY SURROUNDINGS

- Seventy-one percent (71%) of children were been buckled up properly the last time the rode in a car.
- Forty-six percent (46%) of children ride on ATV's.
- Fifty-two percent (52%) of children are allowed to play around water if they are supervised by a pre-teen or teenager (but no adult present).
- Forty-eight percent (48%) of children always wear a helmet when biking, rollerblading, or riding a scooter more than 1 block from their home; 37% always a helmet when biking, rollerblading, or riding a scooter in their driveway or within 1 block of their home.
- Eighty-one percent (81%) of children feel safe in their neighborhood.
- Eighty-six percent (86%) of children feel safe at school.
- Ninety-one percent (91%) of children feel safe at home.
- Fifty-nine percent (59%) of children live in a neighborhood that has safe parks/outdoor areas where they can play.

ACCESS TO MEDICAL CARE

- Fifty-five percent (55%) of children have a primary care doctor.
- Twenty-seven percent (27%) of children think their parents have a hard time understanding instructions that have been given to them by a doctor or nurse.

***Community-Wide Children's
Health Assessment and Planning
Survey CCHAPS 2015:
Children Discussion
Group Results***

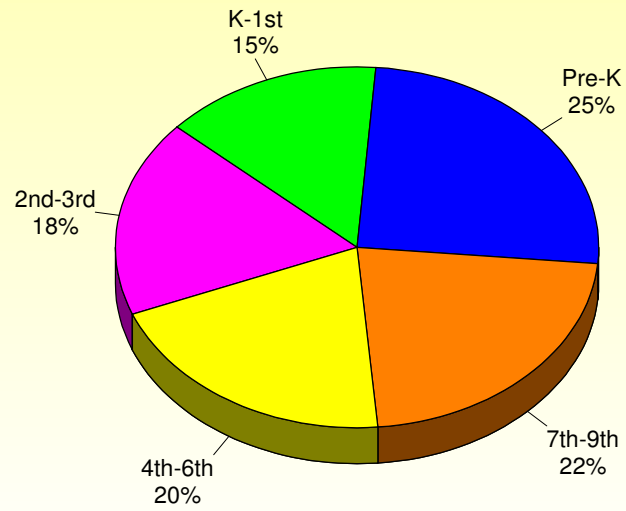
Source: ETC Institute (2015)

Demographics

Source: ETC Institute (2015)

Q1. Age Group

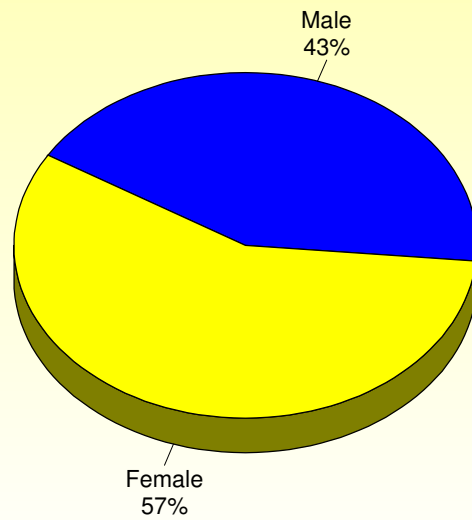
by percentage of respondents



Source: ETC Institute (2015)

Q2. Gender

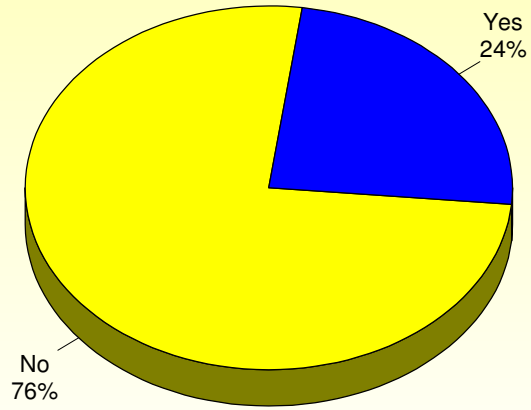
by percentage of respondents



Source: ETC Institute (2015)

Q3. Are you of Hispanic or Latino Ancestry?

