Today’s Learning Objectives:

1. Discuss how to utilize new information about children's health in Denton County.
2. Describe Cook Children's Health Care System's next community children's health action steps.
3. Define their individual role and personal commitment to improving the overall health of children.

Conflict of Interest Disclosure:
Neither I nor my immediate family members have any commercial interest in any amount that creates an actual, potential or perceived conflict of interest.
KEEPING OUR PROMISE

Knowing that every child’s life is sacred, it is the promise of Cook Children’s to improve the health of every child in our region through the prevention and treatment of illness, disease and injury.
Top child health issues for Cook Children’s

- Asthma
- Abuse
- Access
- Safety
- Mental Health
- Weight
- Dental
Cook Children’s is committed to...

Giving our community access to the data and the tools to act

Continuing to use the data to research, understand and communicate children’s health issues and potential solutions

Creating a “Center for Children’s Health” to sustain this effort
Our Goal:
The Center for Children's Health will oversee CCHAPS, community research and health outreach, with the goal of creating aligned collaborations that will lead to improved child health outcomes.
CCHAPS Region Coalitions . . .

- Wise Coalition for Healthy Children
  - Child Abuse Prevention

- Healthy Children Coalition for Parker County
  - Childhood Obesity

- Hood County for Healthy Children
  - Child Abuse Prevention

- Wellness Alliance for Total Children's Health [WATCH] of Denton County
  - Mental Health

- Safe Kids of Tarrant County
- The Mental Health Connection
- Children’s Oral Health Coalition
- Healthy Tarrant Co Collaboration
- Save a Smile
- Immunization Collaboration
- and MANY OTHERS

- Johnson County Alliance for Healthy Kids
  - Childhood Obesity

Provided for the benefit of the children in our community by:
Health Children Coalition for Parker County
led by Cook Children’s
Comparing the surveys
Parker County
## Parker County

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Surveys</td>
<td>314</td>
<td>343</td>
</tr>
<tr>
<td><strong>Boys</strong></td>
<td>58.9%</td>
<td>54.5%</td>
</tr>
<tr>
<td><strong>Girls</strong></td>
<td>41.1%</td>
<td>45.5%</td>
</tr>
<tr>
<td><strong>Hispanic</strong></td>
<td>5.1%</td>
<td>9.3%</td>
</tr>
<tr>
<td><strong>Asian</strong></td>
<td>0.3%</td>
<td>1.2%</td>
</tr>
<tr>
<td><strong>African American</strong></td>
<td>0.6%</td>
<td>0.0%</td>
</tr>
<tr>
<td><strong>Native American</strong></td>
<td>0.3%</td>
<td>0.3%</td>
</tr>
<tr>
<td><strong>Caucasian</strong></td>
<td>91.4%</td>
<td>85.7%</td>
</tr>
<tr>
<td><strong>Multi-racial</strong></td>
<td>1.6%</td>
<td>2.0%</td>
</tr>
</tbody>
</table>

Source: CCHAPS 2008 and CCHAPS 2012
## Parker County

<table>
<thead>
<tr>
<th>Number of years in this community:</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Answered CCHAPS 2008</td>
<td>18.7%</td>
</tr>
<tr>
<td>0 – 5 years</td>
<td>31.2%</td>
</tr>
<tr>
<td>6 – 10 years</td>
<td>34.4%</td>
</tr>
<tr>
<td>11 – 15 years</td>
<td>14.9%</td>
</tr>
<tr>
<td>16 – 20 years</td>
<td>6.7%</td>
</tr>
<tr>
<td>21 – 30 years</td>
<td>5.8%</td>
</tr>
<tr>
<td>31+ years</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

*Source: CCHAPS 2008 and CCHAPS 2012*
Notable changes

The Center for Children’s Health
led by Cook Children’s

Provided for the benefit of the children in our community by: Cook Children’s
The Center for Children’s Health

6-County children population ages 0 – 14:

<table>
<thead>
<tr>
<th>County</th>
<th>2008</th>
<th>2012</th>
<th>4-year Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wise</td>
<td>11,462</td>
<td>12,385</td>
<td>8.0%</td>
</tr>
<tr>
<td>Denton</td>
<td>138,153</td>
<td>174,505</td>
<td>26.3%</td>
</tr>
<tr>
<td>Parker</td>
<td>20,550</td>
<td>23,337</td>
<td>13.6%</td>
</tr>
<tr>
<td>Tarrant</td>
<td>401,322</td>
<td>436,629</td>
<td>8.8%</td>
</tr>
<tr>
<td>Hood</td>
<td>8,820</td>
<td>9,897</td>
<td>12.2%</td>
</tr>
<tr>
<td>Johnson</td>
<td>32,214</td>
<td>38,441</td>
<td>19.3%</td>
</tr>
</tbody>
</table>

Our six-county’s population ages 0 – 14 grew 13.5% over a four year period from 612,526 in 2008 to 695,194 in 2012. Future growth is projected at a rate of 9.2% for an estimated 759,449 children 0 – 14 by 2017.

