Healthy Homes: Community Perspectives of a Healthy, Happy & Safe Home

Report to Stakeholders March 2013

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Healthy Homes: Community Perspectives of a Healthy, Happy & Safe Home

Objectives

1) Gain a community perspective of what makes a home healthy, happy, and safe in El Paso, TX
2) Apply findings to develop best practices and lessons learned about a “Healthy Home” to improve community programs, community-based research/projects, and community-academic partnerships

Background

What is a Healthy Home? A home that can support health and well-being. Often these homes are found in neighborhoods and communities that also support health and well-being.
“A healthy home is:
- Shelter that supports health,
- Independence for an active life,
- Access to other places that can influence health,
- Social setting that encourages healthy behaviors and emotional and physical health”


What role do partner agencies have?
Each partner agency provides community programs for children that address healthy eating, promote exercise, and provide social connections among other services. However, the partner agencies were concerned about the following questions:
- Do these programs work towards helping create a healthy, safe and happy environment for our families?
- What perceptions do community members have of what makes a “Healthy Home”?
Process/Methods

What was the approach?
The partnership worked to develop two instruments to gain insight on the community perspective: 1) Pre-Survey and 2) Focus Group Process. The materials were developed in both Spanish and English. This process allowed for us to get quantitative perceptions (pre-survey) as well as qualitative elaboration (focus group) of what makes a home (community) healthy, happy, and safe. For purposes of this study, the community research used the terms family and home interchangeably.

A training session occurred for both graduate research assistants (GRA) and organization staff in the pre-survey and focus group methods. GRAs were expected to spend approximately 4-8 hours getting to know the services of the organization(s) by participating in classes or events at the site. By including staff members, we believe that participants had increased trust in the research and process. By including GRAs to conduct the actual focus groups, we wanted to reduce the potential for bias in the responses (participants may be more positive if conducted by a staff member).

Together, the GRA and staff members conducted at 7 sites across El Paso County representing the three community partners. They were able to reach 89 individuals in 11 focus groups.

Findings

Pre-Survey:
In general, the pre-survey revealed positive responses that participants lived in homes that were healthy, happy, and safe (Table 1).

<table>
<thead>
<tr>
<th>I live in a home that is...</th>
<th>Positive Response (Strongly Agreed, Agreed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>...Healthy</td>
<td>93% (38.2%, 55.1%)</td>
</tr>
<tr>
<td>...Happy</td>
<td>94% (34.8%, 59.6%)</td>
</tr>
<tr>
<td>...Safe</td>
<td>93% (42.7%, 50.6%)</td>
</tr>
</tbody>
</table>

However, the team also recognized subtle differences in how participants responded to questions. For example, while the responses were overall positive (strongly agreed or agreed), the team interpreted that an answer with just “agree” was an indicator for improvement. Therefore, the team also evaluated only “Strongly Agree” responses to indicate opportunities for changes and improvements in how the community could support a healthy home (Figure 1).
Figure 1: Reporting “Strongly Agree” to Characteristics of a Healthy Home by number of years in neighborhood, number of children in home, and age

### I feel that I live in a "healthy" family

<table>
<thead>
<tr>
<th>Description</th>
<th>&lt;5 yrs neighborhood (n=23)</th>
<th>6+ yrs neighborhood (n=62)</th>
<th>children &lt;18 yrs (n=60)</th>
<th>no children (n=27)</th>
<th>age &lt;50 (n=46)</th>
<th>age 50+ (n=43)</th>
<th>All (n=89)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;5 yrs neighborhood</td>
<td>39.1%</td>
<td>37.1%</td>
<td>36.7%</td>
<td>30.4%</td>
<td>46.5%</td>
<td>38.2%</td>
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<td>6+ yrs neighborhood</td>
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### I feel that I live in a "happy" family

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<tr>
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<td>30.4%</td>
<td>38.7%</td>
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<td>32.6%</td>
<td>37.2%</td>
<td>34.8%</td>
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<td>6+ yrs neighborhood</td>
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### I feel that I live in a "safe" family

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<tr>
<th>Description</th>
<th>&lt;5 yrs neighborhood (n=23)</th>
<th>6+ yrs neighborhood (n=62)</th>
<th>children &lt;18 yrs (n=60)</th>
<th>no children (n=27)</th>
<th>age &lt;50 (n=46)</th>
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<tr>
<td>&lt;5 yrs neighborhood</td>
<td>26.1%</td>
<td>50.0%</td>
<td>45.0%</td>
<td>37.0%</td>
<td>37.0%</td>
<td>48.8%</td>
<td>42.7%</td>
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<tr>
<td>6+ yrs neighborhood</td>
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Another finding that surfaced was a difference in the perception of the social networks based on length of time living in a neighborhood, number of children and the age of an individual (Figure 2). For example, participants who had not lived in a neighborhood more than five years did not indicate that they had many friends or family nearby (39.1%) compared to those who had lived in the neighborhood six or more years (69.4%).

