

**WIC Nutrition Education Survey
Local Agency 12 Report
May 2010**

Report for LA # 12

Who answered the survey?

Number of clients who completed the survey: 239

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.

	# of clients	%
a. 15 or younger	3	1%
b. 16-18	10	4%
c. 19-29	124	52%
d. 30 or older	98	41%

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

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

	# of clients	%
a. 1 st to 6 th grade	53	22%
b. 7 th to 9 th grade	52	22%
c. 10 th to 12 th grade	59	25%
d. High School graduate or GED	38	16%
e. Trade or technical school	18	8%
f. College	11	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	16	7%
b. Afro-American	2	1%
c. Hispanic or Latino	221	93%
d. Asian or Pacific Islander	0	0%
e. Native American or Alaskan	0	0%
f. Mixed race	4	2%

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	40	17%
b. Spanish	184	77%
c. Other	4	2%

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. 16% of clients who answered the survey were pregnant.

Q17. 12% of clients who answered the survey were breastfeeding.

Q18. 43% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q19. 76% 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	8	3%
b. 1	59	25%
c. 2	63	26%
d. 3 or more	109	46%

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	222	93%
b. Father	4	2%
c. Grandparent	0	0%
d. Foster parent	2	1%
e. Self, pregnant	7	3%
f. Other	0	0%

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

	# of clients	%
a. Less than 1 year	44	18%
b. 1 to 2 years	59	25%
c. 3 years or more	135	57%

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

64% of your clients reported food insecurity.

	# of clients	%
a. Yes	152	64%
b. No	87	36%

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	239 (100%)	0 (0%)	0 (0%)
b. Learning how to breastfeed my baby	214 (90%)	11 (5%)	13 (5%)
c. Getting up-to-date nutrition education	235 (98%)	4 (2%)	0 (0%)
d. Sharing ideas with other parents	180 (75%)	53 (22%)	4 (2%)
e. Getting WIC foods	237 (99%)	1 (.5%)	1 (.5%)
f. Health screenings	231 (97%)	7 (3%)	0 (0%)
g. Referrals to other services	201 (84%)	28 (12%)	8 (3%)
h. Getting vaccines for my child	238 (100%)	0 (0%)	1 (.5%)
i. Learning how to be physically active	226 (95%)	13 (5%)	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	216 (90%)	22 (9%)	6 (3%)
b. Learning how to breastfeed my baby	195 (82%)	38 (16%)	6 (3%)
c. Providing support to breastfeed my baby longer	185 (77%)	43 (18%)	9 (4%)
d. Providing breast pumps	170 (71%)	49 (21%)	16 (7%)
e. Teaching me about the right kinds and amounts of food to eat	214 (90%)	21 (9%)	2 (1%)
f. Sharing ideas with other parents	130 (54%)	92 (39%)	16 (17%)
g. Providing WIC foods	225 (94%)	11 (5%)	2 (1%)
h. Teaching me how to keep my family healthy	230 (96%)	8 (3%)	1 (.5%)
i. Learning about healthy weights for me and my	218	16 (7%)	5 (2%)

children	(91%)		
j. Learning how to be physically active	183 (77%)	43 (18%)	12 (5%)
k. Getting vaccines for my child	215 (90%)	10 (4%)	14 (6%)

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.

	Would Like a Lot (%)	Would Like a little (%)	Would Not like (%)
a. Food demonstration/taste test	189 (79%)	89 (37%)	17 (7%)
b. Discussion or support group with other parents	132 (55%)	89 (37%)	17 (7%)
c. On the Internet	101 (42%)	84 (35%)	54 (23%)
d. Class with video and discussion	193 (81%)	42 (18%)	4 (2%)
e. Lessons I can take home	184 (77%)	43 (18%)	12 (5%)
f. Self-paced lessons I do on my own	127 (53%)	78 (33%)	33 (14%)
g. Grocery store tour	104 (44%)	81 (34%)	54 (23%)
h. Nutrition carnival or health fair	162 (68%)	57 (24%)	20 (8%)
i. Bulletin board	171 (72%)	51 (21%)	14 (6%)
j. Physical activity class	187 (78%)	39 (16%)	12 (5%)

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:

