
Community-wide Children's Health Assessment and Planning Survey Parent Focus Group Summary Report

OVERVIEW

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 conducted focus groups with children of the parents who participated in the adult focus group sessions. The purpose of the focus group sessions was to clarify a list of priorities identified from the Community-wide Children's Health Assessment and Planning Survey and to identify specific steps that Cook Children's Health Care System should make to address these issues.

METHODOLOGY

The adult focus groups were conducted the week of March 30th-April 3rd. Parents were selected at random from a sample of residents living in Tarrant County who fit the following criteria: 1) they had completed the regional children's health needs assessment survey and 2) they had at least one child living in their household between the ages of 3 and 14-years-old. The adult focus group sessions were designed to gather detailed feedback about the following issues:

- 1) Child Safety
- 2) Child Abuse
- 3) Child Fitness and Nutrition
- 4) Mental Health
- 5) Dental Health
- 6) Access to Medical Care
- 7) Education/Information

A total of 117 parents, 9-14 participants per group, attended each focus group session. The sessions were 90 minutes long and were moderated by a representative from ETC Institute. Parents were divided into different focus group sessions based upon the age or grade level of their child.

The following is a list of the group divisions:

- 2 groups of parents of children ages 3-5
- 2 groups of parents of children in grades K-1
- 2 groups of parents of children in grades 2-3
- 2 groups of parents of children in grades 4-6
- 2 groups of parents of children in grades 7-9

A brief summary of the topics and major findings of the adult focus group sessions are provided below and on the following pages:

ADULT FOCUS GROUP KEY FINDINGS

Topic #1: Child Safety

1.1 Major Child Safety Concerns/Issues

Some of the most frequently mentioned issues that parents felt were most important when it came to the safety of children in the area were related to injuries that could have prevented. These included injuries from being in the car, injuries at home and injuries suffered from participation in outdoor recreational activities such as biking, skating and swimming. Parents also expressed concern about the safety of children walking in the neighborhood, the safety of young children and teens from child predators, the safety of playgrounds in the neighborhood and the safety of children using the Internet and cell phones.

1.2 Child Safety Comments

Some of the specific comments made by parents about these issues are provided below and on the following pages:

1.21 Car Safety

- Car safety in general is a concern.
- When I think of car safety I think of kids not buckled in properly. A lot of times I am driving down the street and I see kids with their heads hanging out of the sun roof.
- Seatbelts are a concern. Door hinges are also a concern because they can pinch young children.
- There are too many kids not buckled in properly and quite often parents have too many kids in one car.
- Carpooling it is too dangerous for young children.
- Cooks free car seat checks are great. But are enough parents aware that the program exists?
- I worry about constant recalls on car seats.
- Car seats are a concern for me because a lot of parents are not aware of what's right and what's wrong when it comes to properly buckling their children in.
- Parents are just not putting children in car seats.

- They take kids on field trips and they are not buckled in. There are no seatbelts on the school buses. They need to make seatbelts that properly secure school children of all ages so kids can be buckled in during field trips or other school activities that require students to ride the buses.
- I am concerned that there are no seatbelts on school buses.

1.22 Safety in the Home

- Kitchen safety is a concern, such as pots and pans handles not turned in while parents are cooking.
- I worry about young kids drinking poisons; the hazards of having chemicals in the house in an issue.
- General kitchen safety is a concern such as knives and boiling liquids
- We need to teach parents more about what kids can get into so they can be prepared before their kids get hurt.
- I worry about parents not locking cabinets with chemicals in them.
- Electrical outlets are a concern.
- Improving home safety is my biggest concern.
- Child proofing in the home is something all parents need help with.
- Household safety is a huge concern of mine.
- We need more general warning labels we see on foods on chemical products
- Parents need to be alert and attentive to their surrounding so they can really proof their home for young children.
- My son has a learning disability and no matter how many times he hurts himself on something in the house or falls he still has a hard time learning not to do it again.
- Gun Safety in an issue of mine.
- I worry about some of the teenagers in the neighborhood who stay home alone. A lot of times teens don't know how to handle all of the possible situations that could occur in the house while their parents are not home.

1.23 Recreational Safety

- I worry about the safety of children riding their bikes or skating in the neighborhood. My child broke her arm on her scooter, when to me really seemed pretty harmless.
- Bicycles and helmets are a concern. There have been times when my child has not worn their helmet like they were supposed to.
- Swimming pool safety is an issue. All children need to be taught the procedures of what to do when you find kids in trouble at the pools.
- Swimming lessons teach kids things not to do when they are in the pool and in trouble such as not to panic in the pool but many children do not know these things. A lot of times there are only individuals who offer these classes and not facilities like the YMCA.
- I worry about toddlers not wearing helmets
- I worry about my son because I try to get him to wear his helmet when he rides his ATV but he does not always wear it.

1.24 Neighborhood Safety

- They need to put speed bumps in school zones.
- I worry about kids walking to school safety.

- Safety around school parking lots is an issue; as soon as everyone is in the school building people drive fast again in the parking lot. They should have more people watching these parking lots to control speeding.
- I have watched people who do not walk their kids across the street. There have been kids killed crossing the street and walking in parking lots; this is simply a safety hazard.
- They need to educate children on waking across the street safely.
- There are a lot of kids walking home from school and cars don't stop or slow down for them. They need more people watching/helping kids cross the street.
- I am concerned about kids who don't look before they cross the street.
- Speed bumps are needed in areas where there is a high volume of kids walking home from school.
- There are not enough sidewalks and bike paths for kids to ride on to keep them off the streets.
- Our streets don't have adequate crosswalks and we have absolutely no bike paths. The crazy thing is there is an elementary school on our block and we still don't have crosswalks!
- We need to protect kids from stray dogs in the neighborhood.

1.25 Safety from Child Predators

- There are a lot of unsupervised kids that play outside and I worry about them getting kidnapped or taken.
- When I think of child safety I think of abductions and sexual predators.
- One of the major things I think of when I think about the safety of my child is child predators.
- Kidnappings are a concern.
- They should really watch child predators who live close to parks.
- The Amber alert system is great but kidnapping is still one of my top concerns.
- Stranger danger issues are important.
- Stranger danger education is the key to preventing harmful situations for your kids.
- I need help identifying where child predators live in my neighborhood.

1.26 Playground Safety

- Safety in the playground is an issue.
- Safer playgrounds for younger kids are needed.
- The playgrounds near my home are dangerous.
- Most parks have rope ladders which could cause spine and head injuries.

1.27 Internet and Cell Phone Safety

- Picture texting have become a big issue. I don't think parents understand the possible dangers or situations that could results from your children texting on their cell phones.
- I am really concerned about my child and the Internet. For example my daughter is a teenager and I would like for her to have a computer with the Internet in her room but how do I safely monitor her Internet use?
- I worry about my teen and Internet safety.

