

**WIC Nutrition Education Survey
Local Agency 13 Report
May 2010**

Report for LA # 13**Who answered the survey?****Number of clients who completed the survey: 78****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	1	1%
b. 16-18	4	5%
c. 19-29	37	47%
d. 30 or older	30	39%

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	6	8%
b. 7 th to 9 th grade	13	17%
c. 10 th to 12 th grade	18	23%
d. High School graduate or GED	16	21%
e. Trade or technical school	4	5%
f. College	14	18%

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	6	8%
b. Afro-American	1	1%
c. Hispanic or Latino	68	87%
d. Asian or Pacific Islander	0	0%
e. Native American or Alaskan	0	0%
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	16	21%
b. Spanish	54	69%
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. 22% of clients who answered the survey were pregnant.

Q17. 9% of clients who answered the survey were breastfeeding.

Q18. 49% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q19. 77% 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	4	5%
b. 1	17	22%
c. 2	17	22%
d. 3 or more	34	44%

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	61	78%
b. Father	0	0%
c. Grandparent	3	4%
d. Foster parent	2	3%
e. Self, pregnant	5	6%
f. Other	0	0%

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

	# of clients	%
a. Less than 1 year	19	24%
b. 1 to 2 years	14	18%
c. 3 years or more	39	50%

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

54% of your clients reported food insecurity.

	# of clients	%
a. Yes	42	54%
b. No	31	40%

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	77 (99%)	1 (1%)	0 (0%)
b. Learning how to breastfeed my baby	64 (82%)	8 (10%)	5 (6%)
c. Getting up-to-date nutrition education	77 (99%)	1 (1%)	0 (0%)
d. Sharing ideas with other parents	55 (71%)	19 (24%)	4 (5%)
e. Getting WIC foods	77 (99%)	1 (1%)	0 (0%)
f. Health screenings	70 (90%)	5 (6%)	1 (1%)
g. Referrals to other services	59 (76%)	14 (18%)	2 (3%)
h. Getting vaccines for my child	77 (99%)	1 (1%)	0 (0%)
i. Learning how to be physically active	71 (92%)	5 (6%)	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	69 (89%)	7 (9%)	0 (0%)
b. Learning how to breastfeed my baby	60 (77%)	12 (15%)	2 (3%)
c. Providing support to breastfeed my baby longer	53 (68%)	20 (26%)	1 (1%)
d. Providing breast pumps	45 (58%)	22 (28%)	6 (8%)
e. Teaching me about the right kinds and amounts of food to eat	67 (86%)	7 (9%)	2 (3%)
f. Sharing ideas with other parents	36 (46%)	31 (40%)	7 (9%)
g. Providing WIC foods	72 (92%)	2 (4%)	1 (1%)
h. Teaching me how to keep my family healthy	73 (94%)	3 (4%)	1 (1%)
i. Learning about healthy weights for me and my children	68 (87%)	5 (6%)	2 (3%)
j. Learning how to be physically active	58 (74%)	15 (19%)	4 (5%)
k. Getting vaccines for my child	76 (96%)	1 (1%)	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.

	Would Like a Lot (%)	Would Like a little (%)	Would Not like (%)
a. Food demonstration/taste test	63 (81%)	11 (14%)	2 (3%)
b. Discussion or support group with other parents	37 (47%)	34 (44%)	5 (6%)
c. On the Internet	37 (47%)	18 (23%)	16 (20%)
d. Class with video and discussion	63 (81%)	9 (12%)	4 (5%)
e. Lessons I can take home	68 (87%)	5 (6%)	3 (4%)
f. Self-paced lessons I do on my own	47 (60%)	21 (27%)	7 (9%)
g. Grocery store tour	40 (51%)	23 (30%)	13 (17%)
h. Nutrition carnival or health fair	48 (62%)	23 (30%)	3 (4%)
i. Bulletin board	51 (66%)	16 (21%)	8 (10%)
j. Physical activity class	64 (82%)	10 (13%)	3 (4%)

