



# Community Health Worker Needs Assessment

*Results from Lifetrack Focus Groups &  
Health Assessments*

**J U N E 2 0 1 6**

Prepared by:  
Rebecca Schultz

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Wilder Research contributors to this report include:

Jenny Bohlke, Technical Design Specialist

Michelle Decker Gerrard, Senior Research Manager

Rachel Fields, Library Assistant

Thalia Hall, Research Associate

# Introduction

In 2015 Lifetrack began developing a staff position for a comprehensive System Navigator, also known as a Community Health Worker (CHW), to support families participating in the Lifetrack Families Together program. To inform the development of this position, Lifetrack contracted with the Minnesota Community Health Worker Alliance (MCHWA) and Wilder Research to conduct a needs assessment to better understand the primary needs of families, the type of CHW role that would most benefit families, and how the CHW could be best incorporated into the Lifetrack organization.

In the spring of 2016 Wilder Research conducted two focus groups with a total of 15 parents who are participating in the Families Together program, and one focus group with 12 current Lifetrack staff providing direct services to parents and children. The purpose of these focus groups was to learn more about parent and staff perceptions of the health needs of families in the Families Together program, what prevents families from getting their health needs met, and what type of support families would like in order to address their health needs. The intent of the staff focus group was also to understand how a CHW could best be incorporated into the current workflow at Lifetrack to help families and work with existing staff. Lifetrack staff also completed Parent Health Assessments for 60 parents in the Families Together program. The purpose of this assessment was to determine the types of health needs parents and families have in order to guide the focus of the CHW work.

# Results

## Primary health concerns

### *Mental health*

Issues related to mental health were the health concerns most often identified by parents. Most parents acknowledged that they themselves and/or their children had mental health concerns, and parents often identified specific conditions they struggle to manage, such as Attention Deficient Hyperactivity Disorder (ADHD), Post-traumatic Stress Disorder (PTSD), anger issues, depression, and anxiety. All parents acknowledged that they often felt overwhelmed, stressed, or sad to the point that it was difficult for them to take care of themselves and their families.

Nearly all parents indicated services were available to address their family's mental health concerns, with the exception of psychiatry; however parents felt it is very difficult to actually access the services on a consistent basis. While most parents reported some level of concern for their mental health, a number of parents and staff indicated that many parents do not want to acknowledge that they have a mental health issue.

Mental health was also indicated as a primary health concern in the parent health assessment, where staff indicated 58 percent of families have at least one parent with a diagnosed or suspected depressive disorder and 33 percent with a diagnosed or suspected anxiety disorder. To a lesser extent the following were identified as diagnosed or suspected mental health concerns: Post Traumatic Stress Disorder (PTSD; 25%), a learning disability (22%), Fetal Alcohol Spectrum Disorder (FASD; 9%), Attention Deficit/Hyperactivity Disorder (ADHD; 7%), or a Traumatic Brain Injury (TBI; 3%). Staff also indicated that 47 percent of families have at least one parent that has been diagnosed with a physical, mental, or other health condition that makes it difficult for them to function in their role as a caregiver (see Appendix).

*Mental health is huge, especially depression...I think what comes along with the illness is an apathy of 'it's not going to get better anyway, it doesn't matter.' –Lifetrack staff*

*Mental health, my oldest has ADHD, sensory processing disorder, and PTSD. Even though my oldest sees a therapist...it takes a toll on you as a parent –Parent*

*I don't like to get up... I just like to stay under my covers and be done with it. I take care of my kids by myself. And it's so stressful. –Parent*

## ***Oral health***

Nearly all staff members felt dental health is also a huge issue for families. Few parents said their children had dental needs, and only a couple said they themselves had dental needs. Most parents did not see this as a need, likely because children receive dental services in school and through Lifetrack. The perception that parents do not have unmet dental needs is somewhat supported by the parent health assessment, in which staff reported that 51 percent of families had at least one parent see a dentist in the past year, and 42 percent had an established relationship with a dentist. Only 18 percent of families had at least one parent with a diagnosed or suspected tooth or gum problem. Also, approximately half of families have at least one parent who has used cigarettes in the past year, which leads to or worsens dental issues (see Appendix).