1.28 Other Child Safety Comments

- If you don't watch the news you never hear about toy recalls. We need more information regarding toy recalls, as well as other recalls such as car seat recalls.

1.3 Suggested Solutions to Improve Child Safety

Parents were also asked to identify specific things that could be done in the community to improve the safety of children and the role that Cook Children's should play in addressing these issues. There was a general consensus among all of the groups that parents needed more preventative education and information to keep their children safe. Many of the parents expressed a need for child safety programs that emphasize the consequences of not taking the proper precautions to protect their children.

There was also a general consensus among parents that Cook Children's should play a direct role in implementing these programs whether it is through sponsoring child safety fairs or by working directly with schools in the area.

1.4 Comments Related to the Suggested Solutions

Some of the specific comments made by parents are listed below and on the following pages:

1.41 Education/Information

- I like that the fire station educates children and gives them safety tips. I like when companies get involved and I think it would be beneficial for Cooks to get involved in programs like these to promote awareness.
- Cooks should have free safety classes that benefit the parent directly. They should have programs with different topics, such as fire safety or car seat safety.
- There only seems to be child safety programs/fairs at the beginning of the school year and not throughout the year. They should have year round child health and safety fairs because when they have them yearly they are too crowded. We once waited in line for three hours to get my son a TB shot.
- Cook's should have a safety fair.
- Cooks should use its influence to help educate the schools about some of these dangers and the consequences of certain behaviors.
- They need some kind of curriculum that Cooks could put into the schools. Maybe schools should incorporate a universal coding system that they can incorporate into the classrooms.
- Pre teens should be educated both in the classroom and outside the classroom about these issues. Maybe Cooks Children could take the lead on this?
- Cooks should work on enhancing public support when it comes to promoting safety for children.
- Cooks could partner with another group to create more public programs to teach awareness. If there is a particular issue that needs to be addressed that it is on billboards throughout the region.
- There needs to be a collaborative effort between the schools and Cooks to try and improve child safety in the area.

- They need more clinics for older children; not just the young kids. They need more videos too help kids remember the things you teach them; vides that are more kid friendly.
- Kids are very impressionable and if they had programs that were fun that would make the kids remember to be safe.
- I would like to see a class on stranger danger
- Internet awareness services for teenagers are needed. They should teach children about online predators.
- Stranger awareness needs to be emphasized to protect our children.
- Children need more education on what is appropriate touching when it comes to adults so that they know when to tell an adult. Also, what is the appropriate course of action when this occurs?
- Talking to kids helps prevent kidnappings, not matter where it is from (parents, schools, Cook Children's, etc.).
- Teenagers need more information when it comes to dealing with strangers and when dealing with relationships with other teens.
- Young mothers need to be educated on how to reinforce the safety of their children.
- They should offer classes for new mothers because mothers are getting younger and there needs to be more hands on training; even seat belt training is needed.
- There needs to be more parent education. They should also keep reminding parents of safety issues and precautions that parents should be taking. I had my kids seven years apart and you forget things and things change.
- Nothing taught my kids more about car safety better than when we got in a car wreck. Despite this, there needs to be better ways to teach kids safety education.
- We have to carry a first aid kit. You don't realize how much you need them until your really do. Having this helps me do something immediately.
- Photographs are very graphic and that would be a way to teach parents. I know I would remember something visually. If you show a bunch of bicycle accidents you are going to be more cautious about your kids bicycle safety.
- Parents need to know what might happen if their children are not properly buckled in their kids in seats.
- They need classes for new parent, including bilingual classes. I have seen a lot of Spanish parents who do not buckle their child in properly.
- Low income people need affordable parenting classes. I would even suggest programs that specialists can come to your home to administer that are on different topics such as health, safety and etc. I participated in a course like this once but they had to shut it done because of funding. This program really helped me and I still use my notebook today.
- Parent education is needed to give some preventative education.
- Parent education helps in some areas. They also need something in schools where kids already are. They need to identify target areas so they can then add programs in the schools in theses areas.
- They need more education for new parents. When you have another child you need a refresher class because each child is different. When you have a child they offer those things so you know they are out there.
- Cooks needs to make sure information about child safety is readily available.

- We need more informational resources to educate parents about these issues.
- Supervision and prevention are key things to making sure you kids are safe.
- Cooks should provide home safety classes; maybe even classes that show you how to baby proof you home.
- Cooks need to offer classes for parents with older kids, such as driver safety courses. In driver safety courses they show you pictures of wrecks and things like that. This would be helpful for new parents to really see what could happen if you don't properly buckle your child in their car seat or you don't make your child wear their helmet.
- Cooks never talked to me about helmets and stuff like; it would have been really helpful if they had.
- One of the best ways to teach children about outdoor recreation safety would be to have people who have been in serious accidents related to these activities come to summer camps or to schools to talk with the kids about preventative measures and the consequences.
- Car seat education classes are needed.
- Parenting education courses would be helpful to teach parents the appropriate safety precautions you need to take for your child and what is adequate for kids at different ages.
- Car seat safety education is really needed in our area.
- Parents need more education about proper car seat safety.
- Cooks car seat program is great! More parents need to know about it.

1.42 Other Suggested Solutions

- I would like to see neighborhood curfews implemented to help keep kids safe.
- Background checks are needed for all employees at public schools.
- Parents need to get to know their neighbors to help protect their children from strangers.
- Sexual predators should not be in the same community as children.
- They need more signage on chemicals or things in the home. We should teach kids a universal color system that relates to dangers/hazards in the house.
- Cooks should give out free recycled car seats.
- We have a magnetic pantry for our knives so we don't have issues with our kids getting into the knives or anything sharp in the kitchen anymore. Parents should know how beneficial having this is. Maybe there should be parent support groups to give each other tips and other information.

TOPIC #2: CHILD ABUSE

2.1 Major Child Abuse Concerns/Issues

When asked what they felt were the most important issues concerning child abuse in the region, the overwhelming concern among parents in all of the groups was neglect. Parents also expressed concern about the ways parents disciplined their children, child abuse in schools such as bullying, and the influence of substance abuse on child abuse.

2.2 Child Abuse Comments

The specific comments made by parents regarding these issues are provided below and on the following pages:

2.21 Neglect

- I think neglect equals abuse. To me neglect is a form of abuse which happens a lot more than physical abuse. People let their kids run around unsupervised. How do we control this?
- Neglect is a serious concern; even in terms of children getting the basic care they need such as food, water and etc.
- I usually don't see my neighbor beating their kids but I usually see cases of neglect.
- Child abuse in most cases is not physical but neglect; which is occurring a lot in the community. For example, some of the children in the poorer neighborhoods don't even have adequate clothing for school.
- Neglect and indifference are major issues.
- Neglect is a problem; it is simple case of parents not being good parents.
- Neglect is a major issue in this area. A lot of kids are running around the neighborhood with very little supervision.
- There is a problem with unattended kids at home.
- There are a lot of unattended kids; I have even seen kids left at home as young as 7- years-old.
- Verbal, physical and emotional neglect are a major problem.
- Over protecting your kids is a growing form of neglect.

