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General Format

- **Set up**
 - Materials
 - Name tags
 - Room seating & layout
 - Refreshments
 - IRB Consent forms
 - Pens/pencil
 - Notebook/Laptop/Tablet to take notes
- **Introduction**
 - Introduce investigators: Proyecto en Puebla
 - Purpose/Aim
 - Better understanding the diet and nutrition of the community
 - Important points to hit on
 - Explore own experiences, views, and ideas. Will be a guided conversation
 - Confidential
 - Any objections to tape recording?
 - Any questions?
 - Letter with contact information
- **Group introductions**
 - Have everyone introduce ourselves
 - First name, years lived in community
- **Group Discussion led by facilitators**
- **Exit Chatter & Round out**
 - Ask if everyone has spoken
 - Any remaining questions
 - Thank you
 - Reminder about the letters
 - Compensation for time (pesos)

Focus Group on Nutrition- San Francisco Xochiteopan

- **Theme 1: Eating Practices**

- Family Eating Practices
 - Typical Meal, including staple meals/food
 - Perceptions about staple meals
 - Seasonal changes in diet
 - Meat
- Eating What's Easy - Structural Obstacles (Finances/ time)
 - What is available nearby - cultivated food and bought food
 - Finances related to food- expense of
 - Access to fruits and vegetables
- Access to Knowledge about healthy eating practices
 - Perceptions about what is healthy- what would they eat more of if they could afford
 - Healthy eating practice education at schools

- **Theme 2: Barriers to healthy eating**

- Personal (Taste and Craving)
 - Access to sodas and juices
- Societal/ Cultural (access to junk food; cultural traditions)
 - Distinction between eating practices of different age groups/ family members
 - Children eat candy, lactation practices, men eat X ...

- **Theme 3: How disease burden can affect diet**

- Restrictions
 - How much does your diet change if you (or family member) has diabetes?
 - Eat less
- Perception about the impact food can have on health
 - Fat, salt, butter, fried foods

- **Summary Findings and Follow Up**

- Diet is pretty restricted: frijoles & maize (tortillas – green [the nature color w/o chemicals to whiten.]. Salsa (chile, onion & jitomate) seems to be ubiquitous with meals. Meat (usually chicken 1-2 times a month max). Fruit and vegetables 1* a week. Latter seems to be important (+/- affordable and the primary dietary complement).
- Little change through the year, except when vegetables (hortalizas) more available – rainy season or where grown in the lot (see Case Study # 2). Some households irrigate in order to grow hortilizas (see Case Study #2). Similarly, the weekly cycle is less clear cut – Work Sundays often during the planting and harvest seasons.

- Clear knowledge about the unhealthiness of sugary drinks (and its relation to diabetes and obesity), but: i) little inclination to change because they like it; and ii) because working practices require coca cola – paid laborers expect it.
- Awareness of the dangers of fats and oils and they do try limit, but the motive is cost rather than healthfulness.
- Food preparation habits and unhealthful (see case studies and Focus Group on air quality)
- Some learning about nutrition and “buen comer” in school, but moot because parents can’t afford (and I sense some resistance)
- Lactation is usually 6 months and then weaning onto foods – tortillas
- Other major issues: 1) disabled children (Downs) and how cope and not “hide”; 2) lice and other infestations among kids – how to treat (bathing is not an easy approach in these pueblos)

Focus Group on Air Quality – Xochiteopan

- **Tema 1: CALIDAD DEL AIRE EN EL HOGAR.**

- En el tema de salud los pobladores de la comunidad hicieron las siguientes afirmaciones:
 - Los pobladores tienen buenas defensas y el humo de la leña no les afecta en su salud.
 - A los pobladores les afecta más la ceniza volcánica.
 - Entre vecinos comparten el humo de la leña.

- **Tema 2: AFECCIÓN DE LA ACTIVIDAD VOLCÁNICA A LA COMUNIDAD**

- En el tema de salud los pobladores de la comunidad hicieron las siguientes afirmaciones:
 - Los pobladores en estos casos tienen síntomas como: irritación ocular y dolor de garganta.
 - Reciben recomendaciones médicas sobre el uso de cubre bocas, sin embargo, prefieren no utilizarlo por sensación de hipoxia.

- **Tema 3: MEDIDAS DE TRATAMIENTO PARA ENFERMEDADES DE LA VÍA RESPIRATORIA**

- En el tema de salud los pobladores de la comunidad hicieron las siguientes afirmaciones:
 - Refieren utilización de métodos tradicionales como tratamientos de primera línea, siendo los tés los principales.
 - La clínica de su comunidad no está adecuada para este tipo de padecimientos.
 - Prefieren ir con un médico particular en caso de que los métodos tradicionales fallen.

