

**WIC Nutrition Education Survey
Local Agency 1 Report
May 2010**

Report for LA #1

Who answered the survey?

Number of clients who completed the survey: 90

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	2	2%
c. 19-29	45	50%
d. 30 or older	33	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	16	18%
b. 7 th to 9 th grade	8	9%
c. 10 th to 12 th grade	19	21%
d. High School graduate or GED	23	26%
e. Trade or technical school	5	6%
f. College	12	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	10	11%
b. Afro-American	12	13%
c. Hispanic or Latino	65	66%
d. Asian or Pacific Islander	4	4%
e. Native American or Alaskan	0	0%
f. Mixed race	2	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	36	40%
b. Spanish	44	49%
c. Other	4	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. 6% of clients who answered the survey were pregnant.

Q17. 18% of clients who answered the survey were breastfeeding.

Q18. 58% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q19. 72% 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	1	1%
b. 1	29	32%
c. 2	23	26%
d. 3 or more	32	36%

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	76	84%
b. Father	1	1%
c. Grandparent	2	2%
d. Foster parent	0	0%
e. Self, pregnant	1	1%
f. Other	1	1%

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

	# of clients	%
a. Less than 1 year	22	24%
b. 1 to 2 years	24	27%
c. 3 years or more	37	41%

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

46% of your clients reported food insecurity.

	# of clients	%
a. Yes	41	46%
b. No	44	49%

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	82 (91%)	3 (3%)	0 (0%)
b. Learning how to breastfeed my baby	60 (67%)	12 (13%)	10 (11%)
c. Getting up-to-date nutrition education	76 (84%)	8 (9%)	1 (1%)
d. Sharing ideas with other parents	56 (62%)	24 (27%)	3 (3%)
e. Getting WIC foods	84 (93%)	1 (1%)	0 (0%)
f. Health screenings	76 (84%)	5 (6%)	1 (1%)
g. Referrals to other services	64 (71%)	15 (17%)	3 (3%)
h. Getting vaccines for my child	78 (87%)	4 (4%)	1 (1%)
i. Learning how to be physically active	71 (79%)	12 (13%)	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	67 (74%)	14 (16%)	1 (1%)
b. Learning how to breastfeed my baby	56 (62%)	15 (17%)	7 (8%)
c. Providing support to breastfeed my baby longer	55 (61%)	18 (20%)	6 (7%)
d. Providing breast pumps	53 (59%)	16 (18%)	10 (11%)
e. Teaching me about the right kinds and amounts of food to eat	72 (80%)	8 (9%)	1 (1%)
f. Sharing ideas with other parents	45 (50%)	33 (37%)	3 (3%)
g. Providing WIC foods	78 (87%)	3 (3%)	0 (0%)
h. Teaching me how to keep my family healthy	71 (79%)	10 (11%)	0 (0%)
i. Learning about healthy weights for me and my children	73 (81%)	6 (7%)	2 (2%)
j. Learning how to be physically active	61 (68%)	21 (23%)	2 (2%)
k. Getting vaccines for my child	71 (79%)	12 (13%)	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 (62%)	22 (24%)	3 (3%)
b. Discussion or support group with other parents	49 (54%)	25 (28%)	7 (8%)
c. On the Internet	34 (38%)	24 (27%)	20 (22%)
d. Class with video and discussion	51 (57%)	24 (27%)	6 (7%)
e. Lessons I can take home	59 (66%)	10 (11%)	14 (16%)
f. Self-paced lessons I do on my own	44 (49%)	23 (26%)	14 (16%)
g. Grocery store tour	33 (37%)	32 (36%)	17 (19%)
h. Nutrition carnival or health fair	46 (51%)	26 (29%)	10 (11%)
i. Bulletin board	43 (48%)	23 (26%)	13 (14%)
j. Physical activity class	46 (51%)	24 (27%)	11 (12%)

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	58 (64%)	25 (28%)
b. Discussion or support classes with other parents	51 (57%)	30 (33%)
c. On the internet	28 (31%)	52 (58%)
d. Class with video and discussion	71 (79%)	13 (14%)
e. Lessons I take home	52 (58%)	29 (32%)
f. Self-paced lessons I do on my own at the clinic	27 (30%)	51 (57%)
g. One-on-one counseling with the dietician	51 (57%)	27 (30%)
h. One-on-one counseling with the breastfeeding educator	35 (39%)	44 (49%)
i. Grocery store tour	36 (40%)	45 (50%)

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j. Nutrition carnival or health fair	23 (26%)	57 (63%)
k. Bulletin board	41 (46%)	37 (41%)
l. Physical activity class	26 (29%)	52 (58%)

Q5. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	76 (84%)	2 (2%)	3 (3%)
b. Offers classes at times when I can attend.	71 (79%)	7 (8%)	3 (3%)
c. Offers me a choice of classes.	66 (73%)	7 (8%)	9 (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	76 (84%)	4 (4%)	0 (0%)

SECTION 2 contains three questions about technology use.

Q7. Where do you access the Internet?

69% 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	43	48%
b. Work	9	10%
c. Library	18	20%
d. School	7	8%
e. Friend or family's house	14	16%
f. Cell phone or smart phone	23	26%
g. Other	2	2%

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	10%
b. Broadband or high speed (e.g. DSL or cable)	27	52%
c. Both dial-up and high speed	5	10%
d. I don't know	13	25%

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	5 (6%)	21 (23%)	50 (56%)
b. High-speed/Broadband Internet connection	21 (23%)	21 (23%)	37 (41%)
c. Text messaging or texting	39 (43%)	16 (18%)	24 (27%)
d. E-mail	26 (29%)	21 (23%)	31 (34%)
e. Facebook or My Space	18 (20%)	18 (20%)	35 (39%)
f. Twitter	0 (0%)	5 (6%)	57 (63%)
g. Podcasts	0 (0%)	2 (2%)	64 (71%)
h. You tube or other online videos	9 (10%)	17 (19%)	43 (48%)

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	47 (52%)	28 (31%)	8 (9%)
b. Being physically active for 30 minutes most days of the week	52 (58%)	31 (34%)	1 (1%)
c. Turning off the TV at mealtimes	36 (40%)	34 (37%)	11 (12%)
d. Eating low-fat foods	44 (49%)	34 (38%)	6 (7%)
e. Eating at least 5 fruits and vegetables a day	47 (52%)	32 (36%)	4 (4%)
f. Growing vegetables at home	20 (22%)	29 (32%)	31 (34%)
g. Cooking most meals at home	67 (74%)	11 (12%)	2 (2%)
h. Drinking low-fat or fat-free milk	61 (68%)	16 (18%)	7 (8%)
i. Offering low-fat milk to my child age 2 or older	56 (62%)	20 (22%)	9 (10%)
j. Using whole grains when I cook at home	57 (63%)	23 (26%)	3 (3%)

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.	43 (48%)	19 (21%)	1 (1%)
b. I participate in physical activities with my child.	35 (39%)	26 (29%)	1 (1%)
c. I prepare meals at home.	73 (81%)	10 (11%)	0 (0%)
d. My child helps prepare meals at home.	18 (20%)	27 (30%)	17 (19%)

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	32 (36%)	33 (37%)	19 (21%)
b. My family sits down to eat meals together	56 (62%)	24 (27%)	5 (6%)
c. Mealtime with my family is enjoyable	72 (80%)	12 (13%)	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	75 (83%)	9 (10%)
b. 2%, 1%, or fat-free milk	70 (78%)	12 (13%)
c. 100% whole wheat bread, brown rice, or tortillas	74 (82%)	9 (10%)