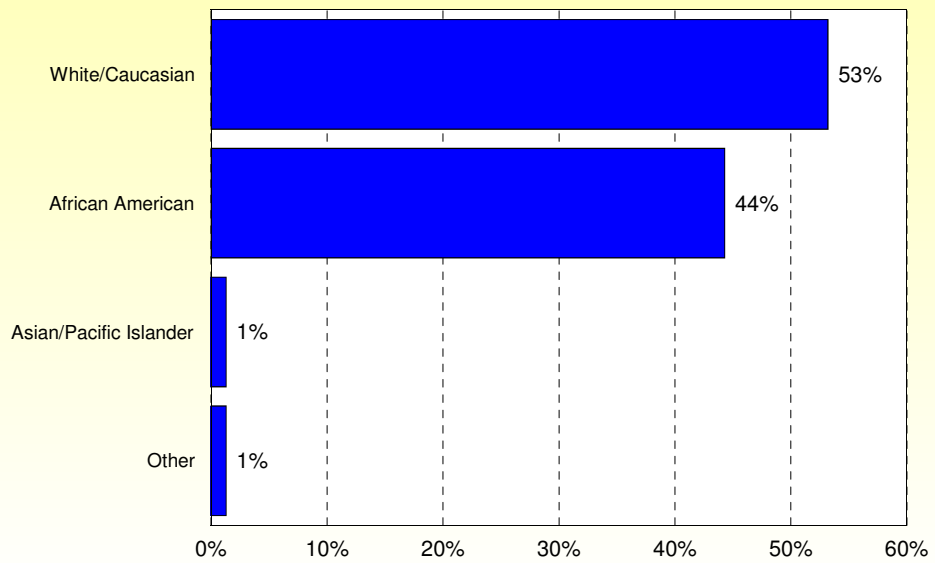
by percentage of respondents



Source: ETC Institute (2015)

Q4. Race/Ethnicity

by percentage of respondents



Source: ETC Institute (2015)

Healthy Lifestyle

Source: ETC Institute (2015)

Q5. How many days did you do at least 30 minutes of physical exercise during the past week?

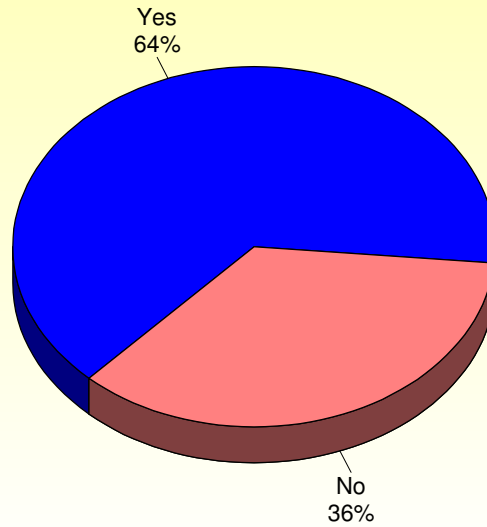
by percentage of respondents



Source: ETC Institute (2015)

Q6. Do you typically eat healthy meals?

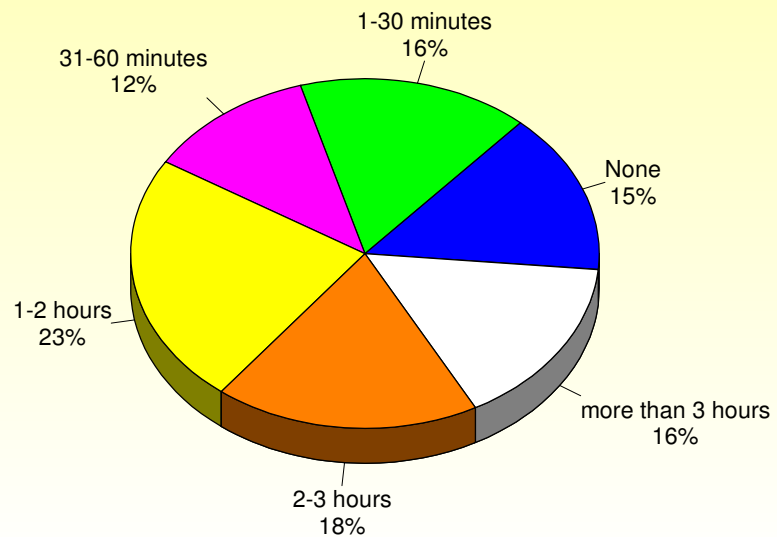
by percentage of respondents



Source: ETC Institute (2015)

Q7. How many minutes did you watch television or play video games yesterday?

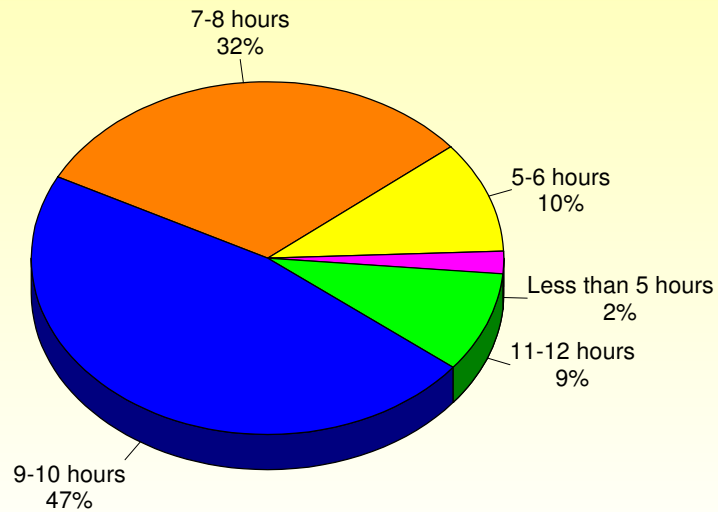
by percentage of respondents



Source: ETC Institute (2015)

Q8. How many hours of sleep did you get yesterday?