2.22 Discipline

- Child abuses goes back to education. Parents don't know what to do so they just yell at their kids; this just makes the situation worse. Parents need to be better educated because if you expect your kid to cry every two hours then it's not a shock and you can find better ways to handle the situation.
- Parents don't know how to cope with their children's behavior.
- Parents who over discipline their kids is an issue. They don't know what is too much. You cannot punish a one-year-old and a twelve-year-old the same.
- Improper discipline is a problem among parents.
- Verbal abuse is another form of abuse. Parents tend to shout at their kids, especially when a kid talks back because they don't know any other way to handle the situation.
- Shaking baby syndrome is an issue I see it happening a lot with new parents. Parents need to get them educated about how to properly discipline their children.
- Abuse around the neighborhood. You are stressed at work and people tend to take it out on their kids. Little kids don't understand when they do things wrong. My neighborhood yells way too much at his young child.

2.23 Abuse in Schools

- There is a problem with bullying in the schools. The school does nothing about the bullying.

- Poor teaching at public schools is a problem; to me when I think of child abuse I don't think of physical but the mental abuse that occurs. It is abuse that children don't get the proper education they deserve.
- Bullying and verbal abuse by other kids at school is a problem.
- Teachers use their influence to verbally beat down kids.
- My child has had a big problem with being bullied at school.

2.24 Child Abuse Caused by Substance Abuse

- If a parent has an addiction problem, they should be educated so the problem does not translate to their child later in life. It would be helpful if we could even reach out to the children or intervening directly.
- Substance abuse is a factor that leads to child abuse.
- It is child abuse when parents drink and use drugs in front of their children.
- There is a lot of drug and alcohol abuse that leads to all types of child abuse.

2.25 Accessing Help

- A lot of people don't know the numbers to call or where you can turn when you see suspicious marks and bruises on kids. There needs to be anonymous investigation.
- Cooks need to inform parents on what to do when neglect is suspected.
- They need to educate the people on where to go when problems and issues occur.

2.26 Other Child Abuse Issues

- I work in a day care center and I have seen a lot of child abuse.
- Parents need to get Medicaid assistance longer after the birth of child; the added stress of not being able to pay for your child's medical bills could promote abuse.
- They investigate people who spank their child in a grocery store but not those kids who show up at school with bruises! I don't understand why they do this.
- The media really covers child abuse which is why it is such an issue.
- The economy creates a lot of stress and domestic violence. Kids get caught in the middle.
- Mental abuse is a problem, especially parents making their children feel inferior. Kids bring issues to school because of the problems they have with self esteem. These problems then add to other problems at school which in turn creates stress for teachers.
- We, as parents, assume that child abuse comes from people caring for our children but with the current economy people are really stressed and you hope they don't take it out on their kids.

2.3 Suggested Solutions to Prevent Child Abuse

When asked what they thought could be done in the community to help prevent child abuse, most parents agreed that more education and information about child abuse should be made more available for both parents and children. Parents felt that education efforts should focus on ways to prevent abuse by teaching parents and children the types of behavior that constitute child abuse, proper ways to discipline children and classes for young or new mothers to learn about issues such as these. Parents also expressed a need for more outlets to alleviate the stress before child abuse occurs.

2.4 Comments Related to the Suggested Solutions

The specific comments made by parents are provided below:

2.41 Education/Information

- Parenting classes for younger mothers are needed and they need to be more wide-spread.
- Young mothers have kids and are not ready to be mothers. We need to teach young mothers how to be good mothers.
- Cooks should offer a course for young parents. Teach them how to discipline their kids appropriately.
- Cooks should start with the parents; they need more preventative education.
- Cooks should serve as a mediator to educate the parents to avoid abuse.
- Cook's should offer a course for young parents. Teach them how to discipline their kids appropriately.
- Cook's needs to provide affordable education classes.
- They should have classes about child abuse for different ethnic groups. They need to find different ways to teach and educate parents of all races, especially because parents from different ethnic backgrounds discipline their children differently; they have different classifications of what is right or wrong. This could serve as challenge to overcome when it comes to preventing child abuse.
- I believe in spanking not beating. Maybe cooks should go out to the poorer areas and educate parents on the difference between a spank and beating
- We need to educate the parent because they don't know how to deal with their kids at different developmental levels.
- They need to have clinics or workshops to teach parents what discipline is appropriate.
- We need to educate parents who aren't equipped to be parents.
- We need more education to define abuse.
- They just need to educate, educate, educate. That is the key to ending child abuse.
- Young parents are ill equipped to deal with emotional issues children
- Cooks needs to provide information on how to talk with your kids about various issues.
- Cook's should provide parents with pamphlets that talk about child abuse.
- We need to educate the public on when to blow a whistle.
- What is child abuse? Cooks should define it.
- Young parent's priorities are still not quite right. There should be more education for new/young parents. They need to realize that they don't need that new television when they can't even afford to provide proper food for their children.
- We need parenting skill classes, alternatives to physical abuse when it comes to disciplining your kids.
- I have mixed race children and they have birth marks that look like bruises. They should have some awareness among the general public and health providers about these marks on mixed race children so that I don't constantly get questioned about abusing my children.
- Cooks should teach parents the definition of what abuse or neglect is.

- They need to focus on developing a list of warning signs of child abuse, especially for those on Medicaid. This list should contain doctors who are available to help and accept Medicaid.
- Cook's should work with the schools to implement classes in schools to help educate children about why bullying is wrong. Cook Children's should use their name and prestige to get the information out there.
- They should develop a hotline for people who suspect abuse or who are being abused to and they should post it throughout the neighborhood.
- Cook's Hospital could provide educational videos about child abuse of all types that could be checked out of the hospital.

2.42 Support for Parents

- There needs to be additional support for people aggravated or those having a hard time controlling their kids. They need to have a hotline.
- It takes a lot to be a parent and to be patient. It is stressful. Abuse stems from being overwhelmed; parents could use an outlet to help avoid abuse.
- Stress is a real problem that leads to abuse.
- They need a hotline for parents to call and vent. Sometimes you want someone to truly listen to you and not judge you or your parenting skills, someone you don't know.
- They need a program for a parents-night-out so parents can relieve some of the stresses they have.
- Cooks should serve as the primary resource center outside of schools and insurance companies. It should be a place where parents can talk with other parents to get information about programs.
- There should be after school programs for kids and parents where we can talk about these issues.
- They need to form support systems for parents and kids who have been abused.
- Teenagers who have been abused need alternates to help deal with their emotions, such as maybe a hotline or information about what exactly the definition of abuse is.
- They need to teach parents self control. All parents want to beat their kids at some point. We need to teach parents how to control those emotions.

