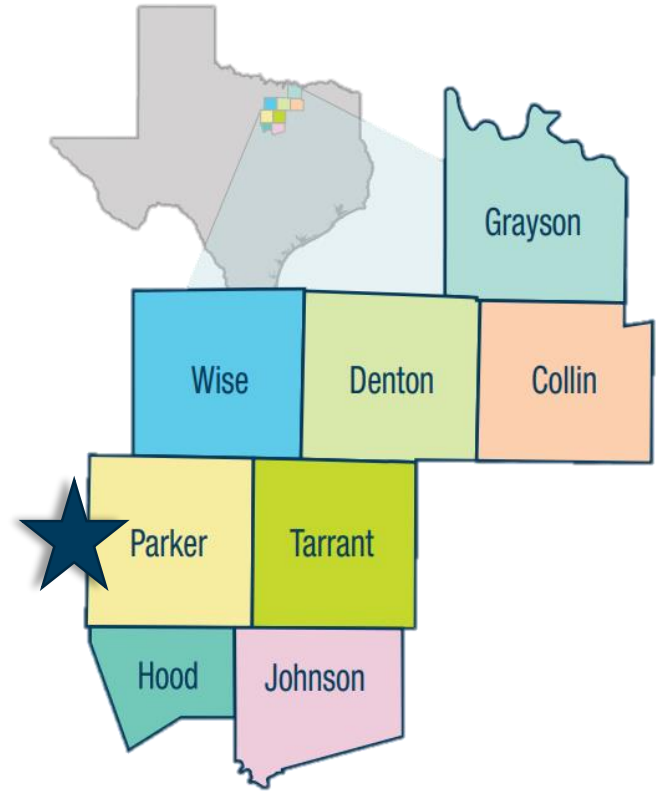




*Dedicated to improving the health
of children in our communities*



Cook Children's **Parker County Child Health Summit**

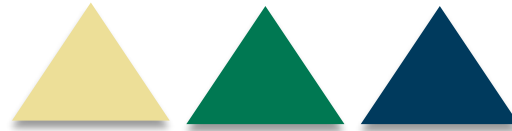
March 22, 2022



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**The Center for
Children's Health**
led by Cook Children's

Call to Order





Agenda

Cook Children's Commitment



Opening Address

2021 CHNA Data Presentation

Break



Overview of Healthy Children Coalition for Parker County's Recent Efforts

Award Presentation



Group Discussion

Call to Action/Adjourn

Introduction

Becki Hale,
EdD, MA, RDH



Director, Child Health Evaluation
Center for Children's Health
Cook Children's Health Care System

Our Commitment



Cook Children's 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.

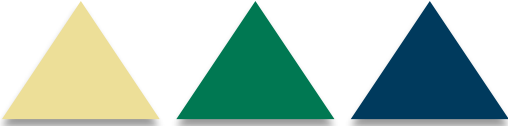
Introduction

Judge Deen



The Honorable Pat Deen
Parker County Judge

Welcome Address





2021 Community Health Needs Assessment (CHNA)

- Collaboration Highlights
- Methodology
- Survey Demographics
- CHNA Data Results for Parker County

Many Thanks!

Cook Children's CHNA Administrator

Linda Fulmer
Fulmer & Associates

Data Collection Partners

Chris Tatham, CEO
ETC Institute

Camille Patterson, PhD and Jenny Lewis
MHMR Tarrant County

Emily Spence, PhD, Erika Thomson, PhD, Stacy Griner, PhD and team
University of North Texas Health Science Center

Carol Klocek
Center for Transforming Lives

Cook Children's Partners and Supporting Departments

The Center for Children's Health
Compliance
Finance
Healthcare Analytics
Health Equity, System Administration
Health Plan

Internal Audit
Legal
Media Services
Research
Strategic Marketing and Communication



External Advisory Committee Members

JULY 2020 – AUGUST 2021

John Biggan, PhD	ACH Child and Family Services
Godfred Boateng, PhD	Univ. of Texas Arlington
Stephanie Chandler	United Way of Grayson County
Kenyaree Cofer	Cornerstone Comm. Action Agency
Kimberly Dunlap	Slidell ISD
Robin Garrett	Paradise ISD
Leah King	United Way of Tarrant County
Airykka Lasley	Center for Transforming Lives
Lexi Lee	Lee Counseling Services
Tammy Mahan	LifePath Systems
Becky Mauldin	United Way of Hood County
Keely McCrady	Texas Agrilife Johnson County
Micky Moerbe	Tarrant County Public Health
Deanna Ochoa	Dept. of State Health Services
Ruby Peralta	Maximus
Matt Richardson, DrPH	Denton County Public Health
Betty White	Granbury ISD
The Honorable B. Glen Whitley	Tarrant County



2021 CHNA Methodology



**Parent/Caregiver
Survey**



**Face to Face
Interviews
with
Underserved
Population**



**Virtual Focus
Groups with
Parents**



**Community Leader
Survey and
Interviews**



**Secondary
Research**

2021 CHNA Methodology



[Link to Video on YouTube](#)

FAQs: General Info about the CHNA

What is a CHNA?

CHNA is the acronym for Community Health Needs Assessment. Cook Children's is conducting an assessment to collect comprehensive data about children's health (ages 0 – 17) in our eight-county service region (Collin, Denton, Grayson, Hood, Johnson, Parker, Tarrant and Wise counties).



Cook Children's 8-county service region is located in North Texas.

Why conduct a CHNA?

Everything we do at Cook Children's focuses on the Promise we've made to our community to improve the health of every child in our region through the prevention and treatment of illness, disease and injury. The CHNA helps us fulfill this Promise by providing credible data that guides our strategies for preventing illness and injury to children. The CHNA also meets federal requirements for non-profit hospitals to focus community benefit strategies on the most critical health care needs in the communities we serve.

How is CHNA data collected?