It is also important to note that while most children receive dental services through school or Lifetrack, program staff reported finding it challenging to ensure parents are always attending children's dental appointments and independently managing their children's dental health needs. Similarly, most parents said they would not know where to go for dental services if their child was not receiving it through school or Lifetrack.

*I struggle with knowing where to go to take [my kids] to the dentist. My son fell and knocked one of his top teeth out and the other one is not coming down. I don't know how long he will be like that. –Parent*

*We have kids who have cavities in every tooth and need a lot of dental work and we take them to the dentist through Head Start. It's convenient because we'll take them there, but it will be nice if parents can connect to something that will be long-term. –Lifetrack staff.*

## ***Poor nutrition***

At least half of parents reported that they were unable to provide their families with healthy foods and were concerned about the effect this was having on their overall health. While there was not one particular health issue that parents prominently linked to their poor nutrition, several mentioned concerns over how their poor nutrition was related to being overweight, their children's behavior, and chronic disease management (e.g. diabetes). Several staff members also indicated poor nutrition or access to healthy foods as an issue for families.

*Eating healthy is a concern for me and my kids. Obesity runs in our family. –Parent*

## ***Other concerns identified: Substance abuse, asthma, allergies, lead, and lice***

Concerns about substance abuse, asthma, allergies, lead, and lice were also mentioned, but less frequently. According to the parent health assessment, 23 percent of families have at least one parent with chemical dependency concerns. Few parents mentioned that they

were concerned about asthma, allergies, and lead exposure for their children; only 9 percent of families had at least one parent who was diagnosed or suspected to have asthma. Additionally, several Lifetrack staff indicated that lice within the preschool can be a significant health issue if not immediately addressed, but this was not mentioned by parents.

## Barriers to addressing health concerns

While parents and staff discussed specific health concerns that exist among families, the issues most frequently identified were the barriers preventing parents from addressing their health concerns, and situations that exacerbate the difficulty of dealing with them.

- **Basic needs are often unmet.** This biggest issue preventing families from addressing health concerns, identified by both parents and Lifetrack staff, is that families' basic needs such as housing, employment, and personal safety are often unmet. Parents and staff acknowledged that it is very difficult for families to utilize available health services when there is instability in these fundamental areas. This is either because parents spend all their time trying to obtain these basic needs or because the stress parents experience trying to do so makes it difficult for them to cope with other issues.
- **Lack of culturally appropriate services and providers.** While the existence or availability of services was not often identified as an issue (77% of parents had a primary care provider, see Appendix), both parents and staff identified a lack of culturally appropriate services and providers as a challenge. This is especially concerning when considering the diverse families Lifetrack serves: 58 percent of families assessed are African American, 18 percent white, 10 percent Hmong; 7 percent Karen; 5 percent American Indian; 2 percent Hispanic/Latino. Parents indicated they may not use a health service if other parents in their community have had bad experiences. Also, families may access a service one or two times, then discontinue using it when they find the provider and/or service to be inappropriate for themselves as a result of: a lack of investment in relationship development between the provider and family; a lack of providers who have similar backgrounds; a lack of provider understanding; limited availability of translators; and poor provider communication.

*[Clinic staff] don't know their population or that of this particular family and their needs. Sometimes it's the person at the front desk that sets the tone for the rest of their visit and there can be a disconnect. –Lifetrack staff*

*A [non-English speaking] mother pulled her son out of therapy because they did not provide an interpreter, so she was unable to get any follow-up on how he was doing. It was very frustrating for the parent. –Lifetrack staff*

- **Discrimination.** At least half of parents indicated their families had experienced discrimination or been stereotyped as a result of their race, ethnicity, income level, and/or where they are living. Parents and their children have experienced discrimination from health care providers, within the education system, the criminal justice system, and in social services. Parents felt people within these systems or organizations made assumptions about their situations based upon their characteristics and would not get to know their individual needs. The discrimination families experience makes it difficult for them to feel comfortable accessing services to meet their needs.

*When a lot of [workers] who have been in their positions a long time see a black woman with multiple kids, on section 8, you are everything else they have already been dealing with. They make many assumptions that you're a prostitute, on drugs, you can't communicate. –Parent*

- **Stigma.** Stigma around mental health and other health issues was identified by both parents and staff. While most parents were forthcoming about their mental health concerns, they felt that many parents in their community did not want to acknowledge mental health as an issue for themselves or their children.

