

**WIC Nutrition Education Survey  
Local Agency 27 Report  
May 2010**

**Report for LA 27****Who answered the survey?**

**Number of clients who completed the survey: 46**

**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	0	0%
b. 16-18	3	7%
c. 19-29	26	57%
d. 30 or older	13	28%

**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	4	9%
b. 7 <sup>th</sup> to 9 <sup>th</sup> grade	2	4%
c. 10 <sup>th</sup> to 12 <sup>th</sup> grade	11	24%
d. High School graduate or GED	21	46%
e. Trade or technical school	1	2%
f. College	6	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	8	17%
b. Afro-American	4	9%
c. Hispanic or Latino	33	72%
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	28	61%
b. Spanish	9	20%
c. Other	1	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.** 11% of clients who answered the survey were pregnant.

**Q17.** 4% of clients who answered the survey were breastfeeding.

**Q18.** 48% 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	1	2%
b. 1	12	26%
c. 2	15	33%
d. 3 or more	14	30%

**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	40	87%
b. Father	1	2%
c. Grandparent	0	0%
d. Foster parent	0	0%
e. Self, pregnant	1	2%
f. Other	0	0%

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

	# of clients	%
a. Less than 1 year	10	22%
b. 1 to 2 years	13	28%
c. 3 years or more	20	44%

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

30% of your clients reported food insecurity.

	# of clients	%
a. Yes	14	30%
b. No	30	65%

**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	43 (94%)	2 (4%)	0 (0%)
b. Learning how to breastfeed my baby	24 (52%)	7 (15%)	13 (28%)
c. Getting up-to-date nutrition education	41 (89%)	4 (9%)	0 (0%)
d. Sharing ideas with other parents	27 (59%)	15 (33%)	3 (7%)
e. Getting WIC foods	45 (98%)	0 (0%)	0 (0%)
f. Health screenings	43 (94%)	1 (2%)	1 (2%)
g. Referrals to other services	34 (74%)	9 (20%)	2 (4%)
h. Getting vaccines for my child	43 (94%)	0 (0%)	2 (4%)
i. Learning how to be physically active	39 (85%)	5 (11%)	1 (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	43 (94%)	3 (7%)	0 (0%)
b. Learning how to breastfeed my baby	29 (63%)	9 (20%)	5 (11%)
c. Providing support to breastfeed my baby longer	27 (59%)	10 (22%)	5 (11%)
d. Providing breast pumps	30(65%)	7 (15%)	5 (11%)
e. Teaching me about the right kinds and amounts of food to eat	44 (96%)	1 (2%)	1 (2%)
f. Sharing ideas with other parents	28 (61 %)	13 (28%)	3 (7%)
g. Providing WIC foods	46 (100%)	0 (0%)	0 (0%)
h. Teaching me how to keep my family healthy	44 (96%)	1 (2%)	0 (0%)
i. Learning about healthy weights for me and my children	40 (87%)	5 (11%)	1 (2%)
j. Learning how to be physically active	34 (74%)	8 (17%)	3 (7%)
k. Getting vaccines for my child	38 (83%)	5 (11%)	2 (4%)

**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	26 (57%)	13 (28%)	6 (13%)
b. Discussion or support group with other parents	17 (37%)	21 (46%)	7 (15%)
c. On the Internet	20 (44%)	11 (24%)	14 (30%)
d. Class with video and discussion	28 (61%)	15 (33%)	2 (4%)
e. Lessons I can take home	25 (54%)	12 (26%)	8 (17%)
f. Self-paced lessons I do on my own	24 (52%)	13 (28%)	8 (17%)
g. Grocery store tour	19 (41%)	8 (17%)	17 (37%)
h. Nutrition carnival or health fair	25 (54%)	13 (28%)	7 (15%)
i. Bulletin board	16 (35%)	23 (50%)	6 (13%)
j. Physical activity class	30 (65%)	10 (22%)	5 (11%)

**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	20 (44%)	24 (52%)
b. Discussion or support classes with other parents	27 (59%)	18 (39%)
c. On the internet	12 (26%)	33 (72%)
d. Class with video and discussion	43 (94%)	1 (2%)
e. Lessons I take home	21 (46%)	24 (52%)
f. Self-paced lessons I do on my own at the clinic	18 (39%)	27 (59%)
g. One-on-one counseling with the dietician	31 (67%)	14 (30%)
h. One-on-one counseling with the breastfeeding educator	22 (48%)	23 (40%)
i. Grocery store tour	17 (37%)	27 (59%)

j. Nutrition carnival or health fair	15 (33%)	30 (65%)
k. Bulletin board	22 (48%)	23 (50%)
l. Physical activity class	15 (33%)	29 (63%)

**Q5. My WIC clinic:**

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	46 (100%)	0 (0%)	0 (0%)
b. Offers classes at times when I can attend.	42 (91%)	3 (7%)	0 (0%)
c. Offers me a choice of classes.	34 (74%)	5 (11%)	7 (15%)

**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	40 (87%)	4 (9%)	0 (0%)

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

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

70% 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	18	39%
b. Work	5	11%
c. Library	8	17%
d. School	2	4%
e. Friend or family's house	18	39%
f. Cell phone or smart phone	9	20%
g. Other	1	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	11%
b. Broadband or high speed (e.g. DSL or cable)	16	35%
c. Both dial-up and high speed	1	2%
d. I don't know	7	15%

**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 (15%)	11 (24%)	26 (57%)
b. High-speed/Broadband Internet connection	14 (30%)	11 (24%)	16 (35%)
c. Text messaging or texting	28 (61%)	5 (11%)	11 (24%)
d. E-mail	17 (37%)	13 (28%)	14 (30%)
e. Facebook or My Space	14 (30%)	9 (20%)	20 (44%)
f. Twitter	1 (2%)	1 (2%)	41 (89%)
g. Podcasts	0 (0%)	2 (4%)	40 (87%)
h. You tube or other online videos	5 (11%)	14 (30%)	23 (50%)

**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	20 (44%)	21 (46%)	4 (9%)
b. Being physically active for 30 minutes most days of the week	26 (57%)	18 (39%)	1 (2%)
c. Turning off the TV at mealtimes	24 (52%)	15 (33%)	6 (13%)
d. Eating low-fat foods	19 (41%)	24 (52%)	2 (4%)
e. Eating at least 5 fruits and vegetables a day	21 (46%)	24 (52%)	0 (0%)
f. Growing vegetables at home	11 (24%)	16 (35%)	17 (37%)
g. Cooking most meals at home	38 (83%)	7 (15%)	0 (0%)
h. Drinking low-fat or fat-free milk	36 (78%)	4 (9%)	5 (11%)
i. Offering low-fat milk to my child age 2 or older	29 (63%)	10 (22%)	4 (9%)
j. Using whole grains when I cook at home	23 (50%)	20 (44%)	2 (4%)

**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.	16 (35%)	17 (37%)	1 (2%)
b. I participate in physical activities with my child.	16 (35%)	17 (37%)	2 (4%)
c. I prepare meals at home.	36 (78%)	5 (11%)	1 (2%)
d. My child helps prepare meals at home.	13 (28%)	14 (30%)	6 (13%)

**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	11 (24%)	21 (46%)	10 (22%)
b. My family sits down to eat meals together	28 (61%)	14 (30%)	1 (2%)
c. Mealtime with my family is enjoyable	34 (74%)	9 (20%)	0 (0%)

**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	39 (85%)	4 (9%)
b. 2%, 1%, or fat-free milk	34 (74%)	8 (17%)
c. 100% whole wheat bread, brown rice, or tortillas	34 (74%)	8 (17%)