Cook Children's conducts a stratified random sample survey of parents to ask questions about how various health issues impact their children and how easy or difficult it is to obtain care. We also conduct focus groups to provide an opportunity for parents to tell us about issues not included in the survey. CHNA also includes health data from government and other reliable sources as well as a survey of community leaders. A children's art contest helps us better understand how children feel about their health.

How does this data help our community?

There are multiple obstacles to maintaining good health for many families such as poverty, discrimination, lack of access to good jobs with fair pay, quality education, housing and safe environments. Addressing these obstacles requires a collaborative, community approach. One organization cannot act alone and be successful. Effective partnerships create a shared vision and increase the community's capacity to shape outcomes.

With accurate information representative of the needs of a community, partners can increase understanding about children's health and the factors that influence it, identify priority needs for community action, develop solutions to address priorities, and evaluate the results of their efforts.

For additional information, email CHNAFeedback@cookchildrens.org

FAQs: Child Demographics

Who completed the 2021 Parent Survey (CCHAPS)?

For the Eight-County Service Area, the Parent Survey was administered to a random sample of parents/caregivers of children (age 0-17) by a combination of mail, phone, or the Internet. We received 5,715 responses. After weighting, this represents the population estimate of 1,269,810 children (age 0-17).

For the Special Population, the CCHAPS Parent Survey was administered to a convenience sample of parents/caregivers of children (age 0-17) experiencing homelessness or with undocumented status by face-to-face interviews. We received 229 responses. These results are not weighted; however, data is used to identify health equity gaps or additional needs with this population.

*CCHAPS = Community-wide Children's Health Assessment & Planning Survey

CHILD RACE & ETHNICITY

	8-County Service Area	
	Sample	Weighted %
Hispanic	1,008	21.5
White, Non-Hispanic	3,441	53.4
Black, Non-Hispanic	501	6.3
Asian, Non-Hispanic	205	7.4
Other, Non-Hispanic	338	7.5
Not Provided	49	1.1
Total	5,715	100%

	Special Population	
	Sample	Unweighted %
Hispanic	87	42.4
White, Non-Hispanic	36	15.7
Black, Non-Hispanic	81	36.6
Asian, Non-Hispanic	3	0.8
Other, Non-Hispanic	16	6.3
Not Provided	21	8.2
Total	229	100%

See additional FAQs for report of Family & Caregiver Demographics. For additional information, email CHNAFeedback@cookchildrens.org

WHERE FAMILIES LIVE

	8-County Service Area				Special Population	
	Sample	Unweighted %	Pop Estimate	Weighted %	Sample	Unweighted %
Collin	515	9.0	265,400	20.9	-	-
Denton	1,910	17.7	215,240	17.3	-	-
Grayson	209	3.8	21,940	2.5	-	-
Hood	158	2.7	12,230	1.0	-	-
Johnson	462	8.0	145,140	11.4	-	-
Parker	471	8.2	36,070	2.8	-	-
Tarrant	2,682	46.9	547,340	43.1	-	-
Wise	218	3.8	16,350	1.3	-	-
Total	5,715	100%	1,269,810	100%	229	100%

BY CAREGIVER/CHILD RELATIONSHIP

	8-County Service Area		Special Population	
Relationship	Sample	Weighted %	Sample	Unweighted %
Biological or Adoptive Parent	5,128	88.5	188	82.1
Grandparent	396	7.7	24	10.5
Other Relative	76	1.7	3	1.3
Step-parent	67	1.3	10	4.4
Foster Parent	20	0.4	2	1.3
Other Non-relative	13	0.3	0	0
Not Provided	19	0.1	1	0.4
Total	5,715	100%	229	100%

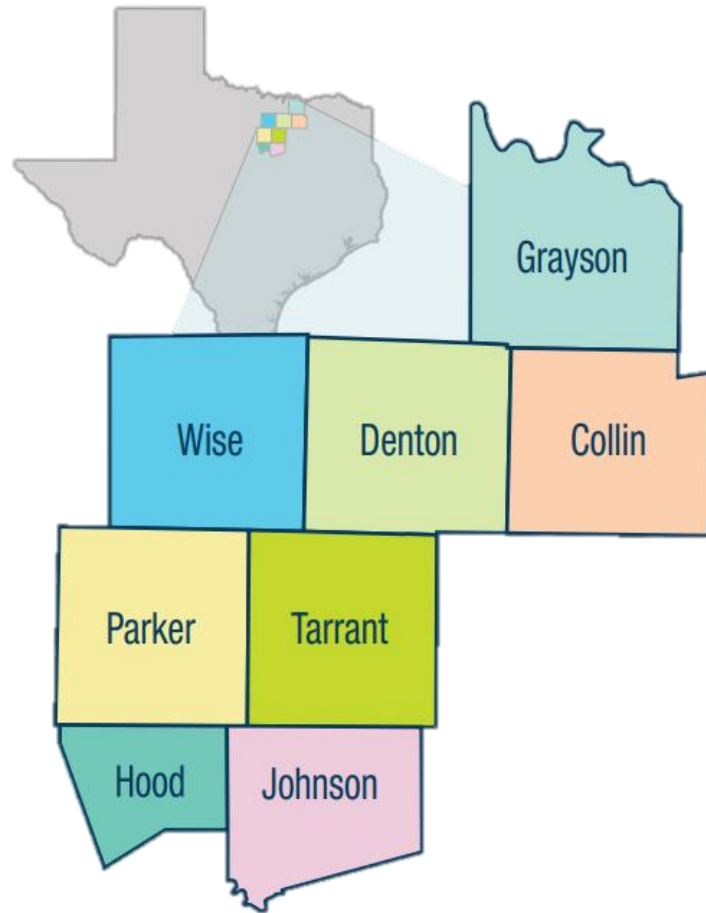
CHILD GENDER & AGE

	8-County Service Area		Special Population	
Gender	Sample	Weighted %	Sample	Unweighted %
Male	2,911	50.0	102	43.3
Female	2,805	49.0	99	43.2
Not Provided	4	0.1	27	11.8
Total	5,715	100%	229	100%