*Parents in the community need to get in tune and understand their own mental health. Your kids are a mirror reflection – they act out things they observe in their parents. –Parent*

*In some cultures people with mental health problems are seen as possessed, so you have to be really careful about how you talk about it. There is a lot of stigma. –Lifetrack staff*

- **Lack of parent knowledge and support.** Parents often felt they did not have the knowledge or support to engage in conversations with health care providers about the care they are receiving, diagnoses they are given, or options they may have. Staff also indicated that because parents often do not have the knowledge or capacity to advocate for themselves and their children. They may end up either not getting the services they need, or they may get services that are not the best fit for their family.
- **Insurance.** At least half of staff indicated that the inability to maintain insurance coverage, and to a lesser extent obtain it in the first place, hinders families' ability to meet their health needs. While most families get insurance, they may not know how to most effectively utilize it to get health care. Also, as a result of difficulty staying up-to-date with ongoing MNSure changes, many families often end up losing coverage for a period of time. Losing insurance coverage then forces families to change health care providers.

## Important CHW roles and characteristics

Based upon experiences parents shared and the perceptions staff shared about the families that they serve, there are a number of things to consider when hiring and incorporating a CHW into Lifetrack services.

- **Share similar experiences or background to the families they serve.** The CHW should be able to relate to parents as a peer, having similar characteristics (e.g. race, income level, from the same community) or life experiences (e.g. experience with mental health, experience with various health and human service systems). Lifetrack clients are most often African American and most of the African American parents in the focus groups indicated they want staff and services that are culturally appropriate. It should be noted that not all racial/ethnic groups were adequately represented at the focus groups. It would likely be beneficial to have a CHW that speaks a language besides English such as Spanish, Hmong, or Karen, however this CHW would provide a specific cultural benefit to a smaller proportion of the Lifetrack families as most (87%) speak English (see Appendix).

*It needs to be somebody who's been in this predicament before. A lot of people step up to the plate but they've never been homeless, had their kids taken from them, or been in our shoes in any sort of way. –Parent*

- **Serve as an advocate for families.** Parents and staff felt it will be critical for the CHW to be able to advocate for parents and children with the many service providers families interact with. This could include anything from reinforcing with providers the importance of families preferences to ensuring providers give all information to parents and answer any questions they have.

*Our families can have a hard time advocating for their kids sometimes. Either they get triggered and get really big [reactions], and they can't effectively advocate or they advocate but in a way that is not going to be heard [by the provider]. Or they shut down and don't go back. –Lifetrack staff*

- **Be willing and able to learn about a variety of health-related topics.** Given the wide variety of health and social issues these families manage, Lifetrack staff felt it would be very important for the CHW to be able to find resources, synthesize, and relay important information to families as concerns arise. Staff identified insurance coverage, mental health issues, and uncommon chronic and acute health issues as things the CHW may initially need to become familiar with to support families.

*We do our best but a lot of the medical, chemical, dental, and mental health stuff we don't know as much as we would like to help the families. Having someone else focus on that would take the weight off our shoulders but we'd still feel like we are helping the family.*  
–Lifetrack staff

- **Support families in accessing health and human services.** Staff felt it would be very important for the CHW to help families connect with services related to health and basic needs. This would require the CHW to have at least a basic knowledge of these services and systems. According to staff, parents often need help coordinating and remembering all of their family's appointments and application deadlines. Parents did not report having significant difficulty finding service providers, however, they did find it extremely challenging to actually get help from providers in a way they felt comfortable with.

*It would be helping having a [CHW] know about other resources [in the community] and then they would be able to educate the parent about them. –Parent*

*I think knowledge of Ramsey County is important, both the culture and the how the various systems work. –Lifetrack staff*

- **Commitment to relationship building.** Parents and staff felt relationships are very important to ensure organizations such as Lifetrack can deliver services to families. Most importantly, the CHW will need to be able to establish good relationships with families. In addition, it will be very important for the CHW to be able to establish authentic relationships with individuals and service organizations in the community. The ability of the CHW to establish relationships with families was a top priority for Lifetrack staff.

