

Collecting and using population-based survey data to inform systems and partner with communities

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Objectives for Today

1. Raise awareness of findings related to health, well-being, and protective factors for families with children 11 and younger.
2. Build understanding of equity-based approaches to collecting population-based data and using data to inform system development.

WHAT IS BEST STARTS?

VISION

We want to see more babies born healthy, more kids thrive, and more young people grow up to be happy, healthy, successful adults.



HOW DO WE DO IT?



PROMOTION



PREVENTION



**EARLY
INTERVENTION**



**POLICY & SYSTEMS
CHANGE**

HOW DID WE GET HERE?

2015

PASSED BY VOTERS

2015-
2016

**COMMUNITY
CONVERSATIONS**

2016

**BSK PLAN
APPROVED**

2016-
2017

**BSK HEALTH SURVEY
ADMINISTERED**

Included
Help Me
Grow!

WHAT IS THE BSK HEALTH SURVEY?



- First-ever data about the health and well-being of King County children 5th grade and younger
- Strengths-based questions
- Conducted by the University of Washington Social Development Research Group
- Data collection September '16 to January '17
- Web-based, phone, and mail surveys
- In English, Spanish, Vietnamese, Chinese, Somali, and Russian
- Oversampling by age, race/ethnicity, geographic region
- Convenience sample add-on to increase size of specific demographic groups: key for African American and LGBTQ+ families
- **5,947** families participated in Fall 2016-Winter 2017
- Findings will be used for program development and evaluation



***EQUITY-BASED APPROACHES EMBEDDED THROUGHOUT DESIGN,
CONDUCT, OUTREACH, INTERPRETATION***

WHAT WE HEARD FROM FAMILIES

A majority of BSKHS comments are related to **protective factors**

- The most commonly mentioned protective factor by far is “Concrete Supports in Times of Need” (defined as parents’ knowledge of available services and access to concrete support and services that address a family's needs and minimize stress).

- Over half of these families struggle to find concrete supports:

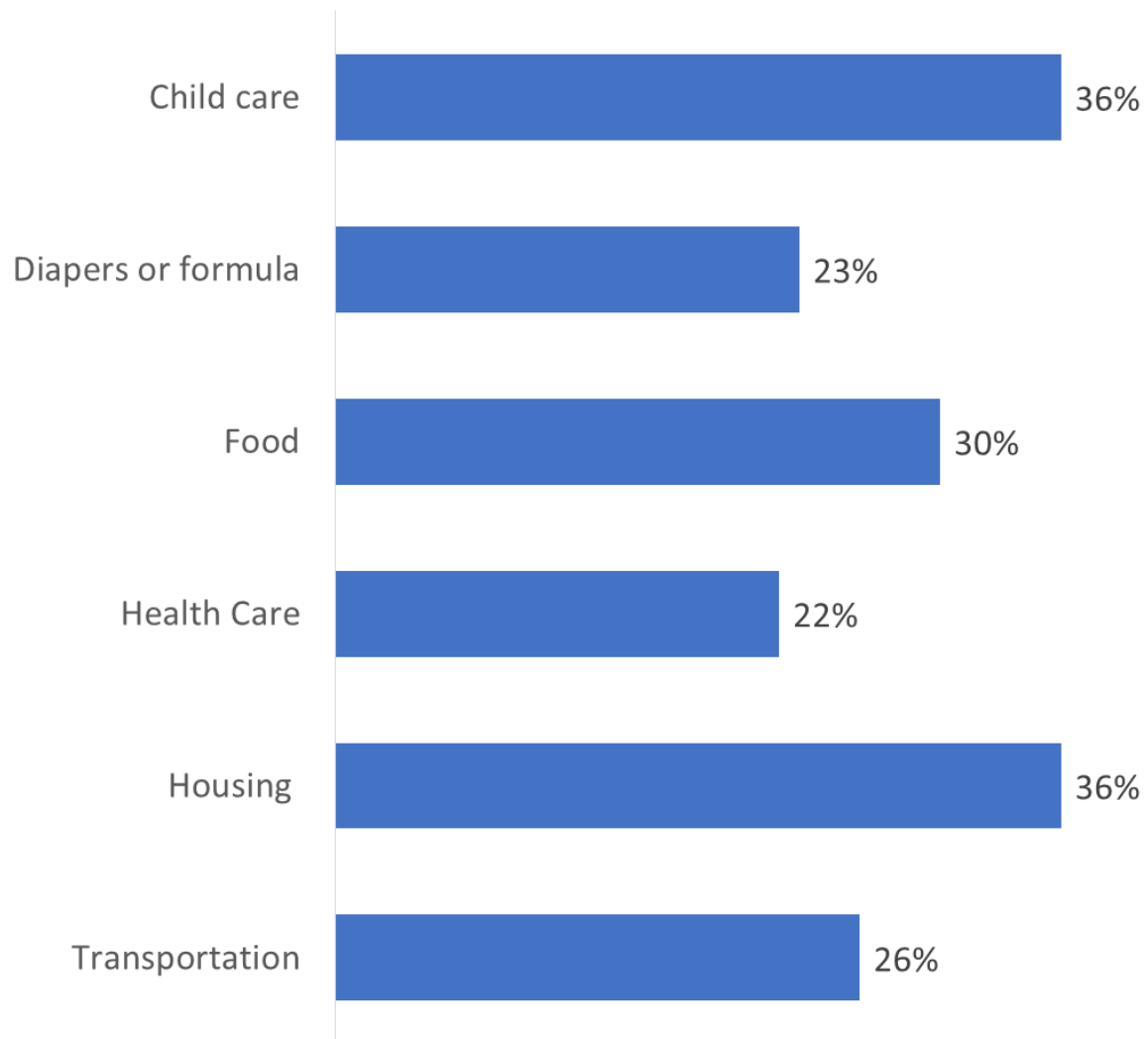
“Not sure how a single mom can thrive in King County with the cost of housing and childcare. [Name] has learning disabilities and its been hard to navigate and secure the testing and treatment needed”