	8-County Service Area		Special Population	
Child Age	Sample	Weighted %	Sample	Unweighted %
<1 year	158	3.1	17	7.4
1 year	175	5.1	29	12.7
2 years	207	5.9	17	7.4
3 years	192	4.9	8	3.5
4 years	204	6.0	13	5.7
5 years	257	7.2	10	4.4
0-5 Years Total	1,743	30.2	94	41.1

	8-County Service Area		Special Population	
Child Age	Sample	Weighted %	Sample	Unweighted %
6 years	257	4.5	8	3.5
7 years	224	4.9	6	2.6
8 years	236	4.9	10	4.4
9 years	380	6.2	13	5.7
10 years	307	4.6	12	5.2
11 years	319	4.8	11	4.8
6-11 Years Total	1,894	32.8	62	27.1
12 years	425	6.7	15	6.6
13 years	438	6.9	13	5.7
14 years	469	6.8	10	4.4
15 years	483	6.4	9	3.9
16 years	520	5.9	10	4.4
17 years	851	6.1	15	6.6
12-17 Years Total	2,898	31.8	72	31.6
Not Provided	35	0.6	5	2.2
Total	5,715	100%	229	100%

Geography



Parent/Caregiver Survey

8-County Service Area

County	Sample	Population Estimate
Collin	515	265,400
Denton	1,013	215,340
Grayson	200	31,950
Hood	156	12,230
Johnson	460	145,140
Parker	471	36,070
Tarrant	2,682	547,340
Wise	218	16,350
TOTAL	5,715	1,269,810

Community Leader Survey Demographics



Primary County

Collin	5.9%
Denton	11.1%
Grayson	16.0%
Hood	7.8%
Johnson	5.6%
Parker	7.2%
Tarrant	41.2%
Wise	5.2%

Role in Community

Business	8.2%
Clergy/Religious/ Faith Based	4.2%
Community Volunteer	9.5%
Educator/School Official	15.4%
Elected Official	5.6%
Government Employee/ Public Health	12.7%
Medical/Dental/Mental Health Professional	31.0%
Social Services/ Nonprofit	27.5%
Other	3.3%



306 Total Responses

Introduction

Data Presentation



Blair Williams, MPA,
MBA, CPH
**Analyst,
Child Health Evaluation**



Lauren Purvis, MPH,
CPH, MCHES
**Manager,
Child Wellness**

H.E.L.P. for Children & Families

Community Health Needs and Equity Gaps



Parker County Child Health Summit | March 22, 2022

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**How do we help *every*
child with their health needs?**

H.E.L.P. for Children & Families

Community Health Needs and Equity Gaps

2021 CHNA Data Sources Included in this Presentation

- **Survey of caregivers with children (ages 0-17)** provides a representative sample of Parker County and 8-county service area children. Descriptive findings reflect caregiver's perspective on their child's health, learning, and safety.
- **Face-to-face survey of 200+ underserved caregivers** with children (ages 0-17).
- **Survey of 300+ community leaders** in 8-county area.
- **Interviews of 25+ community leaders** in 8-county area.
- **Six focus groups and one interview with 20+ caregivers** in 8-county area.
- **Secondary data** such as US Census, NSCH, CDC.

Underserved caregivers: Caregivers of children (ages 0-17) at homeless shelter and/or have at least one undocumented family member.

NSCH: Child and Adolescent Health Measurement Initiative, 2019-2020 National Survey of Children's Health.

CDC: Centers for Disease Control and Prevention. CDC WISQARS (Web-based Injury Statistics Query and Reporting System).

H.E.L.P. for Children & Families

Community Health Needs and Equity Gaps

Community Health Needs

- Oral Health
- Mental Health
- Healthy Lifestyles
- Parenting and Family Support
- Injury Prevention
- Asthma
- Overall Health and Equitable Access to Care



H.E.L.P. for Children & Families

Community Health Needs and Equity Gaps

What are social determinants of health?

“Conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.”



**How do we HELP every
child with their health needs?**

H.E.L.P. for Children & Families

Framework for Reporting Community Health Needs & Equity Gaps

HHealth

Equitable Access to Care & Basic Needs

EEnvironment

Safety Where Children Live, Learn, & Play

Learning

Readiness & Support for Academic Success

Parenting

Parenting & Family Support

H.E.L.P. for Children in Parker County & 8-County Service Area

Community Health Needs and Equity Gaps

Health

Equitable Access to Care & Basic Needs

- Health status
- Oral health status
- Received all needed care (medical, dental, mental)
- Well-child preventive visit
- Preventive dental care
- Insurance status
- Access to nutritious food and physical activity
- BMI-for-age



H.E.L.P. for Children

Equitable Access to Care & Basic Needs

Health Status of Parker County Children

2021 CHNA Survey of Caregivers with Children ages 0-17



8 in 10 children

have 'excellent' or 'very good' health

Trends:

This rate is similar to local rate and **slightly lower** than US and TX benchmarks *from before and during the pandemic*

Needs & Gaps:

- ~4,500 children don't have *ideal health status*
- *Ideal health status rate is lowest in 12-17 age group*
- *Ideal health status rate is lowest among Hispanic children*

Other Factors:

- 10% didn't receive a well-child preventive visit
- 10% didn't receive all needed medical care

Local Benchmark: 8-county service area results from 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n=5,715.

US and Texas Benchmarks: Child and Adolescent Health Measurement Initiative, 2019-2020 National Survey of Children's Health.

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n= 471.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates (ages 0-17): 36,070 for Parker County.