Figure 2: Perceptions of Social Networks based on number of years in neighborhood, number of children in home, and age

Barriers to a healthy home: (Pre-Survey n=89)
Some other findings from the pre-survey revealed barriers such as:

**Internal Factors—within home**
- Not enough money to provide for their families (21.3%)
- Lack friends or family (16.9%)

**External Factors—outside of home**
- Concerns about good transportation (12.4%)
- Neighborhood safety (12.4%)
- Access to exercise (12.4%)

Further details on the Pre-Survey results can be found in the Appendices.
Focus Groups:
A few common themes were found across the focus groups throughout El Paso County (see Appendices for full summary).

Participants really liked their neighbors (connections)! This finding occurred through all focus groups. They also liked:
- Access to Recreation Resources
- Access to Public & Community Resources
  - Grocery stores, clinics, schools, social services (among non-colonia residents)
- Faith/Religious Practices
- Sense of Safety (police officer presence)

People wanted to improve/have:
- Infrastructure (traffic lights, sidewalks for walking and exercise)
- Safety (lighting, stray dogs)
- Affordable sports for kids
- Parenting classes
- Clean up efforts

When participants were asked, “Where would you start to help make your neighborhood healthier, happier, and safer?” they responded that they would:
- Educate at home and model ideal behavior to take care of health & community
- Connect with neighbors
- Create community conscientious sentiment among neighbors to take care of each other -- community mobilization and participation
- Support animal control efforts
- Hold agencies accountable

Best Practices and Lessons Learned

Our assumptions going in to project were that nutrition and healthcare would be among the top priorities. However, these issues did not come up in focus groups (even though they were prompted in the pre-survey).

Some of the lessons learned were that we recognized that:
- Neighbors view each other as a positive asset. Community members like their neighbors!
- There is still a need for infrastructure development (e.g., sidewalks, law enforcement).
- Groups were interested in helping improve their community, but they need guidance.
- Opportunities exist for agencies to connect “newer” neighbors to resources.
  - Yet some people caution of “systems
- Low participation at some sites emphasized challenges and opportunities for outreach/programs for each site.
Best practices for the community and academic partners focused on:

- Emphasize training/Orientation for new staff, college interns, volunteers, researchers to include
  - Not just talking about population….we always learn with community
  - Re-emphasize the importance of context of our communities
    - Maslow’s Hierarchy of Needs
    - We may not be able to focus on nutrition and health if community members are worried about income and basic needs
  - What are client needs and how do they relate to the program they are attending

While opportunities for infrastructure improvement still exist in El Paso, there are specific opportunities for programming in our community (community agencies, faith-based institutions) including

- Access to affordable sports for children and families
- Parenting Classes
- Connecting “new neighbors” to community resources
- Connecting neighbors together for community participation

The process reinforced the importance of developing tools that are mutually beneficial for communities, researchers, and student learners. We hope that the findings and process can be used by other agencies as they continue to improve and adapt community and education programs for their constituents to enhance a Healthy Home.
### Healthy Home: Focus Group – Pre-Survey Results

**Combined Sites: Boys & Girls Clubs, Centro San Vicente, Texas A&M**  
**Focus groups: 11 (n=89)**  
**Dates Held: Jul-Sep 2012**

1. I feel that I live in a “healthy” family.  
   - 34 (38.2%) Strongly agree  
   - 49 (55.1%) Agree  
   - 6 (6.7%) Disagree  
   - 0 (0.0%) Strongly disagree

2. I feel that I live in a “happy” family.  
   - 31 (34.8%) Strongly agree  
   - 53 (59.6%) Agree  
   - 3 (4.5%) Disagree  
   - 0 (0.0%) Strongly disagree

3. I feel that I live in a “safe” family.  
   - 38 (42.7%) Strongly agree  
   - 45 (50.6%) Agree  
   - 4 (4.5%) Disagree  
   - 1 (1.1%) Strongly disagree

4. I think it is important for our family to eat well.  
   - 54 (60.7%) Strongly agree  
   - 33 (37.1%) Agree  
   - 1 (1.1%) Disagree  
   - 1 (1.1%) Strongly disagree

5. I think it is important for our family to exercise.  
   - 48 (53.9%) Strongly agree  
   - 37 (41.6%) Agree  
   - 1 (1.1%) Disagree  
   - 0 (0.0%) Strongly disagree

6. I think I can make a positive difference in my home.  
   - 43 (48.3%) Strongly agree  
   - 42 (47.2%) Agree  
   - 0 (0.0%) Disagree  
   - 1 (1.1%) Strongly disagree

7. I think I can make a positive difference in my community.  
   - 39 (43.8%) Strongly agree  
   - 46 (51.7%) Agree  
   - 1 (1.1%) Disagree  
   - 1 (1.1%) Strongly disagree