Source: The Neilson Company, Thompson Reuters: Demographic Expert 2.7
### NOTABLE CHANGES

**Children's general health improved**

**In general how would you describe your child's health?**

<table>
<thead>
<tr>
<th>Excellent / Very Good</th>
<th>2008</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>n = 7,439</td>
<td>n = 8,394</td>
<td></td>
</tr>
<tr>
<td>Denton</td>
<td>88.4%</td>
<td>90.6%</td>
</tr>
<tr>
<td>Hood</td>
<td>85.2%</td>
<td>90.6%</td>
</tr>
<tr>
<td><strong>CCHAPS Region</strong></td>
<td><strong>84.8%</strong></td>
<td><strong>87.1%</strong></td>
</tr>
<tr>
<td>Parker</td>
<td>84.7%</td>
<td>92.7%</td>
</tr>
<tr>
<td>Tarrant</td>
<td>83.7%</td>
<td>85.2%</td>
</tr>
<tr>
<td>Johnson</td>
<td>83.4%</td>
<td>86.8%</td>
</tr>
<tr>
<td>Wise</td>
<td>81.9%</td>
<td>89.0%</td>
</tr>
<tr>
<td><strong>National</strong></td>
<td><strong>84.0%</strong></td>
<td><strong>84.0%</strong></td>
</tr>
<tr>
<td><strong>Texas</strong></td>
<td><strong>78.0%</strong></td>
<td><strong>78.0%</strong></td>
</tr>
</tbody>
</table>

**Source:** CCHAPS 2008, CCHAPS 2012 and the 2007 National Survey of Children's Health (1,805 surveys in Texas ages 0 – 17)
## NOTABLE CHANGES – in Parker County

### Easier to access children's health services

How easy is it for you to get the following types of health care services:

<table>
<thead>
<tr>
<th>Service</th>
<th>Very Easy / Easy</th>
<th>2008</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immunizations</td>
<td>84.1%</td>
<td>92.0%</td>
<td></td>
</tr>
<tr>
<td>Care for short term illness</td>
<td>81.8%</td>
<td>91.4%</td>
<td></td>
</tr>
<tr>
<td>Preventive health care</td>
<td>86.0%</td>
<td>90.3%</td>
<td></td>
</tr>
<tr>
<td>Preventive dental care</td>
<td>76.4%</td>
<td>88.6%</td>
<td></td>
</tr>
<tr>
<td>Treatment of injuries</td>
<td>65.9%</td>
<td>84.6%</td>
<td></td>
</tr>
<tr>
<td>Treatment for dental problems or pain</td>
<td>68.5%</td>
<td>87.4%</td>
<td></td>
</tr>
<tr>
<td>Care for long-term illness</td>
<td>48.7%</td>
<td>61.1%</td>
<td></td>
</tr>
<tr>
<td>Specialized care for specific conditions</td>
<td>45.5%</td>
<td>66.3%</td>
<td></td>
</tr>
<tr>
<td>Mental health care</td>
<td>22.9%</td>
<td>44.6%</td>
<td></td>
</tr>
</tbody>
</table>

Source: CCHAPS 2008 and CCHAPS 2012

NOTABLE CHANGES – in Parker County

- Immunizations: 84.1% (2008) to 92.0% (2012)
- Care for short term illness: 81.8% (2008) to 91.4% (2012)
- Preventive health care: 86.0% (2008) to 90.3% (2012)
- Preventive dental care: 76.4% (2008) to 88.6% (2012)
- Treatment of injuries: 65.9% (2008) to 84.6% (2012)
- Treatment for dental problems or pain: 68.5% (2008) to 87.4% (2012)
- Care for long-term illness: 48.7% (2008) to 61.1% (2012)
- Specialized care for specific conditions: 45.5% (2008) to 66.3% (2012)
- Mental health care: 22.9% (2008) to 44.6% (2012)
### NOTABLE CHANGES – Parker County

