**Community/School Water Campaign Planning Project:   
VIVA-Step Into Cuba**

**Parent Focus Group Guide**

**Introduction to Focus Group Discussion**

My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I work at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This is my colleague, \_\_\_\_\_\_\_\_\_\_\_\_\_, who works at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. We are conducting these focus groups as part of the efforts of VIVA-Step into Cuba to find out about beverage consumption in the community and what we can do to encourage healthy choices.

We’d like to get your input so we can understand what kinds of beverages people drink, what people think about drinking water and to get your ideas for messages that would encourage teens to drink more water. We don’t expect you to know everything about what we ask you today, but we know that you know a lot about what is happening in your families and in your community. We also know that not everyone agrees about the topic. That’s okay. It is helpful for us to hear a range of opinions and voices.

The focus group will last about 45 minutes to 1 hour. Your involvement is voluntary. You may choose not to answer any question, not to participate at all, or to stop participating at any time without any negative consequences. We will be recording the focus group so that we can accurately capture the information you are providing. The results of this focus group may be published, but no quotes will be associated with your name or a specific description that will identify you.

We understand some things we talk about you might want to discuss more with your family or friends. It is also possible that some personal or sensitive discussions might occur. Please feel free to discuss ideas generated from our conversation today, but please do not discuss sensitive or personal material or disclose the identity of people who have shared this kind of information. Although we hope that people will comply with this request, we cannot guarantee confidentiality. However, in terms of the information we collect, the audio recordings and our notes will be kept for three years following completion of the project. At the end of three years the recordings and notes will be destroyed.

We would like to establish some ground rules for our discussion today: only one person should speak at a time, please be respectful of differing opinions, and please turn your cell phones off for the duration of the discussion. If you need to take a call, please leave the room to do so. If at any time I ask questions in a way that is confusing, stop me and I will explain what I am trying to say.

There are no right or wrong answers. We expect that you will have differing points of view. Please feel free to share your point of view even if it differs from what others have said. We have name tents here in front of us today. They help us remember names, but they can also help you. If you want to follow up on something that someone has said, you want to agree, or disagree, or give an example, feel free to do that. Don’t feel like you have to respond to me all the time. Feel free to have a conversation with one another about these questions. I am here to ask questions, listen, and make sure everyone has a chance to share. We’re interested in hearing from each of you. So if you are talking a lot, I may ask you to give others a chance. And if you aren’t saying much, I may turn to you to see if you have something you want to add. [Note taker] is here to take notes, to make sure I follow-up on important points, and to help make sure our discussion goes smoothly.

Do you have any questions about what I’ve just reviewed?

If, after today you have any questions about our session or this project please don’t hesitate to contact me. My contact information is on my business card [pass around]. We won’t take any formal breaks during the discussion, so please feel free to get up when you need to stretch, use the restroom, or get a snack. The restrooms are [give directions].

Okay, so I am going to turn on the recorders now. [Turn on recorders.]

**Begin formal discussion:**

Use display board from VIVA General Survey to help people figure out how much they drink.

1. On Post-It Color A: Each person writes their answer the following question: How much water do you drink in a day or week in ounces?
2. On Post-It Color B: How many sodas or sugar-sweetened beverages do you drink in a day/week on average? (List what possible sugar-sweetened beverages there might be, i.e. Gatorade, Monster Energy, Rockstar Energy, Arizona Ice Tea, etc...)
3. On Post-It Color C: How many sodas or sugar sweetened beverages do you think your kids drink in a day/week on average? (List what possible sugar-sweetened beverages there might be, i.e. Gatorade, Monster Energy, Rockstar Energy, Arizona Ice Tea, etc...)

After all post-its are posted, have people read one another’s notes. What do you think of these results?

1. 2 out of 3 US teenagers have a soda or sugary beverage daily. What do you think of that statistic? Do you think teens in your community drink more or less?
2. What counts as a sugar sweetened beverage or a sugary beverage? What are the healthier alternatives?
3. (What) do you think are the harms to drinking sugar sweetened beverages?
   1. Are there any risks or problems that you worry about specifically for kids?
4. Why do you think your family/friends/neighbors might not drink water, or as much water as they should? What do you think are the biggest challenges to drinking more water?
5. What do you think would help family/friends/neighbors or you to drink more water?
6. If we were to create a campaign to get teens to drink more water, what do you think we should focus on?
   1. What messages do you think they would listen to?
   2. What spokespeople do you think they would listen to?
   3. What is the best way to reach them? (internet, social media, school, TV, radio?)
7. If your teen urged you to drink more water, what could they say that would make you most likely to follow their advice?
8. What are some ways that you think your family or the school could promote drinking more water/less sugary beverages?
9. Do you think there are any problems with promoting more water consumption/less sugary beverage consumption at home or at school?

**Conclusion**

Thank you so much for participating in the focus group. The information that we discussed today will be really helpful to us as we move forward.