WIC Nutrition Education Survey
Local Agency 45 Report
May 2010

Report for LA #45

Who answered the survey?

Number of clients who completed the survey: 20

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	0	0%
b. 16-18	1	5%
c. 19-29	15	75%
d. 30 or older	3	15%

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. 1st to 6th grade	2	10%
b. 7th to 9th grade	0	0%
c. 10th to 12th grade	1	5%
d. High School graduate or GED	12	60%
e. Trade or technical school	1	5%
f. College	4	20%

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	11	55%
b. Afro-American	0	0%
c. Hispanic or Latino	10	50%
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	16	80%
b. Spanish	3	15%
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. 5% of clients who answered the survey were pregnant.

Q17. 15% of clients who answered the survey were breastfeeding.

Q18. 35% 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	0	0%
b. 1	10	50%
c. 2	3	15%
d. 3 or more	6	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	19	95%
b. Father	0	0%
c. Grandparent	0	0%
d. Foster parent	0	0%
e. Self, pregnant	0	0%
f. Other	0	0%

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

	# of clients	%
a. Less than 1 year	5	25%
b. 1 to 2 years	6	30%
c. 3 years or more	7	35%

Q25. Are you ever concerned you won't be able to buy enough food to feed your family?
20% of your clients reported food insecurity.

	# of clients	%
a. Yes	4	20%
b. No	16	80%

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	16 (80%)	4 (20%)	0 (0%)
b. Learning how to breastfeed my baby	11 (55%)	3 (15%)	5 (25%)
c. Getting up-to-date nutrition education	18 (90%)	2 (10%)	0 (0%)
d. Sharing ideas with other parents	15 (75%)	4 (20%)	1 (5%)
e. Getting WIC foods	20 (100%)	0 (0%)	0 (0%)
f. Health screenings	19 (95%)	1 (5%)	0 (0%)
g. Referrals to other services	13 (65%)	6 (30%)	1 (5%)
h. Getting vaccines for my child	18 (90%)	1 (5%)	1 (5%)
i. Learning how to be physically active	15 (75%)	4 (20%)	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	18 (90%)	1 (5%)	0 (0%)
b. Learning how to breastfeed my baby	15 (75%)	3 (15%)	1 (5%)
c. Providing support to breastfeed my baby longer	14 (70%)	3 (15%)	2 (10%)
d. Providing breast pumps	14 (70%)	2 (10%)	3 (15%)
e. Teaching me about the right kinds and amounts of food to eat	19 (95%)	0 (0%)	0 (0%)
f. Sharing ideas with other parents	12 (60%)	6 (30%)	1 (5%)
g. Providing WIC foods	19 (95%)	0 (0%)	0 (0%)
h. Teaching me how to keep my family healthy	18 (90%)	1 (5%)	0 (0%)
i. Learning about healthy weights for me and my children	17 (85%)	2 (10%)	0 (0%)
j. Learning how to be physically active	14 (70%)	5 (25%)	0 (0%)
k. Getting vaccines for my child	14 (70%)	5 (25%)	0 (0%)

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	6 (30%)	6 (30%)	7 (35%)
b. Discussion or support group with other parents	3 (15%)	7 (35%)	8 (40%)
c. On the Internet	11 (55%)	6 (30%)	1 (5%)
d. Class with video and discussion	8 (40%)	7 (35%)	4 (20%)
e. Lessons I can take home	17 (85%)	2 (10%)	0 (0%)
f. Self-paced lessons I do on my own	12 (60%)	6 (30%)	1 (5%)
g. Grocery store tour	2 (10%)	8 (40%)	9 (45%)
h. Nutrition carnival or health fair	5 (25%)	4 (20%)	9 (45%)
i. Bulletin board	9 (45%)	7 (35%)	3 (15%)
j. Physical activity class	6 (30%)	8 (40%)	4 (20%)