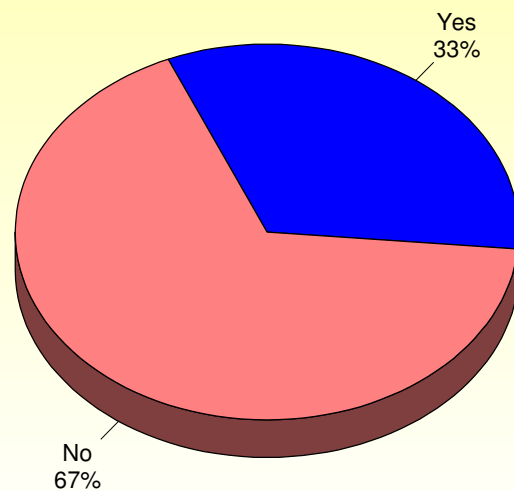
by percentage of respondents



Source: ETC Institute (2015)

Q9. Do you live in a home where at least one person smokes?

by percentage of respondents



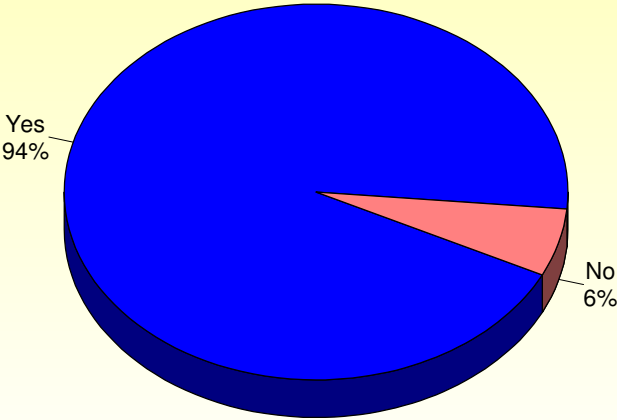
Source: ETC Institute (2015)

Dental

Source: ETC Institute (2015)

Q10. Do you have your own toothbrush?

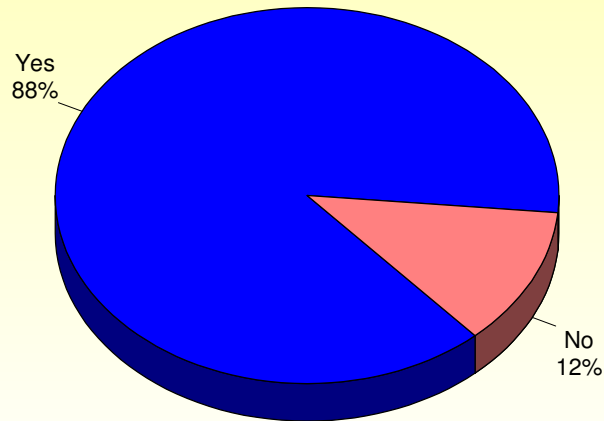
by percentage of respondents



Source: ETC Institute (2015)

Q11. Did you brush your teeth yesterday?

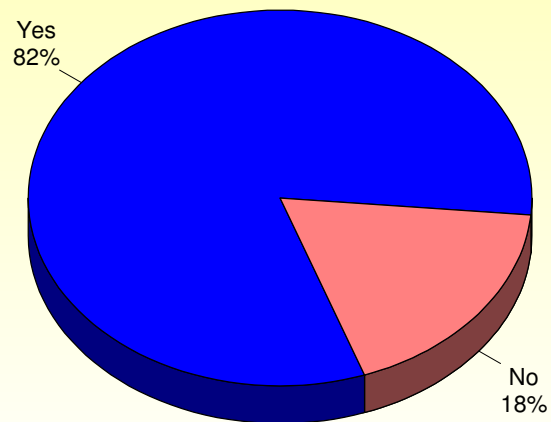
by percentage of respondents



Source: ETC Institute (2015)

Q12. Have you visited a dentist for a general exam in the past 12 months?

