

# Title V Maternal Health Needs Assessment

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**A RESEARCH STUDY BY THE NORTH DAKOTA  
CENTER FOR PERSONS WITH DISABILITIES  
(NDCPD) CONDUCTED ON BEHALF OF THE  
NORTH DAKOTA DEPARTMENT OF HEALTH**

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# Needs Assessment Process

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- Title V legislation requires that State's prepare a statewide needs assessment every five (5) years that identifies the need for:
- Preventive and primary care services for pregnant women, mothers and infants;
- Preventive and primary care services for children; and
- Services for children with special health care needs.

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- **The North Dakota Center for Persons with Disabilities (NDCPD), a University Center of Excellence at Minot State University was contracted by the North Dakota Department of Health to conduct a needs assessment study. The study assessed behaviors of youth, young adults and parents of children with special health care needs.**
- **The purpose of the study was to solicit information on the general behaviors of youth and young adults as well as children with special health care needs and their families. A series of nine focus group sessions were conducted at various locations across the state of North Dakota by project staff during October and November, 2009.**

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- Qualitative data was gathered at each location to assess general behaviors of youth and young adults, identify patterns and themes and get suggestions from parents of children with special health care needs on improving existing services or creating new ones. The questions were given to the participants at the beginning of the discussion giving them the option of writing the answers they didn't feel comfortable sharing with the whole group.
- The data was compiled into a report for the North Dakota Department of Health and was used for their Title V Maternal Health Needs Assessment Report.

# Title V Needs Assessment

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**The three population groups identified were:**

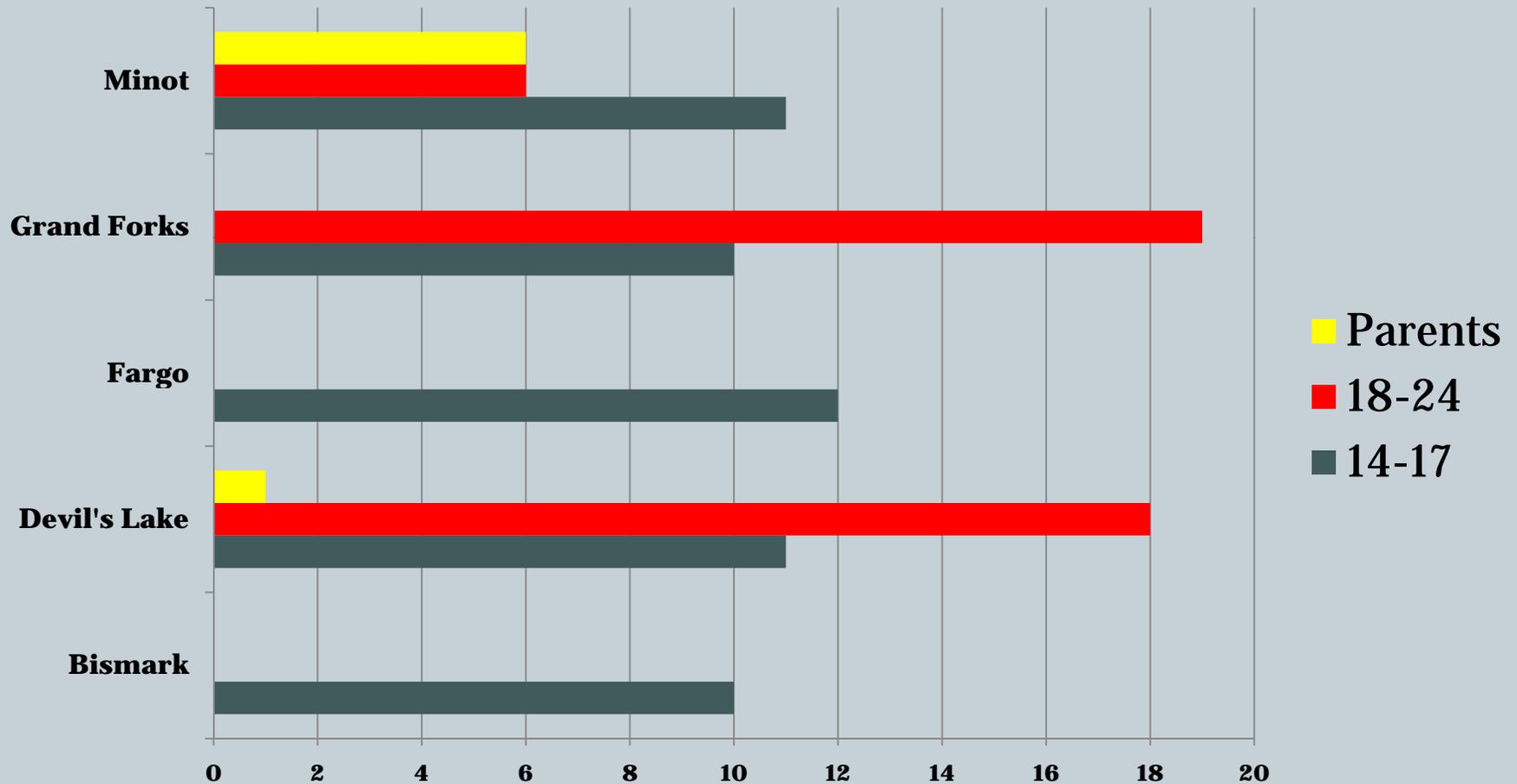
- youth ages 14-17
- young adults ages 18-24
- parents of children with special health care needs

