



2024 Community Health Needs Assessment (CHNA) Regional Summit

Session 2

June 3, 2025

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Agenda

- Cook Children's commitment
- Recap of session 1
 - 2024 CHNA methodology
 - Key findings
- Overview of selected results:
 - **Mental health**
 - **Caregiver support**
 - **Injury prevention**
 - **Oral health**
- Call to action
- Data dashboard

Our speakers



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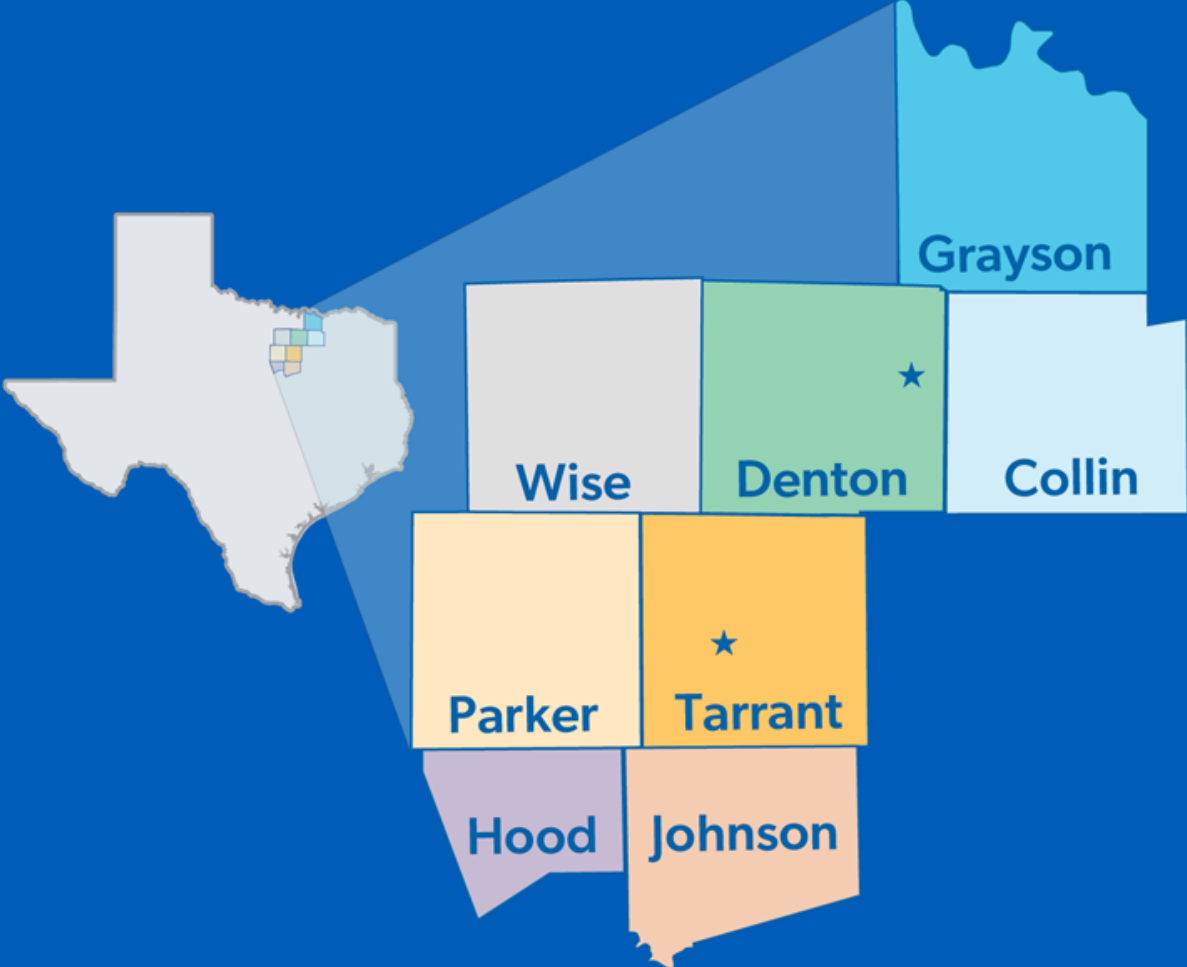
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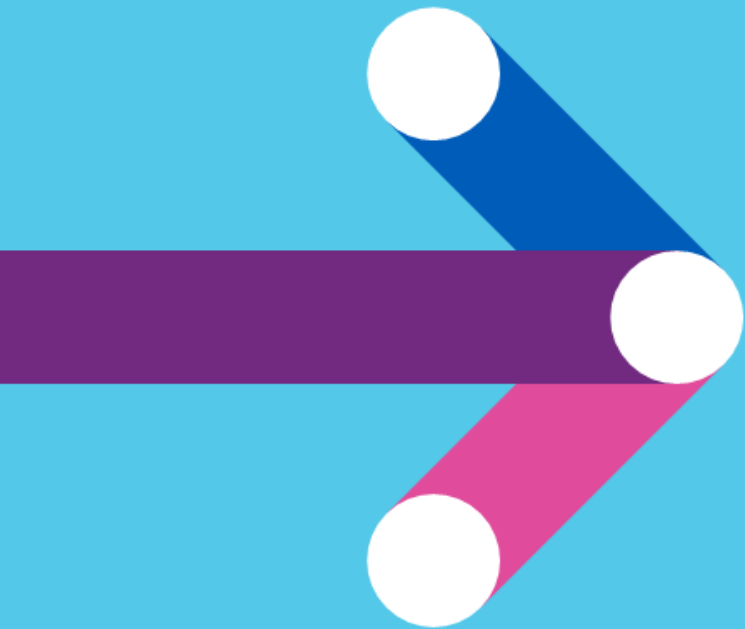
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Our promise