*I want someone I can trust and who is going to actually help me, who is not just some paper pusher. –Parent*

*The [CHW] needs to be committed to working on communication...which will be very important for establishing a relationship. –Lifetrack staff*

*Our families need to feel safe in a relationship before they can connect and work with staff. –Lifetrack staff*

- **Provide services in-home.** Both parents and staff felt it would be ideal for the CHW to provide service to families within their homes. Parents wanted to be met at home because they felt it would give the CHW a better understanding of what their home life felt like, i.e. what is “normal” and what is “not normal” for the family. Staff felt it would be important for CHWs to work in the home as a way to build a better relationship with the family. Staff also felt meeting in-home reduces the extent to which a parent's motivation or mental health would impact the service they receive from the CHW.

*It would be helpful if [the CHW] could come into the home, then they can see exactly what type of environment we live in. –Parent*

*Our parents respond better to in-home than going to an office and meeting with somebody. It feels more comfortable because it's their environment. –Lifetrack staff*

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# Considerations when hiring a CHW

Lifetrack staff work with a diverse group of families with a variety of needs, however mental health was identified by both parents and staff as a primary health concern for families. To a lesser, but still significant extent, Lifetrack staff identified the need for oral health care among families, yet families felt this was less of a concern. This could likely be a result of Lifetrack providing dental services to children, albeit not long-term services, which made it difficult for parents to see the need. Families were more likely than staff to identify poor nutrition as a notable health concern.

Both parents and staff clearly articulated perceptions of family health concerns, however the more pressing challenges these families face are a struggle to address basic needs and the overarching lack of understanding, support, and connections that they experience when trying to access services. Families struggle to obtain stable housing and employment and manage the stress that comes with it, with trying to meet their other needs, i.e. health needs. Furthering these struggles is health care provider's inability to meet families' needs in a way that is sensitive to their background and the complexity of their lives. Parent's frequent frustration with their lack of knowledge and support is made more burdensome with this provider shortcoming.

The Lifetrack CHW must have, or understand how to develop, knowledge of and connections with the local community of service providers to support families in meeting their needs in an appropriate manner. The person must be willing and able to address a wide variety of issues for the families they work with. Above all the CHW should be someone who can relate to parents as a peer, develop relationships with families in order to understand their needs, provide necessary information, and advocate on their behalf.

# Appendix

## Parent Health Assessment data

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### 1. Family characteristics (N=60)

<b>Parent's race/ethnicity</b>	
African American/African	58%
White	18%
Hmong	10%
Karen	7%
American Indian	5%
Hispanic/Latino	2%

<b>Primary language in household</b>	
English	87%
Karen	7%
Hmong	3%
Spanish	2%
Other	2%

*Note: Cumulative percentages may not equal 100 percent due to rounding.*

<b>Lifetrack program family is enrolled in</b>	
Preschool	60%
Family Home Visiting	23%
Both	8%
Unknown	8%

*Note: Cumulative percentages may not equal 100 percent due to rounding.*

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## 2. Health concerns in the past year

<b>In the past year, at least one parent in this family... (N=59-60)</b>	<b>Yes</b>	<b>No</b>	<b>Don't know</b>
Had an accident requiring hospitalization	10%	58%	32%
Went to the dentist	51%	0%	49%
Smoked cigarettes or used tobacco daily	47%	30%	23%
Was diagnosed with a health condition that made caregiving hard	47%	30%	23%
Experienced an injury or illness resulting from violence	8%	55%	37%
Was hospitalized <i>Hospitalized an average of 7.5 day</i>	23%	40%	37%
Went to the emergency room for their own health <i>Visited the ER on average 2.6 times</i>	32%	38%	30%
Used traditional healers or remedies for health concerns	5%	55%	40%
Was pregnant	22%	63%	15%

*Note: Cumulative percentages may not equal 100 percent due to rounding.*

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## 3. Health care use

<b>At least one parent in this family regularly sees or has an established relationship with... (N=55-60)</b>	<b>Yes</b>	<b>No</b>	<b>Not needed</b>	<b>Don't know</b>
A primary care provider (e.g. doctor or nurse)	77%	0%	0%	23%
A dentist	42%	0%	0%	58%
A counselor, psychologist, psychiatrist or other mental health professional	45%	29%	7%	22%
A specialist health care provider (e.g. cardiologist, etc.)	20%	16%	44%	49%
The emergency room or urgent care	53%	15%	5%	30%

