



La Clínica de La Raza, Inc.
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Focus Group

La Clínica de La Raza, Inc., in partnership with the 500 Cities Project (500 Cities), appreciates your participation in this focus group targeting residents from East Oakland in the Fruitvale and San Antonio neighborhoods.

The purpose of the focus group is to better understand factors that affect these communities in Oakland in relation to public health. The results will help us with the planning and design of a curriculum appropriate to address the needs of this population.

Responsibilities and rights.

- This is a one and a half hour meeting. Participation is required for the full session.
- It is important to answer questions about the theme we are discussing without straying from the central conversation.
- By participating you understand that you may be recorded (voice recording).
- During results analysis, identifying information will not be used.
- You will have the opportunity to access the focus group results.
- Upon completion you will receive a \$20 gift card.
- It is important to raise your hand and wait for the facilitator to call on you.
- Be brief and concise in your answers.

Questions: Values/Family

1. What are your values?
2. What values did you have to modify or change to adapt to this country?
3. What do you miss most about your home country?

Questions: Healthy Eating/Diabetes

1. What ethnic groups are most likely to suffer from diabetes? What do you think are some reasons for this?
2. What are some ways to prevent diabetes?
3. What do you think prevents people who are diagnosed with diabetes from controlling their condition?
4. What dietary changes did you have to make when you came to this country?
5. What programs could help to prevent diabetes in the community?
6. What programs provide these services in your community?

Questions: Acculturation/Mental Health



1. What does mental health mean to you?
2. What are examples of mental health?
3. What are some reasons that people might avoid seeking mental health treatment?
4. What risk factors affect the mental health of your community?
5. What are some signs that you should ask for help related to mental health?
6. Why is it important to have a support network during difficult times?
7. How do political factors in the United States affect your community, including immigration policy?
8. What are some resources in your community that provide mental health services?