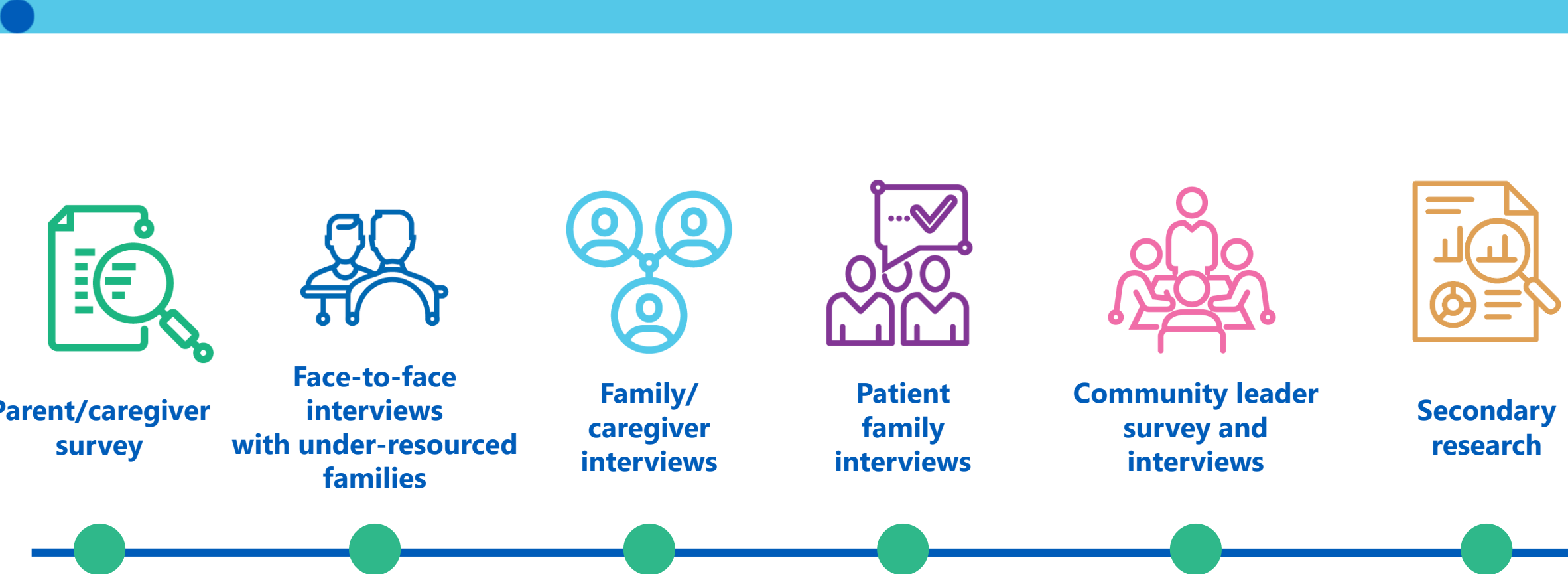
Knowing *every* child's life is sacred, we promise to improve the well-being of every child in our care and our communities.





2024 CHNA methodology & Session 1 recap

2024 CHNA methodology



Parent/caregiver survey



Purpose: Gather statistically valid information from parents of children ages 0-17 years living in Cook Children’s eight-county service area to better understand the state of children’s health and focus on improving the health and well-being of children in the service area.

Sampling: The address-based sample was stratified and selected at random within each of the 14 sampling areas that were likely to have children under 18. A total of **6,877 parents/caregivers** completed the rolling survey in 2022, 2023 and 2024.

Administration: ETC mailed the survey, offered in English and Spanish, and cover letter to each household selected and provided the opportunity for a \$15 incentive. Respondents could complete the survey via mail, online, or phone.

County	Sample	Child population estimate
Collin	505	271,674
Denton	1,510	218,579
Grayson	361	32,521
Hood	223	12,939
Johnson	504	46,950
Parker	474	37,269
Tarrant	2,985	544,470
Wise	315	17,189
	6,877	1,181,591

Community leader survey



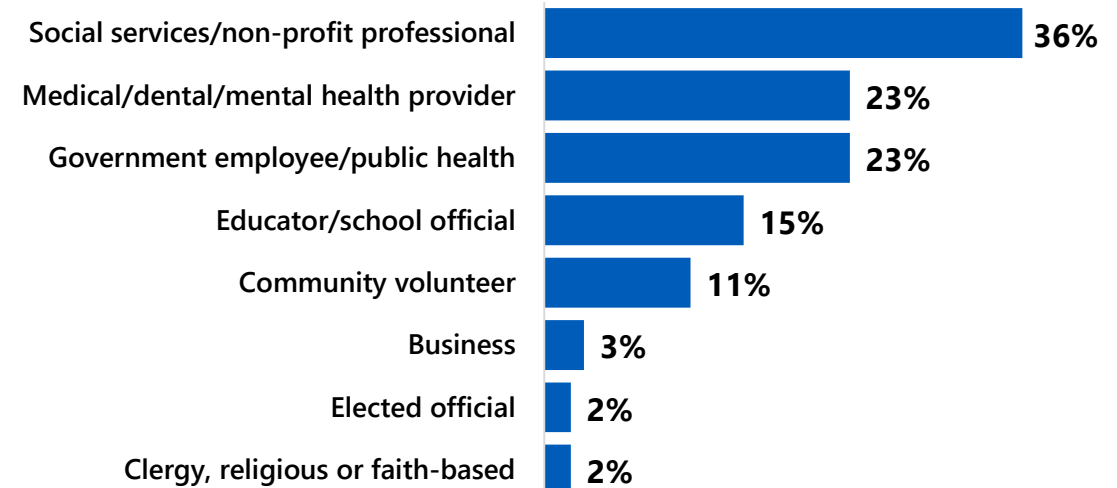
Purpose: Gather information from leaders in Cook Children's eight-county service area regarding children's health issues.

Sampling: Community leaders included individuals from city and county governments, public agencies, not-for-profit organizations, independent school districts, faith based/clergy, elected officials, and health care.

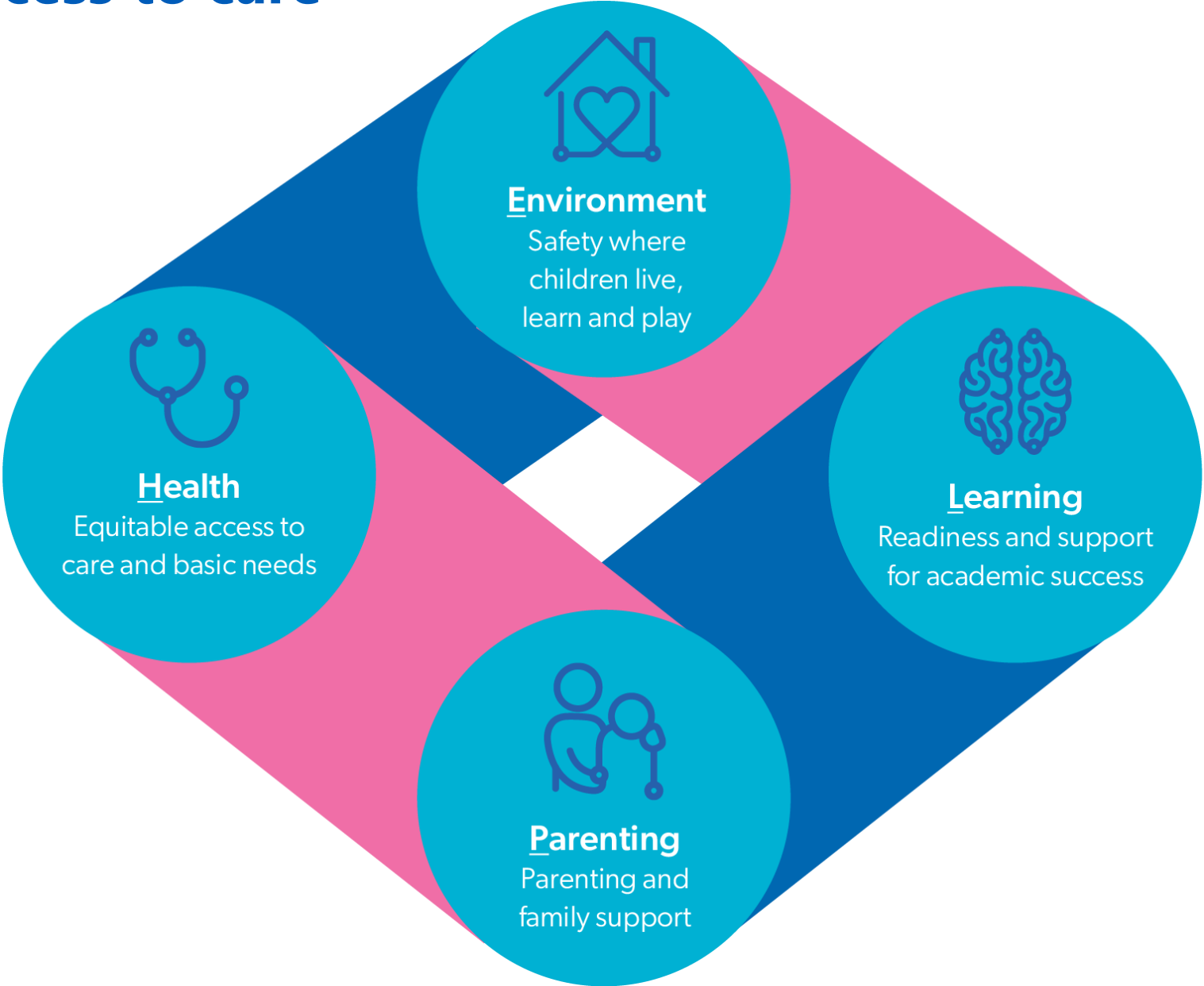
Administration: The survey was administered via email by Cook Children's Center for Community Health. A total of **239 leaders** completed the survey. This survey is not representative of the eight-county service area, but we did intentionally strive to collect a good response rate from each county and role within the community.

