

**WIC Nutrition Education Survey
Local Agency 48 Report
May 2010**

Report for LA 48**Who answered the survey?**

Number of clients who completed the survey: 172

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	2%
b. 16-18	14	8%
c. 19-29	89	52%
d. 30 or older	64	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	16	9%
b. 7 th to 9 th grade	15	9%
c. 10 th to 12 th grade	34	20%
d. High School graduate or GED	65	38%
e. Trade or technical school	16	9%
f. College	18	11%

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	29	17%
b. Afro-American	27	16%
c. Hispanic or Latino	115	67%
d. Asian or Pacific Islander	7	4%
e. Native American or Alaskan	0	0%
f. Mixed race	3	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	82	48%
b. Spanish	80	47%
c. Other	7	4%

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. 22% of clients who answered the survey were pregnant.

Q17. 12% of clients who answered the survey were breastfeeding.

Q18. 58% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q19. 67% 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	5	3%
b. 1	58	34%
c. 2	43	25%
d. 3 or more	65	38%

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	158	92%
b. Father	2	1%
c. Grandparent	0	0%
d. Foster parent	1	1%
e. Self, pregnant	4	2%
f. Other	2	1%

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

	# of clients	%
a. Less than 1 year	63	37%
b. 1 to 2 years	49	29%
c. 3 years or more	57	33%

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	95	55%
b. No	76	44%

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	159 (92%)	12 (7%)	1 (1%)
b. Learning how to breastfeed my baby	119 (69%)	28 (16%)	24 (14%)
c. Getting up-to-date nutrition education	156 (91%)	16 (9%)	0 (0%)
d. Sharing ideas with other parents	103 (60%)	62 (36%)	7 (4%)
e. Getting WIC foods	169 (98%)	2 (2%)	0 (0%)
f. Health screenings	159 (92%)	11 (6%)	1 (1%)
g. Referrals to other services	121 (70%)	43 (25%)	7 (4%)
h. Getting vaccines for my child	165 (96%)	5 (3%)	2 (1%)
i. Learning how to be physically active	152 (88%)	17 (10%)	3 (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	149 (87%)	20 (12%)	3 (2%)
b. Learning how to breastfeed my baby	133 (77%)	31 (18%)	8 (5%)
c. Providing support to breastfeed my baby longer	122 (71%)	39 (23%)	10 (6%)
d. Providing breast pumps	90 (52%)	45 (26%)	33 (19%)
e. Teaching me about the right kinds and amounts of food to eat	145 (84%)	24 (14%)	3 (2%)
f. Sharing ideas with other parents	90 (52%)	63 (37%)	19 (11%)
g. Providing WIC foods	160 (93%)	12 (7%)	0 (0%)
h. Teaching me how to keep my family healthy	147 (86%)	20 (12%)	5 (3%)
i. Learning about healthy weights for me and my children	138 (80%)	31 (18%)	2 (1%)
j. Learning how to be physically active	114 (66%)	45 (26%)	12 (7%)
k. Getting vaccines for my child	140 (81%)	28 (16%)	3 (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.

	Would Like a Lot (%)	Would Like a little (%)	Would Not like (%)
a. Food demonstration/taste test	116 (67%)	38 (22%)	16 (9%)
b. Discussion or support group with other parents	80 (47%)	71 (41%)	19 (11%)
c. On the Internet	88 (51%)	47 (27%)	32 (19%)
d. Class with video and discussion	114 (66%)	47 (27%)	9 (5%)
e. Lessons I can take home	122 (71%)	40 (23%)	9 (5%)
f. Self-paced lessons I do on my own	89 (52%)	53 (31%)	26 (15%)
g. Grocery store tour	70 (41%)	49 (29%)	29 (29%)
h. Nutrition carnival or health fair	91 (53%)	46 (27%)	31 (18%)
i. Bulletin board	83 (48%)	60 (35%)	26 (15%)
j. Physical activity class	119 (69%)	39 (23%)	13 (8%)

