

**WIC Nutrition Education Survey
Local Agency 17 Report
May 2010**

Report for LA # 17

Who answered the survey?

Number of clients who completed the survey: 79

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	42	53%
d. 30 or older	29	37%

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	10	13%
b. 7 th to 9 th grade	12	15%
c. 10 th to 12 th grade	21	27%
d. High School graduate or GED	20	25%
e. Trade or technical school	5	6%
f. College	10	13%

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	5	6%
b. Afro-American	11	14%
c. Hispanic or Latino	61	77%
d. Asian or Pacific Islander	1	1%
e. Native American or Alaskan	1	1%
f. Mixed race	2	3%

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	26	33%
b. Spanish	48	61%
c. Other	3	4%

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. 20% of clients who answered the survey were pregnant.

Q17. 23% of clients who answered the survey were breastfeeding.

Q18. 66% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q19. 60% 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	2	3%
b. 1	31	39%
c. 2	21	27%
d. 3 or more	22	28%

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	69	87%
b. Father	0	0%
c. Grandparent	0	0%
d. Foster parent	0	0%
e. Self, pregnant	6	8%
f. Other	0	0%

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

	# of clients	%
a. Less than 1 year	36	46
b. 1 to 2 years	24	30%
c. 3 years or more	18	23%

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

66% of your clients reported food insecurity.

	# of clients	%
a. Yes	52	66%
b. No	27	34%

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	76 (96%)	2 (3%)	1 (1%)
b. Learning how to breastfeed my baby	64 (81%)	11 (14%)	4 (5%)
c. Getting up-to-date nutrition education	72 (91%)	5 (6%)	0 (0%)
d. Sharing ideas with other parents	57 (72%)	18 (23%)	4 (5%)
e. Getting WIC foods	78 (99%)	0 (0%)	0 (0%)
f. Health screenings	75 (95%)	3 (4%)	1 (1%)
g. Referrals to other services	60 (76%)	16 (20%)	2 (3%)
h. Getting vaccines for my child	77 (98%)	1 (1%)	1 (1%)
i. Learning how to be physically active	70 (89%)	7 (9%)	1 (1%)

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	70 (89%)	8 (10%)	0 (0%)
b. Learning how to breastfeed my baby	62 (79%)	15 (19%)	2 (3%)
c. Providing support to breastfeed my baby longer	60 (76%)	14 (18%)	5 (6%)
d. Providing breast pumps	62 (79%)	14 (18%)	3 (4%)
e. Teaching me about the right kinds and amounts of food to eat	68 (86%)	10 (13%)	1 (1%)
f. Sharing ideas with other parents	44 (56%)	29 (37%)	6 (8%)
g. Providing WIC foods	73 (93%)	6 (8%)	0 (0%)
h. Teaching me how to keep my family healthy	71 (90%)	7 (9%)	1 (1%)
i. Learning about healthy weights for me and my children	65 (82%)	12 (15%)	2 (3%)
j. Learning how to be physically active	54 (68%)	22 (28%)	3 (4%)
k. Getting vaccines for my child	60 (76%)	18 (23%)	1 (1%)

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	56 (71%)	16 (20%)	6 (8%)
b. Discussion or support group with other parents	50 (63%)	20 (25%)	9 (11%)
c. On the Internet	32 (41%)	18 (23%)	28 (35%)
d. Class with video and discussion	68 (86%)	8 (10%)	3 (4%)
e. Lessons I can take home	63 (80%)	12 (15%)	4 (5%)
f. Self-paced lessons I do on my own	43 (54%)	25 (32%)	11 (14%)
g. Grocery store tour	35 (44%)	27 (34%)	16 (20%)
h. Nutrition carnival or health fair	54 (67%)	17 (22%)	9 (11%)
i. Bulletin board	40 (51%)	30 (38%)	9 (11%)
j. Physical activity class	58 (73%)	15 (19%)	6 (8%)

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	45 (57%)	30 (38%)
b. Discussion or support classes with other parents	62 (78%)	16 (20%)
c. On the internet	23 (29%)	54 (68%)
d. Class with video and discussion	72 (91%)	6 (8%)
e. Lessons I take home	55 (70%)	22 (28%)
f. Self-paced lessons I do on my own at the clinic	26 (46%)	41 (52%)
g. One-on-one counseling with the dietician	63 (80%)	14 (18%)
h. One-on-one counseling with the breastfeeding educator	52 (66%)	24 (31%)
i. Grocery store tour	26 (33%)	51 (65%)

j. Nutrition carnival or health fair	22 (28%)	55 (70%)
k. Bulletin board	53 (67%)	24 (30%)
l. Physical activity class	29 (37%)	47 (60%)

Q5. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	78 (99%)	0 (0%)	1 (1%)
b. Offers classes at times when I can attend.	72 (91%)	7 (9%)	0 (0%)
c. Offers me a choice of classes.	59 (75%)	11 (14%)	9 (11%)

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	72 (91%)	4 (5%)	0 (0%)

SECTION 2 contains three questions about technology use.

Q7. Where do you access the Internet?

62% 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	30	38%
b. Work	7	9%
c. Library	11	14%
d. School	4	5%
e. Friend or family's house	15	19%
f. Cell phone or smart phone	11	14%
g. Other	4	5%

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	5	6%
b. Broadband or high speed (e.g. DSL or cable)	18	23%
c. Both dial-up and high speed	5	6%
d. I don't know	16	20%

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	7 (9%)	22 (28%)	48 (61%)
b. High-speed/Broadband Internet connection	14 (18%)	23 (29%)	40 (51%)
c. Text messaging or texting	35 (44%)	16 (20%)	26 (33%)
d. E-mail	21 (27%)	16 (20%)	39 (49%)
e. Facebook or My Space	16 (20%)	14 (18%)	44 (56%)
f. Twitter	1 (1%)	2 (3%)	71 (90%)
g. Podcasts	1 (1%)	1 (1%)	72 (91%)
h. You tube or other online videos	8 (10%)	17 (22%)	51 (65%)

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	32 (41%)	36 (46%)	10 (13%)
b. Being physically active for 30 minutes most days of the week	43 (54%)	32 (41%)	2 (3%)
c. Turning off the TV at mealtimes	34 (43%)	30 (38%)	14 (17%)
d. Eating low-fat foods	42 (53%)	28 (35%)	8 (10%)
e. Eating at least 5 fruits and vegetables a day	37 (47%)	39 (49%)	2 (3%)
f. Growing vegetables at home	10 (13%)	22 (28%)	46 (58%)
g. Cooking most meals at home	72 (91%)	7 (9%)	0 (0%)
h. Drinking low-fat or fat-free milk	63 (80%)	8 (10%)	5 (6%)
i. Offering low-fat milk to my child age 2 or older	50 (63%)	20 (25%)	8 (10%)
j. Using whole grains when I cook at home	42 (53%)	28 (35%)	8 (10%)

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.	31 (39%)	16 (20%)	0 (0%)
b. I participate in physical activities with my child.	24 (30%)	21 (27%)	2 (3%)
c. I prepare meals at home.	72 (91%)	5 (6%)	1 (1%)
d. My child helps prepare meals at home.	14 (18%)	19 (24%)	14 (18%)

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	27 (34%)	28 (35%)	23 (29%)
b. My family sits down to eat meals together	49 (62%)	24 (30%)	5 (6%)
c. Mealtime with my family is enjoyable	59 (75%)	18 (23%)	1 (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	68 (86%)	10 (13%)
b. 2%, 1%, or fat-free milk	71 (90%)	7 (9%)
c. 100% whole wheat bread, brown rice, or tortillas	62 (79%)	16 (20%)