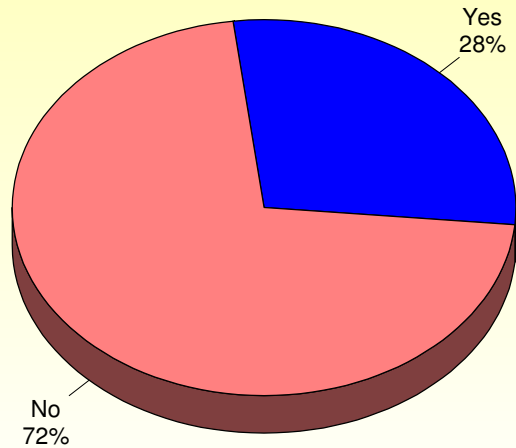
by percentage of respondents



Source: ETC Institute (2015)

Q13. Do you have dental problems that need to be treated?

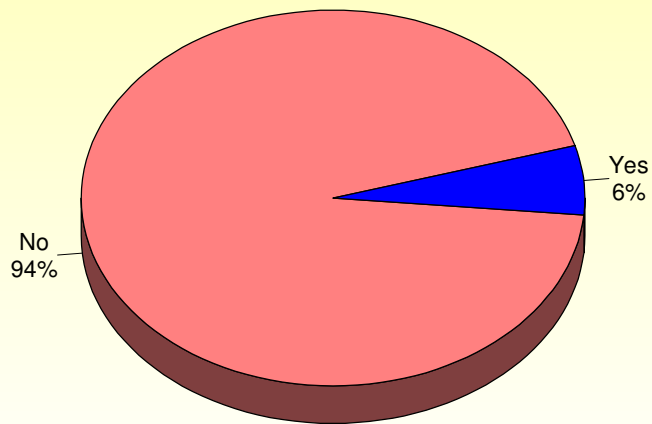
by percentage of respondents



Source: ETC Institute (2015)

Q14. Have you ever gone to the emergency room because of dental pain?

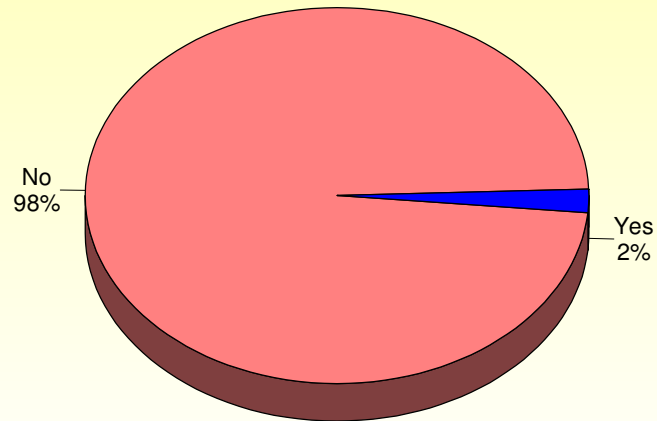
by percentage of respondents



Source: ETC Institute (2015)

Q15. Have you ever missed school because of dental pain?

by percentage of respondents



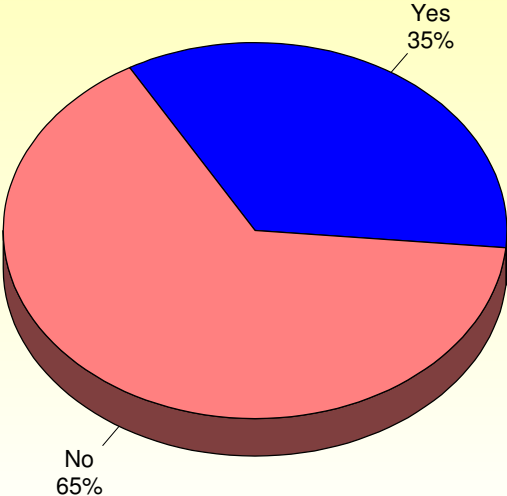
Source: ETC Institute (2015)

Mental/Emotional

Source: ETC Institute (2015)

Q16. Are you sad a lot?

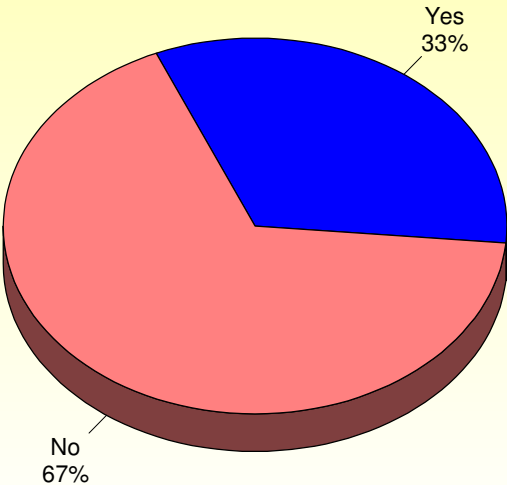
by percentage of respondents



Source: ETC Institute (2015)

Q17. Are you angry a lot?