- **Tema 4: PUNTO COMPARATIVO ENTRE SU COMUNIDAD Y LA CIUDAD**

- En el tema de salud los pobladores de la comunidad hicieron las siguientes afirmaciones:
 - El “smog” está muy presente en la ciudad.
 - Sufren más síntomas respiratorios cuando van a la ciudad.

- **Tema 5: LA COCINA EN SU HOGAR**

- En el tema de la infraestructura de su cocina y su manera de cocinar los pobladores de la comunidad hicieron las siguientes afirmaciones:
 - Todos cocinan con leña principalmente.
 - La mitad de los asistentes dijeron que su cocina se encontraba fuera de la casa, la otra mitad aseguró que a pesar de tener la cocina dentro de la casa contaba con suficiente ventilación.
 - Hay diferentes tipos de leña, unas sacan más humo que otras.

- Generalmente al cocinar la leña queda prendida entre 1.5 hrs a 2 hrs, por comida.
 - En ocasiones utilizan gas, pero refieren poca utilización por el costo.
 - Nadie cocina con electricidad.

- **Tema 6: MEJORAS EN LAS COCINAS PARA MEJORAR EL FLUJO DE AIRE**
 - En el tema de infraestructura los pobladores de la comunidad hicieron las siguientes afirmaciones:
 - Tienen un buen flujo de aire por lo que no necesitan mejoras.

- **Tema 7: LUGARES EN SU COMUNIDAD QUE CONSIDERAN MAS CONTAMINADOS**
 - En el tema de salud los pobladores de la comunidad hicieron las siguientes afirmaciones:
 - La autopista es principalmente donde sienten más este problema.
 - La entrada de la comunidad en menor proporción, pero refieren que dentro de la población es donde hay más flujo de automotores.

- **Tema 8: LA SALUD INFANTIL Y LA COCINA**
 - En el tema de salud los pobladores de la comunidad hicieron las siguientes afirmaciones:
 - Los niños presentan regularmente síntomas oculares, principalmente conjuntivitis.
 - Los niños generalmente se apartan de la cocina cuando presentan síntomas.

- **Tema 9: UTILIZACIÓN DE MATERIALES CONTAMINANTES PARA ENCENDER LA LEÑA**
 - En el tema de salud los pobladores de la comunidad hicieron las siguientes afirmaciones:
 - Es una práctica común.
 - Utilizan generalmente plásticos.
 - Utilizan el “olote” en diciembre.
 - Utilizan el aceite quemado.
 - Utilizan basura ya que es un método para que esta no se acumule en sus hogares.
 - Tienen conocimiento que estas practicas son nocivas para su salud.

- **Tema 10: SITUACIÓN DE LA CONTAMINACION DEL AIRE POR ESTACIONES DEL AÑO.**
 - En el tema de salud los pobladores de la comunidad hicieron las siguientes afirmaciones:
 - Cuando llueve la calidad del aire es mejor.

- Empeora cuando hay actividad volcánica.

- **Tema 11: MEDIDAS QUE TOMARON EN LA RECIENTE CONTINGENCIA AMBIENTAL.**

- En el tema de salud los pobladores de la comunidad hicieron las siguientes afirmaciones:
 - Ninguna.
 - Laboraron con normalidad.

Focus Group on Migration- Colonia Agrarista

- **Theme 1: Causes to Migrate**
 - Perceptions of principle reasons that Mexicans go to the United States/ Migrate elsewhere
 - Personal Experience
 - Location of where they/family migrated to
 - Reason for migration
- **Theme 2: Location where they/ family migrated**
 - Process of choosing where to go
 - Decisions regarding housing, closeness to family/friends/ community members
- **Theme 3: Insight into the experience of a migrant**
 - Length of time spent
 - General questions about how the journey was emotionally and physically
 - Jobs that they had in the U.S.
 - Negative Experiences
 - Positive experiences
 - Assimilation into America
- **Theme 4: Insight into the experience of having a family member migrate**
 - General questions about how the journey was emotionally and physically
 - Maintenance of relationship
 - Remittances
 - The importance of money
 - How often remittances are sent
- **Theme 5: Return to the community**
 - Reason for return or reason that they have not returned
 - Skills or ideas brought back from U.S.
 - Perceived differences in lifestyles from Mexico and the United States
 - Experiences adjusting back to life in the community
- **Theme 6: Impact of Migration**
 - Impact on the family
 - Financial
 - Emotional
 - Impact on mental health
 - Family
 - Person who migrated
 - Impact on the community
 - Perceptions about number of people migrating
 - Perceptions about the effect on the community
 - Financial
 - Emotional- social support
 - Pride in community

Focus Group on Chronic Illness- Colonia Agrarista

- **Theme 1: Diagnosis of Chronic Illness**
 - Diagnosis received
 - General experiences about how and where diagnosis was received
 - Education received about disease after diagnosis