#### A change in awareness / health literacy . . .

<table>
<thead>
<tr>
<th>Very familiar / Familiar</th>
<th>2008</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><em>(n = 149)</em></td>
<td><em>(n = 175)</em></td>
</tr>
<tr>
<td>. . . types of dental health services</td>
<td>58.4%</td>
<td>77.1%</td>
</tr>
<tr>
<td>where to get information about child health issues</td>
<td>57.0%</td>
<td>78.3%</td>
</tr>
<tr>
<td>. . . types of health care services available</td>
<td>55.7%</td>
<td>73.7%</td>
</tr>
<tr>
<td>. . . types of preventive programs</td>
<td>27.5%</td>
<td>43.4%</td>
</tr>
<tr>
<td>. . . types of social services</td>
<td>24.2%</td>
<td>40.0%</td>
</tr>
<tr>
<td>. . . types of mental health services</td>
<td>20.8%</td>
<td>34.3%</td>
</tr>
</tbody>
</table>

---

*Source: CCHAPS 2008 and CCHAPS 2012*
Childhood asthma

The Center for Children’s Health
led by Cook Children’s

Provided for the benefit of the children in our community by: CookChildren’s
Parker County Profile of Children aged 0 – 14: ASTHMA

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifetime asthma:</td>
<td>17.2%</td>
<td>17.2%</td>
</tr>
<tr>
<td>Boys at greater risk:</td>
<td>21.1%</td>
<td>18.2%</td>
</tr>
</tbody>
</table>

Source: CCHAPS 2008 and CCHAPS 2012
Parker County Profile of Children aged 0 – 14: ASTHMA

<table>
<thead>
<tr>
<th>2012</th>
<th>n = 343</th>
</tr>
</thead>
<tbody>
<tr>
<td>Currently has asthma</td>
<td>12.2%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>n = 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has an action plan</td>
</tr>
<tr>
<td>Uses inhaler &gt; twice a week</td>
</tr>
<tr>
<td>Night symptoms &gt; twice a month</td>
</tr>
<tr>
<td>Refills inhaler &gt; twice a year</td>
</tr>
<tr>
<td>ED with asthma in last year</td>
</tr>
</tbody>
</table>

Source: CCHAPS 2012
Childhood dental and oral health

The Center for Children’s Health
led by Cook Children’s

Provided for the benefit of the children in our community by: Cook Children’s
Parker County Profile of Children aged 0 – 14: DENTAL

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>n = 165</td>
<td>343</td>
<td></td>
</tr>
<tr>
<td>dental exam in last 12 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>83.0%</td>
<td>84.5%</td>
<td></td>
</tr>
<tr>
<td>78.0%</td>
<td>National</td>
<td></td>
</tr>
<tr>
<td>74.0%</td>
<td>State</td>
<td></td>
</tr>
<tr>
<td>teeth cleaned in last 12 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>77.0%</td>
<td>79.0%</td>
<td></td>
</tr>
<tr>
<td>received all needed dental care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13.2%</td>
<td>10.3%</td>
<td></td>
</tr>
<tr>
<td>little/no affect on general health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>51.0%</td>
<td>79.0%</td>
<td></td>
</tr>
<tr>
<td>prevention very important</td>
<td></td>
<td></td>
</tr>
<tr>
<td>99.0%</td>
<td>99.0%</td>
<td></td>
</tr>
</tbody>
</table>

Source: CCHAPS 2008 and CCHAPS 2012
Parker County Profile of Children aged 0 – 14: DENTAL

<table>
<thead>
<tr>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>n = 343</em></td>
</tr>
</tbody>
</table>

Flouride varnish in last 12 months  
58.0%

Dental "work" in last 12 months  
25.4%

Toothache in last 6 months  
4.4%

Decay or cavities in last 6 months  
12.0%

Source: CCHAPS 2012
Mental health
or
childhood emotional, behavioral and mental wellness
# Parker County Profile of Children aged 0 – 14: MENTAL

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>A diagnosed mental health issue</td>
<td>10.1%</td>
<td>4.7%</td>
</tr>
<tr>
<td>Bullied at school</td>
<td>12.8%</td>
<td>9.9%</td>
</tr>
<tr>
<td>Experienced a trauma</td>
<td>9.1%</td>
<td>4.1%</td>
</tr>
<tr>
<td>Had self-esteem issues</td>
<td>15.2%</td>
<td>9.6%</td>
</tr>
</tbody>
</table>