H.E.L.P. for Children

Equitable Access to Care & Basic Needs

Oral Health Status of Parker County Children

2021 CHNA Survey of Caregivers with Children ages 1-17



7 in 10 children (ages 1-17)

have 'excellent' or 'very good' oral health

Trends:

This rate is similar to local rate and **lower** than US and TX benchmarks *from before and during the pandemic*

Needs & Gaps:

- ~**9,000 children** don't have *ideal oral health status*
- *Ideal oral health status rate is lowest in ages 6-17*
- *Ideal oral health status rate is lowest among Black children*

School-aged Children (ages 6-17):

- 8% missed school because of dental pain
- 7% didn't receive preventive dental care
- 13% didn't receive all needed dental care

Local Benchmark: 8-county service area results from 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n=5,715.

US and Texas Benchmarks: Child and Adolescent Health Measurement Initiative, 2019-2020 National Survey of Children's Health.

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n= 471.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates (ages 0-17): 36,070 for Parker County.

H.E.L.P. for Children

Equitable Access to Care & Basic Needs

Healthy Lifestyles in Parker County

2021 CHNA Survey of Caregivers with Children ages 10-17



6 in 10 children (ages 10-17)

have a normal BMI-for-age*

Trends:

The rate **is similar** to local rate (8-county) and the US/TX benchmarks *from before the pandemic*

Needs & Gaps:

- Over 6,000 **children** (ages 10-17) don't have *normal BMI*
- Over a third of Parker County children are overweight/obese

Children with Overweight/Obese BMI:

- Less likely to have *ideal health status*
- Less likely to have *ideal oral health status*
- Less likely to receive *all needed medical care*

Local Benchmark: 8-county service area results from 2021 CCHAPS administered to parents/caregivers of children. (Ages 10-17) n=3,515.

US and Texas Benchmarks: Child and Adolescent Health Measurement Initiative, 2019-2020 National Survey of Children's Health.

Parker County: 2021 CCHAPS administered to parents/caregivers of children. (Ages 10-17) n= 284.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates (ages 10-17): 17,310 for Parker County.

*Note: CDC BMI-for-age calculated with parent-provided data on child height, weight, age, and gender (children ages 10-17 only).

H.E.L.P. for Children

Equitable Access to Care & Basic Needs

Receiving Healthcare in Parker County

2021 CHNA Survey of Caregivers with Children ages 0-17

1 in 4 children
did not receive all needed care for
health, dental, or mental services

Estimated number of children: 9,500

Trends:

- Similar to local rate, the Parker County rate of ‘forgone care’ **is much higher** than US and TX benchmarks *from before and during the pandemic*

Needs & Gaps:

- Top reasons for ‘forgone care’ include:
 - Insurance not sufficient to cover cost
 - COVID-19 pandemic
 - Services not available in child’s area

Local Benchmark: 8-county service area results from 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n=5,715.

US and Texas Benchmarks: Child and Adolescent Health Measurement Initiative, 2019-2020 National Survey of Children’s Health.

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n= 471.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates (ages 0-17): 36,070 for Parker County.

H.E.L.P. for Children

Equitable Access to Care & Basic Needs

Child Health Insurance in Parker County

2021 CHNA Survey of Caregivers with Children ages 0-17

1 in 10 children
did not have continuous health
insurance coverage in the past year

Estimated number of children: 3,600

Trends:

- Similar to local rate, this rate **is consistent** with US benchmarks *from before and during the pandemic*

Needs & Gaps:

- Top reasons for gaps in coverage include:
 - Dropped coverage because it was unaffordable
 - Change in employment
 - Dropped coverage because it was inadequate

Local Benchmark: 8-county service area results from 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n=5,715.

US and Texas Benchmarks: Child and Adolescent Health Measurement Initiative, 2019-2020 National Survey of Children's Health.

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n= 471.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates (ages 0-17): 36,070 for Parker County.

H.E.L.P. for Children in 8-County Service Area

Equitable Access to Care & Basic Needs

Barriers to Receiving Care

Parents and Community Leaders

Some families have to drive 40+ miles to find a provider, or a provider who takes their insurance.

They may need to miss work or school to receive needed care.

Families may not seek care for fear of being reported.

“A lot of the time I have to go 30, 40 miles from my house just to see a doctor because **doctors in my area don't take my insurance** for my kids. And it makes it extremely difficult. Especially if you **don't have reliable transportation.**”

– parent @ focus group

“The nurse and the front office lady have both made remarks about **how much school my kids have missed** due to doctor's appointments.” – parent @ focus group

“Some facilities don't see children and other have very specific criteria to go there. Undocumented families can't get help and are **often scared to get services.**” – community leader interview

H.E.L.P. for Children in 8-County Service Area

Community Health Needs and Equity Gaps

Access to Basic Needs

Community Leaders



Over 60% of community leaders surveyed felt poverty and affordable housing were serious problems for children in their communities.

“There is such a distinction between **the haves and the have nots.**” – community leader interview

“**Hard to find adequate and decent housing - not many rentals. Super expensive or low quality. Wait list for housing is super long. Some are in cars because there is no available housing.**”
– community leader interview

“**Affordable housing (or the lack of) contributes to child homelessness. Housing effects everything - and their health and access to health.**”
– community leader interview

H.E.L.P. for Children

Equitable Access to Care & Basic Needs

Household Income in Parker County

2021 CHNA Survey of Caregivers with Children ages 0-17

Below \$50k / \$50-\$100k / \$100-150k / \$150k+

3 in 5 children
live in households with
annual family income below **\$100k.**

Estimated number of children: Over 19,000

Trends:

The median family income of households with children in Parker County is **\$98k.**

– US Census, 2019: ACS 5-Year Estimates

Needs & Gaps:

- Less likely to have *ideal health status*
- Less likely to have *ideal oral health status*
- Less likely to have *normal BMI-for-age**
- Less likely to have *access to nutritious foods*
- Less likely to have *continuous insurance*
- Less likely to *receive all needed care*

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n= 471.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates (ages 0-17): 36,070 for Parker County.

*Note: CDC BMI-for-age calculated with parent-provided data on child height, weight, age, and gender for children (ages 10-17).