**The total group number from each category consisted of:**

- 54 participants
- 43 participants
- 7 participants

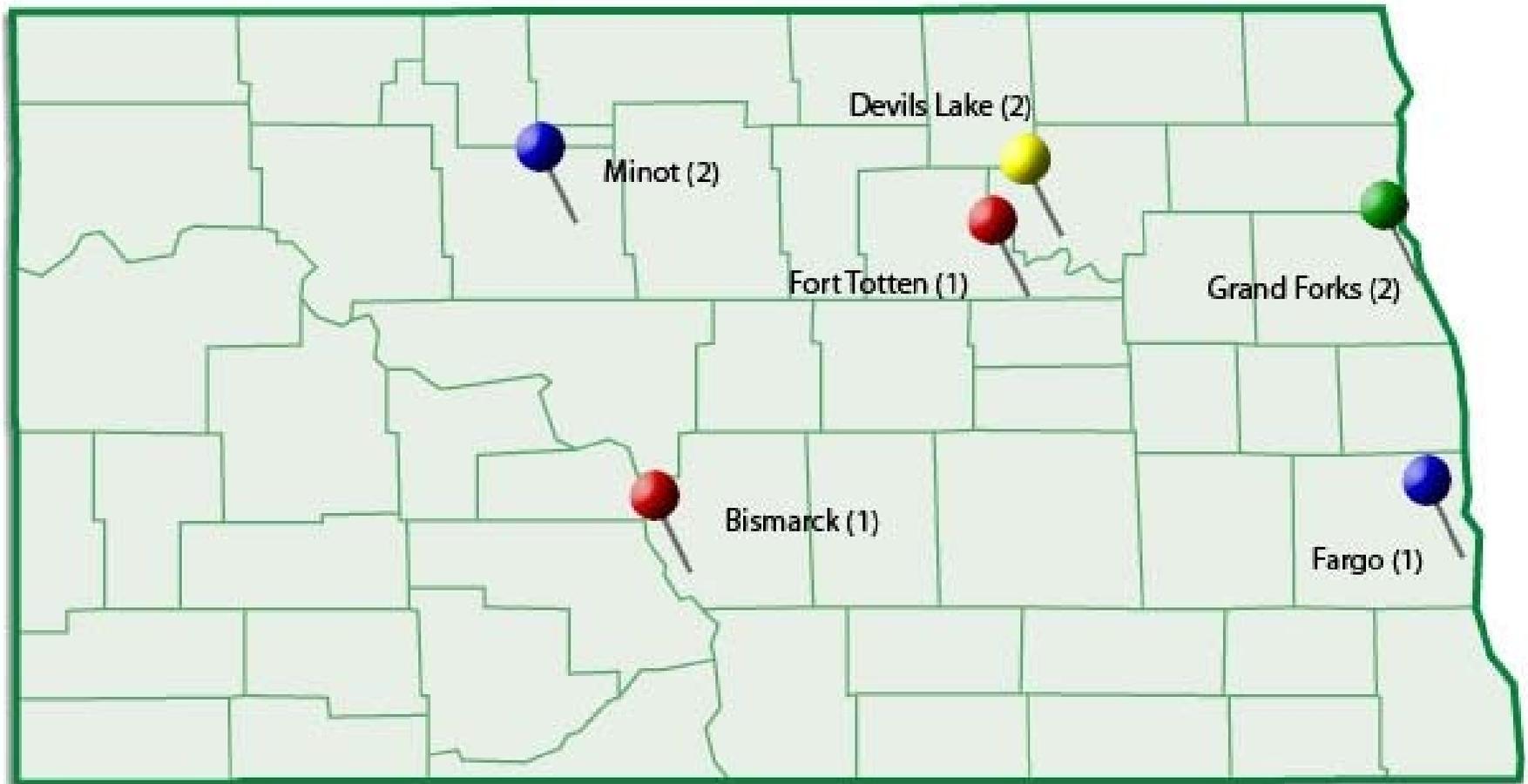
# Representation of the Three Population Groups

