

CHILD HEALTH

PART 1 OF 2

GENERAL HEALTH

To better understand parental thoughts on childhood obesity within Tennessee, including urban and rural areas, two different cities participated in **focus groups**. The following are some of their thoughts and perceptions.



HEALTHY LEVEL OF PHYSICAL ACTIVITY FOR A CHILD (3-5 YEARS OLD)

URBAN GROUP

- At least 1 hour
- 2-3 hours

RURAL GROUP

- Daily after school

BARRIERS TO ACHIEVING HEALTHY LEVEL OF PHYSICAL ACTIVITY

URBAN GROUP

- Technology: phones, games, YouTube

RURAL GROUP

- Not much for older kids to do
- Need more resources and funds for neighborhood bikes

METHODS TO GET KIDS TO EAT FRESH FRUITS AND VEGETABLES

URBAN GROUP

- Explain what fruits and vegetables will do for them; health benefits
- Mix in with foods they like to eat
- Take away TV until fruits and vegetables have been eaten

RURAL GROUP

- Have to be bribed
- Encourage them to be like favorite super hero by eating healthy



FREQUENCY OF CHILD HEALTH CARE PROVIDER VISITS

URBAN GROUP

- As needed
- TennCare lets us know about immunization and well-child check-ups

RURAL GROUP

- Only able to take sick children to doctor since it is a far commute

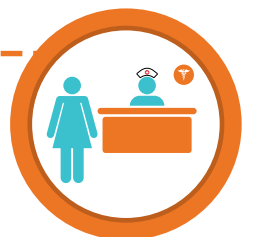
HEALTH CARE PROVIDER ENGAGEMENT DURING VISITS

URBAN GROUP

- Takes too long to get a specialist referral
- Often it is the referral process that causes drawbacks, not the doctor

RURAL GROUP

- Pediatricians are good and consistent



CHILD HEALTH

PART 2 OF 2

PARENTING

In order to gain insight on parenting methods, parental **focus groups** within urban and rural areas were conducted. The following are some of their thoughts and perceptions.



ACTIVITIES YOU AND YOUR CHILD ENJOY DOING TOGETHER

URBAN GROUP

- Cooking/cleaning
- Playing sports/exercise
- Singing/listening to music

RURAL GROUP

- Arts and crafts
- Chores around the house
- Reading books/playing board games

SIGNS YOUR CHILD IS UPSET

URBAN GROUP

- They will do something that they know will irritate you; scream, stomp, throw stuff

PARENT REACTIONS TO UPSET CHILDREN

URBAN GROUP

- Get their attention and explain the situation
- Ignore/do not pay attention to their behavior
- Give them a minute to cool down then ask them to use their words



RURAL GROUP

- Scream, yell, cry, throw objects

RURAL GROUP

- Give them space to cool down
- Physical reward or punishment; spanking/candy



PARENT SUPPORT SYSTEMS

URBAN GROUP

- Family members: their grandparents

INDIVIDUALS TO CONTACT ABOUT CHILD CONCERNS

URBAN GROUP

- Doctors/Specialists
- Their teachers and school guidance counselors
- Elders at church

RURAL GROUP

- Don't have anyone to watch the kids
- Worry about leaving kids with others

RURAL GROUP

- Use internet for questions
- Friends

CHILD CONCERNS

URBAN GROUP

- How they will be when they grow up
- Outside time is difficult because of unsafe neighborhood

RURAL GROUP

- Safety in the neighborhood/sex offenders
- Vaping/drugs
- Not using car seats or using them incorrectly