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	52 (67%)	24 (31%)
b. Discussion or support classes with other parents	43 (55%)	33 (42%)
c. On the internet	26 (33%)	47 (60%)
d. Class with video and discussion	75 (96%)	1 (1%)
e. Lessons I take home	55 (71%)	22 (28%)
f. Self-paced lessons I do on my own at the clinic	41 (53%)	35 (45%)
g. One-on-one counseling with the dietician	53 (68%)	22 (28%)
h. One-on-one counseling with the breastfeeding educator	38 (49%)	37 (47%)
i. Grocery store tour	40 (51%)	37 (47%)

j. Nutrition carnival or health fair	36 (46%)	38 (49%)
k. Bulletin board	62 (80%)	14 (18%)
l. Physical activity class	32 (41%)	42 (54%)

Q5. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	77 (99%)	1 (1%)	0 (0%)
b. Offers classes at times when I can attend.	66 (85%)	7 (9%)	3 (4%)
c. Offers me a choice of classes.	60 (77%)	9 (12%)	7 (9%)

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	67 (86%)	2 (3%)	0 (0%)

SECTION 2 contains three questions about technology use.

Q7. Where do you access the Internet?

50% 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	21	27%
b. Work	4	5%
c. Library	6	7%
d. School	6	7%
e. Friend or family's house	13	17%
f. Cell phone or smart phone	10	13%
g. Other	1	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	4	5%
b. Broadband or high speed (e.g. DSL or cable)	13	17%
c. Both dial-up and high speed	7	9%
d. I don't know	9	12%

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	4 (5%)	17 (22%)	47 (60%)
b. High-speed/Broadband Internet connection	11 (14%)	19 (24%)	40 (51%)
c. Text messaging or texting	21 (27%)	29 (37%)	24 (31%)
d. E-mail	12 (15%)	20 (26%)	39 (50%)
e. Facebook or My Space	11 (14%)	12 (15%)	43 (55%)
f. Twitter	0 (0%)	3 (4%)	61 (78%)
g. Podcasts	1 (1%)	3 (4%)	63 (81%)
h. You tube or other online videos	4 (5%)	16 (21%)	46 (59%)

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	40 (51%)	31 (40%)	4 (5%)
b. Being physically active for 30 minutes most days of the week	46 (59%)	28 (36%)	0 (0%)
c. Turning off the TV at mealtimes	38 (49%)	27 (35%)	9 (12%)
d. Eating low-fat foods	48 (62%)	21 (27%)	5 (6%)
e. Eating at least 5 fruits and vegetables a day	51 (65%)	24 (31%)	0 (0%)
f. Growing vegetables at home	13 (17%)	27 (35%)	32 (41%)
g. Cooking most meals at home	66 (85%)	7 (9%)	1 (1%)
h. Drinking low-fat or fat-free milk	60 (77%)	10 (13%)	5 (6%)
i. Offering low-fat milk to my child age 2 or older	51 (65%)	18 (23%)	5 (6%)
j. Using whole grains when I cook at home	53 (68%)	16 (21%)	4 (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.	47 (60%)	13 (17%)	2 (3%)
b. I participate in physical activities with my child.	37 (47%)	24 (31%)	2 (3%)
c. I prepare meals at home.	67 (86%)	8 (10%)	1 (1%)
d. My child helps prepare meals at home.	15 (19%)	27 (35%)	10 (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	33 (42%)	29 (37%)	14 (18%)
b. My family sits down to eat meals together	60 (77%)	15 (19%)	0 (0%)
c. Mealtime with my family is enjoyable	66 (85%)	11 (14%)	0 (0%)

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	75 (96%)	2 (3%)
b. 2%, 1%, or fat-free milk	67 (86%)	9 (12%)
c. 100% whole wheat bread, brown rice, or tortillas	69 (89%)	5 (6%)