

**WIC Nutrition Education Survey  
Local Agency 26 Report  
May 2010**

**Report for LA 26****Who answered the survey?****Number of clients who completed the survey: 261****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	4	2%
b. 16-18	13	5%
c. 19-29	149	57%
d. 30 or older	87	33%

**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	29	11%
b. 7 <sup>th</sup> to 9 <sup>th</sup> grade	40	15%
c. 10 <sup>th</sup> to 12 <sup>th</sup> grade	81	31%
d. High School graduate or GED	66	25%
e. Trade or technical school	16	6%
f. College	17	7%

**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	15	6%
b. Afro-American	43	17%
c. Hispanic or Latino	194	74%
d. Asian or Pacific Islander	3	1%
e. Native American or Alaskan	0	0%
f. Mixed race	6	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	96	37%
b. Spanish	149	57%
c. Other	2	1%

**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.** 13% of clients who answered the survey were breastfeeding.

**Q18.** 62% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

**Q19.** 70% 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	85	33%
c. 2	82	31%
d. 3 or more	76	29%

**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	234	90%
b. Father	1	.5%
c. Grandparent	0	0%
d. Foster parent	0	0%
e. Self, pregnant	8	3%
f. Other	0	0%

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

	# of clients	%
a. Less than 1 year	73	28%
b. 1 to 2 years	76	29%
c. 3 years or more	98	38%

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

63% of your clients reported food insecurity.

	# of clients	%
a. Yes	163	63%
b. No	93	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	255 (98%)	4 (2%)	0 (0%)
b. Learning how to breastfeed my baby	208 (80%)	17 (7%)	33 (13%)
c. Getting up-to-date nutrition education	242 (93%)	16 (6%)	1 (.5%)
d. Sharing ideas with other parents	174 (67%)	74 (28%)	10 (4%)
e. Getting WIC foods	258 (99%)	1 (.5%)	0 (0%)
f. Health screenings	235 (90%)	18 (7%)	4 (2%)
g. Referrals to other services	168 (64%)	72 (28%)	11 (4%)
h. Getting vaccines for my child	250 (96%)	4 (2%)	5 (2%)
i. Learning how to be physically active	235 (90%)	19 (7%)	6 (2%)

**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	232 (89%)	25 (10%)	3 (1%)
b. Learning how to breastfeed my baby	186 (71%)	55 (21%)	16 (6%)
c. Providing support to breastfeed my baby longer	179 (69%)	59 (23%)	20 (8%)
d. Providing breast pumps	142 (54%)	71 (27%)	44 (17%)
e. Teaching me about the right kinds and amounts of food to eat	214 (82%)	38 (15%)	7 (3%)
f. Sharing ideas with other parents	119 (46%)	102 (39%)	37 (14%)
g. Providing WIC foods	244 (94%)	13 (5%)	1 (.5%)
h. Teaching me how to keep my family healthy	232 (89%)	21 (8%)	3 (1%)
i. Learning about healthy weights for me and my children	214 (82%)	35 (13%)	9 (3%)
j. Learning how to be physically active	161 (62%)	81 (31%)	0 (0%)
k. Getting vaccines for my child	220 (84%)	33 (13%)	5 (2%)

