

# **Denver Healthy People 2010 Focus Group Results**

**May 29-2003**

**Grouped Data from All Focus Groups (including 5/29 Focus Group Summit)**

*What kinds of changes in our community would make it easier  
for all of us to have healthy lives?*

## **A. CREATING SURROUNDINGS THAT SUPPORT A HEALTHY LIFESTYLE**

### **Focus on Health Education In The Community (4)\***

- Nutrition
- Healthier School Menus - No Soda Pop
- Better Advertisements for Being Healthy
- More Incentives to Stay Healthy
- Better Education about How to Change

### **Sliding Scale at Health Clubs & More Locations (4)**

- Childcare for Work Out
- Free Health Clubs
- Opening the New Community Center
- Access to Recreation Centers
- More Free Recreation Activities /Centers
- Better Ways to Educate Community about ways to be healthy

### **Alternative Options (5)**

- Work Site Wellness Programs
- Resource Directory for All

## **B. PRACTICING HEALTHIER LIFESTYLES**

### **Good Nutrition (1)**

- Eating right foods
- Eat fresh foods and vegetables
- Fresh - not processed
- Prevent the contamination of the food

### **Paying Attention to Health (1)**

- Take care of ourselves- regular check-ups
- Vaccinations hygiene
- Food safety
- Cleanliness
- To protect from injury

### **Changing Ourselves (4)**

- To know what I want to be or to have (1)
- Healthy Relationships
- Self Discipline

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\* The number in parenthesis indicates which focus group the ideas came from. All of the bulleted ideas under that area came from the same group unless noted in parenthesis after that item. The first group, Northeast Montessori Head Start, contributed the information on the barriers and supports to staying healthy that all the subsequent groups used as a starting point for their thinking. This data is in the, "Barriers and Supports to Staying Healthy" summary. (2) indicates the Garfield Head Start group. (3) indicates the Catholic Charities Grandparent & Kin group at Macedonia Baptist Church. (4) indicates the Catholic Charities Child Development Center group. (5) indicates the Focus Group Summit additions.

### **Supportive Relationships (5)**

- Mentoring (walking, parenting, wellness, a buddy system)
- Two-Parent Household

## **C. BETTER ACCESS TO BASIC HEALTH CARE**

### **Health Access (3)**

- Better Dental Health (especially for seniors)
- Better school lunches
- Helping Seniors more is needed
- Better rapport with Health Center

### **Medical Care for Everyone (4)**

- Free / Affordable Dental care for Adults
- Dental Coverage
- Better & Less expensive health insurance
- More Dr.'s available & affordable

## **D. MORE INVOLVEMENT WITH OUR CHILDREN AND EDUCATIONAL SUPPORT FOR IT**

### **Continuing Education (1)**

- Be involved in the education of my children
- Help to learn

### **Better, More Involved Parenting (2)**

- Pay Attention to Your Kids
- Tell Child When They are Doing Something Good
- Watch What Kids Watch On TV
- Involving Fathers
- Keep Kids Involved With Extended Family, Moms and Dads
- Keep Close to Others Outside Family Also
- Others Need to be Involved With Kids. All Of Us Should Give Kids Help
- Keep Guns From Kids
- Parenting Fair In Park
- Newsletter For Parents and Kids
- Program "Catch Me (Kids) Doing Something Right"
- Big Brothers and Sisters

### **Educational Programs (2)**

- Programs In The Housing Projects Help – Engineers, Computer, and Church Classes
- St. Anthony's Classes on Marriage and Various Things
- Family Communication Classes

### **Involved Fathers (5)**

- Incentives to Keep Dads Involved
- Parenting Classes for Dads
- Keep Dads Involved
- Hold Dads Accountable

## **E. REDUCING STRESS**

### **Time Management Organization (1)**

- Keep a schedule
- Keeping busy (without a job) and a schedule
- Taking care of a family- routine

### **Handling Stress/Tension (1)**

- Working and a day without work, moving
- Music
- Have my schedule ready each morning

- Communication and happiness
- Community work and baking 4 grand-children

#### **Maintaining Mental Health (1)**

- Learn how to stay close
- Love of my self and my family
- Under standing each other
- Communication with spouses and children
- To know that my family is healthy

#### **Think and Do Good Things (2)**

- Focus on Good
- Think About God
- Set Goals
- Make Positive Changes
- Kids Will Do What You Do – Set Good Example
- Use Good Discipline
- Lead by Example For Others To Improve (i.e. for helping Other Parents)

#### **Finding Outside Help (5)**

- Child-care Coops
- Help Accessible
  - ✓ in evenings
  - ✓ at schools
  - ✓ in churches

### **F. SUPPORTS FOR BASIC FINANCIAL SUCCESS**

#### **Lessen Financial Stress on Grandparents (3)**

- Money and more Food Stamps
- Financial Stress on Grandparents
- Community's help to Grandparents raising kids is not good

#### **Help For Working People (2)**

- Stress Is Worldwide, Not Just Here In Denver, or the U.S.
- Business Programs, To Help People Start A Business
- Jobs For Everyone
- Get Yourself Help When Out Of A Job
- Better Job Opportunities (4)
- Better Salaries (4)
- Having \$ Just to Spend (4)
- Lower car Insurance Rates (4)
- Day Off For Parents
- Buy Vitamins with Food Stamps (5)

#### **The Dream (2)**

- Pay Parents. Make Parenting A Paid Job

### **G. MORE WORKING TOGETHER TO SOLVE OUR OWN ISSUES**

#### **More Involvement In The Community (4)**

- Building Stronger Support Groups
- Neighborhood Potlucks
- Someone to Cook for you (to have time socializing)
- More Community Involvement

#### **Working Together (3)**

- Better Schools, Kids Learning
- Music/Arts, Sports, Extra Activities (Reinstate)
- Intergeneration Projects
- Neighborhood Associations
- Block Parties

- Neighborhood Yard Clean Up

**Community Responsibility in the Neighborhood  
(working together) (4)**

- No Liquor Stores - one on every corner now
- More Family Orientated Places To Go
- Lower Crime Rates
- Clean Parks
- Money
- More High Paying Jobs
- Safety
- Neighborhood Watch

**Citizens More Involved in their Government (4)**

- Everyone Votes, Not Just 40%
- Seniors and others need to get out and vote (3)
- Neighbors Getting More Involved

**H. A HELPFUL ROLE FOR LOCAL GOVERNMENT**

**City Government Help (3)**

- Traffic Control in Residential Areas
- Better Transportation Buses
- Trash Containers needed
- Housing for Seniors Needs Improving
- Grocery Store (in Dahlia center)
- Some water being sold to other locations when Colorado needs it
- Better Bus Transportation (5)

**Affordable Housing (so we really pay 1/3 salary, not more) (4)**

- More Affordable Housing
- Lower Costs of housing
- A Better Government for Housing

**Focus on Environmental Issues (4)**

- Less Pollution
- Improving Mass Transit