H.E.L.P. for Children

Equitable Access to Care & Basic Needs

Access to Basic Needs

Parents and Community Leaders

Child health and well-being is impacted by limited access to basic needs, such as food, housing, and healthcare.

Access to nutritious foods, physical activity, and family support helps children achieve and maintain healthy lifestyles.

“The challenge is equitable access to health and healthy food. **There are populations with even greater needs because of COVID-19.**” – community leader interview

“**Families have to choose** between paying for medicine, or necessities for their kids, or might not even be able to make it to a grocery store if they have transportation issues.” – community leader interview

“So we can tell people all day long that they need to have their kids in these [outdoor] activities, but if they're working two jobs, they **can't afford to just take them to the park every day and they can't afford to put them in these activities.** I think that between the nutrition lacking and then the activity lacking, then that creates a big snowball effect.” – parent @ focus group

H.E.L.P. for Children in Parker County & 8-County Service Area

Community Health Needs and Equity Gaps

How do we HELP every child with their health needs?

HHealth

Equitable Access to Care & Basic Needs

- Equitable access to preventive care & treatment
- Access to basic needs, such as housing and food

“The pandemic impacted basic needs and food. Our community really stepped up to the plate – churches and programs helped young kids with food and adults who may have lost their jobs. Proud of our community.

The community really came together.”

– community leader interview

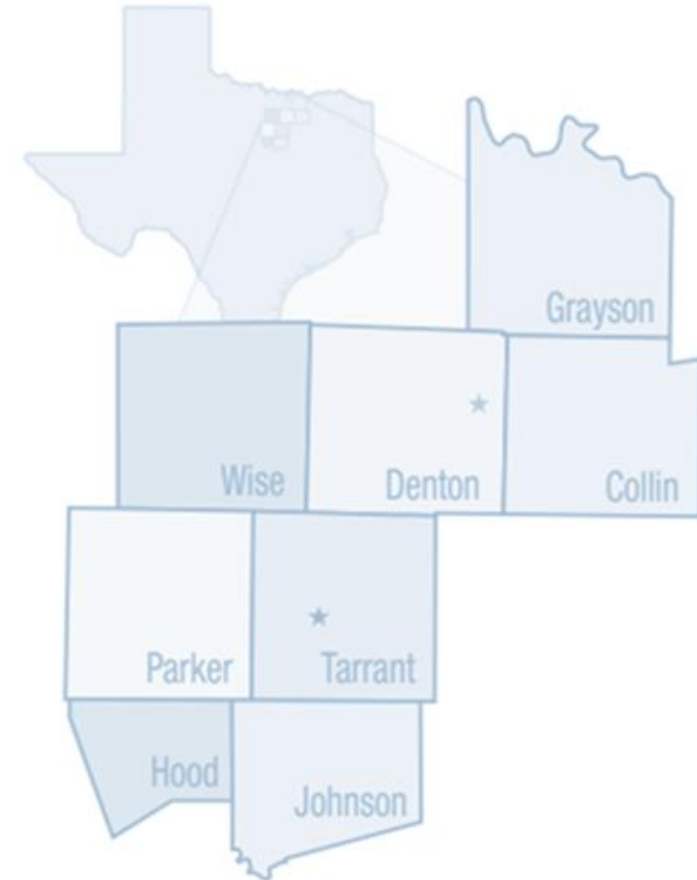
H.E.L.P. for Children in Parker County and 8-County Service Area

Community Health Needs and Equity Gaps

Environment

Safety Where Children Live, Learn, & Play

- ER visit due to accidental injury
- Adverse Childhood Experiences (ACEs)
- Neighborhood & School safety



H.E.L.P. for Children

Safety Where Children Live, Learn, & Play

Accidental Injury in Parker County

2021 CHNA Survey of Caregivers with Children ages 0-17

Nearly 1 in 6 children
received emergency care
for an accidental injury.

Estimated number of children: 5,600

Trends:

Leading Causes of Unintentional Injury Death in US & TX

- For infants, suffocation due to unsafe sleep environments
- For children 1-4 years, drowning
- For children 5-17 years, motor vehicle traffic accidents

“All those injuries typically **happen in one moment instance**, like you’ve looked away for a second and that’s when it happens.” – parent @ focus group

“Some kids aren’t in the appropriate car seat – either they can’t afford one, don’t use it, or they’re expired.”
– community leader interview

“Need to give out **lifejackets and promote water safety to parents.**” – community leader interview

“Thinking about parents who have to work - there may be some kids home alone. Or an older sibling, like **10-12 years old, being home alone** and supervising younger kids. **Perfect storm for injury when they are home alone.**”
– community leader interview

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n= 471.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates (ages 0-17): 36,070 for Parker County.

Leading Causes: CDC WISQARS (Web-based Injury Statistics Query and Reporting System).

H.E.L.P. for Children

Safety Where Children Live, Learn, & Play

Home Safety in Parker County

2021 CHNA Survey of Caregivers with Children ages 0-17

1 in 8 children

has two or more

Adverse Childhood Experiences (ACEs).

Estimated number of children: 4,600

ACEs in Parker County:

- Parent or guardian divorced or separated (20%)
- Lived with anyone who was mentally ill, suicidal, depressed (11%)
- Lived with anyone who had a problem with drugs, alcohol (10%)
- Parent or guardian served time in jail (7%)
- Witness violence in neighborhood (4%)
- Witness violence in home (4%)
- Parent or guardian died (2%)
- Discrimination (2%)

Trends:

This rate **is lower** than US and TX benchmarks *from before and during the pandemic.*

“I think that living with this COVID-19 Pandemic is an ACE.”
– community leader interview

“When you look at ACEs, all of this ties into each other. Youth involved in risk behavior, substance abuse, mental health... it all ties together.”
– community leader interview

“One of the ways kids show signs of stress or depression is by fighting or acting out. Comes from a lack of emotional support. Some are isolated in abusive households. A safe environment isn’t there.” – community leader interview

US and Texas Benchmarks: Child and Adolescent Health Measurement Initiative, 2019-2020 National Survey of Children’s Health.