**I think I live in a healthy home because** (check all that apply):  
- 55 (61.8%) I have a lot of friends and family nearby  
- 69 (77.5%) I live near a good grocery store  
- 62 (69.7%) I have good transportation to get places  
- 69 (77.5%) I get to participate in making decisions in my family  
- 64 (71.9%) I think my neighborhood is safe  
- 39 (43.8%) We have enough money to provide for our family  
- 69 (77.5%) I can exercise at home or places nearby (for example, parks or neighborhood centers)  
- 73 (82.0%) I have a source of water and heating/cooling in my home  
- 76 (85.4%) It is a place that feel supported

**The barriers I have to living in a healthy home are:**  
- 15 (16.9%) I don’t have many friends  
- 8 (9.0%) I don’t live near a good grocery store  
- 11 (12.4%) I don’t have good transportation  
- 5 (5.6%) I don’t participate in making decisions in my family  
- 11 (12.4%) I don’t think my neighborhood is safe  
- 19 (21.3%) We don’t have enough money to provide for our family  
- 11 (12.4%) I can’t exercise at home or places nearby (for example, parks or neighborhood centers)  
- 7 (7.9%) I don’t have a source of water and heating/cooling in my home  
- 4 (4.5%) It is not a place that I feel supported

**Average Age and Range:** 47.2 years (21-80); Median: 46.5 years  
**Sex:** Female: 79 (88.8%)  
**Preferred language:** Spanish: 78 (87.6%)  
**Average (and range) Number of children < 18 years old living in home:** 1.52 children (0-5); Median: 1 child  
**Average (and range) Number of years living in my neighborhood/home:** 12.52 years (2 mths-27 yrs); Median: 10 yrs
### Healthy Home: Focus Group – Pre-Survey Results

**< 5 years residence in neighborhood/home**

**Combined Sites:** Boys & Girls Clubs, Centro San Vicente, Texas A&M  
**Focus groups:** 9 (all agencies) (n=23)  
**Dates Held:** Jul-Sep 2012

<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I feel that I live in a “healthy” family.</td>
<td>9 (39.1%)</td>
<td>12 (52.2%)</td>
<td>2 (8.7%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>2. I feel that I live in a “happy” family.</td>
<td>7 (30.4%)</td>
<td>14 (60.9%)</td>
<td>2 (8.7%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>3. I feel that I live in a “safe” family.</td>
<td>6 (26.1%)</td>
<td>16 (69.6%)</td>
<td>1 (4.3%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>4. I think it is important for our family to eat well.</td>
<td>14 (60.9%)</td>
<td>8 (34.8%)</td>
<td>1 (4.3%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>5. I think it is important for our family to exercise.</td>
<td>14 (60.9%)</td>
<td>7 (30.4%)</td>
<td>1 (4.3%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>6. I think I can make a positive difference in my home.</td>
<td>11 (47.8%)</td>
<td>12 (52.2%)</td>
<td>0 (0.0%)</td>
<td>0 (0.0%)</td>
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<tr>
<td>7. I think I can make a positive difference in my community.</td>
<td>10 (43.5%)</td>
<td>12 (52.2%)</td>
<td>1 (4.3%)</td>
<td>0 (0.0%)</td>
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</table>

I think I live in a healthy home because (check all that apply):
- 9 (39.1%) I have a lot of friends and family nearby
- 18 (78.3%) I live near a good grocery store
- 16 (69.6%) I have good transportation to get places
- 17 (73.9%) I get to participate in making decisions in my family
- 15 (65.2%) I think my neighborhood is safe
- 9 (39.1%) We have enough money to provide for our family
- 18 (78.3%) I can exercise at home or places nearby (for example, parks or neighborhood centers)
- 19 (82.6%) I have a source of water and heating/cooling in my home
- 20 (87.0%) It is a place that feel supported

The barriers I have to living in a healthy home are:
- 7 (30.4%) I don’t have many friends
- 1 (4.3%) I don’t live near a good grocery store
- 0 (0%) I don’t have good transportation
- 1 (4.3%) I don’t participate in making decisions in my family
- 4 (17.4%) I don’t think my neighborhood is safe
- 7 (30.4%) We don’t have enough money to provide for our family
- 4 (17.2%) I can’t exercise at home or places nearby (for example, parks or neighborhood centers)
- 2 (8.7%) I don’t have a source of water and heating/cooling in my home
- 1 (4.3%) It is not a place that I feel supported

Average Age and Range: 40.8 years (Range: 22-71); Median: 38 years  
Sex: Female: 22 (95.7%)  Male: 1 (4.3%)  
Preferred language: Spanish: 21 (91.3%)  English: 3 (13.0%)  
Average (and range) Number of children < 18 years old living in home: 2.18 (Range: 0-5) children; Median: 2 children  
Average (and range) Number of years living in my neighborhood/home: 2.74 years (Range: 0.17-5 yrs); Median: 3 yrs
Healthy Home: Focus Group – Pre-Survey Results
> 6 years residence in neighborhood/home