**Source:** CCHAPS 2008 and CCHAPS 2012
Parker County Profile of Children aged 0 – 14: MENTAL

2012

\[ n = 343 \]

Child was cyber-bullied

0.3%

Family environment:

Harder to care for than others

11.4%

Angry with child in last 30 days

once or more

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>every day</td>
<td>0.6%</td>
</tr>
<tr>
<td>every other day</td>
<td>1.7%</td>
</tr>
<tr>
<td>once a week</td>
<td>26.3%</td>
</tr>
<tr>
<td>once</td>
<td>26.3%</td>
</tr>
<tr>
<td>never</td>
<td>44.6%</td>
</tr>
</tbody>
</table>

Source: CCHAPS 2012

Provided for the benefit of the children in our community by:
Childhood safety from unintentional injury
Parker County Profile of Children aged 0 – 14: SAFETY

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accident in last 12 months requiring medical attention</td>
<td>20.8%</td>
<td>15.4%</td>
</tr>
<tr>
<td>Bike helmet &gt; 1 block away</td>
<td>45.0%</td>
<td>51.4%</td>
</tr>
<tr>
<td>Bike helmet &lt; 1 block away</td>
<td>39.6%</td>
<td>42.3%</td>
</tr>
<tr>
<td>Properly &quot;buckled-up&quot;</td>
<td>98.0%</td>
<td>96.6%</td>
</tr>
</tbody>
</table>

Source: CCHAPS 2008 and CCHAPS 2012
Childhood safety from abuse and neglect
Parker County Profile of Children aged 0 – 14: ABUSE

- Taken to a family violence shelter: 0.0% (2008), 0.0% (2012)
- Emergency Shelter due to homelessness: 0.0% (2008), 0.0% (2012)
- Foster Care or Voluntary Placement: 0.0% (2008), 3.4% (2012)
- CPS Investigation: 7.4% (2008), 4.0% (2012)

= Statistically better
= Statistically worse

N = 149 for 2008 and 175 for 2012
Parker County Profile of Children aged 0 – 14: ABUSE

<table>
<thead>
<tr>
<th>Category</th>
<th>2008</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Abuse</td>
<td>147</td>
<td>144</td>
</tr>
<tr>
<td>Neglect</td>
<td>411</td>
<td>256</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>698</td>
<td>397</td>
</tr>
<tr>
<td>Psychological Abuse</td>
<td>411</td>
<td>147</td>
</tr>
</tbody>
</table>

- Physical Abuse: 2.7% (2008) vs. 0.7% (2012)
- Neglect: 2.0% (2008) vs. 1.1% (2012)
- Sexual Abuse: 3.4% (2008) vs. 1.7% (2012)
- Psychological Abuse: 2.0% (2008) vs. 0.6% (2012)
- Gang Threat: 0.0% (2008) vs. 0.0% (2012)

N = 149 for 2008 and 175 for 2012

= Statistically better
= Unchanged

Provided for the benefit of the children in our community by:
Childhood obesity
or
childhood weight management, activity and nutrition
or
childhood cardiac risk

Provided for the benefit of the children in our community by: Cook Children's
## Parker County Profile of Children aged 0 – 14: OBESITY

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BMI = overweight or obese (age 2-14)</strong></td>
<td>31.3%</td>
<td>31.6%</td>
</tr>
<tr>
<td><strong>Concerned child is overweight</strong></td>
<td>8.1%</td>
<td>5.8%</td>
</tr>
<tr>
<td><strong>Eats healthy meals</strong></td>
<td>79.0%</td>
<td>86.6%</td>
</tr>
</tbody>
</table>

*Source: CCHAPS 2008 and CCHAPS 2012*
### What's new?

<table>
<thead>
<tr>
<th>Year</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>n = 175</td>
</tr>
</tbody>
</table>

- **Fruit but no vegetables yesterday**
  - 12.0%

- **Vegetables but no fruit yesterday**
  - 8.6%

- **No vegetables or fruit yesterday**
  - 2.9%

**Source:** CCHAPS 2012
Seen in a bike shop in Telluride, CO

- LABOR RATE: $75/hr.

BIKE RENTALS:

- FULL SUSPENSION: $52.00/$42.00
- DOWNHILL: $89.00
- HARD TAIL: $39.00/$34.00
  (w/helmet + gloves)

- In 1964 50% of kids rode to school and the obesity rate was 12%.
- In 2004 3% rode to school and the obesity rate was 45%...