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n= 471.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates (ages 0-17): 36,070 for Parker County.

H.E.L.P. for Children

Safety Where Children Live, Learn, & Play

Child Safety in Parker County

2021 CHNA Survey of Caregivers with Children ages 0-17

Below \$50k / \$50-\$100k / \$100-150k / \$150k+

Children in households with annual family income below \$50k may have greatest safety needs.

Needs & Gaps:

- 3 times more likely to have at least 2 ACEs
- Less likely to feel safe in neighborhood or school
- Less likely to place baby to sleep in his/her own crib

“In the last year we have seen quite a **big increase in the amount of trauma** our kids are experiencing at home and a lot stems from parents losing jobs, loss of housing, a lot of kids living in cars, motels, or couch surfing.”

- community leader interview

“Because of the affordable housing crisis, we have many families living together. Multiple families are sharing a small duplex. **Thinking about sanitation, mental health, safety...** Even if people could afford housing, there’s not enough housing.” - community leader interview

H.E.L.P. for Children in Parker County & 8-County Service Area

Community Health Needs and Equity Gaps

How do we HELP every child have safety from harm?

Environment

Safety Where Children Live, Learn, & Play

- Equitable access to emergency care & injury prevention resources
- Access to safe, stable housing, and food
- Parenting & family support

“The community is engaged and did a great job trying to combat food insecurity and provide rental assistance. Also, our child advocacy center (CAC) saw an increase in case volume - what was to be expected during the pandemic. Our CAC is highly functioning and did a great job responding.”

– community leader interview

H.E.L.P. for Children in Parker County & 8-County Service Area

Community Health Needs and Equity Gaps

Learning

Readiness & Support for Academic Success

- School Readiness (3-5 year olds)
- Developmental Delay
- Learning Disability
- Mental Health



H.E.L.P. for Children

Readiness & Support for Academic Success

School Readiness in Parker County

2021 CHNA Survey of Caregivers with Children ages 3-5

Nearly 60%

of children (ages 3-5) are developmentally ready for school based on their growth and skills

According to child's caregiver

Estimated number of children who may not have school readiness: 2,500

Trends:

Similar to local rate, the Parker County rate of 3-5 year olds who may be developmentally ready for school **is lower** than US and TX benchmarks *from before the pandemic*

“With COVID, [it] became very different from her going to school and being in daycare where she's around other babies and the teachers are helping her with those milestones. She very quickly fell behind.”

– parent @ focus group

US and Texas Benchmarks: Child and Adolescent Health Measurement Initiative, 2019 National Survey of Children's Health.

8-county (Local) and Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 3-5) in 8-county (n= 653) and Parker (n=57).

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates for children ages 3-5 in 8-county (204,050) and Parker (6,090).

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Readiness & Support for Academic Success

Child Development & Learning in Parker County

2021 CHNA Survey of Caregivers with Children ages 3-17

1 in 10 children

has developmental delay

Caregiver told by health care provider or educator, ages 3-17

Estimated number of children: 2,900

1 in 7 children

has learning disability

Caregiver told by health care provider or educator, ages 3-17

Estimated number of children: 4,700

Trends:

Both rates **are higher** than US and TX benchmarks *from before the pandemic*

“We would like to see something for younger kids to **catch development delays or autism**. Especially for non-verbal toddlers.”

– community leader interview

“In terms of kids struggling with moderating their emotions, dealing with uncomfortable emotions and even using the information age...as a parent: ‘**Where should my kid be, in terms of their development?**’ And then, ‘**How am I responding to that?**’” – parent @ focus group

US and Texas Benchmarks: Child and Adolescent Health Measurement Initiative, 2019 National Survey of Children’s Health.

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 3-17) in 8-county (n= 5,145) and Parker (n=432).

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates for Parker County children ages 3-17 is 31,970.

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Readiness & Support for Academic Success

Child Mental Health in Parker County

2021 CHNA Survey of Caregivers with Children ages 6-17

36% of school-aged children
have at least one of the most commonly
diagnosed mental health conditions

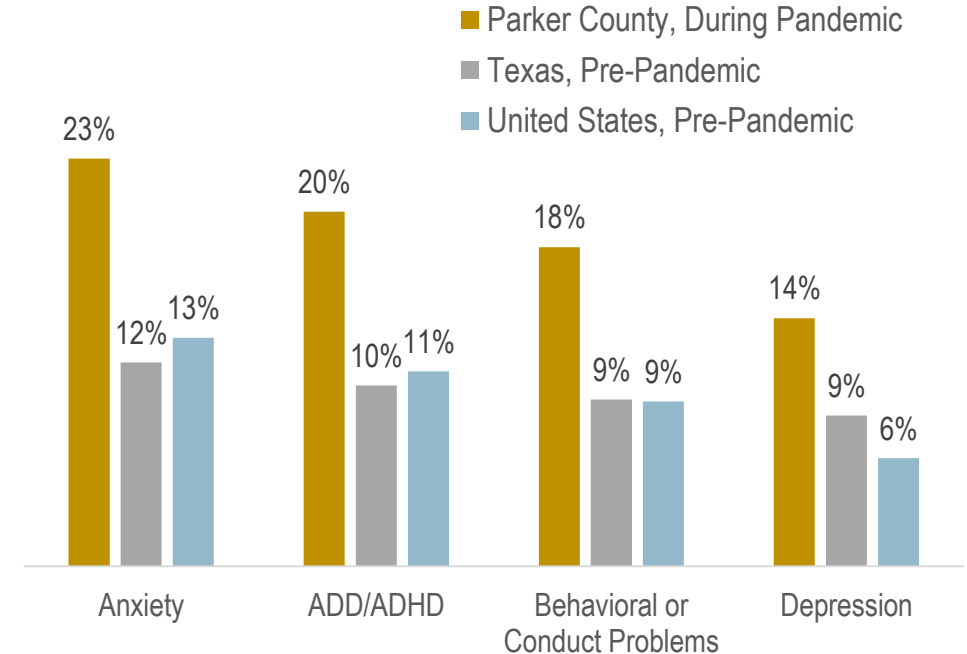
Caregiver-report of diagnosis by health care provider, ages 6-17

Estimated number of children: 9,300

Trends:

Similar to the local rate, this rate **is higher** than US and TX benchmarks *from before the pandemic*

School-Aged Children with diagnosis of common mental health conditions according to child's caregiver



US and Texas Benchmarks: Child and Adolescent Health Measurement Initiative, 2019 National Survey of Children's Health.