Respondent's role in the community

by percentage of leaders surveyed (multiple sections could be made)



Equitable access to care



Child Health Summit – Session 1 recap

Community concerns

- Inflation
- Housing affordability
- Food insecurity
- Childcare costs

Overall health and well-being

In our eight-county service area:

- **84%** of children (about 982,000) have excellent or very good health.
- **76%** of children (about 894,500) received all needed health care.
- **12%** of children (about 136,100) did not have continuous insurance coverage.

Asthma

In our eight-county service area:

- **9%** of children (about 104,500) currently has asthma.
- **25%** of children (about 25,700) with asthma have been to the emergency room because of asthma symptoms.
- **19%** of children (about 19,700) do not have an individualized asthma action plan.

Healthy lifestyles

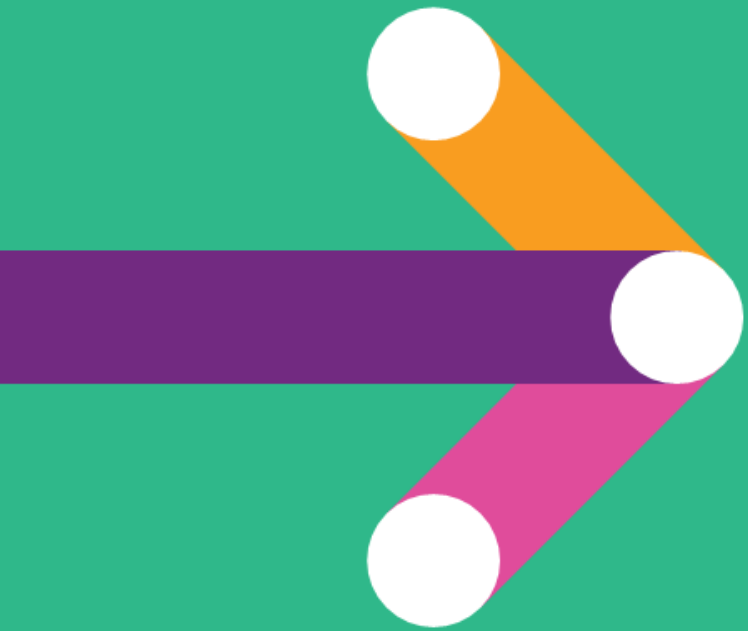
In our eight-county service area:

- **38%** of children ages 10 to 17 (about 207,600) have an unhealthy body weight.
- **19%** of children ages 6 to 17 (about 137,800) participate in at least one hour of physical activity each day.
- **34%** of children (about 390,100) live in a household where they cannot always afford nutritious meals.

Selected results discussed today:

- Mental health
- Caregiver support
- Injury prevention
- Oral health





Mental health



Mental health

Nearly **2 in 7** children in our eight-county service area has at least one of the four most commonly diagnosed mental health conditions.

Percentage of children 6 to 17 with at least 1 commonly diagnosed **mental health condition***

U.S. (NSCH 2022)	26%
Texas (NSCH 2022)	29%
8-county service area	29%
Under-resourced	23%

*conditions: anxiety, depression, behavioral/conduct problems, ADHD

About **237,000** children have a diagnosed mental health condition with the **top two** reported diagnosis being anxiety and attention deficit/hyperactivity disorder (ADD/ADHD).

Mental health

Children with excellent or very good mental health status (6-17 years):



8-county service area
(est. 539,900)



All community leaders interviewed ranked mental health care or counseling as the **most needed** health service.



Mental health

Mental health access (6-17 years)

	U.S. (NSCH 2022)	Texas (NSCH 2022)	8-county service area	Under- resourced
Needed mental health treatment or counseling	---	---	36%	---
Experienced difficulty accessing needed care	50%	45%	48%	19%
Not possible to get needed mental health treatment or counseling	5%	3%	6%	17%



Community leader: *“It is changing but there is still a lot to do. There are not enough providers; however, the stigma associated with seeking care leads families to underutilize the resources.”*



US and Texas: Child and Adolescent Health Measurement Initiative, 2022 National Survey of Children’s Health.
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Mental health

Mental health support (6-17 years)

	8-county service area	Under-resourced
Children that missed at least one day of school due to mental or emotional concerns	19%	12%
Caregiver asked if they have concerns about child's mental health	35%	20%
Caregiver asked if they have concerns about their child's learning, development or behavior	38%	31%
Caregiver familiar with mental health services	70%	57%



Community leader: *"The bullying, stigma, body dysmorphia – social media can be so negative, and we need to figure out how to use it in a positive way. Kids form their beliefs, and social media has an outsized role. But kids don't know how to judge the factual content from the exaggerated stuff. It leads to more mental health issues. Those are what you can't necessarily see. It starts with the mind."*