*Note: Cumulative percentages may not equal 100 percent due to rounding*

#### 4. Current health conditions

At least one parent in this family is currently experiencing the following health conditions... (N=59-60)	Yes, diagnosed	Not diagnosed, suspected	No	Don't know
Asthma	2%	7%	67%	25%
Cancer	0%	0%	83%	17%
Diabetes	3%	0%	72%	25%
High blood pressure	3%	0%	65%	32%
Heart attack	0%	0%	70%	30%
Sexually transmitted diseases	0%	2%	25%	73%
HIV/AIDS	0%	0%	63%	37%
Vision/eye issues	8%	0%	71%	20%
Tooth or gum problems	10%	8%	48%	33%
PTSD	7%	18%	38%	37%
Traumatic brain injury (TBI)	3%	0%	75%	22%
Depression	38%	20%	20%	22%
Anxiety	20%	13%	47%	20%
ADHD	5%	2%	70%	23%
Learning disability	15%	7%	40%	38%
Fetal alcohol spectrum disorder	2%	7%	58%	33%
Chemical dependency	20%	3%	45%	32%

**Note:** Cumulative percentages may not equal 100 percent due to rounding

## Data collection instruments

### *Lifetrack Parent Focus Group Guide*

1. Before we dig into our questions, let's go around and do brief introductions. This will be a big help for our note taker in tracking the conversation. Could you each tell me...
    - a. Your first name, how many kids you have, and their ages
    - b. What programs or services Lifetrack provides to you and your children
  
  2. Lifetrack is interested in finding out if it can help families get connected to health-related services. What are your family's biggest health concerns and how are these concerns currently being addressed?
    - a. *PROBE (if not already addressed): Are there specific oral health or dental needs your families have, which could include things such as tooth or gum pain, cavities, etc.? How do these needs compare to others you have mentioned?*
    - b. *PROBE (if not already addressed): How often do you feel you are unable to care for yourself or your child because you feel overwhelmed, anxious, or sad?*
    - c. *PROBE: When you needed immunizations for your child/children, did you know where to go? Where is that?*
  
  3. Thinking about all these big health concerns you have identified for your family, are there resources in the community that you would like to be connected with, but currently are not, that could help you improve your family's health? These resources could be anything from a dentist, family counselor, or just a person to help you keep track of all the appointments and meetings you may have to keep your family healthy.
    - a. *Probe: Are there particular resources you have tried to access, but have been unable to? Why?*
  
  4. What prevents you from getting the help you need to improve your family's health? This could include something personal to you, such as you lack of transportation to get to services, or something other people or organizations have done or not done that prevents you from getting help.
    - a. *Probe: Do you know where to go or what resources are available for help or support for your family's health issues?*
  
  5. Are there services or resources that have been recommended to you, but you did not go on to use? If so, what services or resources were those and what
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prevented you from using those services or resources that were recommended?

6. If Lifetrack was to create a new staff position that didn't provide direct health care like a doctor or nurse, but rather they would come from a similar background as the families they work with (i.e. be from the same neighborhood, be of the same race, share your religious beliefs, etc.) and help you get connected to services or organizations to improve your health, what could that person do that would most help you?
  - a. *Probe: If you were to get help from this Lifetrack staff person, how would you like to interact with them? (i.e. As part of home-visiting, group events at Lifetrack, over the phone, etc.)*
7. Is there anything we have not already talked about that you feel is important for me to know related to our discussion today?

## *Lifetrack Staff Focus Group Guide*

1. Before we dig into our questions, let's go around and do brief introductions. This will be a big help for our note taker in tracking the conversation. Could you each tell me...
  - a. Your first name
  - b. Whether you work in the preschool or home visiting and for how long
2. Thinking about specific health conditions or types of conditions, such as physical health, oral health, and mental health, what are the biggest health needs your clients, meaning parents and children, have and how well are these needs met?
  - a. *PROBE (if not already addressed): Are there specific oral health needs families commonly have? How do these needs compare to others you have mentioned?*
  - b. *PROBE (if not already addressed): Are there specific mental health needs families commonly have? How do these needs compare to others you have mentioned?*
3. Thinking about factors at both the system-level, such as availability of services families need, and also at the client-level, such as their understanding of their needs or a lack of resources, what prevents your clients from getting the help they need?
4. If time allowed, what things could Lifetrack do, that it is not currently doing or you feel it could do more of, to help clients get these needs met?
5. If Lifetrack were to hire a Community Health Worker, which is a person who provides health and outreach services, acting as a connection between health and social services, and often has a similar background to their clients, is there a particular group of people or families that would benefit most from the assistance of a CHW?
  - a. *Probe: What are the characteristics of families that have significant needs overall or unmet health needs?*
6. What are your hopes and/or your concerns about the addition of this CHW position?
  - a. *Probe: How do you think staff in your position would benefit from the position?*

