

**WIC Nutrition Education Survey  
Local Agency 106 Report  
May 2010**

**Report for LA #106**

**Who answered the survey?**

**Number of clients who completed the survey: 20**

**Information about the clients who answered the survey**

**Q15. How old are you?**

The distribution of ages of the clients who answered the survey is shown below.

	<b># of clients</b>	<b>%</b>
a. 15 or younger	0	0%
b. 16-18	3	15%
c. 19-29	12	60%
d. 30 or older	5	25%

**Q22. What is the highest level of school you have finished?**

The education levels of the clients who answered the survey were:

	<b># of clients</b>	<b>%</b>
a. 1 <sup>st</sup> to 6 <sup>th</sup> grade	0	0%
b. 7 <sup>th</sup> to 9 <sup>th</sup> grade	0	0%
c. 10 <sup>th</sup> to 12 <sup>th</sup> grade	5	25%
d. High School graduate or GED	12	60%
e. Trade or technical school	1	5%
f. College	1	5%

**Q23. What is your race or ethnicity?**

The distribution of the race or ethnicity of the clients who answered the survey is:

	# of clients	%
a. White	10	50%
b. Afro-American	5	25%
c. Hispanic or Latino	5	25%
d. Asian or Pacific Islander	0	0%
e. Native American or Alaskan	1	5%
f. Mixed race	0	0%

**Q24. What is the main language spoken in your home?**

The language distribution of the clients who answered the survey is:

	# of clients	%
a. English	17	85%
b. Spanish	2	10%
c. Other	0	0%

**Clients Parental Status**

The WIC categories for the clients who answered the survey are shown below (*Note: Clients answered four separate questions related to their WIC client status.*)

**Q16.** 15% of clients who answered the survey were pregnant.

**Q17.** 5% of clients who answered the survey were breastfeeding.

**Q18.** 40% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

**Q19.** 90% of clients who answered the survey were the parent/caretaker of a child over 1 year old.

**Q20. How many children do you have?**

Clients who answered the survey reported having the following number of children.

	# of clients	%
a. 0	0	0%
b. 1	9	45%
c. 2	5	25%
d. 3 or more	6	30%

**Q21. What is your relationship to the child(ren) in WIC?**

Clients who answered the survey described their relationship to the children in WIC as:

	# of clients	%
a. Mother	16	80%
b. Father	0	0%
c. Grandparent	1	5%
d. Foster parent	0	0%
e. Self, pregnant	0	0%
f. Other	1	5%

**Q14. During the past 5 years I have participated in WIC:**

	# of clients	%
a. Less than 1 year	4	20%
b. 1 to 2 years	10	50%
c. 3 years or more	6	30%

**Q25. Are you ever concerned you won't be able to buy enough food to feed your family?**

35% of your clients reported food insecurity.

	# of clients	%
a. Yes	7	35%
b. No	13	65%

**SECTION 1** describes participants' opinions about WIC. The section included six questions.

**Clients' Perceptions of WIC Services**

**Q1. How important are these WIC services for you?**

Clients who answered the survey indicated the importance of the following eight WIC services.

	Very important (%)	A little important (%)	Not important (%)
a. Learning how to feed my family	18 (90%)	2 (10%)	0 (0%)
b. Learning how to breastfeed my baby	10 (50%)	2 (10%)	6 (30%)
c. Getting up-to-date nutrition education	19 (85%)	1 (5%)	0 (0%)
d. Sharing ideas with other parents	10 (50%)	9 (45%)	0 (0%)
e. Getting WIC foods	20 (100%)	0 (0%)	0 (0%)
f. Health screenings	20 (100%)	0 (0%)	0 (0%)
g. Referrals to other services	12 (60%)	7 (35%)	0 (0%)
h. Getting vaccines for my child	19 (85%)	1 (5%)	0 (0%)
i. Learning how to be physically active	16 (80%)	4 (20%)	0 (0%)

**Q6. How well does WIC meet your needs on the following?**

Clients who answered the survey indicated how WIC meets their needs on the following eleven WIC services.