**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	183 (70%)	54 (21%)	20 (8%)
b. Discussion or support group with other parents	107 (41%)	111 (43%)	40 (15%)
c. On the Internet	101 (39%)	84 (32%)	66 (25%)
d. Class with video and discussion	184 (71%)	57 (22%)	15 (6%)
e. Lessons I can take home	189 (72%)	47 (18%)	21 (8%)
f. Self-paced lessons I do on my own	130 (50%)	84 (32%)	39 (15%)
g. Grocery store tour	96 (37%)	91 (35%)	69 (26%)
h. Nutrition carnival or health fair	138 (53%)	80 (31%)	36 (14%)
i. Bulletin board	131 (50%)	82 (31%)	42 (16%)
j. Physical activity class	166 (64%)	63 (24%)	25 (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	151 (58%)	102 (39%)
b. Discussion or support classes with other parents	137 (53%)	117 (45%)
c. On the internet	71 (27%)	181 (69%)
d. Class with video and discussion	234 (90%)	22 (8%)
e. Lessons I take home	175 (67%)	76 (29%)
f. Self-paced lessons I do on my own at the clinic	93 (36%)	157 (60%)
g. One-on-one counseling with the dietician	190 (73%)	64 (25%)
h. One-on-one counseling with the breastfeeding educator	139 (53%)	114 (44%)
i. Grocery store tour	99 (38%)	153 (59%)

j. Nutrition carnival or health fair	76 (29%)	177 (68%)
k. Bulletin board	157 (60%)	97 (37%)
l. Physical activity class	80 (31%)	168 (64%)

**Q5. My WIC clinic:**

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	244 (94%)	6 (2%)	7 (3%)
b. Offers classes at times when I can attend.	207 (79%)	33 (13%)	17 (7%)
c. Offers me a choice of classes.	160 (61%)	38 (15%)	56 (22%)

**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	215 (82%)	21 (8%)	0 (0%)

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

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

57% 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	108	41%
b. Work	23	9%
c. Library	37	14%
d. School	14	5%
e. Friend or family's house	44	17%
f. Cell phone or smart phone	47	18%
g. Other	6	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	12	5%
b. Broadband or high speed (e.g. DSL or cable)	70	27%
c. Both dial-up and high speed	20	8%
d. I don't know	31	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	19 (7%)	61 (23%)	171 (66%)
b. High-speed/Broadband Internet connection	50 (19%)	74 (28%)	130 (50%)
c. Text messaging or texting	105 (40%)	65 (25%)	85 (33%)
d. E-mail	59 (23%)	58 (22%)	137 (53%)
e. Facebook or My Space	47 (18%)	48 (18%)	153 (59%)
f. Twitter	6(2%)	8 (3%)	231 (89%)
g. Podcasts	2 (1%)	6 (2%)	236 (90%)
h. You tube or other online videos	24 (9%)	70 (27%)	156 (60%)

**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	125 (48%)	110 (42%)	23 (9%)
b. Being physically active for 30 minutes most days of the week	152 (58%)	97 (37%)	10 (4%)
c. Turning off the TV at mealtimes	142 (54%)	83 (32%)	34 (13%)
d. Eating low-fat foods	139 (53%)	105 (40%)	16 (6%)
e. Eating at least 5 fruits and vegetables a day	158 (61%)	98 (38%)	4 (2%)
f. Growing vegetables at home	28 (11%)	85 (33%)	141 (54%)
g. Cooking most meals at home	231 (89%)	26 (10%)	3 (1%)
h. Drinking low-fat or fat-free milk	205 (79%)	41 (16%)	14 (5%)
i. Offering low-fat milk to my child age 2 or older	168 (64%)	77 (30%)	13 (5%)
j. Using whole grains when I cook at home	156 (60%)	84 (32%)	17 (7%)

**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.	116 (44%)	66 (25%)	3 (1%)
b. I participate in physical activities with my child.	98 (38%)	32%	2 (1%)
c. I prepare meals at home.	222 (85%)	24 (9%)	2 (1%)
d. My child helps prepare meals at home.	29 (11%)	89 (34%)	63 (24%)

**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	101 (39%)	109 (42%)	45 (17%)
b. My family sits down to eat meals together	173 (66%)	73 (28%)	8 (3%)
c. Mealtime with my family is enjoyable	211 (81%)	36 (14%)	5 (2%)

**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	234 (90%)	19 (7%)
b. 2%, 1%, or fat-free milk	222 (85%)	30 (12%)
c. 100% whole wheat bread, brown rice, or tortillas	208 (80%)	44 (17%)