Go RIDE!
OVERWEIGHT and OBESE defined for children

According to the Centers for Disease Control and Prevention: *Body Mass Index (BMI) is a number calculated from a child's weight and height. BMI is a reliable indicator of body fatness for most children and teens. For children and teens, BMI is age- and gender-specific.*

**EXAMPLE**

<table>
<thead>
<tr>
<th>Age</th>
<th>8 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>Male</td>
</tr>
<tr>
<td>Height</td>
<td>132.5 cm</td>
</tr>
<tr>
<td>Weight</td>
<td>30.6 kg</td>
</tr>
<tr>
<td>BMI</td>
<td>17.4</td>
</tr>
<tr>
<td>Percent</td>
<td>76.0%</td>
</tr>
<tr>
<td>Weight Status</td>
<td>Normal</td>
</tr>
</tbody>
</table>

**Weight Status based on BMI results**

- Underweight
- "Normal" weight
- Overweight
- Obese

Parker County Profile of Children aged 0 – 14: OBESITY

- 12.8% or nearly 3,000 children’s parents in Parker county report they do not eat healthy meals
- Exercise is related to academic and behavioral problems in school
- 31.6% or more than 7,300 children are overweight or obese
- 38% of children under 5 are already overweight or obese

Source: CCHAPS 2012
Children's weight status by COUNTY

Based upon BMIs calculated from parent reported height and weight adjusted for age and gender

Average = 32%

Overweight

Obese

HOOD
n = 139
16%
9%
DENTON
n = 1949
17%
12%
PARKER
n = 317
18%
14%
TARRANT
n = 4842
20%
12%
JOHNSON
n = 458
13%
13%
WISE
n = 155
21%
16%

CCHAPS n = 7,860 children ages 2 - 15

Source: CCHAPS 2012
Children’s weight status by AGE

Based upon BMIs calculated from parent reported height and weight adjusted for age and gender

Average = 32%

CCHAPS n = 317 children ages 2 - 14

Source: CCHAPS 2012
Children's weight status and ASTHMA

Based upon BMIs calculated from parent reported height and weight and age adjusted for growth and development.

- "NO" to Asthma
  - Overweight, 11.8%
  - Obese, 18.9%
  - Total = 30.7%

- "YES" to Asthma
  - Overweight, 22.4%
  - Obese, 13.8%
  - Total = 36.2%

Source: CCHAPS 2012
Children’s weight status and HOURS OF SCREEN TIME

- Under weight, 6.7%
- "Normal" weight, 26.7%
- Obese or Overweight, 34.3%

Source: CCHAPS 2012
Do you believe this child eats healthy meals?  “NO”

Parker county average: 12.8%

Source: CCHAPS 2012
Healthy meals and children’s performance in school

Children not eating healthy meals are 2.1 times more likely to experience academic problems than those eating healthy meals.

Children not eating healthy meals are 1.5 times more likely to experience behavior problems in school than those eating healthy meals.

CCHAPS n = 209 school aged children 7 - 14

Source: CCHAPS 2012
Children’s weight status and physical activity

Based upon BMIs calculated from parent reported height and weight and age adjusted for growth and development

Children whose BMI places them in the underweight status show no significant difference based on how often they exercise.

Children who exercise, increasingly achieve a normal weight status based on their BMI as the number of days exercised increases.

Increasing the number of days of exercise has the greatest impact on reducing the number of children whose BMI places them in the overweight and obese status

CCHAPS n = 209 school aged children 7 - 14

Source: CCHAPS 2012
www.centerforchildrenshealth.org

The Center for Children’s Health
led by Cook Children’s
The Center for Children’s Health

The Decade of the Child: Healthy Children 2020

Partner with Cook Children’s to improve the health and well-being of every child in our six-county region by the year 2020.

Regional health issues:

County information:

Welcome to The Center for Children’s Health, led by Cook Children’s, home to the Community-wide Children’s Health Assessment & Planning Survey (CCHAPS), Community Health Outreach and Community Health Research. The center’s goal is to create aligned collaborations that will allow us to make our North Texas region one of the healthiest places to raise a child.