	Great (%)	Okay (%)	Not so Great (%)
a. Learning how to feed my family	19 (85%)	1 (5%)	0 (0%)
b. Learning how to breastfeed my baby	13 (65%)	3 (15%)	2 (10%)
c. Providing support to breastfeed my baby longer	12 (60%)	4 (20%)	2 (10%)
d. Providing breast pumps	12 (60%)	3 (15%)	3 (15%)
e. Teaching me about the right kinds and amounts of food to eat	19 (85%)	1 (5%)	0 (0%)
f. Sharing ideas with other parents	11 (55%)	7 (35%)	1 (5%)
g. Providing WIC foods	19 (85%)	1 (5%)	0 (0%)
h. Teaching me how to keep my family healthy	19 (85%)	1 (5%)	0 (0%)
i. Learning about healthy weights for me and my children	18 (90%)	2 (10%)	0 (0%)
j. Learning how to be physically active	15 (75%)	5 (25%)	0 (0%)
k. Getting vaccines for my child	19 (85%)	1 (5%)	0 (0%)

**Nutrition Education: What clients would like and how they receive classes now**

**Q3. If it were up to you, what kind of WIC classes would you like to take?**

Clients who answered the survey reported their preferences for WIC nutrition education as shown below.

	<b>Would Like a Lot (%)</b>	<b>Would Like a little (%)</b>	<b>Would Not like (%)</b>
a. Food demonstration/taste test	12 (60%)	3 (15%)	5 (25%)
b. Discussion or support group with other parents	7 (35%)	9 (45%)	4 (20%)
c. On the Internet	10 (50%)	5 (25%)	4 (20%)
d. Class with video and discussion	12 (60%)	6 (30%)	2 (10%)
e. Lessons I can take home	18 (90%)	2 (10%)	0 (0%)
f. Self-paced lessons I do on my own	14 (70%)	5 (25%)	1 (5%)
g. Grocery store tour	8 (40%)	6 (30%)	5 (25%)
h. Nutrition carnival or health fair	9 (45%)	8 (40%)	3 (15%)
i. Bulletin board	11 (55%)	6 (30%)	3 (15%)
j. Physical activity class	10 (50%)	8 (40%)	2 (10%)

**Q2. How have you been receiving your WIC nutrition education?**

Clients who answered the survey reported that they have received nutrition education in the following forms:

	<b>Yes (%)</b>	<b>No (%)</b>
a. Food demonstration/taste test	10 (50%)	10 (50%)
b. Discussion or support classes with other parents	12 (60%)	8 (40%)
c. On the internet	8 (40%)	11 (55%)
d. Class with video and discussion	19 (85%)	1 (5%)
e. Lessons I take home	18 (90%)	2 (10%)
f. Self-paced lessons I do on my own at the clinic	10 (50%)	10 (50%)
g. One-on-one counseling with the dietician	15 (75%)	5 (25%)
h. One-on-one counseling with the breastfeeding educator	10 (50%)	9 (45%)
i. Grocery store tour	8 (40%)	11 (55%)

j. Nutrition carnival or health fair	6 (30%)	14 (70%)
k. Bulletin board	13 (65%)	7 (35%)
l. Physical activity class	10 (50%)	10 (50%)

**Q5. My WIC clinic:**

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	20 (100%)	0 (0%)	0 (0%)
b. Offers classes at times when I can attend.	20 (100%)	0 (0%)	0 (0%)
c. Offers me a choice of classes.	17 (85%)	3 (15%)	0 (0%)

**Q4. The people at my WIC clinic care about me and my family.**

	Yes (%)	Sometimes (%)	No (%)
a. The people at my WIC clinic care about me and my family	20 (100%)	0 (0%)	0 (0%)

**SECTION 2** contains three questions about technology use.

**Q7. Where do you access the Internet?**

75% of clients reported having access to the internet.

Clients who answered the survey reported using the Internet at the following locations.