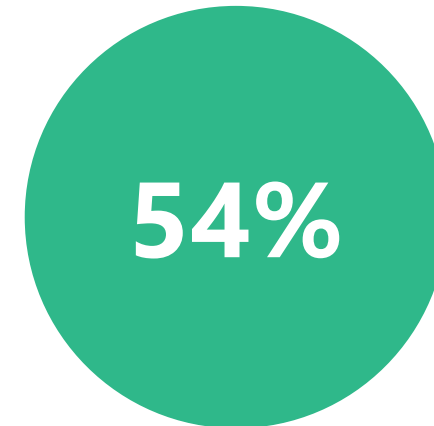
Mental health



Lisa Elliott, Ph.D.: *"We now have significant evidence-based research that has shown the **harmful impact of too much screen time**, whether that is video games, mindless games on a screen, YouTube, social media etc. The negative impact is profound, permanently damaging the structure and functionality of our brains, not to mention we have proof of technology addiction.*

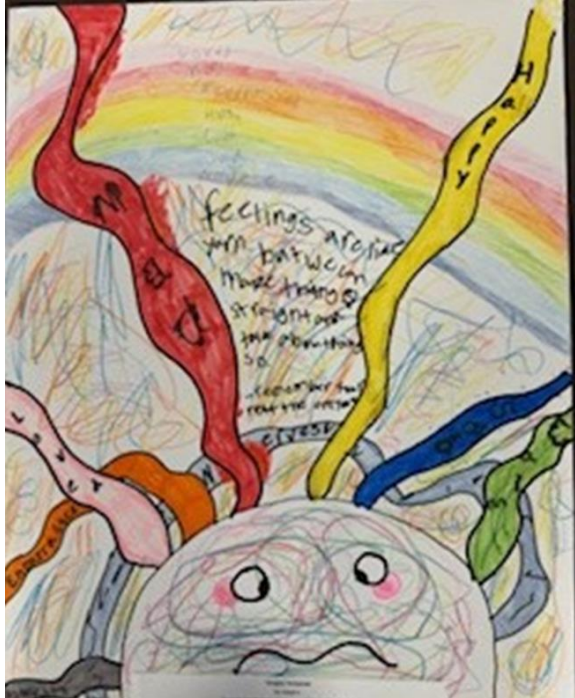
*It is critical that parents have **discussions with their kids weekly** about phone use, to check their devices, to stay educated about technology, put safeguards and contracts for device use in place and even more importantly to model healthy screen use with their kids."*

Children with caregivers who reported they are **always in communication** with their child about internet safety:



8-county service area
(est. 224,600)

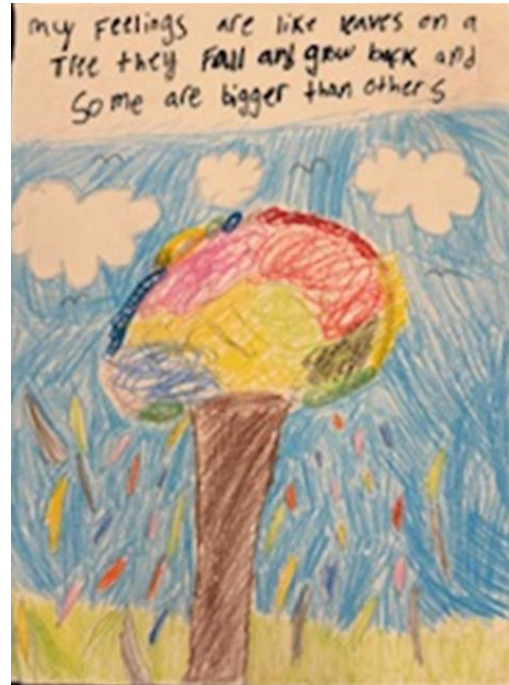
Children's feelings are a work of art



Tangled Octopus

By Adalynn

"It shows how feelings can mix up and how to talk about it."



Leaves on Trees

By Everly

"My feelings are like leaves on a tree. They fall and grow back, and some are bigger than others."



Okay

By Wyatt

"This piece represents sadness and how I tend to put my own sadness in the back of my mind. Eventually it will find its way out, and that is okay."

Children's feelings are a work of art



LET ME FREE

By Kaylee

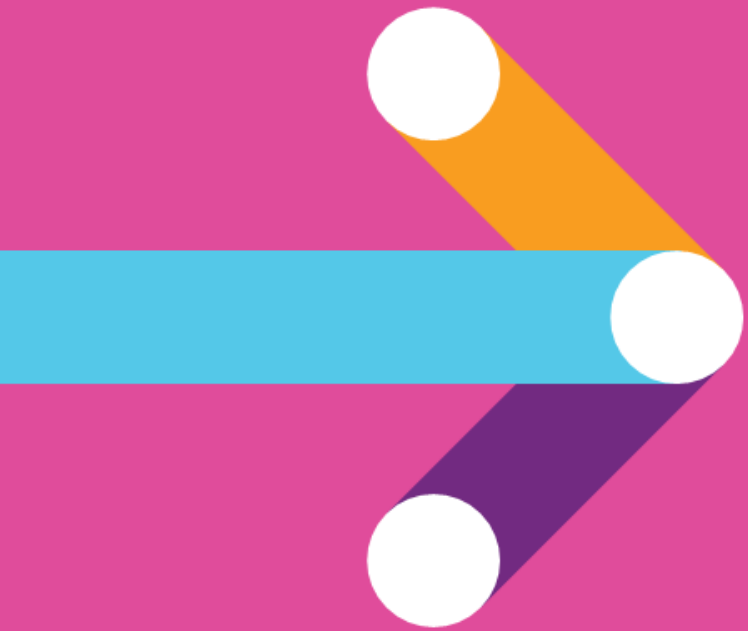
"I think this piece represents being overwhelmed. The background is sort of the ever sifting pressure all around the subject. The chains reprinting being held back by stress."



Hope within

By Pruthav

"You fall you fail but every sunrise gives you a hope to try all over again."



Caregiver support



Caregiver support

Nearly **1 in 5** children in our eight-county service area currently has two or more Adverse Childhood Experiences (ACEs).

Children with two or more ACEs*

U.S. (NSCH 2022)	18%
Texas (NSCH 2022)	18%
8-county service area	18%
Under-resourced	34%