Combined Sites: Boys & Girls Clubs, Centro San Vicente, Texas A&M
Focus groups: 9 (all agencies) (n=62)  
Dates Held: Jul-Sep 2012

1. I feel that I live in a “healthy” family.
   - 23 (37.1%) Strongly agree  
   - 35 (56.5%) Agree  
   - 4 (6.5%) Disagree  
   - 0 (0.0%) Strongly disagree

2. I feel that I live in a “happy” family.
   - 24 (38.7%) Strongly agree  
   - 36 (56.5%) Agree  
   - 0 (0.0%) Disagree  
   - 0 (0.0%) Strongly disagree

3. I feel that I live in a “safe” family.
   - 31 (50.0%) Strongly agree  
   - 26 (41.9%) Agree  
   - 3 (4.8%) Disagree  
   - 1 (1.6%) Strongly disagree

4. I think it is important for our family to eat well.
   - 38 (61.3%) Strongly agree  
   - 23 (37.1%) Agree  
   - 0 (0.0%) Disagree  
   - 1 (1.6%) Strongly disagree

5. I think it is important for our family to exercise.
   - 33 (53.2%) Strongly agree  
   - 28 (45.2%) Agree  
   - 0 (0.0%) Disagree  
   - 0 (0.0%) Strongly disagree

6. I think I can make a positive difference in my home.
   - 32 (51.6%) Strongly agree  
   - 27 (43.5%) Agree  
   - 0 (0.0%) Disagree  
   - 1 (1.6%) Strongly disagree

7. I think I can make a positive difference in my community.
   - 27 (43.5%) Strongly agree  
   - 33 (53.2%) Agree  
   - 0 (0.0%) Disagree  
   - 1 (1.6%) Strongly disagree

I think I live in a healthy home because (check all that apply):
- 43 (69.4%) I have a lot of friends and family nearby
- 48 (77.4%) I live near a good grocery store
- 43 (69.4%) I have good transportation to get places
- 50 (80.6%) I get to participate in making decisions in my family
- 47 (75.8%) I think my neighborhood is safe
- 28 (45.2%) We have enough money to provide for our family
- 49 (79.0%) I can exercise at home or places nearby (for example, parks or neighborhood centers)
- 52 (83.9%) I have a source of water and heating/cooling in my home
- 53 (85.5%) It is a place that feel supported

The barriers I have to living in a healthy home are:
- 8 (12.9%) I don’t have many friends
- 7 (11.3%) I don’t live near a good grocery store
- 11 (17.7%) I don’t have good transportation
- 4 (6.5%) I don’t participate in making decisions in my family
- 7 (11.3%) I don’t think my neighborhood is safe
- 12 (19.4%) We don’t have enough money to provide for our family
- 7 (11.3%) I can’t exercise at home or places nearby (for example, parks or neighborhood centers)
- 5 (8.1%) I don’t have a source of water and heating/cooling in my home
- 3 (4.8%) It is not a place that I feel supported

Average Age: 50.0 years (Range: 21-80); Median: 51.5 years
Sex: Female: 54 (87.1%)  
Male: 6 (9.7%)
Preferred language: Spanish: 53 (85.5%)  
English: 11 (17.7%)
Average Number of children < 18 years old living in home: 1.32 (Range: 0-5) children; Median: 1 child
Average Number of years living in my neighborhood/home: 16.15 years (Range: 6-43 yrs); Median: 14 yrs

*2 surveys- no report
Healthy Home: Focus Group–Pre-Survey Results for homes with children <18 yrs
Combined Sites: Boys & Girls Clubs, Centro San Vicente, Texas A&M
Focus groups: 11 (n=60) Dates Held: Jul-Sep 2012

1. I feel that I live in a “healthy” family.
   - 22 (36.7%) Strongly agree
   - 34 (56.7%) Agree
   - 4 (6.7%) Disagree
   - 0 (0.0%) Strongly disagree

2. I feel that I live in a “happy” family.
   - 22 (36.7%) Strongly agree
   - 34 (56.7%) Agree
   - 4 (6.7%) Disagree
   - 0 (0.0%) Strongly disagree

3. I feel that I live in a “safe” family.
   - 27 (45.0%) Strongly agree
   - 29 (48.3%) Agree
   - 3 (5.0%) Disagree
   - 0 (0.0%) Strongly disagree

4. I think it is important for our family to eat well.
   - 38 (63.3%) Strongly agree
   - 21 (35.0%) Agree
   - 1 (1.7%) Disagree
   - 0 (0.0%) Strongly disagree

5. I think it is important for our family to exercise.
   - 32 (53.3%) Strongly agree
   - 25 (41.7%) Agree
   - 1 (1.7%) Disagree
   - 0 (0.0%) Strongly disagree

6. I think I can make a positive difference in my home.
   - 33 (55.0%) Strongly agree
   - 26 (43.3%) Agree
   - 0 (0.0%) Disagree
   - 0 (0.0%) Strongly disagree