Recognizing that no one organization can make this happen alone, Cook Children’s and The Center for Children’s Health are working with other like-minded organizations in its six-county region. We are committed to providing resources and facilitating collaboration in communities interested in children’s health.
Children's health issues identified through CCHAPS

Health Issues

Through a rigorous process and many collaborative ventures, Cook Children's used CCHAPS data to pinpoint seven key issues impacting the health of children in our community. These issues include:

- Abuse
- Access to care
- Asthma
- Dental health
- Mental health
- Obesity
- Safety

Coalitions have formed in each of the outlying counties in our service region to address one of these issues. The individual counties chose:

- Denton County - mental health
- Hood County - child abuse prevention
- Johnson County - childhood obesity prevention
- Parker County - childhood obesity prevention
- Tarrant County - dental health, mental health, safety and prevention
- Wise County - child abuse prevention

As progress is made, the coalitions will tackle additional children's health issues.

Tarrant County is home to several coalitions led or funded by Cook Children's that also focus on these issues. The Community Health Outreach department at Cook Children's leads the Children's Oral Health Coalition, Safe Kids Tarrant County and Save a Smile.
The Center for Children’s Health county coalitions

### Counties

The Center for Children’s Health is proud to lead coalitions in our six-county region that are dedicated to making North Texas one of the healthiest places to raise a child by 2030. These coalitions are responsible for bringing together key stakeholders who are committed to improving the health and well-being of children ages 0-14 in their regions.

- Denton County
- Hood County
- Johnson County
- Parker County
- Tarrant County
- Wise County

<table>
<thead>
<tr>
<th>Health Issues</th>
<th>Counties</th>
<th>Data</th>
<th>Take Action</th>
<th>Resources</th>
<th>About</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hood County</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Denton County</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Johnson County</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parker County</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tarrant County</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wise County</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Parker County focusing on childhood obesity prevention

Parker County
Focusing on Childhood Obesity Prevention

Healthy Children Coalition for Parker County (HCCPC)

Parker County, where families choose healthy and active lives.

The CCHAPS data indicates that in 2008 more than 6,900 children (31 percent) in Parker County were overweight or obese. Children who are overweight or obese are more likely than children of normal weight to be bullied or teased a lot at school, and they are less likely to enjoy very good or excellent health.
The Center for Children’s Health

Parker County profile:
Children 0-18 30,744 (Clarks 2010)
Parker County contains three primary populations centers: Weatherford, Springtown and shoes.
The county seats: Weatherford

Regional coordinator:
Mark Cadyman
917-765-1520
mark.helmann@co.parkers.org

Coalition officers:
Gina Parker, Chair
Mandi Skelton, Vice Chair

Coalition members:
Center of Hope
Hand in Hand
Green Apple Therapy Outreach Health Services
Parker County
Parker County Hospital District
STUR Council on Substance Abuse
Territorial Food Bank
Texas 4-H Life Extension Service, Parker County
United Way of Parker County
Weatherford Public Library

Join our coalition

HCCPC strategic plan objectives:
- Develop a community coalition to improve children’s health issues in Parker County
- Build coalition capacity to prevent childhood obesity
- Increase opportunities throughout the community for children to eat health and increase physical activity (accessible/affordable)
- Increase community awareness about health and wellness
- Continue monitoring children’s health issues to build healthy generations in Parker County

Coalition in action:
Healthy Children Coalition for Parker County (HCCPC) members are working on identifying positive nutrition and fitness solutions to address the local concern for children’s physical health. Coalition members plan to identify and build upon evidence-based programs designed to improve children’s physical activity and nutrition. Once identified, members will engage community partners to support these programs and create new ones as needed.

5-2-1-0 Let’s Go!
The coalition has adopted “5-2-1-0 Let’s Go!” as its foundational program to address obesity in Parker County. The evidence-based program encourages healthy nutrition and fitness in schools, after-school settings and child care centers. Emphasis is placed on the importance of a balanced diet and regular physical activity for both the child and his/her family.

- 5 — fruits and veggies
- 2 — hours or less of recreational screen time
- 1 — hour or more of physical activity
- 0 — sugary drinks, more water and low-fat milk

slide 50
Coalition members have reviewed and selected specific 5-2-1-0 materials they would like to use and are now approaching community leaders, including school educators, about how to best introduce 5-2-1-0 educational materials into elementary schools.

Camp Hope

Camp Hope is a program run by the Center of Hope of Parker County and provides training and activities for underserved children. A nutritional part of the program is designed to teach children how to prepare simple meals at home and provides supplemental summertime food for families. HCCPC provided 5-2-1-0 worksheets for children and educational materials for parents, as well as aprons, grocery lists, reusable grocery bags and lunch bags.