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# Statewide Locations

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# Research Method

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- The research study used the focus group method to identify behaviors, needs and obtain suggestions from the target groups.
- Prior to conducting the focus groups, representatives of the North Dakota Department of Health and project staff met to provide input and make recommendations regarding the selection process and the questionnaire.
- The focus groups were conducted in rural and urban areas of North Dakota. Project staff coordinated with various entities to organize the focus group locations and times. Each participant received a stipend of \$30 for their participation.

# Research Method

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- The questionnaires were different for each group. The parent questionnaire consisted of 23 questions, the 18-24 consisted of 13 questions, and the 14-17 consisted of 25 questions.
- The focus group participants were recruited through a variety of means including phone calls to family organizations, letters to high school and university counselors, e-mails to consumer groups, letters and e-mails to head start centers, public announcements via the NDCPD website and announcements at project meetings throughout the state.
- Each questionnaire from the various groups was transcribed into a text document, omitting participant names. The data was then analyzed to identify common themes, suggestions and trends evident throughout the state of North Dakota.

# Focus Group Findings for the 14-17 Age Group

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- In order to be healthy and successful, you must eat right and be involved in activities.
- They would like to be able to gather at an indoor, year-round facility with activities designed specifically for their age group. “Clubs are needed for minors with activities to keep us out of trouble.”
- Their greatest support is their parents.
- They see themselves in college in 2-4 years.
- The biggest problems that affect them in their communities are drugs and alcohol.
- They believe pregnancy is an issue in relationship to their 12-14 year old siblings.
- They believe a youth advisory group in ND would be helpful. “I believe we do need a place for teenagers. We hold so much emotion inside that could tear us apart and cause emotional issues in our future.”

# Focus Group Findings for the 18-24 Age Group

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- In order to be healthy and successful, you must exercise regularly and eat right.
- Their goals are to graduate from college and have a successful career which does not necessarily include staying in North Dakota.
- Their greatest support is their parents.
- Health care was very important to them but they believe it is too expensive.
- The biggest problems that affect them in their communities are drugs and alcohol.
- They believe a youth advisory group in ND would be helpful. “I think it would be very helpful especially for people who are homesick and feeling lonely. Also, voicing and sharing your fears and stresses often leads to common grounds with a group and the feeling that you are not alone and that your problem may not be as big as you think.”

# Focus Group Findings for the Parent Group

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- The parents of children with disabilities expressed concern with the coordination of services their child receives. They would like to see more communication between physicians.
- They are not satisfied with the covered costs of services. “Medical equipment is not covered for all ages.”
- They are not satisfied in the way their child's development is being monitored. “Rural states do not attract specialists. The medical system does not support parents with children with special needs.”
- They are under financial stress due to their child’s health care needs.

# Focus Group Findings for the Parent Group

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- A lot of services require travel. Parents would like to see help in funding for this. “A way to assist families for travel outside North Dakota, i.e., mileage, food, lodging.”
- They do feel comfortable accessing comprehensive community based services/resources for their children and family and know how to locate information and services.
- They don't feel comfortable in their knowledge in health care financing, i.e., Medicaid, Health Tracks (EPSDT), SSI, Children's Special Health Services, and private insurance.

# Questions

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