2.43 Other Suggestions

- Cooks should get involved; they are really effective in helping kids.
- Churches should also play a part in addressing these issues. The burden doesn't need to fall entirely on Cooks Children's Hospital.
- Child abuse is taking overboard. Too quick to jump to conclusions at school.
- They need to monitor kids better in schools.
- CPS waits too long to take action.
- Churches teach us how to be married before we get married, they teach our kids about sex before they are ready but yet when it comes to kids we are not prepared. There should be some classes
- Churches play a part also in helping to prevent and stop child abuse. The burden doesn't need to fall entirely on Cook's.
- We need to watch for mothers who have depression. These are the people drowning their babies.
- Cooks need to identify potential neglect cases and follow up from time to time.

- Parents need to sit down and listen when their children have issues.
- Protecting children from abuse should begin with Cook Children's; physicians have the opportunity to notice/recognize the signs of abuse.
- Parenting classes don't work! Cooks should work to help find good families for children who have been abused.

TOPIC #3: CHILD FITNESS AND NUTRITION

3.1 Major Child Fitness and Nutrition Concerns/Issues

The fitness and nutrition issues that parents felt were most important were the amount of exercise children receive in school, the nutritional quality of food in schools and the lack of recreation activities for kids in the community. Parents also expressed concern about the difficulty of getting their children to eat healthy foods, obesity, the amount of time kids spend indoors on the computer and playing video games, and eating disorders.

3.2 Child Fitness and Nutrition Comments

The specific comments made by parents about these issues are provided below and on the following pages:

3.21 Nutrition and Exercise in Schools

- The schools need to try and provide healthy food choices and they need more physical activities for kids during school hours.
- PE and recess in schools has been cut out and it should not be.
- Cook Children's should encourage more fitness education in schools and include some training for the teachers.
- They need policing at the cafeteria in schools; no one is stopping children from picking the bad stuff.
- PE and recess are not long enough in schools
- It is important that we keep PE and recess in school.
- Lunch rooms are disgusting; food is unhealthy with little variety. Also food is poorly prepared.
- Cook Children's should work with kids on food preferences. We must have a consensus that our school systems need to provide PE and recesses for all children, even for older kids.
- PE and recess are not long enough
- My daughter eats healthy at home but at school they are not getting the healthy choices.
- PE needs to be a part of the curriculum.
- PE and recess are issues; they need to be mandatory
- School lunches are terrible; there are no healthy choices. Everything is either fried or coated in cheese.
- Recess and PE is important, especially in public schools
- Schools take away recess as a punishment, which is not right. It is way too important to take away; that exercise is priceless for some kids.
- Generally schools are doing an all right time exercising my kids
- School systems need to have nutrition guidelines

- At my kid's schools PE is every day and lunches and breakfast are free and healthy and the right portion size. If Cooks could use this as a model and teach other schools to follow suit, kids would be healthier and happier
- PE needs to be a requirement in schools.

3.22 Recreation Activities in the Community

- Kids need more outdoor time and more things to do outside.
- There is simply not enough outdoor fitness. In the summer it costs too much to even take your kids swimming; it's too expensive. Existing facilities are too expensive. Nice if we had other options.
- We, as kids, always played outside but now it's too dangerous for my child to just go outside. Facilities are around but too expensive. My daughter is a picky eater. I don't know how to get her to eat better; I need tips to make her eat better.
- I feel like I hinder my daughter from doing activities because I don't have enough time to take her outside to watch her; I am a single mother and I don't have time.
- We need more church or YMCA programs.
- We need more inexpensive activities for kids; especially for low income facilities. The YMCA's classes are too expensive.
- My son is getting older and he is in a wheelchair and it's hard to get him outside or to find activities for him.
- They need a list of playgrounds and parks available; they should also list wheel chair friendly parks.
- There are not enough summer camps for children in the area.
- There are so many gyms for adults in this area but there are no gyms for teens. My teenage son really wants to go with me to workout at the gym but he is not old enough to use many of the machines.

3.23 Getting Children to Eat Healthy

- Our boys understand what healthy foods are but they just don't want to eat healthy foods. They need to develop recipes that are easy that you can get your children to eat.
- My children are really picky eaters and I can't get them to eat vegetables.
- There is too much access to fast food. Educating parents and kids on healthy choices and alternatives to fries would be helpful.
- Getting proper nutrition for five or six-year-olds is a problem; it is so hard to get my kids to eat vegetables.
- My son is autistic and he only wants to eat starches so it's hard to get him to eat.

3.24 Obesity

- Obesity is a big issue. Kids need to be taught what is healthy and what constitutes exercise? Having healthy food in the home is very important.
- Childhood obesity is a growing concern in our household
- Parents should get more information on some medications because some can cause obesity.
- Childhood obesity is a growing concern in our household

- Parents need to be careful about the medication they allow their kids to take because some cause obesity.

3.25 Video and Computer Games

- My boys are play station kids and I have to fight them to go outside
- Promote playtime as a family thing to get the whole family healthy
- Making kids put down the computer and get outside to play is a problem.
- Limit TV watching time
- Active lifestyle is needed. No video games.
- Parents should limit the time spent indoors and force kids to go outside.

3.26 Eating Disorders

- There are issues with society in which kids are taught that being super skinny is beautiful which is causing eating disorders. Parents need to take more initiative.
- Disordered eating is a problem

3.27 Other Issues

- We live in such a fast pace society that parents hardly even sit down to eat with their kids.
- Parents need to have more “family time.” Parents should be controlling what their kids eat and how much exercise they get.
- Parents are not being good role models when it comes to eating healthy. Kids will follow suit if parents have an active lifestyle and eat healthy. Cooks can teach parents how to be healthy and run a healthy home.
- Parents do not take the time to take their children to the park any more.

3.3 Suggested Solutions to Improve Nutrition and Fitness

When asked to identify specific things that could be done in the community to improve the quality of fitness and nutrition for children in the region, most parents felt it was most important to find ways to encourage their children to eat healthier foods through activities such as cooking classes for kids, providing accessible kid-friendly recipes, or by having children grow their own vegetables in a community children’s garden. Parents also felt it would be beneficial to have year-round children’s health fairs sponsored by Cook Children’s that would emphasize the consequences and benefits of healthy eating and to add more kid-friendly recreational activities in the area.