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	98 (57%)	71 (41%)
b. Discussion or support classes with other parents	106 (62%)	64 (37%)
c. On the internet	41 (24%)	128 (74%)
d. Class with video and discussion	150 (87%)	21 (12%)
e. Lessons I take home	85 (49%)	86 (50%)
f. Self-paced lessons I do on my own at the clinic	48 (28%)	119 (69%)
g. One-on-one counseling with the dietician	127 (74%)	43 (25%)
h. One-on-one counseling with the breastfeeding educator	86 (50%)	82 (48%)
i. Grocery store tour	60 (35%)	108 (63%)

j. Nutrition carnival or health fair	30 (17%)	138 (80%)
k. Bulletin board	95 (55%)	73 (42%)
l. Physical activity class	51 (30%)	114 (66%)

Q5. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	165 (96%)	2 (1%)	5 (3%)
b. Offers classes at times when I can attend.	180 (93%)	9 (5%)	2 (1%)
c. Offers me a choice of classes.	127 (74%)	21 (12%)	22 (13%)

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	151 (88%)	10 (6%)	2 (1%)

SECTION 2 contains three questions about technology use.

Q7. Where do you access the Internet?

76% 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	103	60%
b. Work	17	10%
c. Library	23	13%
d. School	17	10%
e. Friend or family's house	28	16%
f. Cell phone or smart phone	34	20%
g. Other	5	3%

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	14	8%
b. Broadband or high speed (e.g. DSL or cable)	75	44%
c. Both dial-up and high speed	19	11%
d. I don't know	19	11%

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	23 (13%)	43 (25%)	102 (59%)
b. High-speed/Broadband Internet connection	64 (37%)	42 (24%)	61 (36%)
c. Text messaging or texting	94 (55%)	44 (26%)	32 (19%)
d. E-mail	62 (36%)	43 (25%)	64 (37%)
e. Facebook or My Space	59 (34%)	35 (20%)	72 (42%)
f. Twitter	5 (3%)	11 (6%)	149 (87%)
g. Podcasts	6 (4%)	7 (4%)	152 (88%)
h. You tube or other online videos	32 (19%)	53 (31%)	83 (48%)

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	79 (46%)	79 (46%)	14 (8%)
b. Being physically active for 30 minutes most days of the week	101 (59%)	68 (40%)	2 (1%)
c. Turning off the TV at mealtimes	90 (52%)	63 (37%)	19 (11%)
d. Eating low-fat foods	90 (52%)	75 (44%)	7 (4%)
e. Eating at least 5 fruits and vegetables a day	92 (54%)	78 (45%)	2 (1%)
f. Growing vegetables at home	32 (19%)	56 (33%)	84 (49%)
g. Cooking most meals at home	142 (83%)	28 (16%)	1 (1%)
h. Drinking low-fat or fat-free milk	131 (76%)	28 (16%)	13 (8%)
i. Offering low-fat milk to my child age 2 or older	106 (62 %)	53 (31%)	12 (7%)
j. Using whole grains when I cook at home	110 (64%)	53 (31%)	9 (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.	68 (40%)	45 (26%)	3 (2%)
b. I participate in physical activities with my child.	65 (38%)	43 (25%)	8 (5%)
c. I prepare meals at home.	142 (83%)	26 (15%)	2 (1%)
d. My child helps prepare meals at home.	29 (17%)	48 (28%)	37 (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	62 (36%)	70 (41%)	40 (23%)
b. My family sits down to eat meals together	105 (61%)	55 (32%)	12 (7%)
c. Mealtime with my family is enjoyable	140 (81%)	27 (16%)	5 (3%)

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	155 (90%)	17 (10%)
b. 2%, 1%, or fat-free milk	151 (88%)	21 (12%)
c. 100% whole wheat bread, brown rice, or tortillas	136 (79%)	36 (21%)