- Those who do find concrete supports build other protective factors:

“When we had no income, we got WIC which helped us a lot. And my community has great Free Play and Learn ... they made me feel confident about my kids’ kindergarten readiness.”

BASIC NEEDS ARE A COMMON CHALLENGE

Struggled to afford since the child was born...

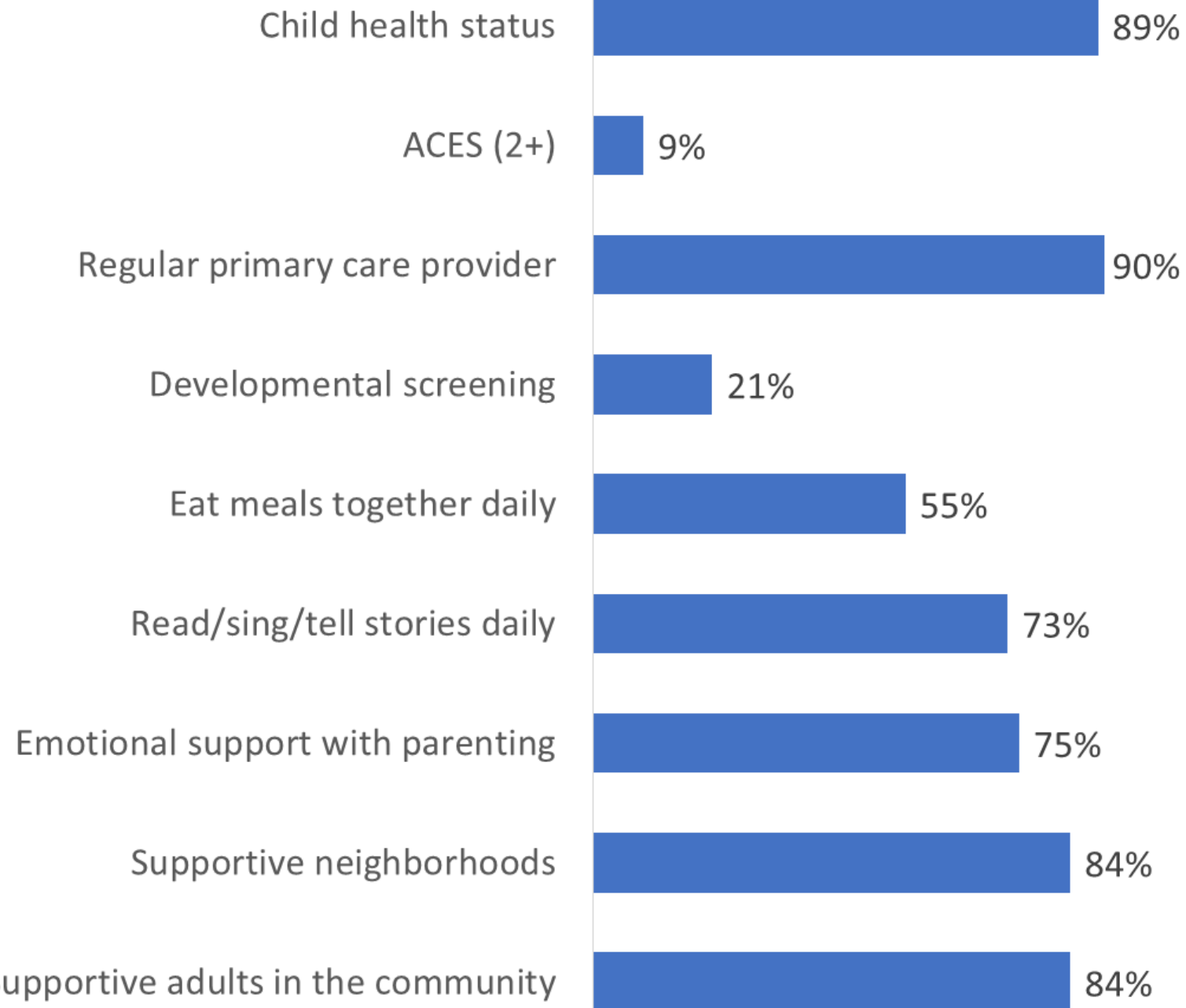


WHAT WE HEARD FROM FAMILIES

A majority of BSKHS comments are related to **protective factors**

- **Social Connections** (defined as positive relationships with others for emotional, informational, instrumental and spiritual support) is the second most frequently mentioned protective factor.
 - Mostly, comments refer to a social connection that has helped them.
“The help of the extended family with childcare and other aspects has made all difficulties surmountable.”
 - For some, a **lack of social connections is detrimental**.
“Without a good support community and people who understand what we’re going through, this has been a long, arduous, sad time for us.”

FAMILIES TOLD US:



Percent of children ages 6 months to 5th grade; Data Source Best Starts for Kids Health Survey.
Developmental screening and reading/singing only through age 5 years.



“

Equity is an ardent journey toward well-being as defined by the affected.

-BSK Children, Youth Advisory Board Equity Statement

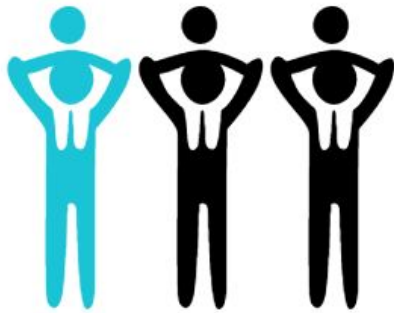
BSKHS Data Dives

Cultural/Linguistic Groups Participating	Status	# Parents, Caregivers, and Children	Location	Format	Funding Source
African American	Complete (2)	12	Auburn	Community Café	ESJ Fund
Latinx	Complete (2)	25	Auburn	Community Café	ESJ Fund
Chinese American	Complete	13	Mt. Baker (Seattle)	Focus Group	BSK Fund