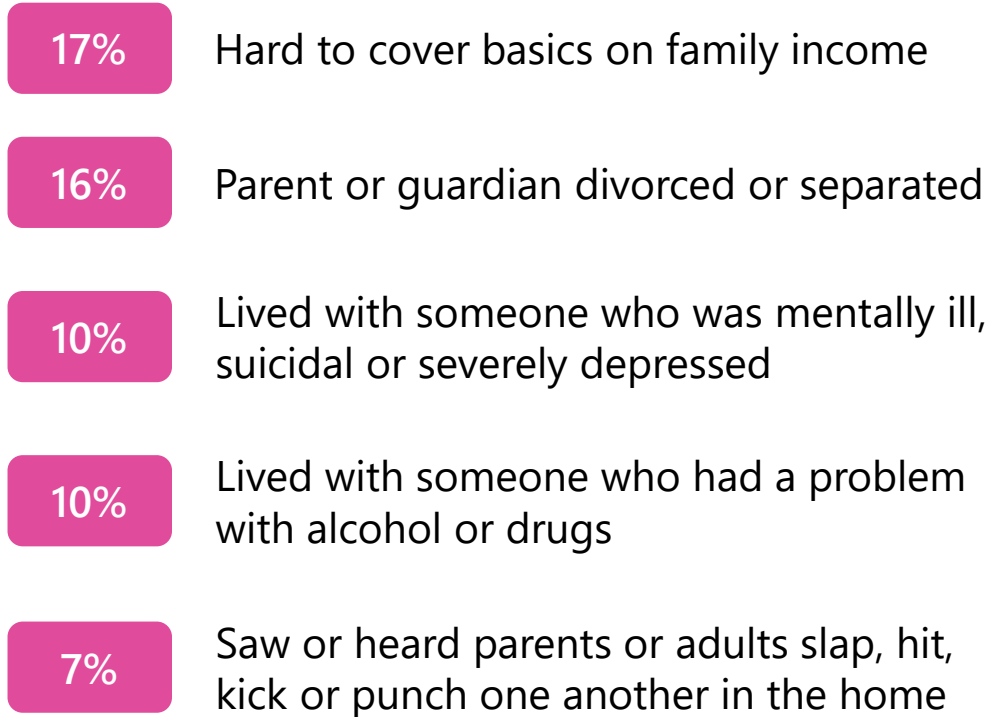
*ACEs: traumatic events that occur during childhood that can have lasting mental and physical health effects into adulthood.

About **216,600** children in the eight-county service region have at least two ACEs.

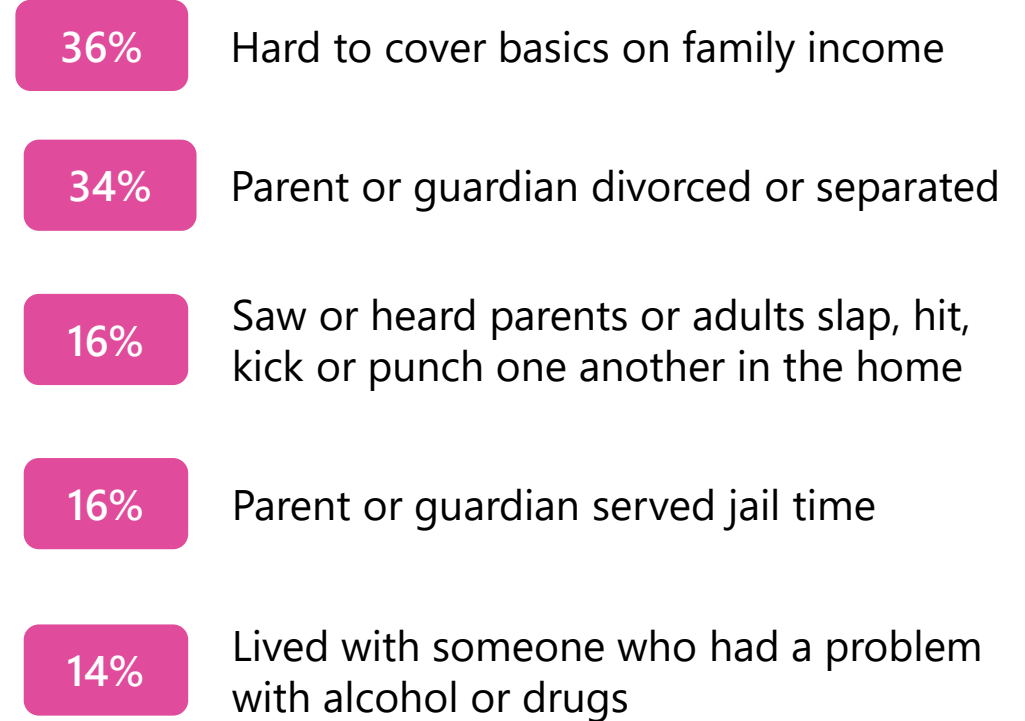
Caregiver support

Top 5 ACEs according to parent/caregivers:

8-county service area

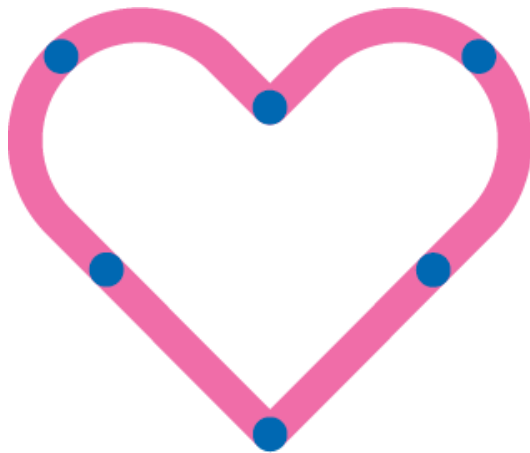


Under-resourced



Caregiver support

Children with two or more ACEs compared to children who have no ACEs are:



Two times more likely to report fair or poor overall and oral health.



Two times more likely to report not receiving all needed medical care.



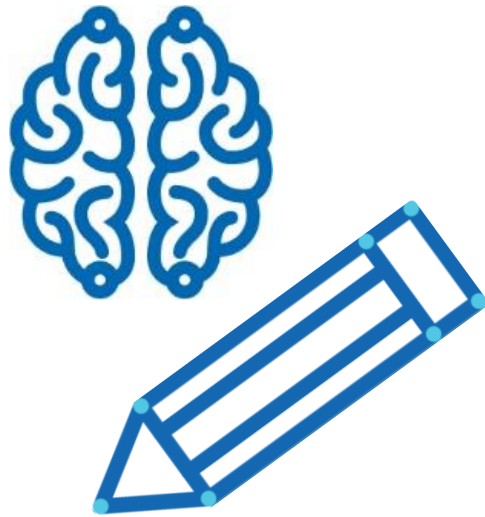
Three times more likely to report fair or poor mental health



Three times more likely to report not always being able to afford to eat nutritious meals

Caregiver support

Approximately **19%** of school-age children (about 157,000) have two or more ACEs. Compared to children with no ACEs, these children are:



➔ **Less likely** to care about doing well in school.

➔ **More likely** to bully others and get bullied themselves.

➔ **More likely** to have been diagnosed with at least one of the four most common mental health conditions (ADD/ADHD, anxiety, behavioral/conduct problems, and depression).

