

**WIC Nutrition Education Survey
Local Agency 3 Report
May 2010**

Report for LA # 3**Who answered the survey?****Number of clients who completed the survey: 97****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	3	3
b. 16-18	4	4
c. 19-29	49	50
d. 30 or older	36	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	12	12
b. 7 th to 9 th grade	14	14
c. 10 th to 12 th grade	18	19
d. High School graduate or GED	29	30
e. Trade or technical school	7	7
f. College	12	12

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	9	9
b. Afro-American	1	1
c. Hispanic or Latino	91	94
d. Asian or Pacific Islander	1	1
e. Native American or Alaskan	1	1
f. Mixed race	1	1

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	33	34
b. Spanish	55	57
c. Other	2	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. 9% of clients who answered the survey were breastfeeding.

Q18. 46% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q19. 79% 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	25	26%
c. 2	23	24%
d. 3 or more	45	46%

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	88	91%
b. Father	3	3%
c. Grandparent	0	0%
d. Foster parent	0	0%
e. Self, pregnant	2	2%
f. Other	0	0%

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

	# of clients	%
a. Less than 1 year	22	23%
b. 1 to 2 years	25	26%
c. 3 years or more	45	46%

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

55% of your clients reported food insecurity.

	# of clients	%
a. Yes	53	55%
b. No	42	43%

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	96 (99%)	1 (1%)	0 (0%)
b. Learning how to breastfeed my baby	81 (84%)	6 (6%)	9 (9%)
c. Getting up-to-date nutrition education	90 (93%)	6 (6%)	0 (0%)
d. Sharing ideas with other parents	65 (67%)	25 (26%)	6 (6%)
e. Getting WIC foods	96 (99%)	0 (0%)	0 (0%)
f. Health screenings	89 (92%)	5 (5%)	0 (0%)
g. Referrals to other services	69 (71%)	23 (24%)	3 (3%)
h. Getting vaccines for my child	93 (96%)	2 (2%)	1 (1%)
i. Learning how to be physically active	87 (90%)	8 (8%)	0 (0%)

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	88 (91%)	9 (9%)	0 (0%)
b. Learning how to breastfeed my baby	83 (86%)	11 (11%)	2 (2%)
c. Providing support to breastfeed my baby longer	74 (76%)	19 (20%)	3 (3%)
d. Providing breast pumps	58 (60%)	18 (19%)	16 (17%)
e. Teaching me about the right kinds and amounts of food to eat	82 (85%)	11 (11%)	3 (3%)
f. Sharing ideas with other parents	43 (44%)	42 (43%)	11 (11%)
g. Providing WIC foods	90 (93%)	6 (6%)	0 (0%)
h. Teaching me how to keep my family healthy	92 (95%)	5 (5%)	0 (0%)
i. Learning about healthy weights for me and my children	86 (89%)	10 (10%)	1 (1%)
j. Learning how to be physically active	69 (71%)	22 (23%)	5 (5%)
k. Getting vaccines for my child	81 (84%)	9 (9%)	6 (6%)

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	70 (72%)	17 (18%)	5 (5%)
b. Discussion or support group with other parents	44 (45%)	40 (41%)	9 (9%)
c. On the Internet	41 (42%)	30 (31%)	22 (23%)
d. Class with video and discussion	73 (75%)	20 (21%)	0 (0%)
e. Lessons I can take home	74 (76%)	15 (16%)	5 (5%)
f. Self-paced lessons I do on my own	55 (57%)	30 (31%)	8 (8%)
g. Grocery store tour	38 (39%)	36 (37%)	18 (19%)
h. Nutrition carnival or health fair	61 (63%)	26 (27%)	6 (6%)
i. Bulletin board	60 (62%)	22 (23%)	11 (11%)
j. Physical activity class	73 (75%)	17 (18%)	3 (3%)

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	53 (55%)	39 (40%)
b. Discussion or support classes with other parents	55 (57%)	37 (38%)
c. On the internet	35 (36%)	57 (59%)
d. Class with video and discussion	89 (92%)	4 (4%)
e. Lessons I take home	62 (64%)	31 (32%)
f. Self-paced lessons I do on my own at the clinic	44 (45%)	48 (50%)
g. One-on-one counseling with the dietician	75 (77%)	17 (18%)
h. One-on-one counseling with the breastfeeding educator	62 (64%)	31 (32%)
i. Grocery store tour	40 (41%)	54 (56%)

j. Nutrition carnival or health fair	34 (35%)	56 (58%)
k. Bulletin board	70 (72%)	21 (22%)
l. Physical activity class	44 (45%)	44 (45%)

Q5. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	97 (100%)	0 (0%)	0 (0%)
b. Offers classes at times when I can attend.	87 (90%)	7 (7%)	3 (3%)
c. Offers me a choice of classes.	68 (70%)	16 (17%)	12 (12%)

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	86 (89%)	5 (5%)	1 (1%)

SECTION 2 contains three questions about technology use.

Q7. Where do you access the Internet?

66% 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	53	55%
b. Work	9	9%
c. Library	15	15%
d. School	8	8%
e. Friend or family's house	14	14%
f. Cell phone or smart phone	22	23%
g. Other	1	1%

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	8	8%
b. Broadband or high speed (e.g. DSL or cable)	32	33%
c. Both dial-up and high speed	8	8%
d. I don't know	12	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	5 (5%)	16 (17%)	70 (72%)
b. High-speed/Broadband Internet connection	26 (27%)	23 (24%)	43 (44%)
c. Text messaging or texting	49 (51%)	23 (29%)	16 (17%)
d. E-mail	31 (32%)	22 (23%)	38 (39%)
e. Facebook or My Space	17 (18%)	25 (26%)	46 (47%)
f. Twitter	1 (1%)	6 (6%)	79 (81%)
g. Podcasts	0 (0%)	6 (6%)	82 (85%)
h. You tube or other online videos	12 (12%)	20 (21%)	57 (59%)

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	49 (51%)	34 (35%)	10 (10%)
b. Being physically active for 30 minutes most days of the week	57 (59%)	35 (36%)	2 (2%)
c. Turning off the TV at mealtimes	47 (49%)	34 (35%)	11 (11%)
d. Eating low-fat foods	53 (55%)	37 (38%)	4 (4%)
e. Eating at least 5 fruits and vegetables a day	46 (47%)	46 (47%)	3 (3%)
f. Growing vegetables at home	18 (19%)	29 (30%)	47 (49%)
g. Cooking most meals at home	83 (86%)	10 (10%)	1 (1%)
h. Drinking low-fat or fat-free milk	77 (80%)	11 (11%)	4 (4%)
i. Offering low-fat milk to my child age 2 or older	69 (71%)	18 (19%)	8 (8%)
j. Using whole grains when I cook at home	63 (65%)	27 (28%)	5 (5%)

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.	53 (55%)	23 (24%)	0 (0%)
b. I participate in physical activities with my child.	37 (38%)	39 (40%)	1 (1%)
c. I prepare meals at home.	88 (91%)	6 (6%)	2 (2%)
d. My child helps prepare meals at home.	23 (24%)	33 (34%)	21 (22%)

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	43 (44%)	33 (34%)	20 (21%)
b. My family sits down to eat meals together	71 (73%)	21 (22%)	5 (5%)
c. Mealtime with my family is enjoyable	84 (87%)	11 (11%)	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	93 (96%)	4 (4%)
b. 2%, 1%, or fat-free milk	88 (91%)	8 (8%)
c. 100% whole wheat bread, brown rice, or tortillas	84 (87%)	13 (13%)