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 6-17) n= 375.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates for Parker County children ages 6-17 is 25,880.

H.E.L.P. for Children

Readiness & Support for Academic Success

Healthy Lifestyle Behaviors in Parker County

2021 CHNA Survey of Caregivers with Children ages 0-17

School-aged children with at least one of the most commonly diagnosed mental health conditions are less likely to meet the following wellness recommendations:

- Eat fruit and vegetables every day
- 2 hours or less entertainment screen time every day
- 1 hour of physical activity every day
- 8 hours of sleep every day

Trends:

In May 2019, the World Health Organization added 'gaming disorder' to the International Classification of Diseases

“Junior high is hard enough and then when you add in social media, bullying, cyber bullying...it’s just a whole different level of complexity. Outdoor activities or the lack thereof are another contributor to this.”

– community leader interview

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 6-17) n= 375.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates for Parker County children ages 6-17 is 25,880.

H.E.L.P. for Children

Readiness & Support for Academic Success

Learning in Parker County

Access to developmental screenings and behavioral health may be limited for some families.

Additional factors that could impact child learning, development, and behavioral health:

- COVID-19 pandemic
- Undiagnosed mental health condition(s)
- Adverse Childhood Experiences (ACEs)
- Social determinants of health
- Caregiver concern of being reported/deported

“With the pandemic, all of our mental health has been tested. We are focused on suicide prevention, access to food, and youth resiliency.”

– community leader interview

“Kids don’t show depression like adults. They show it with irritability, acting out and aggression.”

– community leader interview

H.E.L.P. for Children in Parker County & 8-County Service Area

Community Health Needs and Equity Gaps

How do we HELP every child with their learning?

Learning

Readiness & Support for Academic Success

- Equitable access to developmental screenings and mental health services
- Access to safe, stable housing, and food
- Parenting & family support
- Resources for coping, resiliency, and suicide prevention

“We make sure we have a social worker on each campus this year in particular due to the increase in these types of needs. The kids cannot focus on learning if their basic needs are not met.

We want to be sure they are provided with all existing community resources.”

– community leader interview

H.E.L.P. for Children in Parker County & 8-County Service Area

Community Health Needs and Equity Gaps

Parenting

Parenting & Family Support

- Caregiver coping with parenting demands
- Caregiver has source of emotional support
- Access to nutritious food and physical activity
- BMI-for-age



H.E.L.P. for Children

Parenting & Family Support

Parent Coping in Parker County

2021 CHNA Survey of Caregivers with Children ages 0-17

**Nearly half of children
have a caregiver who is not coping
'very well' with parenting demands**

Estimated number of children: 17,000

Trends:

Similar to the local rate, the Parker rate of caregivers 'coping very well' is **lower** than US and TX benchmarks *from before and during the pandemic* – with rates decreasing since 2015

Needs & Gaps:

'Coping Very Well'

- Parker rate is **lowest among children ages 12-17**
- Parker rate is **lowest among children with overweight/obesity**
- Parker rate is **lowest among children with excessive screen time**
- Local rate is **lowest among caregivers who are separated, widowed, never married, or divorced**

Local Rate Benchmark: 8-county service area results from 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n=5,715.

US and Texas Benchmarks: Child and Adolescent Health Measurement Initiative, 2019-2020 National Survey of Children's Health.

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n= 471.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates (ages 0-17): 36,070 for Parker County.

H.E.L.P. for Children

Parenting & Family Support

Emotional Support in Parker County

2021 CHNA Survey of Caregivers with Children ages 0-17

Nearly 1 in 8 children has a caregiver who doesn't have emotional support to help with parenting

Estimated number of children: 4,200

Of parents with support, common sources are:

- Other family member or close friend
- Spouse or domestic partner
- Place of worship or religious leader
- Healthcare provider
- Peer support group

“Emotional support? Well, I don't really know. I don't think I'm getting any. I attend church group meetings. There we get to release, talk about what's going on. **That's about the only support I have or people that I can talk to.**”

– parent @ focus group

“I'm a single parent...I am exhausted. I work all day. I have to come home and cook. **Being exhausted and the kids need a lot of attention.** As parents... there's no book.”

– parent @ focus group

“You've got **financial stress, you've got emotional stress.** You got people that may not have been able to provide as much food for the family.”

– parent @ focus group

H.E.L.P. for Children

Parenting & Family Support

Family Wellness in Parker County

2021 CHNA Survey of Caregivers with Children ages 0-17

1 in 4 children live in households that can't always afford nutritious meals

Estimated number of children: 8,500

1 in 6 children live in areas without nearby sidewalks, parks, rec centers, or grocery stores

Estimated number of children: 6,000

9 in 10 children are getting too much entertainment screen time (more than 2 hours a day)

Estimated number of children: Over 30,000



Needs & Gaps:

Children with overweight/obese BMI classification

- Less access to *physical activity* (nearby community assets)
- Less likely to meet recommendation for *daily physical activity*
- Less access to *nutritious foods*
- Less likely to *eat fruit or vegetables*
- More likely to *exceed entertainment screen time limit*
- More likely to have *2+ Adverse Childhood Experiences (ACEs)*

Local Benchmark: 8-county service area results from 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n=5,715.

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n= 471.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates (ages 0-17): 36,070 for Parker County.