Next coalition meetings:

- Thursday, March 14, 2013, 12:00-1:30 at Parker County Hospital District
- Thursday, May 9, 2013, 12:00-1:30 at Parker County Hospital District

Interested in getting involved? For more information about the coalition and details about meeting location and time, please contact Mark Heilman, Regional Coordinator, at 817.789.1320 or mark.heilman@cookchildrens.org.

Past events

- Parker County Child Health Summit
  - Parker County Child Health Summit Table Discussion Summary - Part 1
  - Parker County Child Health Summit Table Discussion Summary - Part 2
Community-wide Children’s Health Assessment & Planning Survey (CCHAPS) data results

Announcing 2012 CCHAPS survey results!

We are pleased to share our ongoing commitment to the community and our continued efforts to address children’s health issues by sharing the results from the 2012 CCHAPS. The results from the survey provide another data point and an update on the health of children in our six-county service area.

Through this survey, we hope to build on the baseline of data we’ve already gathered and further refine the questions to uncover more specific information.

As with the 2008 CCHAPS, the ETC Institute executed the primary research for this project and followed much of the same protocols as the original survey, including:

- Hosting a technical review panel of survey experts to guide our survey process
- Reviewing secondary data (Healthy People 2020, Kids COUNT and the National Survey of Children’s Health)
- Surveying a representative sample of the population ages 0-14 in our six-county region, which includes Denton, Hood, Johnson, Parker, Tarrant and Wise
- Conducting post-survey focus groups with both parents and children for response clarity
Community-wide Children’s Health Assessment & Planning Survey results CCHAPS

**Search Data**

**2008 and 2012 Community-wide Children’s Health Assessment and Planning Survey**

The survey data available for query on this Web site was collected by ETC Institute as directed by Cook Children’s Health Care System. The survey data was a result of a random, mailed survey to households with children 0-14 years of age. It includes households in Tarrant, Denton, Johnson, Parker, Hood and Wise counties. A total of 7,439 complete surveys were received from a mailing of 21,530 in 2008. A total of 8,394 complete surveys were received from a mailing of 23,000 in 2012. The respondents answered more than 60 questions about the health and overall well-being of one child in their home.

- Click here to view and compare the data

**Suggested citation when referencing CCHAPS:**

When referencing the data file:

```
Community-Wide Children’s Health Assessment and Planning Survey 2008 and/or 2012 (CCHAPS 2008 and/or 2012) accessed <month Year> at http://www.cchaps.org
```

When referencing other content on the Web site:

```
<!-- title of article or content --> Community-Wide Children’s Health Assessment and Planning Survey 2008 and/or 2012 (CCHAPS 2008 and/or 2012) accessed at http://www.cchaps.org within the <specify area> section of the site.
```

Or:

```
<!-- title of article or content --> Community-Wide Children’s Health Assessment and Planning Survey 2008 and/or 2012 (CCHAPS 2008 and/or 2012) accessed <Month Year> at <insert page specific URL>.
```

For more information about CCHAPS or for more in-depth survey analysis, please direct requests to cchaps@cookchildrens.org or call 682-883-6590.
### CCHAPS

**Select a question from the menu below...**

- **Access to Care**
- **Awareness / Literacy**
- **Demographics**
- **Dental Health**
- **Family Activity**
- **Health Insurance**
- **Healthy Behaviors**
- **Mental Health**
- **Parental Profile**
- **Physical Health**
- **Safety / Community**

**Options**

- **Survey:** Household
- **Compare By:** None
- **Generate Graphs:** No

**Data**

How many times did this child visit an Emergency Room during the past 12 months?

**Compare By:** None

**Number of Responses (n):** 2008 = 7439, 2012 = 4200

<table>
<thead>
<tr>
<th>Percentage of Respondents</th>
<th>2008</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>75.36%</td>
<td>82.19%</td>
</tr>
<tr>
<td>1</td>
<td>15.54%</td>
<td>13.88%</td>
</tr>
<tr>
<td>2</td>
<td>3.71%</td>
<td>2.55%</td>
</tr>
<tr>
<td>3</td>
<td>0.96%</td>
<td>0.81%</td>
</tr>
<tr>
<td>4 or more</td>
<td>0.93%</td>
<td>0.57%</td>
</tr>
<tr>
<td>Not provided</td>
<td>0.48%</td>
<td></td>
</tr>
</tbody>
</table>

**Export Format**

- Excel Workbook (*.xls)
How many times did this child visit an Emergency Room during the past 12 months?