Caregiver support



Elizabeth Peeler, DO, MS, MSCS: *"Exposure to adverse childhood experiences and other traumatic events can affect the health and wellness of children. That is why it is important for health professionals to **be knowledgeable and mindful of trauma-informed care**. We can help create safe environments and bolster resiliency. We can make a difference."*

Caregiver support

Caregiver support	U.S. (NSCH 2022)	Texas (NSCH 2022)	8-county service area	Under- resourced
Caregiver coping very well with day to day demands	57%	57%	57%	66%
Caregiver has emotional support	76%	72%	81%	60%

Top three sources of caregiver support:

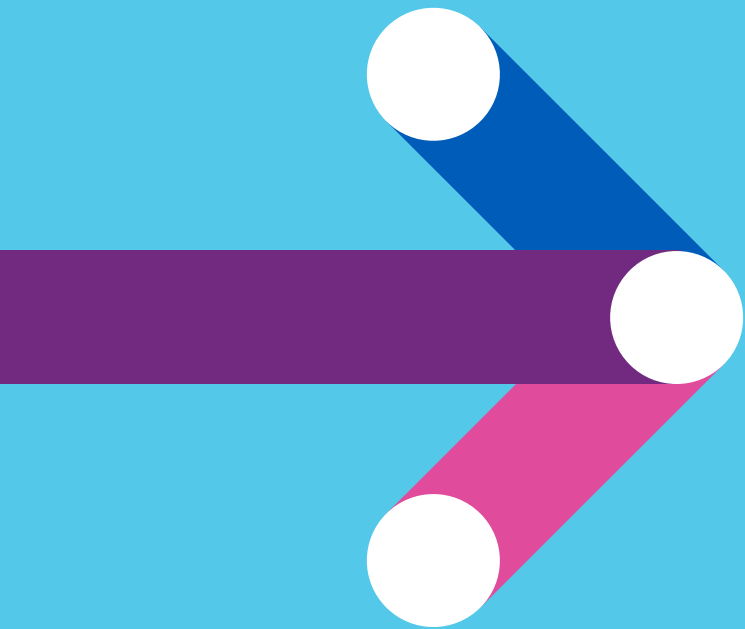
- Spouse or domestic partner
- Family or close friend
- Healthcare provider



Caregiver: *"With me if I had accessibility to childcare or even just assistance in how to parent [child's name], Caregiver Alliance gives me tips or tricks from other parents. Or even just someone there when I leave the doctors office, if I had someone there that made sure I understand everything such as medications and side effects and certain medications that effect how you eat or sleep. Even the pharmacist they just ask if you have any questions and that's it and that's at [specific] pharmacy or other places."*



US and Texas: Child and Adolescent Health Measurement Initiative, 2022 National Survey of Children's Health.
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Injury prevention



Injury prevention

Nearly **1 in 5** children in the eight-county service area received emergency care for an unintentional injury.

Children who received emergency care for **unintentional injury**

U.S. (NSCH 2022)	---
Texas (NSCH 2022)	---
8-county service area	20%
Under-resourced	19%

About **233,300** children in the eight-county service area receive emergency care for an unintentional injury.

Injury prevention

Children that missed at least one day of school due to injury (6-17 years):



8-county service area
(est. 153,500)



Under-resourced

Injury prevention

Drowning	8-county service area	Under-resourced
1-4 years		
Always within reach of an adult during swim time	82%	81%
Always within reach of an adult during bath time	80%	87%
5-11 years		
Always supervised when around water or pools	72%	96%
Always wears a life jacket around water or pools	36%	67%
12-17 years		
Always wears a life jacket around water or pools	47%	38%



Community Leader:
“What most parents don’t know is that teaching kids how to swim is just the beginning.”

From 2021 to 2023, Cook Children’s Medical Centers in Fort Worth and Prosper treated 224 drowning related injuries.^a

Injury prevention

Firearm safety

	8-county service area	Under-resourced
0-17 years		
Firearms are always locked away	79%	79%
Ammunition is always stored separately from guns	76%	78%

From 2021 to 2023, Cook Children’s Medical Centers in Fort Worth and Prosper treated 67 patients for injuries related to firearms, handguns, and other types of guns (i.e. bb guns, airsoft guns).^a



Dan Guzman, MD: *“Unfortunately, we see this tragedy [unintended fatal shootings] many times a year in our ED [Emergency Department] at Cook Children’s, which has long-lasting effects on families and staff.”*

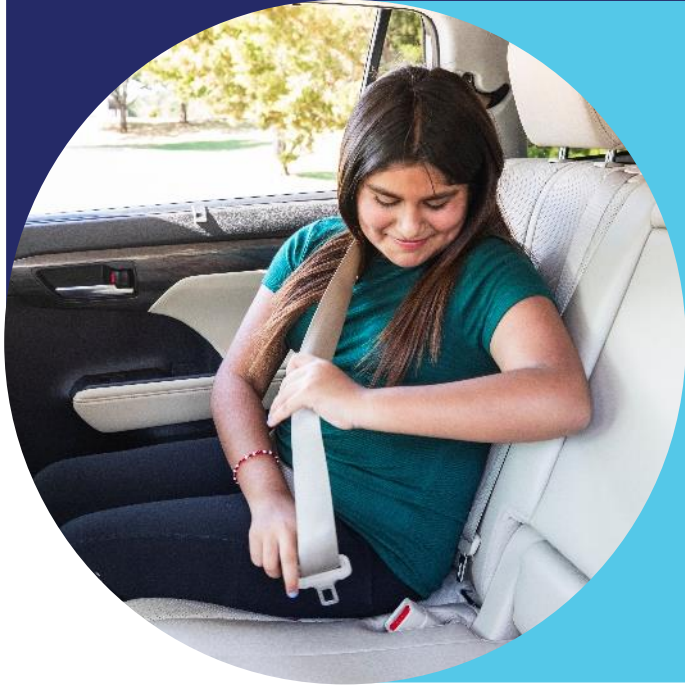
^a Cook Children’s Health Care System: Healthcare Analytics 2024
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Injury prevention

Motor vehicle safety

	8-county service area	Under-resourced
1-4 years		
Child always rides in a car seat	78%	83%
5-11 years		
Child always rides in a car seat or booster seat	48%	66%

From 2021 to 2023, Cook Children’s Medical Centers in Fort Worth and Prosper treated 2,366 non-fatal injuries related to motor vehicle crashes.^a



^a Cook Children's Health Care System: Healthcare Analytics 2024
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Injury prevention

Poison	8-county service area	Under-resourced
0-17 years		
Cleaning products always locked away	44%	67%
Medications always locked away	48%	74%

Approximately half of children in the eight-county service area ages 12 to 17 are always talking with their caregiver about drugs or alcohol.