H.E.L.P. for Children

Parenting & Family Support

Family Wellness in Parker County

2021 CHNA Survey of Caregivers with Children ages 0-17

Nearly 40% of children have a caregiver who is *not very familiar* with healthcare or dental services in the community

Estimated number of children: 13,000

Over 70% of children have a caregiver who is *not very familiar* with mental health services or 2-1-1 hotline for community services

Estimated number of children: 25,000



Needs & Gaps:

Nearly 60% of children (ages 1-5) have a caregiver who does not know the first dental visit is at age 1

Estimated number of children: 5,000

Local Benchmark: 8-county service area results from 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n=5,715.

Parker County: 2021 CCHAPS administered to parents/caregivers of children (ages 0-17) n= 471.

Population Estimates: US CENSUS 2019, American Community Survey 5-Year Estimates (ages 0-17): 36,070 for Parker County.

H.E.L.P. for Children in Parker County & 8-County Service Area

Parenting & Family Support

Parenting

Access to care, basic needs, and emotional support may be limited for some families.

Additional factors that could impact parenting & family support:

- COVID-19 pandemic
 - Mental health of caregiver and child
 - Adverse Childhood Experiences
 - Social determinants of health
 - Caregiver concern of being reported/deported
-

“Parent lost a job, parents fighting in front of the child, witnessing this stress – children just want to escape. Feel like a burden to their parents. When you look at ACEs - all of this ties into each other. **Youth involved in risk behavior, substance abuse, mental health... it all ties together.**” – community leader interview

H.E.L.P. for Children in Parker County & 8-County Service Area

Community Health Needs and Equity Gaps

How do we HELP every child and their family?

Parenting

Parenting & Family Support

- Awareness of parenting & family support resources
- Equitable access to healthy food and physical activity
- Equitable access to family-centered healthcare:
 - Preventive care
 - Health education
 - Assistance with basic and social needs

“Organizations are pulling resources together - such a positive and uplifting thing. Really profound. We also learned so much about available resources while connecting families in need with specific resources.”

– community leader interview



How do we **HELP** every child with their health needs?



- Hhealth Equitable Access to Care & Basic Needs
- Environment Safety Where Children Live, Learn, & Play
- Learning Readiness & Support for Academic Success
- Parenting Parenting & Family Support

H.E.L.P. for Children & Families

HHealth

Equitable Access to Care & Basic Needs

Children with limited access to preventive care may not receive needed health education, resources, and social support.

EEnvironment

Safety Where Children Live, Learn, & Play

Children with limited access to healthcare, or those without safe, stable housing and relationships have the highest need for safety.

Learning

Readiness & Support for Academic Success

Children with limited access to preventive care, developmental screenings, behavioral health, or social services have barriers to learning.

Parenting

Parenting & Family Support

Children & families with limited access to basic needs, healthcare, or safety may need additional social and emotional support from the community.



Break

15 Minutes

Feel free to turn your camera off during this time

2021 CHNA Connection to the Community



[Link to Video on YouTube](#)

Introduction

Michelle Parker, DC



**Coalition Vice-Chair
Healthy Children Coalition for Parker County**



Healthy Lifestyles in Parker County

Vision

“Parker County where families choose healthy and active lives.”

Identified Community Health Need



Healthy lifestyle education for children through nutrition, physical fitness and resilience and empowering families with healthy living information through community opportunities.

Current Strategies



Facilitate community-driven healthy lifestyles in Parker County.



Healthy Lifestyles in Parker County

5210+

- Adapted 5210 curriculum offerings to include 15-minute lessons and virtually trained facilitators
- Created short videos highlighting key healthy lifestyle messages as another tool to support parents in the community and create awareness for HCCPC
- Added “sleep” to the 5210 curriculum and rebranded the program name to 5210+



Gardening

- Developed Microgreen curriculum with 5210 messaging
- Recognized National Gardening Month as part of the coalition’s strategic plan to increase awareness campaigns





Healthy Lifestyles in Parker County

Community Engagement

- Provided financial support to programs addressing food insecurity for kids at the Center of Hope and Aledo AdvoCats
- Distributed over 56,000 nutrition & physical activity improvement tools & educational resources
- Distributed gratitude journals to support children's resiliency

Healthy Lifestyle Awareness Campaigns

- Provided gardening resources (soil, seeds, trees, tools) for garden replants to community partners
- Coordinated a social media campaign encouraging healthy choices and distributed 5210 resources





Healthy Children Coalition
for Parker County
led by Cook Children's

10 Year Anniversary

2011 - 2021

Convened
360 coalition,
workgroup, and
stakeholder
meetings

Volunteers
invested
2,245 hours at
a value of
\$96,625

Conducted **21**
5210 presenter
coaching
sessions

Provided **115**
hours educating
6,594 children
about 5210 &
healthy lifestyles

Supported
8 school and
community
garden plantings

Engaged over
30 member
organizations
and community
partners

Distributed over
56,000 nutrition/
physical activity
improvement tools
& educational
resources

Provided
resources or
volunteer support
for **147**
Parker County
community events

“Parker County, where families choose healthy and active lives.”

Introduction

Courtney Barnard,
EdD, LMSW-AP



Director, Child Wellness
Center for Children's Health
Cook Children's Health Care System

Green Crystal Award



Center of Hope



Group Discussion

- Based on the data presentation you just heard, **what resources are available for families in Parker County related to healthy lifestyles?**
- Based on the children or families your organization serves, **what types of community resources do families need the most?** Are there collaboration opportunities for providing/sharing these resources?
- What other organization needs to be at the table to improve children's health in our community?

Thank you!

**Please share feedback about
today's event.**





Contact Dora Garcia at dora.garcia@cookchildrens.org to learn more about the coalition and involvement opportunities.

Visit www.centerforchildrenshealth.org to learn how to get involved with the coalition, available resources, and upcoming events.

Review the [Data Dashboard](#) to learn more about children's health in our region and Parker County.