- All Counties
- Denton
- Hood
- Johnson

Select City:
- BEDFORD
- BENBROOK
- BURLESON
- CARROLLTON

Select Parent’s Education:
- All Educations
- Less than high school graduate
- High school graduate

Select Income:
- All Incomes
- Less than $10,000
- $10,000 - $20,999
- $21,000 - $27,999

Select Year:
- All Years
- 2008
- 2012

Number of Responses (n): 2008 = 7439, 2012 = 4200
PARENT RESOURCES

www.cookchildrens.org/Checkup

The Center for
Children’s Health
led by Cook Children’s

Provided for the benefit of the
children in our community by:

Cook Children’s
The Center for Children’s Health

Provided for the benefit of the children in our community by:

checkup
WHEN YOUR CHILD IS HEALTHY, YOUR FAMILY IS HAPPY

Paying attention to ADHD - Cook Child

physical examination
concerns & symptoms
child’s past health
family health
treatments
allergies

Answers about your kids’ health
Tests, medications and procedures
Conditions affecting local kids
Keep kids safe

Cook Children’s checkup
cookchildrens.org

Doctor's name

Patient’s name

Date

Physical examination

Allergies

Prescribed medications

Signatures

Date

Date

Date
The Center for Children’s Health.slide 58

Take our six week health challenge

Improve our children’s health

Stories and parenting ideas

Great recipes for great kids

Shared experience and perspective

Take the work out of homework

Hard time finding health information?

Bring families to the table

Pocket guide for parents

SO MANY WAYS TO BE SOCIAL

*SIGN-UP*

Click here for a free subscription to Checkup!
SO NOW WHAT?
The World Health Organization and the United States’ Centers for Disease Control and Prevention agree:

80% of all chronic disease is preventable
Leading cause of death in US for all ages?

Sources:

Provided for the benefit of the children in our community by:
SO, What determines our HEALTH?

- **Lifestyle = 50%**
  - Physical Health: eating well and being physically active.
  - Mental Health: cope / manage stress for a healthy outlook
  - Social Health: interacting / appreciating time with others
  - Spiritual Health: a healthy, loving faith relationship
  - Environmental Health: protecting the conditions in which we live
  - Intellectual Health: value / active in learning new information.
  - Occupational Health: supporting a productive life

- **Environment = 20%**

- **Genetics = 20%**

- **Medical Science = 10%**

**Source**: March 1997. J. Of Public Health Mgmt. and Practice
INCENTING BEHAVIOR?

2-5% Preventive Care

95-98% Medical Science and Service

$2.7 Trillion in Annual HEALTHCARE

Source: M.Hartman, A.Martin, J.Benson, A.Catlin, the National Health Expenditure Accounts Team. National Health Spending In 2011. Health Aff January 2013 vol. 32 no. 1 87-99
20 bright, well-intentioned people; brilliantly executing 20 perfectly designed improvement efforts, cannot make a difference if they are going in 20 different directions.
Every person in the child’s ecosystem... is needed to make a difference

<table>
<thead>
<tr>
<th>PHILANTHROPY</th>
<th>PUBLIC POLICY</th>
<th>BUSINESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADVOCACY GROUPS</td>
<td>ENVIRONMENT (Social)</td>
<td>GOVERNMENT</td>
</tr>
<tr>
<td>SERVICE ORGANIZATIONS</td>
<td>ENVIRONMENT (Natural)</td>
<td>PUBLIC HEALTH</td>
</tr>
<tr>
<td>MEDICAL CARE</td>
<td>ENVIRONMENT (Built)</td>
<td>SCHOOL</td>
</tr>
<tr>
<td>FAITH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACADEMIA and RESEARCH</td>
<td>CHILD</td>
<td>FAMILY</td>
</tr>
<tr>
<td></td>
<td></td>
<td>INSURERS</td>
</tr>
</tbody>
</table>

Copyright 2011, Cook Children’s Health Care System All Rights Reserved
BUT, if those people work on a common agenda with mutually reinforcing actions, shared measures and constant communication – we will have a positive “collective impact” on the health of our children.
Children 0-14 are 21% of Parker County’s population.

But they are 100% of our FUTURE
THANK YOU FOR YOUR HELP
“KEEPING OUR PROMISE”