

**Texas WIC Lesson Evaluation Results**  
**CF-000-27: CCNE Help Your Child Have a Healthy Weight**

**Client Feedback**

**Total # of clients who responded to survey: 126**

**Clients surveyed identified themselves as:**

- Pregnant: 7%
- Breastfeeding: 6%
- Caretaker of baby under 12 months: 29%
- Caretaker of a child over 1 year: 70%
- Friend of family: 6%
- First WIC class: 9%

**Language in which the class was taught:**

- English – 49%
- Spanish – 48%
- Both – 3%

Compared to other WIC classes, clients awarded this class **4.8 stars** (out of 5).

**Clients rated the class as follows on the items below:**

	<b>Not at all</b>	<b>A little</b>	<b>A lot</b>
Helpful	0%	7%	<b>94%</b>
Too long	<b>77%</b>	18%	5%
Informative	0%	7%	<b>93%</b>
Important	0%	10%	<b>90%</b>
Boring	<b>91%</b>	4%	5%
Covered things I already know	11%	<b>75%</b>	14%
Answered my questions	2%	10%	<b>88%</b>
Encouraged me to participate	0%	11%	<b>89%</b>
The instructor knew a lot about the topic	0%	3%	<b>97%</b>
Good for first-time parents	8%	11%	<b>81%</b>
I understood the language	1%	2%	<b>97%</b>

**Clients indicated one thing they learned that they would try at home. Out of 105 write-in responses, themes for the comments included:**

- Commitment to healthier dietary practices, such as learning new ways to incorporate vegetables and fruits in their child’s meals, proper portion sizes, choosing low-fat or skim milk, healthy foods as snacks and treats, giving water instead of large amounts of juice or milk (or other sweetened beverages)
- New, fun ways to be active as a family and to help their child exercise more; cut back amount of tv time
- To eat healthy and do activities together as a family
- Try to be a positive parent – role model, love your child at any weight

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**Staff Feedback**

**Total # of staff who responded to the survey: 21**

**Staff surveyed included:** Clerk (2), WCS (2), Nutritionist (9), NE Coordinator (1), Clinic Supervisor (2), LA Director (1), Other (4) and had the following degrees: LVN (1), LD (2), RD (4), Degreed Nutritionist (8), Other (10).

**Language in which the class was taught:**

- English – 38%
- Spanish – 5%
- Both – 57%

**Staff reported the following as working well when teaching the class:**

- I try to follow the lesson plan, but I ask clients for their own experiences.
- Client participation
- Let clients talk on their experiences as long as the teacher is there to listen and keep discussion within the topic. Participants are more likely to listen and learn more. Clients who have negative attitude about learning that their child is overweight can be less defensive and become even receptive. Non-judgmental ways of teaching and the advice on page 8 (note to facilitator) is a good point. Reminding clients on the saying that prevention is better than cure.
- Teaching parents to be role models
- The statistics about children under 5 being overweight.
- The participation of the clients and how they enjoy playing with the activity cube
- Play with the cube, it's a good idea, because the participants enjoy the lesson.
- Clients seem very interested in helping their kids control their weight
- The dice game is great. It gets everyone warmed up to one another.
- The topic is a great one because so many of our participants are at risk of overweight or are overweight.
- Participation by clients. They want to share their stories.
- Opening and closing
- Asking open-ended questions so that the participants have to get involved.
- When clients have a visual or an interactive class, it works well. Especially in a class that has samples of food, drinks, or anything that has prizes.
- The handout that goes with it because I have a lot of visual learners

**What staff would do differently the next time they teach the class:**

- Nothing
- Incorporate meal planning that will be easy to prepare, inexpensive, and WIC food. A week of menu cycle to hand out to clients, especially for dads.
- Although entertaining, you can skip the cube game if short on time.
- Explain more about the importance of making children more active
- Pick and choose the material of most importance. I'll focus on the handout of how to help your child have a healthy weight. There is way too much information to try to cover if you discuss everything.
- Try to follow all of the lesson plan
- Try to engage more people in the conversation; tell a joke at start of class to break the silence.
- Spend more time on the evaluation

## CLASS LOGISTICS

### How many times have you taught this class?

Answer Options	Response Percent	Response Count
1	0.0%	0
2	14.3%	3
3	14.3%	3
4	19.0%	4
<b>5 or more</b>	<b>52.4%</b>	<b>11</b>

### How easy or difficult was the lesson to follow?

Answer Options	Response Percent	Response Count
Very Easy	42.9%	9
<b>Easy</b>	<b>47.6%</b>	<b>10</b>
Difficult	9.5%	2
Very Difficult	0.0%	0

### On average, how much time do you spend preparing to teach this lesson (e.g., reading through materials, gathering resources, preparing the classroom, etc)?

Answer Options	Response Percent	Response Count
Less than 15 minutes	38.1%	8
<b>15 – 30 minutes</b>	<b>47.6%</b>	<b>10</b>
31-45 minutes	14.3%	3
More than 45 minutes	0.0%	0

### On average, how long does the lesson usually take to teach?

Answer Options	Response Percent	Response Count
Less than 20 minutes	4.8%	1
<b>21 – 30 minutes</b>	<b>57.1%</b>	<b>12</b>
31 – 40 minutes	28.6%	6
More than 40 minutes	9.5%	2

In your opinion, what would be the ideal size for this class?		
Answer Options	Response Percent	Response Count
Less than 6	23.8%	5
<b>6-10</b>	<b>57.1%</b>	<b>12</b>
11-16	14.3%	3
More than 16	0.0%	0
It doesn't matter	4.8%	1

### CLASS FLOW

How much of the following sections of the lesson plan did you usually cover?					
Answer Options	None	Some	All	Not applicable	Response Count
Introduction/Icebreaker	1	3	<b>17</b>	0	21
Main activity	0	3	<b>18</b>	0	21
Optional activities	4	<b>14</b>	2	0	20
Conclusion/Take away	0	4	<b>17</b>	0	21
In-class evaluation	1	8	<b>10</b>	2	21

How many of the clients usually participate in the class discussion?		
Answer Options	Response Percent	Response Count
Almost none	4.8%	1
Less than half	14.3%	3
About half	19.0%	4
More than half	23.8%	5
<b>Almost all</b>	<b>38.1%</b>	<b>8</b>

## ENJOYMENT OF CLASS

**Compared to other classes you have taught, how much did you like teaching this class?**

Answer Options	Response Percent	Response Count
Less than most	4.8%	1
<b>About the same</b>	<b>57.1%</b>	<b>12</b>
More than most	38.1%	8

**Compared to other classes you have taught, how much do you think clients liked this class?**

Answer Options	Response Percent	Response Count
Less than most	4.8%	1
<b>About the same</b>	<b>61.9%</b>	<b>13</b>
More than most	33.3%	7

## TRAINING BACKGROUND

**What training or background have you had that helped you teach this class? (Check all that apply.)**

Answer Options	Response Percent	Response Count
None	4.8%	1
Basic nutrition knowledge	42.9%	9
<b>Advanced nutrition knowledge</b>	<b>66.7%</b>	<b>14</b>
Basic breastfeeding knowledge	23.8%	5
Advanced breastfeeding knowledge	14.3%	3
Public speaking	38.1%	8
Client-centered NE training from State	33.3%	7
Client-centered NE training at my local agency	57.1%	12
Other (please specify)		2

**What additional training would help you teach this class?**

- I would like to be trained on the fundamentals and basics of engaging clients when they are not interested. Any training will be helpful.
- Nothing