by percentage of respondents



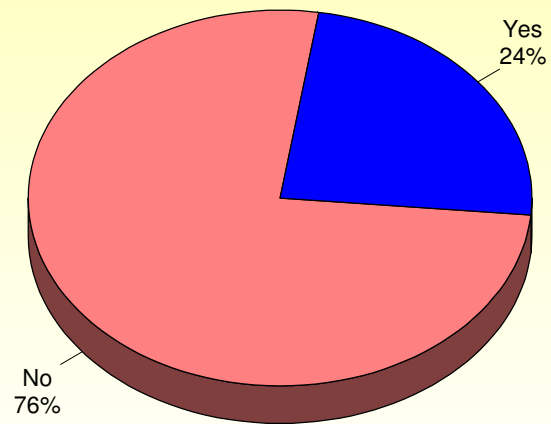
Source: ETC Institute (2015)

School Issues

Source: ETC Institute (2015)

Q18. Have you had academic problems at school?

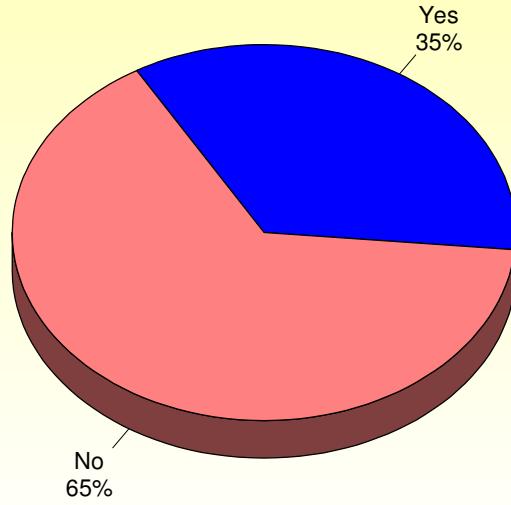
by percentage of respondents



Source: ETC Institute (2015)

Q19. Have you been bullied or teased a lot at school?

by percentage of respondents



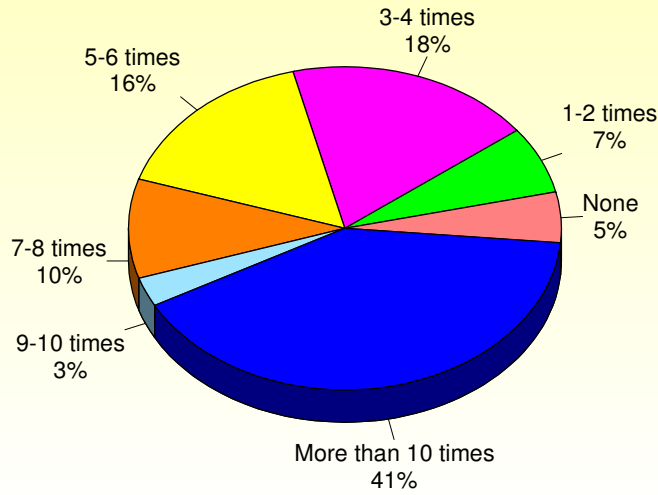
Source: ETC Institute (2015)

Family Interaction

Source: ETC Institute (2015)

Q20. During the past month, how many times did a family member take you on an outing, such as a park, library, zoo, sporting event, shopping, religious activity, or a family gathering?

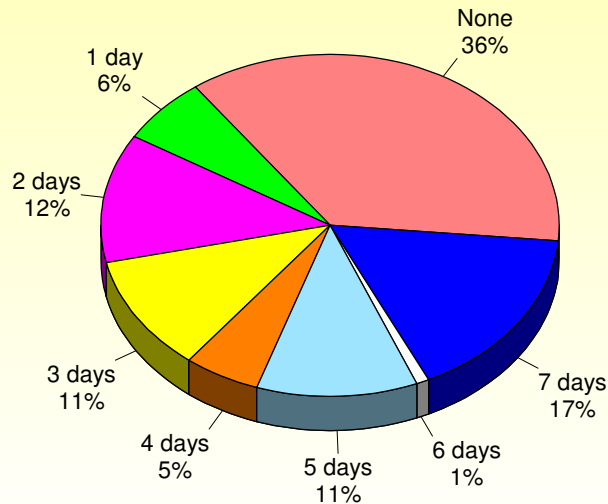
by percentage of respondents



Source: ETC Institute (2015)

Q21. How many days did someone in your household read to you in the past week?