7. I think I can make a positive difference in my community.
   - 29 (48.3%) Strongly agree
   - 26 (43.3%) Agree
   - 1 (1.7%) Disagree
   - 0 (0.0%) Strongly disagree

I think I live in a healthy home because (check all that apply):
   - 31 (51.7%) I have a lot of friends and family nearby
   - 43 (71.7%) I live near a good grocery store
   - 38 (63.3%) I have good transportation to get places
   - 45 (75.0%) I get to participate in making decisions in my family
   - 40 (66.7%) I think my neighborhood is safe
   - 20 (33.3%) We have enough money to provide for our family
   - 44 (73.3%) I can exercise at home or places nearby (for example, parks or neighborhood centers)
   - 50 (83.3%) I have a source of water and heating/cooling in my home
   - 51 (85.0%) It is a place that feel supported

The barriers I have to living in a healthy home are:
   - 11 (18.3%) I don’t have many friends
   - 5 (8.3%) I don’t live near a good grocery store
   - 6 (10.0%) I don’t have good transportation
   - 4 (6.7%) I don’t participate in making decisions in my family
   - 6 (10.0%) I don’t think my neighborhood is safe
   - 16 (26.7%) We don’t have enough money to provide for our family
   - 7 (11.7%) I can’t exercise at home or places nearby (for example, parks or neighborhood centers)
   - 3 (5.0%) I don’t have a source of water and heating/cooling in my home
   - 2 (3.3%) It is not a place that I feel supported

Average Age and Range: 41.5 years (21-73); Median: 40 years
Sex: Female: 52 (86.7%) Male: 9 (15.0%) Not reported: 1 (3.3%)
Preferred language: Spanish: 56 (93.3%) English: 6 (10.0%)
Average (and range) Number of children < 18 years old living in home: 2.22 children (1-5); Median: 2 children
Average (and range) Number of years living in my neighborhood/home: 9.28 years (2 mths-27 yrs); Median: 8 yrs
### Healthy Home: Focus Group – Pre-Survey Results for homes with no children*

**Combined Sites:** Boys & Girls Clubs, Centro San Vicente, Texas A&M  
Focus groups: 8 across all 3 agencies (n=27)  
Dates Held: Jul-Sep 2012

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I feel that I live in a “healthy” family.</td>
<td>12 (44.4%)</td>
<td>14 (51.9%)</td>
<td>1 (3.7%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>2. I feel that I live in a “happy” family.</td>
<td>9 (33.3%)</td>
<td>17 (63.0%)</td>
<td>0 (0.0%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>3. I feel that I live in a “safe” family.</td>
<td>10 (37.0%)</td>
<td>15 (55.6%)</td>
<td>1 (3.7%)</td>
<td>1 (3.7%)</td>
</tr>
<tr>
<td>4. I think it is important for our family to eat well.</td>
<td>14 (51.9%)</td>
<td>12 (44.4%)</td>
<td>0 (0.0%)</td>
<td>1 (3.7%)</td>
</tr>
<tr>
<td>5. I think it is important for our family to exercise.</td>
<td>14 (51.9%)</td>
<td>12 (44.4%)</td>
<td>0 (0.0%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>6. I think I can make a positive difference in my home.</td>
<td>10 (37.0%)</td>
<td>14 (51.9%)</td>
<td>0 (0.0%)</td>
<td>1 (3.7%)</td>
</tr>
<tr>
<td>7. I think I can make a positive difference in my community.</td>
<td>9 (33.3%)</td>
<td>17 (63.0%)</td>
<td>0 (0.0%)</td>
<td>1 (3.7%)</td>
</tr>
</tbody>
</table>

**I think I live in a healthy home because (check all that apply):**
- 22 (81.5%) I have a lot of friends and family nearby
- 24 (88.9%) I live near a good grocery store
- 23 (85.2%) I have good transportation to get places
- 22 (81.5%) I get to participate in making decisions in my family
- 22 (81.5%) I think my neighborhood is safe
- 17 (63.0%) We have enough money to provide for our family
- 23 (85.2%) I can exercise at home or places nearby (for example, parks or neighborhood centers)
- 21 (77.8%) I have a source of water and heating/cooling in my home
- 23 (85.2%) It is a place that feel supported

**The barriers I have to living in a healthy home are:**
- 3 (11.1%) I don’t have many friends
- 3 (11.1%) I don’t live near a good grocery store
- 5 (18.5%) I don’t have good transportation
- 1 (3.7%) I don’t participate in making decisions in my family
- 5 (18.5%) I don’t think my neighborhood is safe
- 3 (11.1%) We don’t have enough money to provide for our family
- 4 (14.8%) I can’t exercise at home or places nearby (for example, parks or neighborhood centers)
- 4 (14.8%) I don’t have a source of water and heating/cooling in my home
- 2 (7.4%) It is not a place that I feel supported

