



Community Health Assessment 2023

Focus Group Outline

Focus Group Leaders

Use 2 leaders whenever possible: One to lead questions, the other to scribe and take notes on flip chart paper.

Focus Group Supplies

- Focus Group Outline
- Notes outline
- Flip Chart Paper with questions written out in advance. One question per page.
- Recording device (laptop, cell phone)
- Markers
- Name tags
- Snacks
- Water
- Gift Cards for participants

Set Up

- Set out water and snacks on one of the tables.
- Set out name tags and markers for participants as they enter the room.
- There should be chairs for all participants. Tables are optional. Facilitators will need a table to set up easel pad (flip chart paper may need to be posted on the wall) for participants to view.
- Facilitators should be seated at the front of the room with the easel pad visible to the group.

Overview and Purpose

Thank you for joining us for this focus group to help us learn more about our community's needs.

I am _____ and I work with _____. I am helping the Delaware County Health Department carry out focus groups for their Community Health Assessment.

Today, our purpose is to:

- *Talk to you about the health and quality of life issues you feel are most important in your community.*
- *Hear your ideas about your own health and the health of your family and friends, as well as everyone in your community.*
- *Get a detailed picture of what you think the overall health and quality of life looks like in your community.*

Recording:

We will be taking notes today as we listen to your ideas. We would like to record our session, so that we can follow up if needed. The recording will not be shared with anyone outside of our DCHD team. Your individual comments will remain anonymous and confidential. Do I have your permission to record? (If yes- record. If no- do not record, but please make sure to take good notes!)

Introductions:

Let's start by sharing our first names. (go around the room and ask participants to share first names)

Questions

Let's get started with the questions we have for you today. (1 person reads questions, the other writes notes on the flip chart paper)

- 1) What does it mean to you to be healthy; what does "being healthy" look like and feel like?
- 2) Tell me about experiences (your personal, friends, family, co-workers, etc.) using or trying to use health care services in your community.
 - a. Were you able to get better after your visit with a doctor, or other health care provider?
- 3) When we talk about mental health, what does it mean to you?
- 4) If you or your children need help finding mental health services, do you know who to call or where to go?
- 5) What other health and mental health care services would you like to see in Delaware County?
- 6) What are the things in your community or workplace that lead to **good** health and high quality of life?
Examples: access to healthy food, places to exercise and connect with others
- 7) What are the things in your community or workplace that lead to **poor** health and quality of life?
Examples: overweight, addiction to drugs, tobacco, or alcohol, stress and pain
- 8) Is there anything further anyone would like to add about any of the topics we've already discussed and that you feel you've not had a chance to say?

Closing

Thank you all for sharing with us today. If you would like a summary of what was discussed, please fill out the contact form with your name and preferred contact method. It is optional for you to share your name and contact information.

Also, the Delaware County Health Department is planning to start a Community Advisory Board in 2024. This board is a group of citizens who will provide feedback to the department on its work in the community. If this is something you are interested in, please share your contact information and check that you are interested in the Community Advisory Board. Please note that it may be up to a year before you hear from the DCHD about this opportunity. (pass around contact sheet)

Please take a few minutes to complete the Community Health Survey. This survey takes about 10 minutes to complete. We have paper copies and a QR code that will take you to the online version of the survey. (pass out QR code flyers or paper copies of survey)

Thank you again for helping us work toward a healthier Delaware County. Everyone who participated today will receive a \$25 gift card to Shop-Rite. (pass out gift cards)

Collect paper copies of surveys, notes, extra gift cards and snacks and return to Aminata Donzo. Email recording of focus group to Aminata Donzo at DonzoA@co.delaware.pa.us.

- 5) What other health and mental health care services would you like to see in Delaware County?
- 6) What are the things in your community or workplace that lead to **good** health and high quality of life?
Examples: access to healthy food, places to exercise and connect with others
- 7) What are the things in your community or workplace that lead to **poor** health and quality of life?
Examples: overweight, addiction to drugs, tobacco, or alcohol, stress and pain
- 8) Is there anything further anyone would like to add about any of the topics we've already discussed and that you feel you've not had a chance to say?