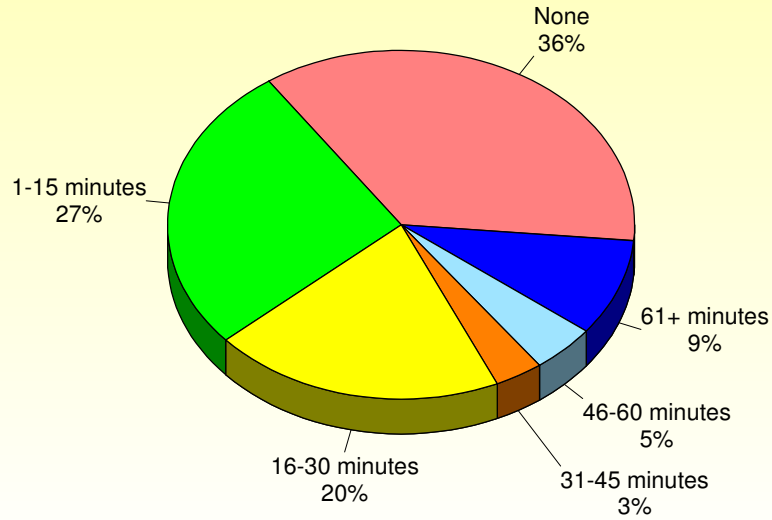
by percentage of respondents



Source: ETC Institute (2015)

Q22. How many minutes did someone in your household read to you yesterday?

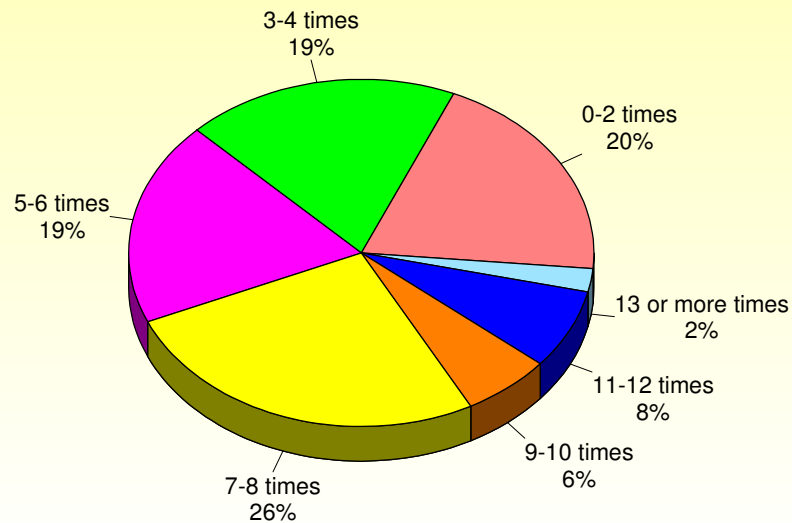
by percentage of respondents



Source: ETC Institute (2015)

Q23. How many times in the past week did you eat meals with everyone else in your family (both parents and all siblings)?

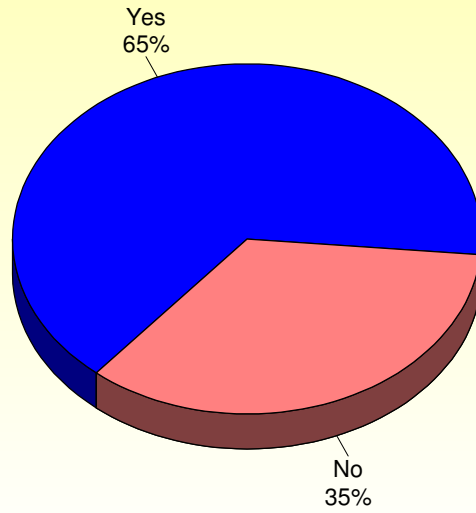
by percentage of respondents



Source: ETC Institute (2015)

Q24. Have your mom, dad, or other primary care giver ever talked to you about healthy eating habits?

by percentage of respondents



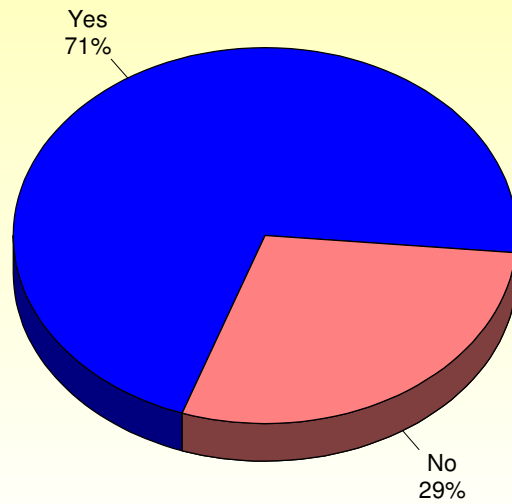
Source: ETC Institute (2015)

Safety/Community Surroundings

Source: ETC Institute (2015)

Q25. Were you buckled up properly the last time you rode in a car?