3.4 Comments Related to the Suggested Solutions

Specific comments made by participants are provided below and on the following pages:

3.41 Cooking Classes, Recipes and Information

- Cooking classes for kids are a really a good idea but the ones I have seen are too expensive.
- I like the Cooking Class idea for kids; if kids are fit and eating right this prevents later medical conditions that could develop as a result of poor diet and exercise.
- They should provide food classes and encourage parents to provide healthy choices for their kids

- Cooks should send out a newsletter with recipes for healthier cooking for your kids.
- Parents need to be educated on portion control and healthier choices at the grocery store.
- They need to have cooking classes to help parents find ways to trick their kids into eating vegetables.
- Cook's should provide food classes to encourage parents to provide healthy choices for their kids.
- They should educate parents on breaking the cycle of unhealthy cooking.
- Libraries have classes on healthy food but to my knowledge Cook's does not and they should.
- They should develop a program that deals with just what your kids eat. They need more classes about what types of sugars they should eat and etc.
- It would be helpful if there was a resource of recipes for picky eaters.
- I would like to see more helpful tips on how to get your kids to eat fruits and vegetables.
- I need more information on how to fix meals so that my kids will actually eat vegetables.

3.42 Children's Garden

- They should encourage children to get involved in agriculture; if kids grow their own vegetables they might be more likely to eat them.
- A community kid's garden would teach kids about eating healthy and letting kids grow produce would encourage them to eat it because they would take pride in what they grow.
- Getting kids excited by growing veggies and planting a garden would be helpful and things of the nature
- It would be nice to see vegetable gardens where kids grow the produce which would influence kids to eat healthy.

3.43 Cook Children's Sponsored Informational Health Fairs/Programs

- Cook Children's needs to sponsor a City-wide health fair to teach parents and children information about health and fitness.
- Cooks should sponsor a health fair or even have a booth at a big festival like the May Fest, which could reach a lot of people in the community. Cook Children's could really get information out about children's health by attending one of these festivals, plus people would listen to information coming from Cook's because they are a trusted name.
- I would like to see a Hispanic Wellness Fair.
- Cooks should do a better job of advertising the programs they have available to the public.
- The get up and play outside commercials really stick well; Cook's should try something like that.
- Cooks should work with the schools to organize more recreation activities for kids.
- Cooks should create a task force that goes into public and private schools and educate the cooks on what is healthy
- Cooks should partner with a group, like Texas Educators, to teach portion control. They should even teach this in restaurants.

- I think Cook Children's should come into schools to provide information to parents about easy, quick and healthy meals.
- Portion control is an issue. I sub in a school and the food has been the same since when I was little; Cooks needs to teach kids more about portion control.
- Cook's should partner with the schools to teach kids about healthy eating habits, maybe even they could use a mobile van much like the Mobile Dentist that goes to different schools.
- Teenagers need to be taught why exercise is important such as the benefits that exercise can have on your health.
- I am trying to manage what foods are being fed to my kids because they have health issues. There should be some information on what to feed kids with special health needs.
- I am not very good at eating healthy meals. My eight-year-old was constipated because he was not getting enough fruit and I did not even know that his diet was affecting his health. We need more information about how different food can affect our children's health and what foods are best for our kids.
- There needs to be more awareness about how many calories a day your child should eat based upon their height, weight and etc.
- We are all emailed to death with spam but I would pay attention to an email if it dealt with my children. My wife has trouble putting together a meal. They need to send us recipes with more kid-friendly meals.
- When educating the community about healthy food choices they should focus on the Hispanic community.
- The community needs to be educated about the consequences of eating unhealthy such as the possibility of childhood diabetes.

3.44 Improving Recreation for Children in the Community

- Cooks should do a better job connecting parents with recreation facilities that would be beneficial for their children.
- I like the exercise class called Zumba; they need an actual program for parents and adults to both participate at the same time. Parents would be more willing to work out with their kids. Something that is fun that you can both do. Right now I don't know where else to take my kids.
- Cooks should work with a gym to create somewhere where the family can go, even if your kids are two or twelve.
- They need an incentive program for parents who bring their kids to the gym; if parents bring their kids to the gym two times a week there is a certain amount taken off your bill.
- They need something to promote prevention from obesity; they should work with a gym to create programs for children.
- They should work to create more kid's gyms instead of parks here. I would be willing to pay extra for a gym with treadmills and machines that my teenage son could use.
- There needs to be more recreation activities for kids such as maybe a gym for young teens. A good example of a kid's gym is Next Gym in South Lake.
- They need more recreation/fitness classes for children throughout all of Tarrant County.

TOPIC #4: MENTAL HEALTH

4.1 Major Mental Health Concerns/Issues

Some of the most frequently mentioned issues identified by parents regarding the mental health of children in the region were access to mental health facilities and information, the overprescribing of medication to children, the misdiagnosis of ADD/ADHD, and the price/availability of mental health testing. Participants also felt that emotional stress caused by peer situations in schools and self esteem issues were problems in the area.

4.2 Mental Health Comments

The specific comments made by parents are provided below and on the following pages.

4.21 Access to Mental Health Services

- We had to wait six months for a neurologist for my child.
- It was hard to find a specialist for my child; even a psychiatrist.
- My daughter has a hard time expressing herself and I had a hard time finding someone to talk to my daughter. What I was doing, as a parent, was not working or helping my child.
- The waiting lists are outrageous because there is so little available and such a huge need.
- I had trouble accessing mental health facilities for my child.
- There are simply no mental health facilities or treatments for children under the age of 13 in the area.
- Cost and availability is an issue.
- Cooks Behavioral lacks resources.
- I am not sure if they have accessible mental health counseling for all ages. I don't think there is.
- I know that something needs to be done for my child but I do not know where to go to help get the support to help me diagnose what my child's problems are.
- I would like to be able to go to a class or maybe some counseling as a parent to deal with some of the issues my child is experiencing but I don't know where to find something like this.
- A bill passed by Texas State Legislature which reclassified Autism as a neurology problem. Now insurance companies won't cover all of my child's Autism bills. They also dropped Aspersers as a mental health problem; we now pay \$80 to visit a doctor for my child more instead of a \$20 co-pay.
- Anger management classes are needed.
- There are no programs available to help kids deal with anger management issues.
- We need more programs, outside of must medicating our children, to deal with some of these mental health issues.

4.22 Education/Information

- I do not know what resources are out there?!! There is a girl in my daughter's class and all the kids know it and they help her but the mom is oblivious. I would not know where to go or what's available.
- What do teachers do? I have a child with obvious issues and I have brought it to the parent's attention and they need to find better ways to catch it and address it. The red tape to get help is a problem there should be an easier way to get help.
- How do you recognize what the problems are? Where do we go? They need an Ask-A-Nurse hotline for issues about this.
- They need more information on medicine. How are these medicines affecting our children?
- The material to identify these disorders does not exist. Cooks should be providing this information to parents.
- Parents need to know and keep an eye open for tell tale signs of mental issues
- Suicide prevention is needed. What are signs and symptoms? They should educate the parents so they know what to do.
- We need to have some information on how to educate our kids about the risks of eating disorders.