Vietnamese American	Complete	15	Mt. Baker (Seattle)	Focus Group	BSK Fund
Somali American	Complete (2)	39	SeaTac	Community Café	BSK Fund
American Indian/ Alaska Native	Complete	30	Daybreak Star (Seattle)	Talking Circle	ESJ Fund
Native Hawaiian/Pacific Islander	Complete	35	Federal Way	Community Café	Combined
LGBTQ2S (2S = Two-Spirit)	Scheduled 4.7.18	Goal: 20	Hillman City (Seattle)	Community Café	Combined

Reportes de resiliencia y soporte en el condado de King de familias Latinas de acuerdo a los padres y cuidadores de niños

1 de cada 3 familias Latinas dicen que siempre usan estas cuatro estrategias de resiliencia cuando enfrentan problemas:

- Conversar entre todos sobre lo que se hará
- Trabajar en conjunto para resolver los problemas
- Aprovechar sus puntos fuertes
- Mantener la esperanza incluso en momentos difíciles



No hay diferencias entre grupos Latinos o, que hablen Español, y el condado de King en general.

¿Cuántos padres dicen que tienen a alguien a quien pedir ayuda emocional del día a día con la crianza de los niños?

3 de cada 4 padres en el condado de King



3 de cada 5 padres de niños Latinos



1 de cada 3 padres que hablan Español en casa



FAMILIES TOLD US:



Data Source Best Starts for Kids Health Survey African American Community Café Harvest

Welcome!

Intro's
Presentation
Talk!!
Children present

Notes
What is your initial reaction?
Does this reflect your family
experience + the experience of other
families?
What questions come up for you?
What more do we need to know about
together?

UOH
P-8 TAG-NDM

Woman in blue top and grey vest holding a paper, standing and speaking to the group.

Woman in black dress and white headscarf, gesturing with her hands while speaking.