**Average Age and Range:** 59.8 years (29-80); Median: 60 years  
**Sex:** Female: 25 (92.6%)  
Male: 0 (0.0%)  
**Preferred language:** Spanish: 21 (77.8%)  
English: 7 (25.9%)  
**Average (and range) Number of children < 18 years old living in home:** 0 children  
**Average (and range) Number of years living in my neighborhood/home:** 19.9 years (3-43 yrs); Median: 20 yrs

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*2 surveys- no report*
### Healthy Home: Focus Group- Pre-Survey Results for <50 years of age

**Combined Sites: Boys & Girls Clubs, Centro San Vicente, Texas A&M**  
**Focus groups: 10 across 3 agencies (n=46)  Dates Held: Jul-Sep 2012**

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I feel that I live in a “healthy” family.</td>
<td>14 (30.4%)</td>
<td>29 (63.0%)</td>
<td>3 (6.5%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>2. I feel that I live in a “happy” family.</td>
<td>15 (32.6%)</td>
<td>27 (58.7%)</td>
<td>4 (8.7%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>3. I feel that I live in a “safe” family.</td>
<td>17 (37.0%)</td>
<td>25 (54.3%)</td>
<td>3 (6.5%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>4. I think it is important for our family to eat well.</td>
<td>30 (65.2%)</td>
<td>15 (32.6%)</td>
<td>1 (2.2%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>5. I think it is important for our family to exercise.</td>
<td>29 (63.0%)</td>
<td>15 (32.6%)</td>
<td>1 (2.2%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>6. I think I can make a positive difference in my home.</td>
<td>26 (56.5%)</td>
<td>19 (41.3%)</td>
<td>0 (0.0%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>7. I think I can make a positive difference in my community.</td>
<td>22 (47.8%)</td>
<td>22 (47.8%)</td>
<td>1 (2.2%)</td>
<td>0 (0.0%)</td>
</tr>
</tbody>
</table>

**I think I live in a healthy home because (check all that apply):**
- 25 (54.3%) I have a lot of friends and family nearby
- 34 (73.9%) I live near a good grocery store
- 31 (67.4%) I have good transportation to get places
- 36 (78.3%) I get to participate in making decisions in my family
- 30 (65.2%) I think my neighborhood is safe
- 16 (34.8%) We have enough money to provide for our family
- 37 (80.4%) I can exercise at home or places nearby (for example, parks or neighborhood centers)
- 40 (87.0%) I have a source of water and heating/cooling in my home
- 40 (87.0%) It is a place that feel supported

**The barriers I have to living in a healthy home are:**
- 9 (19.6%) I don’t have many friends
- 4 (8.7%) I don’t live near a good grocery store
- 5 (10.9%) I don’t have good transportation
- 3 (6.5%) I don’t participate in making decisions in my family
- 7 (15.2%) I don’t think my neighborhood is safe
- 13 (28.3%) We don’t have enough money to provide for our family
- 5 (10.9%) I can’t exercise at home or places nearby (for example, parks or neighborhood centers)
- 3 (6.5%) I don’t have a source of water and heating/cooling in my home
- 2 (4.3%) It is not a place that I feel supported

**Average Age and Range:** 35.91 years (21-49); Median: 37 years  
**Sex:** Female: 40 (87.0%); Male: 5 (10.9%); Not reported: 1 (2.2%)  
**Preferred language:** Spanish: 41 (89.1%); English: 7 (15.2%)  
**Average (and range) Number of children < 18 years old living in home:** 2.23 children (0-5); Median: 2 children  
**Average (and range) Number of years living in my neighborhood/home:** 8.91 years (2 mths-27 yrs); Median: 8 yrs
**Healthy Home: Focus Group – Pre-Survey Results for 50 years and up**

**Combined Sites:** Boys & Girls Clubs, Centro San Vicente, Texas A&M  
**Focus groups:** 10 across 3 agencies (n=43)  
**Dates Held:** Jul-Sep 2012

<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I feel that I live in a “healthy” family.</td>
<td>20 (46.5%)</td>
<td>20 (46.5%)</td>
<td>3 (7.0%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>2. I feel that I live in a “happy” family.</td>
<td>16 (37.2%)</td>
<td>26 (60.5%)</td>
<td>0 (0.0%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>3. I feel that I live in a “safe” family.</td>
<td>21 (48.8%)</td>
<td>20 (46.5%)</td>
<td>1 (2.3%)</td>
<td>1 (2.3%)</td>
</tr>
<tr>
<td>4. I think it is important for our family to eat well.</td>
<td>24 (55.8%)</td>
<td>18 (41.9%)</td>
<td>0 (0.0%)</td>
<td>1 (2.3%)</td>
</tr>
<tr>
<td>5. I think it is important for our family to exercise.</td>
<td>19 (44.2%)</td>
<td>22 (51.2%)</td>
<td>0 (0.0%)</td>
<td>0 (0.0%)</td>
</tr>
<tr>
<td>6. I think I can make a positive difference in my home.</td>
<td>17 (39.5%)</td>
<td>23 (53.5%)</td>
<td>0 (0.0%)</td>
<td>1 (2.3%)</td>
</tr>
<tr>
<td>7. I think I can make a positive difference in my community.</td>
<td>17 (39.5%)</td>
<td>24 (55.8%)</td>
<td>0 (0.0%)</td>
<td>1 (2.3%)</td>
</tr>
</tbody>
</table>