Artee Gandhi, MD: *“Medications come in all different shapes and sizes, often look like candy, and are made to taste good. They can even be liquid and gummies, over the counter, prescribed, or even “fake.” It is vitally important to talk to kids about medication safety, which includes use, storage, and disposal. They should only take medicines prescribed by a physician, given by a nurse, or trusted adult. Counterfeit medications may be laced with dangerous substances that can be life threatening and not worth the risk.”*

Injury prevention

Unsafe sleep environments

8-county service area Under-resourced

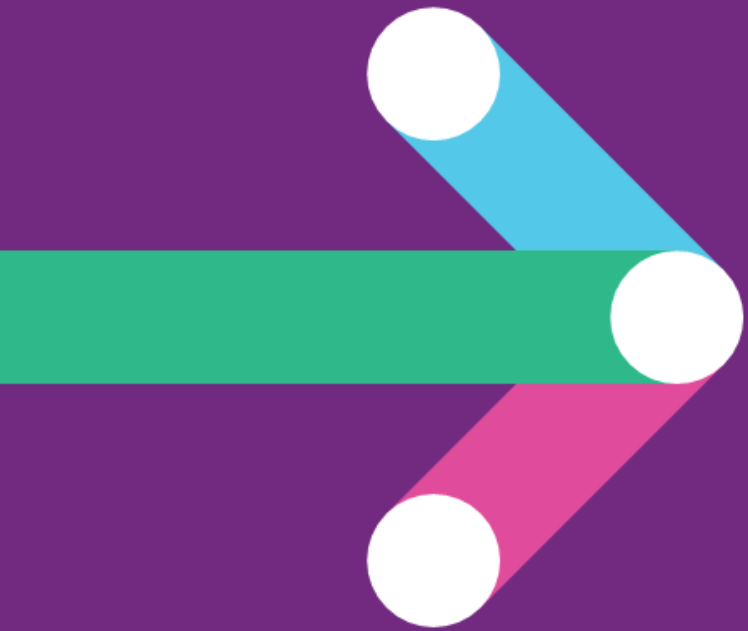
Under 1 year	8-county service area	Under-resourced
Always sleeps on back	75%	---
Always sleeps alone in their own crib or bed	58%	---



Keally Douglass, BSN, RN, CPN: *“There are many ways that caregivers attempt to bring comfort to a sleeping infant, but do not realize the dangers it may cause. This is why it is important to follow the ABCs of ZZZs, alone, on their back and in a crib. We believe that it is our job as community professionals to give parents the best information and safety practices that are available regarding safe sleep. Far too many babies are lost due to accidental suffocation and it is the leading cause of injury related deaths in little ones less than a year old.”*



*Texas Department of Family and Protective Services: Room sharing and safe sleep for babies. Prevention and Early Intervention (PEI).
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Oral health



Oral health

2 in 7 children in our eight-county service area do not have excellent or very good oral health.

Children with oral health described as good, fair, or poor

U.S. (NSCH 2022)	23%
Texas (NSCH 2022)	27%
8-county service area	29%
Under-resourced	40%

About **328,300** children have good, fair, or poor oral health.

Oral health

Oral health care access

	8-county service area	Under-resourced
Received two or more preventive dental visit (1-17 years)	57%	50%
Did not receive all needed dental care (1-17 years)	12%	27%
Had private dental insurance coverage	46%	37%
Had Medicaid or CHIP for routine dental care, cleanings, X-rays and examinations	25%	12%



Community Leader: *“There are not enough providers, and of those that are available, not many families can afford to use them. Even more so, there is a lack of knowledge and awareness of the importance of oral health on the growth and development of a child.”*

Oral health

Medical-dental integration

	8-county service area	Under-resourced
Experienced chronic or frequent dental problems (1-17 years)	19%	24%
Missed school days due to dental pain (6-17 years)	19%	10%
Medical professional recommended a dental visit for preventive care	69%	57%
Medical professional recommended a dental visit for a dental problem	35%	38%



Caregiver: *"I really liked [the oral health] program. It helped me and encouraged me into making the physical and dental appointments for both my kids. I also appreciate [Community Health Worker] taking her time to come to my home and checking in."*



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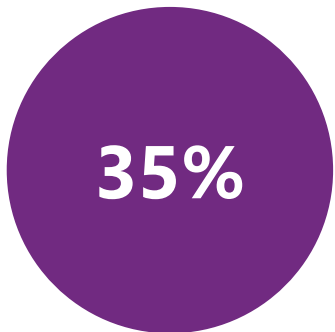
Oral health



Children (1-17 years) that have a caregiver who does not know the recommended **first visit age**:



8-county service area
(est. 726,200)



Under-resourced



Call to action & next steps

Call to action

Mental health

- **Collaboration:** Support mental health providers with care coordination and professional development.
- **Outreach:** Provide caregiver and community training on the signs of mental health disorders in children, build healthy coping skills, access to care, and resources.
- **Boost advocacy:** Expand the reach of mental health messaging to connect families with care and reduce the stigma.

Caregiver support

- **Collaboration:** Provide resources and trainings specific to positive childhood experiences to build family and community to build resiliency to create nurturing environments.
- **Outreach:** Connect families to maternal and infant health services, including postpartum mental health support and local resources addressing the non-medical drivers of health.
- **Boost advocacy:** Support community campaigns and events to increase access to critical resources for children and families.