- **Theme 2: Perceptions**
 - Perception of diagnosis
 - Perceived causes
 - Perceived implications of the disease
 - Perception of Treatment
 - Importance of treatment
 - Perception of Clinic / Providers
 - Clinic Usage
 - Reasons for using or not using
 - Trust in provider
 - Perceptions of Medications
 - Perceptions about pharmacy/ ability to receive medicines
 - Perceptions of importance of medicine
 - Education about medicines

- **Theme 3: Health Practices**
 - Home treatments
 - Lifestyle Changes
 - Traditional medicine - importance, perceptions
 - Allopathic care (that is care at a clinic – regular follow-up, medicines)

- **Theme 4: Episodes- hypoglycemia**
 - Before the episode
 - Causes
 - General effects of the episode

- **Theme 5: Socioeconomic barriers**
 - Costs
 - Transportation
 - Distance to the clinic (San Francisco Xochiteopan and Atlixco)
 - Food (or lack thereof)
 - Family (can be both support or barrier)

- **Theme 6: Support**
 - Familial Support
 - Healthcare professional support
 - Community Support- Health Council
 - Friends / neighbors
 - Religious support (church)
 - Other informal peer or group support – among ag workers? Among women?
Groups to promote economics/income that could be leveraged to promote health as well?

Focus Group on Alcoholism- Santa Ana Coatepec

- **Theme 1: Time and Place of Alcohol Consumption in the Community**
 - General popular drinking places
 - Hopefully, allow people to open up about safety issues regarding alcohol consumption
 - Times of day/week/year where drinking is heavy
 - Fiestas or weekends
 - What do you drink? ---> opens the way to talk about cultural value of drinks (beer or pulque= cultural)
 - Cultural value of drinking
 - Drinking as celebration of culture?
- **Theme 2: Drinking in Social Gatherings**
 - Reason for alcohol consumption during parties or social gatherings
 - Peer pressure, tastes good, relaxing, escape mechanism
 - Social norms
 - Number of people drinking
 - Age groups of those who drink
 - Drinking around children
 - Amount of alcohol consumed (drinking for social reasons or to escape)
 - Problems related to drinking at social gatherings
- **Theme 3: Motivation for Drinking**
 - Reasons for consuming alcohol (outside of social gatherings)
 - *If not mentioned:* other than for social reasons, why do you think people drink? Ex: tastes good, helps relax, peer pressure, etc.
- **Theme 4: If someone does not consume alcohol, why not?**
 - The reasoning behind not drinking
 - Difficulties in deciding not to drink
- **Theme 5: Describe the environment as it relates to alcohol consumption**
 - Alcohol abuse in the community
 - Problem severity
 - Issues it creates - violence, security
 - Positives that alcohol creates in the community- the ability to come together and connect (give people the space to say alcohol use is okay, but try not to allow the conversation to go to ABUSE of alcohol is okay)
 - Ages most impacted by alcohol use
 - Alcohol as a gateway drug of sorts- do people start with beer and then start doing other drugs
- **Theme 6: Alcohol Prevention or Control**
 - Campaigns related to drinking in the community
 - This can be posters, ads, recreational activities (someone mentioned the basketball court that they all built for young people but the president has been renting it for years to be used for lemon tea cultivation)

- Positives and negatives of programs that have been implemented and their effectiveness
 - Approach at schools
 - Materials
 - Abstinence or moderation approach
 - Positives and negatives of the approach
 - Perceived effectiveness
 - Ages educated about alcohol abuse
- **Theme 7: Community Based Ideas and Solutions**
 - Ideas related to curbing alcohol abuse
 - Community-led desires of what the solutions should look like

Focus Group on Dogs- Santa Ana Coatepec

- **Theme 1: Positives of having dogs**
 - Positive sentiments related to having a pet
 - Factors that play a role in keeping dogs as pets
 - Purposes the dogs serve

- **Theme 2: General feelings about dogs**
 - Number in the street / changes across time (more now, or less now)
 - Hygiene of dogs
 - Aggression or lack thereof
 - Incidents related to dogs

- **Theme 3: Factors that increase the number of stray dogs**
 - Cost of caring for a dog
 - Sterilization
 - Abandonment

- **Theme 3: Factors that limit the population**
 - Sterilization of dogs
 - Accessibility of services- cost, distance, ease
 - Animal control
 - A force that increases sterilization or catches dogs that are ill/ aggressive
 - Local legislation to limit population

- **Theme 4: Death of dogs**
 - Regularity of car accidents involving dogs
 - Disposal of bodies
 - Burial procedures

- **Theme 5: Effects of a large population of stray dogs**
 - Street cleanliness
 - Safety

- **Theme 6: Community based ideas and solutions**
 - Ideas related to curbing stray dogs
 - Community-led desires of what the solutions should look like