4.23 Over-Prescribing Medication to Children

- Doctors push too many drugs on our kids.
- Doctors have too many case loads so they just give them drugs and move on to the next case
- They wrote my child a prescription and thought that would fix things. They are way too quick to pass out drugs without trying to find alternate ways outside of medication to address her illness.
- There is simply a lack of natural approaches when dealing with mental health.
- My son has ADD and Bipolar disorder. My son has to take medication; there is also a talking/counseling piece that is needed. You cannot just medicate your kids. They need to couple medication with follow up counseling. It is really expensive to get your child counseling. They need to make it more cost effective. They treat these things separately. Cooks should take a leadership role on this.
- Test before drugs are prescribed
- My son is on Cingular and I am concerned because some people say it causes suicide; if this is the case there needs to be more types of treatment outside of putting your kids on medication.

4.24 Misdiagnosis of ADD/ADHD

- Over diagnose of ADHD
- There are too many children labeled ADHD; I think it is over diagnosed
- Doctors are consistently over diagnosing children with ADHD; they need to more fully look at children case by case.
- ADHD is over diagnosed. Teachers don't know what to look for when indentifying ADD and ADHD
- They are over diagnosing ADHD.
- ADHD is not properly diagnosed by doctors.
- I think doctors over diagnose ADHD.

4.25 Testing

- You can't get your kids tested for mental health issues until they are 5-years-old if you are on Medicaid
- Schools resist testing kids with mental issues because they don't want to pay extra.
- They need to make testing and brain scanning more readily available and part of diagnosis mental health problems.
- The costing of testing for different learning/developmental problems is outrageous for parents who are homeschooling their kids. I have a friend who wanted to get a reading test for her daughter who is homeschooled but she had a hard time finding getting the tests and it ended up costing \$200.

4.26 Emotional Stress in School

- Teachers should be more positive when dealing with our kids.
- I am concerned with peer pressure at schools.
- I see a lot of bullying at schools.
- Peer pressure from other students at school is a concern in my community.
- Teachers know very little about mental health issues and they are the ones who should be fully educated so they can look for the signs.
- Peer pressure is affecting our kids.

4.27 Self-Esteem and Other Issues

- Low self esteem is a definite issue
- Self esteem education is important. Kids pick up on everything.
- Body image is an issue with my child.
- Eating disorders, depression, cutting, and dealing with personal issues at home are all things as I see as problems with teens in the community.

4.3 Suggested Solutions to Improve Mental Health

There was an underlying theme in most of the groups that the most important way to improve the quality of mental health for children in the region was by first addressing the negative connotations associated with mental illnesses. Many parents felt that there is a general fear of mental illness and a taboo of asking for help that often leads to problems when it comes to adequately addressing the mental health needs of children. Parents felt that more awareness among parents and children about mental health issues and the treatments available could help alleviate some of these issues.

Many parents also felt it would be beneficial to have support groups for children with mental disorders so they can talk with other children experiencing some of the same problems and to have support groups for parents of children with mental health issues to help alleviate stress.

4.4 Comments Related to the Suggested Solutions

Specific comments made by parents are provided on the following pages:

4.41 Altering the Community's Perception about Mental Health

- They should create peer groups so that children can appreciate differences with other children. If this does exist than I am not aware of it?
- Educating children on tolerance and dealing with other kids who have mental disorders is one solution.
- We always think of mental health as a negative thing; we need to address this as a separate issue in itself.
- Children of all ages should be exposed to mental health issues so that it is not such a negative thing.
- They should teach people at work and in schools a broader definition of mental health. My son has aspersers and getting people to recognize that mental health is not an incapacity is a problem. We should find ways to change our culture towards mental health.
- They need a class on what causes mental health problems in children of all ages to help with the stereotypes associated with mental health issues.
- We need to provide mental health advocates at schools to help spread information about mental health disorders and to help children experiencing mental health problems.
- Cooks should try and change the culture that we have today concerning mental health.

4.42 Support Groups

- We need support groups for children experiencing mental health problems. If they do exist, then we don't know about them.
- They need more programs to help teens/kids deal with problems and issues related to mental health.
- They should form peer groups focusing on self esteem issues and confidence issues.

4.43 Education/Information

- They should focus on educating the parents about the signs of various mental health issues so parents know what to look for.
- If there is more education for parents and children than it could provide for more early diagnosis of these mental health issues.
- More education to parents on mental health issues
- They need a class on what causes the mental health problem or issue.
- Cooks needs to educate parents on what to look for. Publicize these informational outlets.
- Cooks needs to work with schools and school counselors so they recognize the needs of children with mental health issues.

TOPIC #5: DENTAL HEALTH5.1 Major Dental Health Concerns/Issues

The dental health issues that parents felt were most important were accessing quality dentists for their children and the lack of information in the area regarding the proper dental care needed for children.

5.2 Dental Health Comments

The specific comments made by parents are provided below:

5.21 Access to Dental Care

- I had a hard time finding a dentist for my young children; they have to be seven for most dentists to accept them. It was hard to find a dentist for preventative medicine.
- Access to dental care is not very good.
- It is difficult to find a pediatric dentist in this area.
- Low income households need support in this area.
- We have we had a hard time finding a pediatric dentist who would take our insurance. We had to try and find an adult dentist but then they wouldn't accept our child because he was too young.
- It is hard to find a dentist on Medicaid.
- My kids are on CHIPS and it is a little difficult to find a dental provider.
- Some parents just don't take their children to the dentist because it is so expensive. They need more programs to help with this expense.
- Insurance is unrealistic and way too expensive. We just got my child braces and it was \$2600. It is disappointing because this is even with my insurance.
- Cost is an issue; there should be ways to control/cut costs for dental care in Tarrant County.
- There should be a County health facility for parents to take their kids.

5.22 Quality of Dental Care

- We were on Medicaid and the dental health care is not very good. You get a better level of care outside the system. You get a different dentist every time and the care was terrible.
- Medicaid is slim pickings. They don't care as much because they don't get paid as well as other dentists
- Dental health is expensive. I am amazed with how many kids there are with metal in their mouths; somehow parents can't find proper dental help.
- It is hard to find a qualified Dentist to work with your children.
- If you are on Medicaid it is hard to find a good dentist
- There is a lack of good dentists for young kids.

5.23 Education/Information

- We need more education on dental health, such as the importance of flossing.
- When we were kids they had programs in school that really taught us tips that would stick when it comes to dental/oral health. They should have more of these programs in schools today.
- Cook's website has good information about where to find a good, quality dentist but the public does not know enough about it
- The public needs more education on baby bottle mouth.
- They should educate parents on child dental care.
- How do we get our kids to brush properly?
- They need to educate parents on when young kids should first go to the dentist and how often they should get checkups.

