

**WIC Nutrition Education Survey  
Local Agency 31 Report  
May 2010**

**Report for LA 31****Who answered the survey? 50****Number of clients who completed the survey:****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	2	4%
b. 16-18	4	8%
c. 19-29	32	64%
d. 30 or older	12	24%

**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	1	2%
b. 7 <sup>th</sup> to 9 <sup>th</sup> grade	3	6%
c. 10 <sup>th</sup> to 12 <sup>th</sup> grade	12	24%
d. High School graduate or GED	18	36%
e. Trade or technical school	5	10%
f. College	11	22%

**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	14	28%
b. Afro-American	15	30%
c. Hispanic or Latino	19	38%
d. Asian or Pacific Islander	0	0%
e. Native American or Alaskan	1	2%
f. Mixed race	3	6%

**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	39	78%
b. Spanish	9	18%
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.** 32% of clients who answered the survey were pregnant.

**Q17.** 14% of clients who answered the survey were breastfeeding.

**Q18.** 54% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

**Q19.** 54% 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	4%
b. 1	24	48%
c. 2	10	20%
d. 3 or more	14	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	43	86%
b. Father	1	2%
c. Grandparent	0	0%
d. Foster parent	0	0%
e. Self, pregnant	2	4%
f. Other	0	0%

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

	# of clients	%
a. Less than 1 year	23	46%
b. 1 to 2 years	14	28%
c. 3 years or more	13	26%

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

24% of your clients reported food insecurity.

	# of clients	%
a. Yes	12	24%
b. No	38	76%

**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	45 (90%)	3 (6%)	1 (2%)
b. Learning how to breastfeed my baby	34 (68%)	5 (10%)	10 (20%)
c. Getting up-to-date nutrition education	44 (88%)	5 (10%)	0 (0%)
d. Sharing ideas with other parents	26 (52%)	19 (38%)	4 (8%)
e. Getting WIC foods	49 (98%)	0 (0%)	0 (0%)
f. Health screenings	43 (86%)	4 (8%)	1 (2%)
g. Referrals to other services	33 (66%)	15 (30%)	0 (0%)
h. Getting vaccines for my child	48 (92%)	2 (4%)	1 (2%)
i. Learning how to be physically active	46 (92%)	2 (4%)	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 (86%)	6 (12%)	1 (2%)
b. Learning how to breastfeed my baby	28 (56%)	15 (30%)	6 (12%)
c. Providing support to breastfeed my baby longer	29 (58%)	13 (26%)	7 (14%)
d. Providing breast pumps	21 (42%)	12 (24%)	12 (24%)
e. Teaching me about the right kinds and amounts of food to eat	40 (80%)	8 (16%)	2 (4%)
f. Sharing ideas with other parents	21 (42%)	18 (36%)	9 (18%)
g. Providing WIC foods	44 (88%)	6 (12%)	0 (0%)
h. Teaching me how to keep my family healthy	44 (88%)	5 (10%)	1 (2%)
i. Learning about healthy weights for me and my children	38 (76%)	9 (18%)	2 (4%)
j. Learning how to be physically active	30 (60%)	13 (26%)	5 (10%)
k. Getting vaccines for my child	36 (72%)	12 (24%)	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	36 (72%)	20 (40%)	7 (14%)
b. Discussion or support group with other parents	22 (44%)	20 (40%)	7 (14%)
c. On the Internet	34 (68%)	11 (22%)	5 (10%)
d. Class with video and discussion	27 (54%)	15 (30%)	7 (14%)
e. Lessons I can take home	33 (66%)	10 (20%)	6 (12%)
f. Self-paced lessons I do on my own	28 (56%)	15 (30%)	7 (14%)
g. Grocery store tour	14 (28%)	22 (44%)	14 (28%)
h. Nutrition carnival or health fair	31 (62%)	12 (24%)	7 (14%)
i. Bulletin board	22 (44%)	18 (36%)	10 (20%)
j. Physical activity class	30 (60%)	13 (26%)	6 (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:

	<b>Yes (%)</b>	<b>No (%)</b>
a. Food demonstration/taste test	21(42%)	27 (54%)
b. Discussion or support classes with other parents	22 (44%)	26 (52%)
c. On the internet	25 (50%)	23 46%)
d. Class with video and discussion	40 (80%)	9 (18%)
e. Lessons I take home	23 (46%)	25 (50%)
f. Self-paced lessons I do on my own at the clinic	27 (54%)	21 (42%)
g. One-on-one counseling with the dietician	35 (70%)	13 (26%)
h. One-on-one counseling with the breastfeeding educator	18 (36%)	30 (60%)
i. Grocery store tour	12 (24%)	36 (72%)

j. Nutrition carnival or health fair	12 (24%)	37 (74%)
k. Bulletin board	23 (46%)	25 (50%)
l. Physical activity class	11 (22%)	37 (74%)

**Q5. My WIC clinic:**

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	49 (98%)	0 (0%)	1 (2%)
b. Offers classes at times when I can attend.	42 (84%)	6 (12%)	1 (2%)
c. Offers me a choice of classes.	32 (64%)	8 (16%)	10 (20%)

**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	42 (84%)	2 (4%)	0 (0%)

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

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

92% 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	39	78%
b. Work	4	8 %
c. Library	10	20%
d. School	3	6%
e. Friend or family's house	10	20%
f. Cell phone or smart phone	14	28%
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	3	6%
b. Broadband or high speed (e.g. DSL or cable)	30	60%
c. Both dial-up and high speed	5	10%
d. I don't know	7	14%

**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 (10%)	8 (16%)	30 (60%)
b. High-speed/Broadband Internet connection	23 (46%)	18 (36%)	6 (12%)
c. Text messaging or texting	39 (78%)	8 (16%)	2 (4%)
d. E-mail	23 (46%)	19 (38%)	6 (12%)
e. Facebook or My Space	16 (32%)	15 (30%)	18 (36%)
f. Twitter	2 (4%)	3 (6%)	42 (84%)
g. Podcasts	1 (2%)	1 (2%)	44 (88%)
h. You tube or other online videos	6 (12%)	19 (38%)	23 (46%)

**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	25 (50%)	18 (36%)	7 (14%)
b. Being physically active for 30 minutes most days of the week	32 (64%)	17 (34%)	1 (2%)
c. Turning off the TV at mealtimes	23 (46%)	16 (32%)	11 (22%)
d. Eating low-fat foods	24 (48%)	23 (46%)	3 (6%)
e. Eating at least 5 fruits and vegetables a day	33 (66%)	16 (32%)	1 (2%)
f. Growing vegetables at home	7 (14%)	14 (28%)	29 (58%)
g. Cooking most meals at home	46 (92%)	4 (8%)	0 (0%)
h. Drinking low-fat or fat-free milk	38 (76%)	6 (12%)	6 (12%)
i. Offering low-fat milk to my child age 2 or older	31 (62%)	16 (32%)	3 (6%)
j. Using whole grains when I cook at home	29 (58%)	18 (36%)	3 (6%)

**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.	14 (28%)	12 (24%)	1 (2%)
b. I participate in physical activities with my child.	16 (32%)	10 (20%)	1 (2%)
c. I prepare meals at home.	43 (86%)	6 (12%)	1 (2%)
d. My child helps prepare meals at home.	7 (14%)	16 (32%)	4 (8%)

**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	18 (36%)	16 (32%)	16 (32%)
b. My family sits down to eat meals together	33 (66%)	15 (30%)	1 (2%)
c. Mealtime with my family is enjoyable	44 (88%)	5 (10%)	1 (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	44 (88%)	6 (12%)
b. 2%, 1%, or fat-free milk	45 (90%)	5 (10%)
c. 100% whole wheat bread, brown rice, or tortillas	39 (78%)	11 (22%)