	# of clients	%
a. Home	12	60%
b. Work	2	10%
c. Library	3	15%
d. School	1	5%
e. Friend or family's house	3	15%
f. Cell phone or smart phone	5	25%
g. Other	0	0%

**Q8. What type of Internet connection do you use most often**

Clients who answered the survey who do have Internet access reported using the following type of Internet connection:

	# of clients	%
a. Dial-up Internet using the telephone line	3	20%
b. Broadband or high speed (e.g. DSL or cable)	7	47%
c. Both dial-up and high speed	4	27%
d. I don't know	1	7%

**Q9. How often do you use the following technology?**

Clients who answered the survey reported using technology as shown below.

	Every day (%)	Sometimes (%)	Almost never (%)
a. Dial-up Internet connection using telephone line	2 (10%)	5 (25%)	11 (55%)
b. High-speed/Broadband Internet connection	7 (35%)	5 (25%)	5 (25%)
c. Text messaging or texting	11 (55%)	5 (25%)	3 (15%)
d. E-mail	8 (40%)	3 (15%)	6 (30%)
e. Facebook or My Space	7 (35%)	2 (10%)	8 (40%)
f. Twitter	0 (0%)	3 (15%)	13 (65%)
g. Podcasts	0 (0%)	1 (5%)	15 (75%)
h. You tube or other online videos	2 (10%)	5 (25%)	10 (50%)

**SECTION 3** looks at clients' activities and family behaviors.

**Client nutrition and activity- related behaviors**

**Q10. Please mark one circle for each line to show which of the things below you plan to try in the next six months.**

Clients who answered the survey reported planning to try the following behaviors in the next six months.

	<b>Already doing it (%)</b>	<b>Plan to do it (%)</b>	<b>Do not plan to do it (%)</b>
a. Losing weight	7 (35%)	10 (50%)	2 (10%)
b. Being physically active for 30 minutes most days of the week	14 (70%)	4 (20%)	1 (5%)
c. Turning off the TV at mealtimes	13 (65%)	4 (20%)	3 (15%)
d. Eating low-fat foods	13 (65%)	6 (30%)	1 (5%)
e. Eating at least 5 fruits and vegetables a day	11 (55%)	8 (40%)	1 (5%)
f. Growing vegetables at home	7 (35%)	4 (20%)	9 (45%)
g. Cooking most meals at home	19 (95%)	1 (5%)	0 (0%)
h. Drinking low-fat or fat-free milk	18 (90%)	1 (5%)	1 (5%)
i. Offering low-fat milk to my child age 2 or older	13 (65%)	3 (15%)	4 (20%)
j. Using whole grains when I cook at home	14 (70%)	3 (15%)	3 (15%)

**Q11. Please mark how often these items are true for you:**

Clients who answered the survey reported modeling the following healthy behaviors at home. (Note: Clients who do not have a child over age 1 are not included in item a, b and d.)

	<b>Almost Always (%)</b>	<b>Sometimes (%)</b>	<b>Almost Never (%)</b>
a. My child sees me being physically active.	11 (55%)	7 (35%)	0 (0%)
b. I participate in physical activities with my child.	11 (55%)	6 (30%)	1 (5%)
c. I prepare meals at home.	18 (90%)	2 (10%)	0 (0%)
d. My child helps prepare meals at home.	7 (35%)	6 (30%)	5 (25%)

**Q13. Please mark how often each statement is true for your family:**

Clients who answered the survey reported the following mealtime behavior.

	<b>Almost Always (%)</b>	<b>Sometimes (%)</b>	<b>Almost Never (%)</b>
a. The TV is turned off during meals	11 (55%)	6 (30%)	3 (15%)
b. My family sits down to eat meals together	14 (70%)	4 (20%)	2 (10%)
c. Mealtime with my family is enjoyable	16 (80%)	4 (20%)	0 (0%)

**Purchasing new WIC foods****Q12. In the past three months, have you bought the following with your WIC card?**

	<b>Yes (%)</b>	<b>No (%)</b>
a. Fresh or frozen fruits or vegetables	19 (95%)	1 (5%)
b. 2%, 1%, or fat-free milk	16 (80%)	4 (20%)
c. 100% whole wheat bread, brown rice, or tortillas	16 (80%)	4 (20%)