

## Focus Group Analysis – K-State Research and Extension

The one focus group conducted to discuss K-State Research and Extension priorities failed to record. Therefore, I can offer no quotes. I can offer my notes that I made for myself following that session

Concepts	Themes
Work/life balance programs	<ul style="list-style-type: none"><li>• Components of this program are available and others could be made available if people wanted them</li><li>• Evening programs if they are short (1 hour or less) might be well-attended</li><li>• Daytime programs work for people who don't work or are retired</li><li>• Topics should include time management, goal setting, communication, and stress management, with a real emphasis on communications and relationships</li></ul>
Chronic Disease Self-Management Course (CDSMP)	<ul style="list-style-type: none"><li>• Diabetes and pre-diabetes are huge issues in Haskell County</li><li>• K-State Research &amp; Extension is in the process of expanding their health-related efforts in the rural parts of the state</li><li>• CDSMP includes six 2 ½ hour sessions taught by trained volunteers. It will be very difficult to get that kind of time commitment from volunteers and from potential participants</li><li>• If volunteers are identified, they would probably not be willing to drive further than Garden city for training</li></ul>
Senior Health Insurance Coaching – SHICK Program, education on how to use healthcare properly (Health Insurance Smarts), and Affordable Care Act education (health insurance issues website & blog)	<ul style="list-style-type: none"><li>• These are programs available in some parts of the state and they might be available in the future in Haskell County</li><li>• People don't take time to come to classes, so there needs to be information in writing or online</li><li>• With the increased emphasis on health in rural areas, there will be more resources but the Extension agent is just beginning to learn about what will be available.</li></ul>