- People don't drink enough water and if they do it is bottled water. People need to drink more regular tap water with fluoride in it.
- Education for parents is a MUST when it comes to dental care!!!
- They should educate parents about other things such as how medication or sinuses affects their children's teeth and how to prevent this from happening.
- People don't realize how important it is to get their children the dental care they need, no matter how expensive it is. Your gums affect your heart health
- There are too many children walking around with silver mouths because they are not getting the early preventative care they need.
- There needs to be more public service announcements about the importance of children and dental health.
- Parents don't understand how important it is to have their children get 6-month checkups with their dentist.

5.3 Suggested Solutions to Improve Children's Dental Health

When asked to indicate specific things that could be done to improve the quality of dental health for children in the region, parents generally felt it would be most beneficial to include more kid-friendly educational programs in the schools to help teach kids the importance of taking care of their teeth. Many parents also felt it would be beneficial to have a primary source of information about where to find a dentist for your child as well as some general guidelines on how to properly care for your child's dental health.

5.4 Comments Related to the Suggested Solutions

Specific solutions mentioned by parents are provided below:

5.41 Kid Friendly Dental Education Programs

- They need to give out more information at school because kids really like this stuff and it sticks.
- More school programs are needed, like having the tooth fairy come in; something that catches the kid's eye.
- Cooks needs to improve education and encourage preventative programs when it comes to dental health. I have noticed that when there is a person outside of the home that teaches your child about oral health it is exciting and it really sticks.
- They need more affordable orthodontic care.
- The dentist videos are great. Really make kids want to brush teeth.
- Teach kids how to floss.
- Provide a fun tooth brushing class for children.
- Parents should take a proactive role in their child's dental health and make brushing fun for their kids.
- We need more education on persuading parents to teach kids how to brush and floss.

5.42 Access/Affordability

- They need to organize health screening programs.
- They need to make sure dental care is accessible and that dentists provide services at a reasonable cost
- It's not that expensive to get regular cleaning for your kids.

5.43 Education/Information

- I would like to see Cook's provide the public a one-stop informational guide to dental health for your children on things such as where to find a good pediatric dentist to when should I first take my child to see the dentist.
- More preventative dental care education is needed.
- They need to get more information inside the school about dental health.
- Parents need to fully understand that even young kids need regular checkups just like adults.
- Cooks needs to advertise the sealant for kids.
- Parents need to learn the consequences of not taking the proper actions regarding their child's dental health.

TOPIC #6: ACCESS TO MEDICAL CARE6.1 Major Concerns/Issues Accessing Children's Medical Care

One of the biggest concerns among parents regarding access to medical care for their children was the lack of medical facilities in the region where parents could take their children to get quick and inexpensive treatment for minor illnesses. Many parents also expressed concern about access to mental and dental health services in the area.

6.2 Comments Related to Accessing Children's Medical Care

The specific comments made by parents are provided below and on the following page:

6.21 Urgent Care/CareNow Facilities

- There needs to be more urgent care for children; to my knowledge nothing exists.
- We need more urgent care facilities!
- There are long waits at the urgent care facilities that exist.
- More urgent care for children at night time is really needed in the region.
- Cooks has Urgent Care facilities? We didn't know Cook Children's provided urgent care; this would have been very helpful for us considering that we had to drive an hour out of the way to get care for my child.
- Across the board they need 24 hour service for any kind of medical care.
- They should open more emergency clinics. If you come here at night you are going to wait. They need more urgent care type facilities outside of just an emergency room.
- If I come here I pay \$150 bucks and have to wait four hours for the doctor to see my child. Urgent care is the future of healthcare; they (Cooks) need to find a way to compete with this.
- They should expand the hospital's hours of the operation, even for parents who need to take their child in for a wellness checkup.
- Emergency care, especially for bilingual people, is a huge need in the area.
- The hospital needs to stay open longer.

- Hours of operation for urgent care services need to be expanded; kids do get hurt after 6 pm.
- There is simply too long of a wait for the ER.

6.22 Mental Health Service

- Cook's behavioral is poor. Some things are not diagnosed correctly there.
- Cooks behavioral has no outreach, no support groups, and they are always too quick to diagnose a child with ADHD.
- Testing through Cooks is very difficult; they want to put your kids in a box and many times our kids don't fit into a certain category. Cooks should treat mental health more on a case-to-case basis.
- Access to child psychiatry is a problem.
- Medical counseling is needed, especially for mental health disorders.
- We need more preventative care for things like smoking and addictions.
- Teens have no support, outside of medication, for the mental illnesses. It would be helpful to have counseling or even support groups to let teens know it is okay and that they are not alone when dealing with these issues.

6.23 Dental Care

- They also need to improve dental access, especially pediatric dentistry.
- This area definitely needs more pediatric dentists.

6.24 Other Issues

- Immunizations need to be made more readily available.
- There is a lack of pediatricians. Many don't accept new patients or don't except the right types of insurance
- There should be programs for people without health insurance. Parents are afraid to walk into the hospital because they don't have the money even though their kid is really sick.
- Insurance is a major issue, especially if you don't qualify for Medicaid or CHIPS. There needs to be another source; if parents can't afford it then they don't take their kids to the hospital.

6.3 Suggested Solutions to Improve Access to Medical Care

The most frequently mentioned way that parents would like to see Cook Children's help improve access to children's medical care was to create clinics throughout the region where parents could take their children for non-emergency medical situations to get quick and affordable treatment.

6.4 Comments Related to the Suggested Solutions

- We need more places to take our children when they are sick or when they need a simple checkup. We need somewhere where help is quick and there are not a lot of sick children around. I have brought my child to Cook's for wellness checkups and twice my child has gotten sick from being in the hospital. I would like to see a place where parents can take their children in for a quick check-up, where it is not crowded with sick children.

- Cook's needs to create a quick place where parents can take their children in when they need questions or help about their children's health but the situation would not be considered an emergency. They should have these types of facilities all throughout the region.
- They should create more facilities for us to take our children in for checkups. It is pretty disrespectful that I show up on time for a scheduled appointment but then I have to wait several hours for the doctor to see my child!
- It would help if there were a regular health check up clinic as opposed to the emergency clinics. We have parents bringing the kids into emergency clinics for colds.
- Satellite Centers are the future. Cooks should try and do something like this; I try to avoid coming here (Cooks) because of the wait and price.
- Even the hours for well checkups are not conducive to my work schedule; I would like to see more clinics throughout the area, sponsored by Cooks, where I could take my child during non working hours for her checkup. It would also be helpful if they included a pharmacy in these clinics.