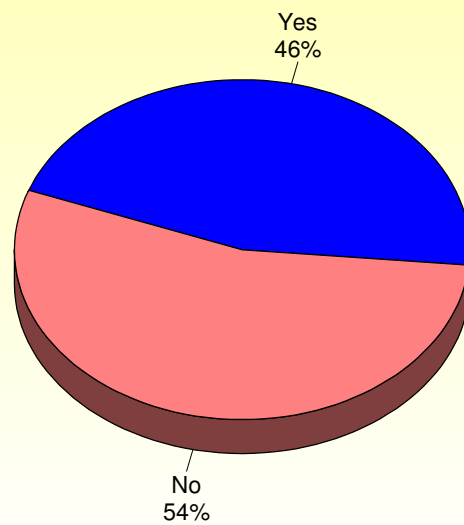
by percentage of respondents



Source: ETC Institute (2015)

Q26. Do you ride on ATV's?

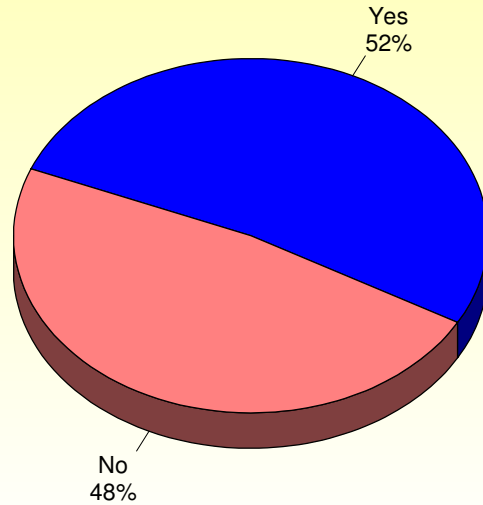
by percentage of respondents



Source: ETC Institute (2015)

Q27. Are you allowed to play around water if you are supervised by a pre-teen or teenager (no adult present)?

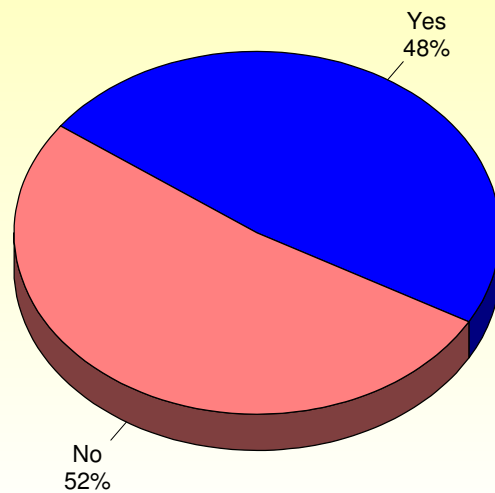
by percentage of respondents



Source: ETC Institute (2015)

Q28. Do you always wear a helmet when biking, rollerblading, or riding a scooter more than 1 block from your home?

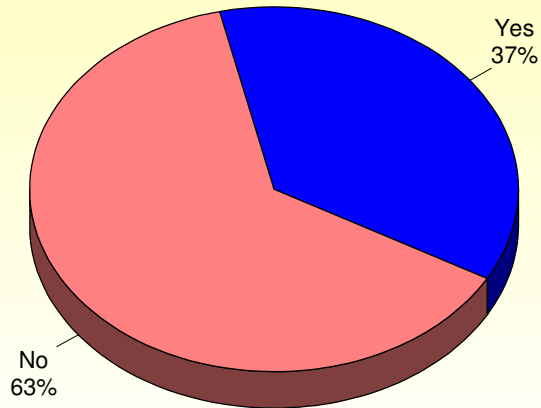
by percentage of respondents



Source: ETC Institute (2015)

Q29. Do you always wear a helmet when biking, rollerblading, or riding a scooter in your driveway or within 1 block of your home?

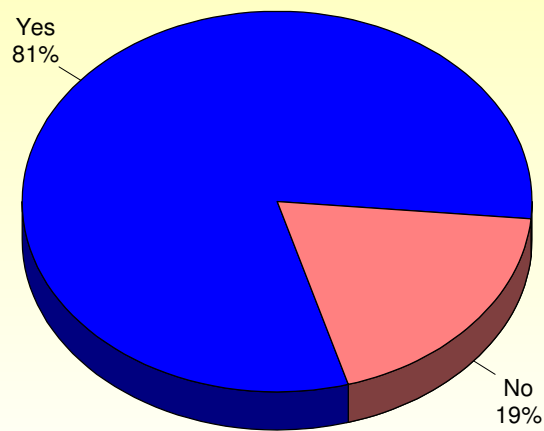
by percentage of respondents



Source: ETC Institute (2015)

Q30. Do you feel safe in your neighborhood?