**I think I live in a healthy home because (check all that apply):**

- 30 (69.8%) I have a lot of friends and family nearby
- 35 (81.4%) I live near a good grocery store
- 31 (72.1%) I have good transportation to get places
- 33 (76.7%) I get to participate in making decisions in my family
- 34 (79.1%) I think my neighborhood is safe
- 23 (53.5%) We have enough money to provide for our family
- 32 (74.4%) I can exercise at home or places nearby (for example, parks or neighborhood centers)
- 33 (76.7%) I have a source of water and heating/cooling in my home
- 36 (83.7%) It is a place that feel supported

**The barriers I have to living in a healthy home are:**

- 6 (14.0%) I don’t have many friends
- 4 (9.3%) I don’t live near a good grocery store
- 6 (14.0%) I don’t have good transportation
- 2 (4.7%) I don’t participate in making decisions in my family
- 4 (9.3%) I don’t think my neighborhood is safe
- 6 (14.0%) We don’t have enough money to provide for our family
- 6 (14.0%) I can’t exercise at home or places nearby (for example, parks or neighborhood centers)
- 4 (9.3%) I don’t have a source of water and heating/cooling in my home
- 2 (4.7%) It is not a place that I feel supported

**Average Age and Range:** 60.2 years (50-80); Median: 58 years  
**Sex:** Female: 39 (90.7%)  
**Not reported:** 1 (2.3%)  
**Male: 3 (7.0%)**  
**Preferred language:** Spanish: 37 (86.0%)  
**English:** 7 (16.3%)  
**Average (and range) Number of children < 18 years old living in home:** 0.79 children (0-5); Median: 0 children  
**Average (and range) Number of years living in my neighborhood/home:** 16.21 years (1-43 yrs); Median: 14.5 yrs
**Healthy Homes – Focus Group Summary**

**11 Focus Groups (89 participants)**

Boys & Girls Clubs, Centro San Vicente, Texas A&M Colonias Program (July-August 2012)

<table>
<thead>
<tr>
<th>Positive Attributes</th>
<th>Improvements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What do you like about your neighborhood that makes it healthy?</strong></td>
<td><strong>What would you like to change about your neighborhood that would make it healthier?</strong></td>
</tr>
<tr>
<td><strong>Quality of Life:</strong></td>
<td><strong>Quality of Life:</strong></td>
</tr>
<tr>
<td>• Recreation resources (parks, public pools, rec centers, exercise classes, Zumba)</td>
<td>• Need for <strong>community centers</strong> (youth recreation center)</td>
</tr>
<tr>
<td>• Clean...trees and fields</td>
<td>• Need “green space”</td>
</tr>
<tr>
<td>• Neighbors – Friendly and respectful and helpful</td>
<td>• Greater access to affordable, organized sports</td>
</tr>
<tr>
<td><a href="#">Public/Community Services:</a></td>
<td>• Need for community involvement</td>
</tr>
<tr>
<td>• Resources within walking distance (e.g., schools, stores, clinics, churches)</td>
<td>• Improve cleanliness (e.g., <a href="#">dog feces</a>, trash, vacant lots)</td>
</tr>
<tr>
<td>• Good access to stores, clinics, main streets</td>
<td>• Need for spray for mosquitos</td>
</tr>
<tr>
<td>• Schools provide food for children</td>
<td>• Need to take care of loose dogs running around</td>
</tr>
<tr>
<td>• Community centers provide exercise classes, health education, and health fairs</td>
<td>• More parks</td>
</tr>
<tr>
<td>• Mental health resources for parents (1)</td>
<td><a href="#">Infrastructure:</a></td>
</tr>
<tr>
<td><a href="#">Infrastructure:</a></td>
<td>• Need for more traffic lights</td>
</tr>
<tr>
<td>• Infrastructure</td>
<td>• Need more street lights (colonias)</td>
</tr>
<tr>
<td>• Good sidewalks</td>
<td>• Better public transportation (colonias)</td>
</tr>
<tr>
<td>• Parks with good walking routes</td>
<td>• Environment: Cleaner air, potable water/sewage (colonias)</td>
</tr>
<tr>
<td>• Good places to walk, swim, &amp; bike</td>
<td>• Better access to recycling (colonias)</td>
</tr>
<tr>
<td>• Environmental – Not a lot of cars contamination (air is cleaner), Larger lots for homes (colonias)</td>
<td>• <strong>Increase access to walking/outdoor exercise, traffic management near schools, better sidewalks</strong></td>
</tr>
<tr>
<td><a href="#">What do you like about your neighborhood that makes it happy?</a></td>
<td><a href="#">What would you like to change about your neighborhood that would make it happier?</a></td>
</tr>
<tr>
<td><strong>Quality of Life:</strong></td>
<td><strong>Quality of Life:</strong></td>
</tr>
<tr>
<td>• Good relationships with neighbors (!!!!)</td>
<td>• More communication among neighbors to know each other more, problems with gossip</td>
</tr>
<tr>
<td>o Neighbors help take care of children</td>
<td><a href="#">Public/Community Services:</a></td>
</tr>
<tr>
<td>o Can borrow cup of milk from neighbor</td>
<td>• Public transportation (8)</td>
</tr>
<tr>
<td>o Water pipe broke and neighbor helped</td>
<td>• Classes for children, recreation for children, classes for children on respect and treating others</td>
</tr>
<tr>
<td>• Children are able to play outside</td>
<td>• Parenting classes</td>
</tr>
<tr>
<td>• Things are safe</td>
<td>• Better control of unsupervised children at nights</td>
</tr>
<tr>
<td>• Faith/religious practices</td>
<td>Employment/training programs</td>
</tr>
<tr>
<td><a href="#">Public/Community Services:</a></td>
<td><a href="#">Infrastructure:</a></td>
</tr>
<tr>
<td>• Access to parks, schools, stores, main streets like I-10</td>
<td>• Loose pets</td>
</tr>
<tr>
<td>• Community classes (Zumba, ESL, Parent Center-parenting)</td>
<td>• Increased street lights in public places</td>
</tr>
<tr>
<td>• Adult day care (bingo, field trips, exercise)</td>
<td>• Sidewalks</td>
</tr>
<tr>
<td><a href="#">Emotional/Mental Health</a></td>
<td>• Sewage/water/natural gas</td>
</tr>
<tr>
<td>o Community agency providing respite for parents (1)</td>
<td>• Clean yards to avoid mosquito</td>
</tr>
<tr>
<td>• Children have a lot of opportunities in schools (1)</td>
<td><a href="#">Infrastructure:</a></td>
</tr>
<tr>
<td><a href="#">Infrastructure:</a></td>
<td>• Police officers in the area</td>
</tr>
</tbody>
</table>
### What do you like about your neighborhood that makes it **safe**?