- b. *Probe: (if there is apprehension about CHW addition) What information would you need from Lifetrack about the addition of this position to feel like you had a better understanding of the change?*
- 7. Is there anything we have not already talked about that you feel is important for me to know related to our discussion about family's' needs and barriers to getting those needs met?

***Lifetrack Parent Health Assessment***

**INSTRUCTIONS:** This assessment is to be completed by staff on behalf of the families they work with – it should not be completed with families. Staff should use their experience with the families and their professional judgement to answer each question to the best of their knowledge.

**Please indicate the Lifetrack program this family is enrolled in (CHECK ALL THAT APPLY):**

- Family Home Visiting
- Preschool

<b>In the past year, has at least one parent in this family...</b>	<b>YES</b>	<b>NO</b>	<b>DON'T KNOW</b>
1. Had an accidental injury that required hospitalization?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>8</sup>
2. Been to the dentist?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>8</sup>
3. Smoked cigarettes or used tobacco daily?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>8</sup>
4. Been diagnosed with a physical, mental, or other health condition that makes it hard for them function in their role as a caregiver?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>8</sup>
5. Experienced an injury or illness resulting from violence?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>8</sup>
6. Been hospitalized [IF YES, HOW MANY DAYS ____]?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>8</sup>
7. Been to the Emergency Room for their own health? [IF YES, HOW MANY TIMES ____]?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>8</sup>
8. Used traditional healers or remedies to address health concerns?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>8</sup>
9. Been pregnant?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>8</sup>

<b>Does at least one parent in this family regularly see/use or have an established relationship with ...</b>	<b>YES</b>	<b>NO</b>	<b>NOT NEEDED</b>	<b>DON'T KNOW</b>
1. A primary care provider, such as a doctor or nurse? (NOT ER or Urgent Care)	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
2. A dentist?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
3. A counselor, psychologist, psychiatrist or other mental health professional?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
4. A specialist provider healthcare provider (e.g. cardiologist, etc.)?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
5. The Emergency Room or Urgent Care?	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>

<b>Please indicate if at least one parent in this family is currently experiencing any of the following health conditions:</b>	<b>YES, DIAGNOSED</b>	<b>NOT DIAGNOSED, BUT SUSPECTED</b>	<b>NO</b>	<b>DON'T KNOW</b>
1. Asthma	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
2. Cancer	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
3. Diabetes	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
4. High blood pressure	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
5. Heart attack	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
6. Sexually transmitted disease	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
7. HIV/AIDS	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
8. Vision/Eye issues	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
9. Tooth or gum problems	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
10. PTSD	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
11. Traumatic brain injury (TBI)	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
12. Depression	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
13. Anxiety	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
14. ADHD	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
15. Learning disability	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
16. Fetal Alcohol Spectrum Disorder	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>
17. Chemical dependency	<input type="checkbox"/> <sup>1</sup>	<input type="checkbox"/> <sup>2</sup>	<input type="checkbox"/> <sup>3</sup>	<input type="checkbox"/> <sup>8</sup>

**Descriptive information:**

**Parent's race/ethnic background**

- <sup>1</sup>African American   <sup>2</sup>American Indian   <sup>3</sup>Hispanic/Latino   <sup>4</sup>Hmong   <sup>5</sup>Somali  
<sup>6</sup>White/Caucasian   <sup>7</sup>Other (Specify \_\_\_\_\_)

**Number of children in the household?** \_\_\_\_\_

Number of parents in the household? \_\_\_\_\_

**Primary language spoken in the household**

- <sup>1</sup>English   <sup>2</sup>Spanish   <sup>3</sup>Hmong   <sup>4</sup>Somali  
<sup>7</sup>Other specify \_\_\_\_\_)

**Comments on additional conditions, environmental factors, etc. not addressed in the previous section:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_