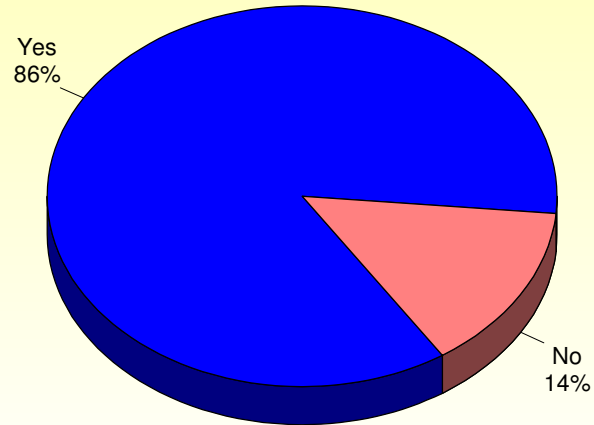
by percentage of respondents



Source: ETC Institute (2015)

Q31. Do you feel safe at school?

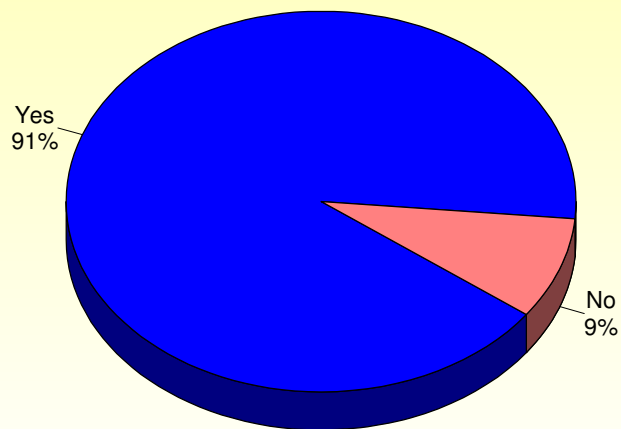
by percentage of respondents



Source: ETC Institute (2015)

Q32. Do you feel safe at home?

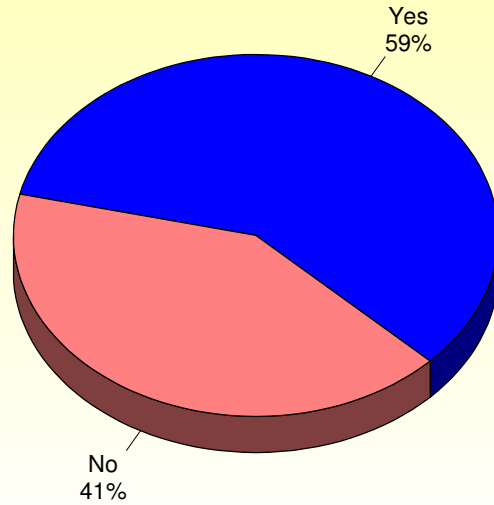
by percentage of respondents



Source: ETC Institute (2015)

Q33. Do you live in a neighborhood that has safe parks/outdoor areas where you can play?

by percentage of respondents



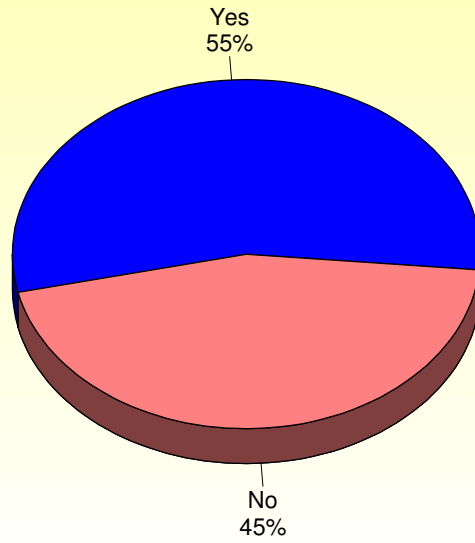
Source: ETC Institute (2015)

Access to Medical Care

Source: ETC Institute (2015)

Q34. Do you have a primary care doctor?

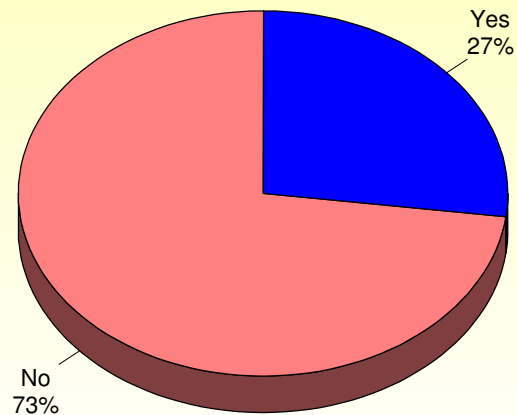
by percentage of respondents



Source: ETC Institute (2015)

Q35. Do you think your parents have a hard time understanding instructions that have been given to them by a doctor or nurse?

by percentage of respondents



Source: ETC Institute (2015)