	Yes (%)	No (%)
a. Food demonstration/taste test	146 (61%)	92 (39%)
b. Discussion or support classes with other parents	147 (62%)	89 (37%)
c. On the internet	70 (29%)	168 (70%)
d. Class with video and discussion	217 (91%)	22 (9%)
e. Lessons I take home	168 (70%)	68 (29%)
f. Self-paced lessons I do on my own at the clinic	121 (51%)	117 (49%)

g. One-on-one counseling with the dietician	171 (72%)	68 (29%)
h. One-on-one counseling with the breastfeeding educator	163 (68%)	75 (31%)
i. Grocery store tour	86 (36%)	153 (64%)
j. Nutrition carnival or health fair	102 (43%)	136 (57%)
k. Bulletin board	188 (79%)	50 (21%)
l. Physical activity class	118 (49%)	120 (50%)

Q5. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	236 (99%)	1 (.5%)	2 (.5%)
b. Offers classes at times when I can attend.	219 (92%)	17 (7%)	3 (1%)
c. Offers me a choice of classes.	187 (78%)	27 (11%)	23 (10%)

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	230 (96%)	6 (3%)	0 (0%)

SECTION 2 contains three questions about technology use.

Q7. Where do you access the Internet?

38% 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	62	26%
b. Work	17	7%
c. Library	26	11%
d. School	11	5%
e. Friend or family's house	30	13%
f. Cell phone or smart phone	42	18%
g. Other	3	1%

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	23	10%
b. Broadband or high speed (e.g. DSL or cable)	34	14%
c. Both dial-up and high speed	12	5%
d. I don't know	15	6%

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	23 (10%)	41 (17%)	174 (73%)
b. High-speed/Broadband Internet connection	28 (12%)	45 (19%)	165 (69%)
c. Text messaging or texting	77 (32%)	56 (23%)	105 (44%)
d. E-mail	36 (15%)	42 (18%)	160 (67%)
e. Facebook or My Space	27 (11%)	35 (15%)	176 (74%)
f. Twitter	4 (2%)	12 (5%)	221 (93%)
g. Podcasts	2 (1%)	7 (3%)	229 (96%)
h. You tube or other online videos	15 (6%)	42 (18%)	181 (76%)

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.

	Already doing it (%)	Plan to do it (%)	Do not plan to do it (%)
a. Losing weight	111 (46%)	111 (46%)	16 (7%)
b. Being physically active for 30 minutes most days of the week	140 (59%)	97 (41%)	2 (1%)
c. Turning off the TV at mealtimes	138 (58%)	71 (30%)	29 (12%)
d. Eating low-fat foods	154 (64%)	81 (34%)	3 (1%)
e. Eating at least 5 fruits and vegetables a day	160 (67%)	74 (31%)	4 (2%)
f. Growing vegetables at home	54 (23%)	102 (43%)	82 (34%)
g. Cooking most meals at home	209 (87%)	30 (13%)	0 (0%)
h. Drinking low-fat or fat-free milk	209 (87%)	23 (10%)	7 (3%)
i. Offering low-fat milk to my child age 2 or older	171 (72%)	61 (26%)	6 (3%)
j. Using whole grains when I cook at home	162 (68%)	66 (28%)	11 (5%)

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.)

	Almost Always (%)	Sometimes (%)	Almost Never (%)
a. My child sees me being physically active.	119 (50%)	56 (23%)	6 (3%)
b. I participate in physical activities with my child.	97 (41%)	73 (31%)	11 (5%)
c. I prepare meals at home.	213 (89%)	22 (9%)	1 (.5%)
d. My child helps prepare meals at home.	36 (15%)	82 (34%)	63 (26%)

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

Clients who answered the survey reported the following mealtime behavior.

	Almost Always (%)	Sometimes (%)	Almost Never (%)
a. The TV is turned off during meals	115 (48%)	94 (39%)	30 (13%)
b. My family sits down to eat meals together	167 (70%)	65 (27%)	7 (3%)
c. Mealtime with my family is enjoyable	200 (84%)	36 (15%)	2 (1%)

Purchasing new WIC foods

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

	Yes (%)	No (%)
a. Fresh or frozen fruits or vegetables	221 (93%)	17 (7%)
b. 2%, 1%, or fat-free milk	209 (87%)	29 (12%)
c. 100% whole wheat bread, brown rice, or tortillas	214 (90%)	25 (11%)