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	6 (30%)	14 (70%)
b. Discussion or support classes with other parents	4 (20%)	15 (75%)
c. On the internet	3 (15%)	17 (85%)
d. Class with video and discussion	18 (90%)	2 (10%)
e. Lessons I take home	8 (40%)	12 (60%)
f. Self-paced lessons I do on my own at the clinic	9 (45%)	11 (55%)
g. One-on-one counseling with the dietician	11 (55%)	8 (40%)
h. One-on-one counseling with the breastfeeding educator	5 (25%)	14 (70%)
i. Grocery store tour	3 (15%)	16 (80%)

j. Nutrition carnival or health fair	2 (10%)	17 (85%)
k. Bulletin board	12 (60%)	8 (40%)
l. Physical activity class	2 (10%)	17 (85%)

Q5. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	19 (95%)	0 (0%)	0 (0%)
b. Offers classes at times when I can attend.	18 (90%)	0 (0%)	1 (5%)
c. Offers me a choice of classes.	13 (65%)	3 (15%)	2 (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	18 (90%)	0 (0%)	0 (0%)

SECTION 2 contains three questions about technology use.

Q7. Where do you access the Internet?
80% 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	11	55%
b. Work	3	15%
c. Library	6	30%
d. School	2	10%
e. Friend or family's house	3	15%
f. Cell phone or smart phone	1	5%
g. Other	0	0%

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	1	6%
b. Broadband or high speed (e.g. DSL or cable)	13	81%
c. Both dial-up and high speed	0	0%
d. I don't know	2	13%

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	2 (10%)	1 (5%)	15 (75%)
b. High-speed/Broadband Internet connection	10 (50%)	6 (30%)	2 (10%)
c. Text messaging or texting	15 (75%)	3 (15%)	1 (5%)
d. E-mail	6 (30%)	8 (40%)	4 (20%)
e. Facebook or My Space	7 (35%)	6 (30%)	5 (25%)
f. Twitter	0 (0%)	0 (0%)	18 (90%)
g. Podcasts	0 (0%)	0 (0%)	18 (90%)
h. You tube or other online videos	1 (5%)	5 (25%)	12 (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.

	Already doing it (%)	Plan to do it (%)	Do not plan to do it (%)
a. Losing weight	10 (50%)	9 (45%)	1 (5%)
b. Being physically active for 30 minutes most days of the week	11 (55%)	9 (45%)	0 (0%)
c. Turning off the TV at mealtimes	8 (40%)	10 (50%)	2 (10%)
d. Eating low-fat foods	8 (40%)	10 (50%)	2 (10%)
e. Eating at least 5 fruits and vegetables a day	9 (45%)	11 (55%)	0 (0%)
f. Growing vegetables at home	6 (30%)	5 (25%)	9 (45%)
g. Cooking most meals at home	16 (80%)	4 (20%)	0 (0%)
h. Drinking low-fat or fat-free milk	17 (85%)	1 (5%)	2 (10%)
i. Offering low-fat milk to my child age 2 or older	15 (75%)	2 (10%)	3 (15%)
j. Using whole grains when I cook at home	14 (70%)	4 (20%)	2 (10%)

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.	7 (35%)	6 (30%)	1 (5%)
b. I participate in physical activities with my child.	6 (30%)	8 (40%)	0 (0%)
c. I prepare meals at home.	14 (70%)	5 (25%)	0 (0%)
d. My child helps prepare meals at home.	3 (15%)	8 (40%)	3 (15%)

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	7 (35%)	5 (25%)	7 (35%)
b. My family sits down to eat meals together	13 (65%)	6 (30%)	0 (0%)
c. Mealtime with my family is enjoyable	15 (75%)	4 (20%)	0 (0%)

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	17 (85%)	1 (5%)
b. 2%, 1%, or fat-free milk	17 (85%)	2 (10%)
c. 100% whole wheat bread, brown rice, or tortillas	15 (75%)	4 (20%)