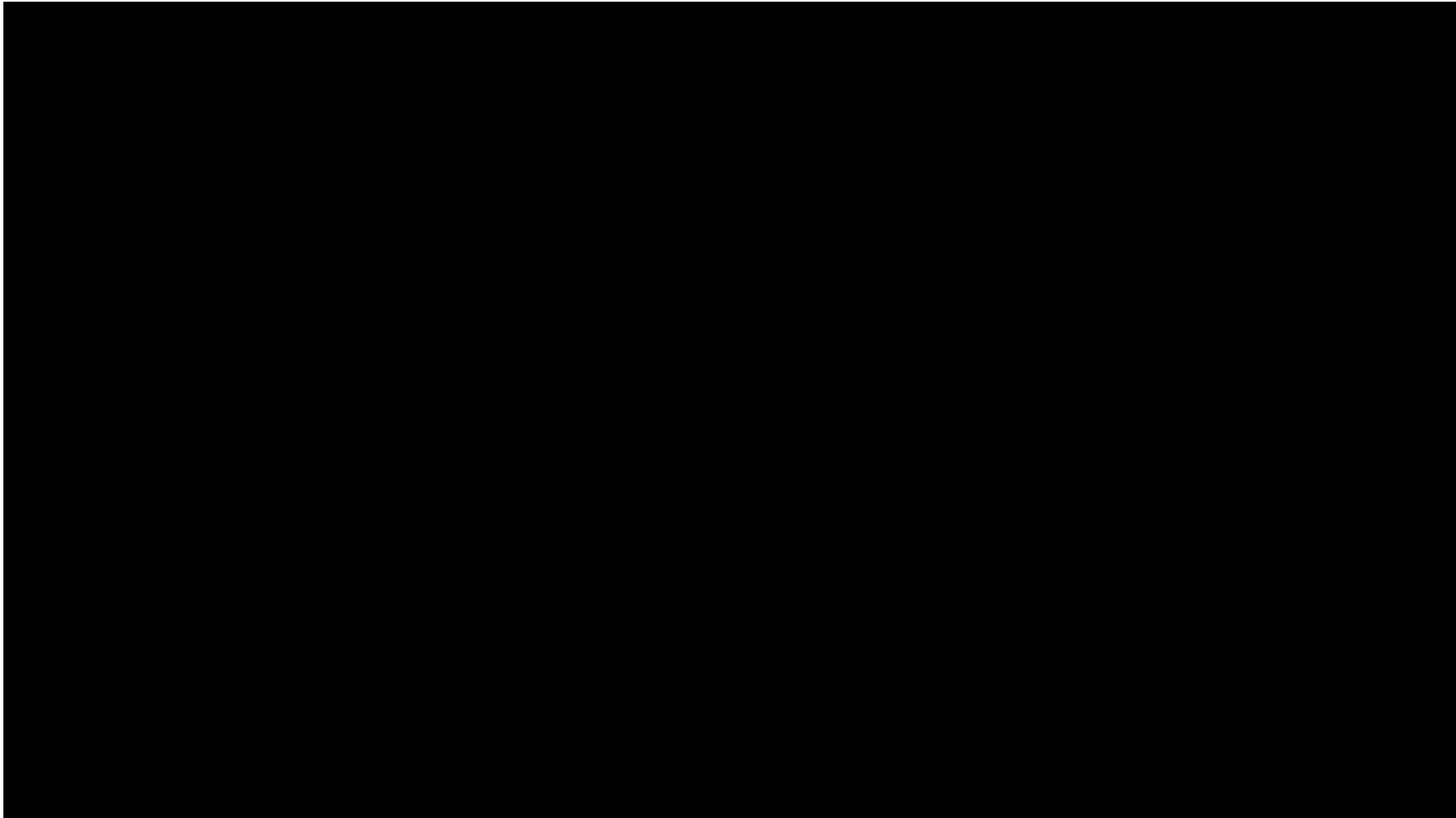
Injury Prevention

- **Collaboration:** Develop and strengthen partnerships to increase the reach of injury prevention messaging, resources, and education.
- **Outreach:** Provide evidence-based resources, prevention tools, education, and training for children and caregivers to increase awareness of the importance of injury prevention.
- **Boost advocacy:** Advocate for public policy changes that support injury prevention, including child restraint laws, distracted driving messaging, and pool ordinances.

Oral health

- **Collaboration:** Explore potential medical-dental integration opportunities to enhance coordinated care services.
- **Outreach:** Improve access to preventive dental care and prompt treatment, especially for children who have higher rates of oral health disease.
- **Boost advocacy:** Raise awareness in the community about good oral health practices and the importance of accessing oral health care.

2024 CHNA process and next steps



[CHNA Part 2 | Child Health Data | Cook Children's](#)

CHNA parent/caregiver survey data dashboard

Email: CHNAFeedback@cookchildrens.org Web: www.centerforchildrenshealth.org Community Health Needs Assessment (CHNA): Parent Survey

CookChildren's Key Indicators Healthcare Health Insurance Child's Health Oral Health Emotional/Mental Health Lifestyle/Wellness Safety Family/Caregiver

Time Frame Selected: 2024 Additional This Child's Healthcare Questions Select Survey Time Frame: 2021 2024

HIGHEST NEEDS: Child's HIGHEST NEED in Children's Health Services

This Child's Healthcare Select Survey Question

Additional This Child's Healthcare Questions

- HIGHEST NEEDS: Child's HIGHEST NEED in Children's Health Services
- PERSONAL DOCTOR: Do you have one or more persons you think of as this child's personal doctor or nurse?
- RESOURCES: How familiar are you with Resources for Healthcare services in your neighborhood or community?
- USUAL SOURCE OF CARE: Where do you or another caregiver USUALLY go first to take this child when he or she is sick or you need advice about...
- CARE RECEIVED: DURING THE PAST 12 MONTHS, did this child see a doctor, nurse, or health care professional...?
 - For hospitalization(s)
 - For sick-child care
 - To receive a preventive check-up, such as an annual or sports physical, or well-child visit
 - To receive care for an accidental injury that required emergency medical attention
- FAMILY-CENTERED CARE: DURING THE PAST 12 MONTHS, how often did this child's doctors or other health care providers...?
- FORGONE CARE: At any time in the past 12 months, what types of care did this child need but did not receive?
- REASONS FOR FORGONE CARE: Which of the following reasons contributed to this child NOT receiving needed health services?

Results by:

- (1) County
- (2) Age breakdown: 0-5 (1), 6-11 (2), 12-17 (3)
- (2) Age Breakdown
- (3) Income: Child's Family Total Annual Household Income
- (4) Race/Ethnicity: Child's Race/Ethnicity
- (5) Special Population [Unweighted Results]

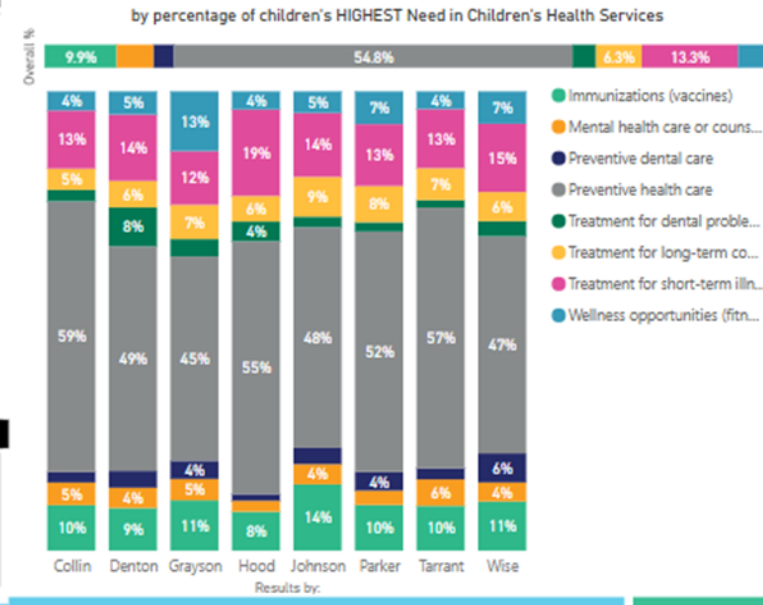
Click to view the Community Health Needs Assessment (CHNA): Parent Survey

Health topic pages

Filter by data collection year

Survey questions

Data filter





Please take our summit feedback survey! Your input is valuable to us.

Scan the QR code below to complete the survey:

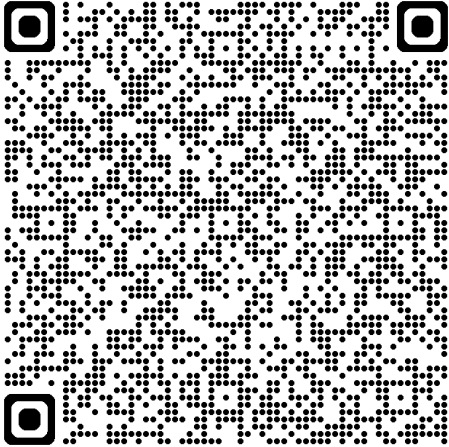


We will also be sending out a link to the Summit recordings soon!



Connect with us!

To view the full CHNA report:



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Questions, feedback, or want to connect?
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