**Quality of Life:**
- Neighbors help one another- neighborhood watch, take care of each other’s property, look out for each other, neighbors won’t steal, pick up newspapers so no one knows they are not home(!!!)

**Infrastructure:**
- Good police patrol/presence
  - Confidence police will respond quickly, fire department/hospital close by
- No drugs, no violence, no gangs

### What would you like to **change** about your neighborhood that would make it **safer**?

**Public/Community Services:**
- Need more reporting of violence, domestic abuse, crime
  - Dialogue of abuse/violence
  - Better information-esp. sexual predators
- More supervision of kids after school
  - Programs to prevent alcohol and drug abuse

**Infrastructure:**
- Need more police officers
- Better traffic management
  - More stop signs, more street signs
  - People drive fast in general & near schools
- More lights – public places, parks
- Reduce crimes
- Some children do not have access to school bus or after school, kids walking on non-existent sidewalk
- Bus routes (for adults)

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*To be listed should have topic would have been identified at least 2 out of three sites. However, if one site is listed, then the issue/topic would have been brought up in 2 or more distinct focus groups at that site.*

### Question Group #3: Where would you start to help make your neighborhood healthier, happier, safer?

- Educate at home (living out values), model ideal behavior (respect neighbors), “clean up your own home”, make changes within family, recycle
- Educate children at home to take care of health and community, kids play outside, how to be good (citizens), supervise kids and set limits on supervision
- Connect with neighbors – learn how to talk to neighbors, be friendly and kind with neighbors
- Create conscientious mindset among neighbors to take care of community, community mobilizations, participate in community programs
- Improve animal control (report dead dogs, spay/neuter animals)
- Hold “agencies” accountable
- Provide testimonies to kids on drug addiction (1)

### Question Group #4: What would help you and your family to be able to make changes in your neighborhood?

- Encourage/Have community meetings and community organizing, civic participation, community communication, better relations among community members (!!!!)
- Bring in city government representatives
- Clean up empty lots, recycle, have available potable water, street lights and sewage (colonias)

### Summary:

- Neighbors are highly-valued
- Many members across sites valued access to community resources
- Cross-over noted across groups when interpreting “healthy”, “happy”, and “safe” (e.g., street lights appeared in all three of these categories)
- Continued need in colonia areas for basic utilities (e.g., water, sewage and gas)
- Lack of sidewalks and street lights prevent some members from being able to walk in their neighborhood
- Participants recognized the importance of community participation and need to create conscientious mindset among neighbors with hopes that they all work together to improve their neighborhoods