LESSONS LEARNED



DATA DIRECTLY INFORMS ACTIVITIES

Best Starts for Kids Indicators website



Headline indicators

- Children 0-5**
 - Child abuse and neglect
 - Infant mortality
 - Preterm birth
 - Children flourishing and resilient
 - Kindergarten readiness
- Communities of Opportunity (COO)**
 - Adult support
 - Housing burden
 - Living wage
 - Civic activity
 - Involuntary displacement
 - Physical health
 - Education and employment
 - Life expectancy
- Youth 5-24**
 - College success
 - High school graduation
 - Third grade reading
 - Education and employment
 - Quality of life
 - Youth flourishing and resilient
 - Fourth grade math
 - Substance use
- Youth and Family Homeless Prevention**
 - Chronic absenteeism
 - Education and employment

Search and sort indicators

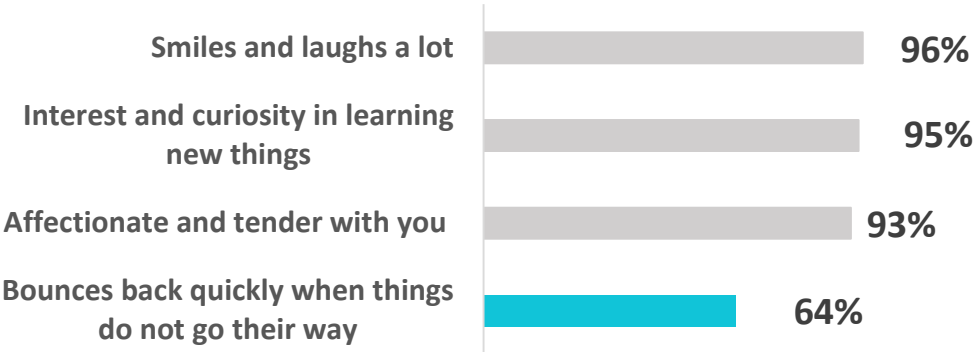
Information for... Do more online Get help Español

Parent/Caregiver Reports of Flourishing Children in King County

Toddlers and infants



2 in 3 are flourishing, as measured by the 4 things below

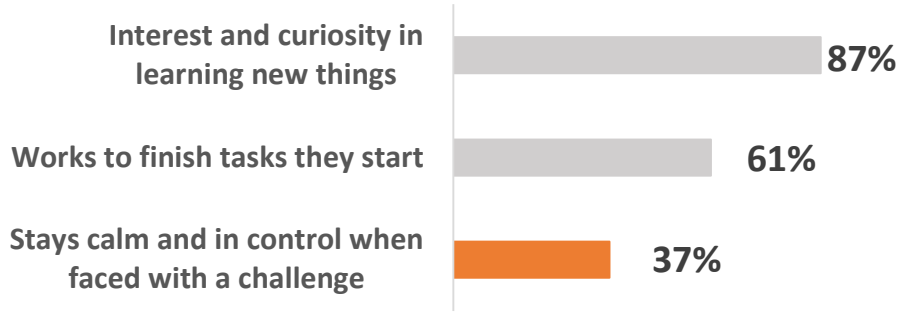


2 in 3 children bounce back quickly when things don't go their way

Elementary-aged children



1 in 3 are flourishing, as measured by the 3 things below



1 in 3 children stay calm and in control when faced with a challenge

Time to Dive In

- ❑ Take a look at the data placemat and community café handouts
- ❑ Reflect on one question (10 min):
 1. **What is your knee-jerk reaction and how does this data relate to your experiences?**
- ❑ Mix up small groups- reflect on next question (10 min)
 2. **What questions or next steps does this raise for you?**
- ❑ Come back for large group discussion

GROUP DISCUSSION



- Thinking about the process we just walked you through-how does this compare to the way you are currently collecting data?
- How are using data to inform programs?

THANK YOU TO THE PARTICIPANTS

Many thanks to the team members, interviewers, organizations, and families who contributed to this survey.

VISIT US AT www.kingcounty.gov/BSKIndicators

OUR WEBSITE



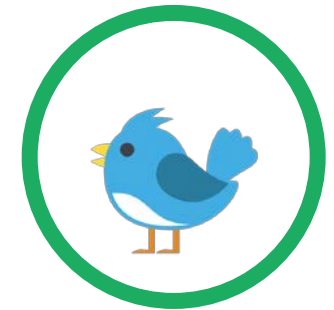
kingcounty.gov/beststarts

OUR BLOG



beststartsblog.com

TWEET US!



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Please complete a brief survey!