TOPIC #7: EDUCATION AND INFORMATION

7.1 Types of Education/Information Most Needed in the Region

Parents were asked to indicate the specific types of education and information related to children's health issues that they felt were needed most in the region. Some of the most frequently mentioned items were the need for information and tips on getting children to eat healthy meals and for information on mental health issues. The specific comments made by parents are provided below:

- Asthma information
- Mental health, more specifically we need more information on where teens experiencing mental health problems can go.
- Behavioral information
- Sexual education and STD prevention for teens.
- Dietary information
- I need more information about pediatric dentistry.
- Childhood obesity education.
- Parents need more meal ideas to get their children to eat healthy.
- Prenatal care; young teens need to know how to take care of themselves while they are pregnant.
- Immunization information.
- There needs to be more information and education about why regular checkups are so important for young kids.
- Cooks needs to teach parents about how to properly discipline kids the rights way.
- Parents need to know exactly what they need to do when their kids are sick.
- Cook's needs to educate the general public about who qualifies for CHIPS insurance.
- Information on dental health is really needed. Parents simply don't know how to take care of their kids.

- Kids need to know more about water safety.
- Teenagers should be taught the dangers associated with the Internet and texting.
- Stranger danger education is important.

7.2 Suggested Solutions to Improve Education/Information

Some of the specific ways that parents indicated they would like Cook Children's to better educate parents and care givers about health issues were by distributing printed material, offering classes for parents, sponsoring health fairs and collaborating with schools.

7.3 Comments Related to the Suggested Solutions

The specific comments made by parents are provided on the following page:

7.31 Printed Material

- Books are good resources. Cooks needs a library where the public can get information.
- They need to get the literature out there about where you can get help for what. They need more area specific information, such as what's available in my area.
- We need more information and references on where to go.
- Cooks should mail a letter
- They should give out something like a magnet with a number about their services when I should take my kids to the emergency room or not.
- When you go buy groceries it would be helpful to have a tip sheet about what to buy.

7.32 Classes

- They need more face-to-face classes to reach the parents that provide more preventative education. What does Cook offer that we might utilize?
- Cooks should have more hand-on training with trained professionals from Cook Children's who are educated about the issues.
- They need more hands-on training for parents.

7.33 Health Fairs

- I live close to Arlington Memorial and they have mini fairs and give out pamphlets that really help. Cooks should consider doing something like this.
- They should have a safety fair or a hand out with tips and information.
- Parents need information and education about these issues outside the Internet. Cooks needs to use their household name to get this information out to the parents by sponsoring a health or wellness fair.

7.34 Collaborating with Schools

- Cooks should partner with schools and daycares; they need to get information to kids and parents.
- Cooks should use its influence to help educate the schools about some of the child safety dangers and the consequences of certain behaviors.

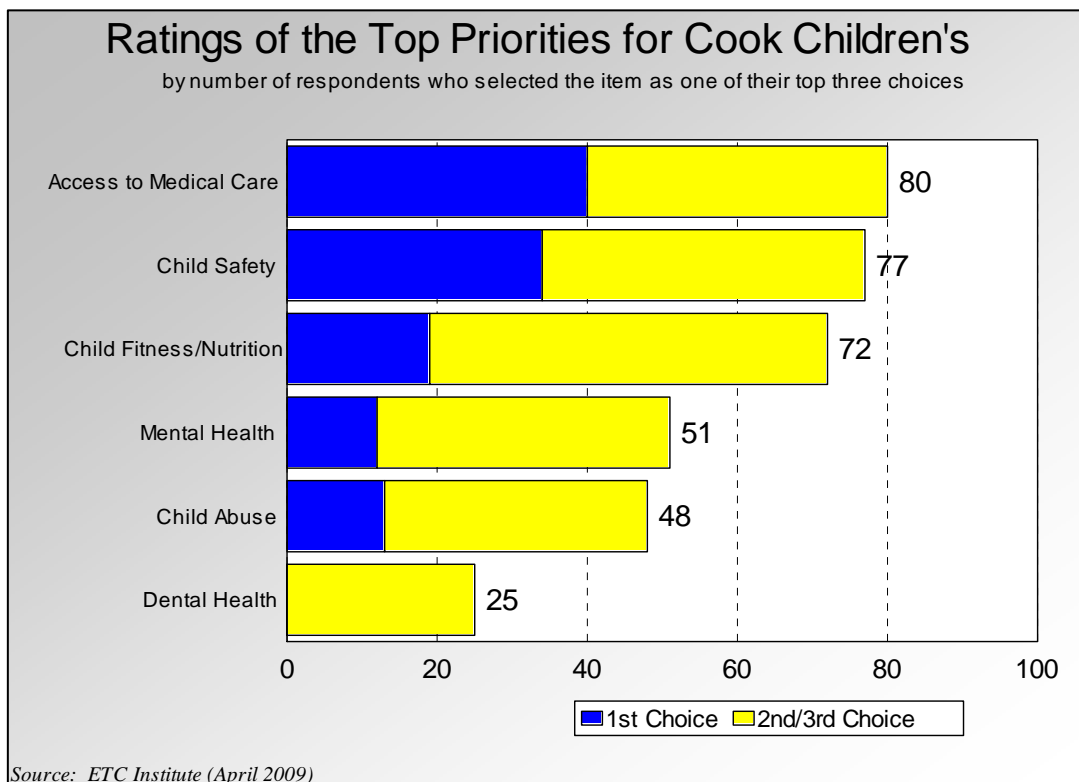
7.35 Other Suggestions

- They need an ask-a-nurse number or a hotline.

- Toys-R-Us and places like this would be a fun and interesting way to get information to kids and parents.
- Support groups are needed for parents going through surgeries with their kids.
- Patient advocates working in the hospital would be a great way to get this information to the parents.
- A way to teach teens about some of the safety issues could be by having someone who has gotten in a serious and life altering injury from biking or riding an ATV to come into the schools or other places to talk to children.
- Cooks should focus on educating the parents; parents are sometimes naive about issues dealing with sex and drugs. Parents should also learn about things like the HPV shot for female teenagers.
- Cooks should create an interactive web site for parents to access information about doctors and programs that they have available.

RANKING OF THE TOP PRIORITIES FOR COOK CHILDREN'S

Of the major topics discussed in the focus group sessions, parents were asked to rank the top three items that Cook Children's should make a priority. The items that parents felt were most important for Cook Children's to focus on were: 1) accessing medical care, 2) child safety and 3) child fitness and nutrition. Parents felt it was least important for Cook Children's to focus on dental health, for example none (0%) of the parents chose dental health as a top priority for Cook Children's. The chart below displays the results of the priority ratings for all ten groups.



OTHER COMMENTS

Any additional comments provided by parents are provided below:

- Parents need to make sure they are getting their teenagers regular checkups.
- I am just grateful that we have cooks children!
- Cooks provided me with a good list of pediatricians.
- Cooks accepts my kids for free; I really appreciate it. They have been great!
- Fort Worth is a great place for getting mental health. There is a Cooks on every corner. Most clinics are open 7 days a week. Good facilities exist with good doctors.
- CHIPS is great; they are always striving to make my kids life better
- I don't have medical insurance and one doctor told me something to do and another told me something else to do; at the end of the day I wasn't sure about what to do. The doctors need to be more uniform with their decisions across the board.