

**WIC Nutrition Education Survey
Local Agency 54 Report
May 2010**

Report for LA 54**Who answered the survey?**

Number of clients who completed the survey: 179

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	4	2%
b. 16-18	7	4%
c. 19-29	90	50%
d. 30 or older	74	41%

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	34	19%
b. 7 th to 9 th grade	31	17%
c. 10 th to 12 th grade	43	24%
d. High School graduate or GED	40	22%
e. Trade or technical school	8	5%
f. College	20	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	12	7%
b. Afro-American	167	93%
c. Hispanic or Latino	148	83%
d. Asian or Pacific Islander	8	5%
e. Native American or Alaskan	0	0%
f. Mixed race	2	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	44	25%
b. Spanish	119	67%
c. Other	8	5%

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. 15% of clients who answered the survey were pregnant.

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

Q18. 49% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q19. 74% 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	6	3%
b. 1	52	29%
c. 2	57	32%
d. 3 or more	64	36%

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	170	95%
b. Father	1	1%
c. Grandparent	0	0%
d. Foster parent	0	0%
e. Self, pregnant	4	2%
f. Other	0	0%

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

	# of clients	%
a. Less than 1 year	46	26%
b. 1 to 2 years	53	30%
c. 3 years or more	78	44%

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

65% of your clients reported food insecurity.

	# of clients	%
a. Yes	117	65%
b. No	61	34%

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	173 (97%)	5 (3%)	1 (1%)
b. Learning how to breastfeed my baby	145 (81%)	23 (13%)	7 (4%)
c. Getting up-to-date nutrition education	165 (92%)	10 (6%)	1 (1%)
d. Sharing ideas with other parents	128 (72%)	45 (25%)	3 (2%)
e. Getting WIC foods	173 (97%)	5 (3%)	0 (0%)
f. Health screenings	155 (87%)	17 (10%)	2 (1%)
g. Referrals to other services	120 (67%)	45 (25%)	11 (6%)
h. Getting vaccines for my child	173 (97%)	4 (2%)	1 (1%)
i. Learning how to be physically active	156 (87%)	19 (11%)	1 (1%)

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	148 (83%)	29 (16%)	1 (1%)
b. Learning how to breastfeed my baby	127 (71%)	44 (25%)	7 (4%)
c. Providing support to breastfeed my baby longer	123 (69%)	44 (25%)	9 (5%)
d. Providing breast pumps	91 (51%)	44 (25%)	40 (22%)
e. Teaching me about the right kinds and amounts of food to eat	142 (79%)	33 (18%)	3 (2%)
f. Sharing ideas with other parents	78 (44%)	77 (43%)	22 (12%)
g. Providing WIC foods	164 (92%)	12 (7%)	0 (0%)
h. Teaching me how to keep my family healthy	152 (85%)	23 (13%)	1 (1%)
i. Learning about healthy weights for me and my children	144 (80%)	30 (17%)	3 (2%)
j. Learning how to be physically active	114 (64%)	51 (29%)	13 (7%)
k. Getting vaccines for my child	146 (82%)	24 (13%)	8 (5%)

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	134 (75%)	36 (20%)	8 (5%)
b. Discussion or support group with other parents	76 (43%)	88 (49%)	12 (7%)
c. On the Internet	56 (31%)	63 (35%)	53 (30%)
d. Class with video and discussion	129 (72%)	40 (22%)	8 (5%)
e. Lessons I can take home	136 (76%)	30 (17%)	12 (7%)
f. Self-paced lessons I do on my own	90 (50%)	64 (35%)	22 (12%)
g. Grocery store tour	64 (36%)	65 (36%)	48 (27%)
h. Nutrition carnival or health fair	102 (57%)	54 (30%)	21 (12%)
i. Bulletin board	97 (54%)	52 (29%)	24 (13%)
j. Physical activity class	125 (70%)	34 (19%)	17 (10%)

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	105 (59%)	68 (38%)
b. Discussion or support classes with other parents	114 (64%)	61 (34%)
c. On the internet	30 (17%)	144 (80%)
d. Class with video and discussion	157 (88%)	17 (10%)
e. Lessons I take home	115 (64%)	61 (34%)
f. Self-paced lessons I do on my own at the clinic	79 (44%)	96 (54%)
g. One-on-one counseling with the dietician	115 (64%)	62 (35%)
h. One-on-one counseling with the breastfeeding educator	90 (50%)	86 (48%)
i. Grocery store tour	69 (39%)	106 (59%)

j. Nutrition carnival or health fair	54 (30%)	12 (68%)
k. Bulletin board	110 (62%)	65 (36%)
l. Physical activity class	69 (39%)	108 (60%)

Q5. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	161 (90%)	9 (5%)	8 (5%)
b. Offers classes at times when I can attend.	154 (86%)	18 (10%)	6 (3%)
c. Offers me a choice of classes.	123 (69%)	33 (18%)	21 (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	156 (87%)	13 (7%)	0 (0%)

SECTION 2 contains three questions about technology use.

Q7. Where do you access the Internet?

53% 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	63	35%
b. Work	6	3%
c. Library	30	17%
d. School	9	5%
e. Friend or family's house	20	11%
f. Cell phone or smart phone	43	24%
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	16	9%
b. Broadband or high speed (e.g. DSL or cable)	35	20%
c. Both dial-up and high speed	11	6%
d. I don't know	22	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	10 (6%)	43 (24%)	124 (69%)
b. High-speed/Broadband Internet connection	28 (16%)	40 (22%)	109 (61%)
c. Text messaging or texting	60 (34%)	49 (27%)	69 (39%)
d. E-mail	31 (17%)	39 (22%)	107 (60%)
e. Facebook or My Space	30 (17%)	30 (17%)	116 (65%)
f. Twitter	2 (1%)	6 (3%)	169 (94%)
g. Podcasts	4 (2%)	4 (2%)	168 (94%)
h. You tube or other online videos	11 (6%)	45 (25%)	121 (68%)

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	72 (40%)	81 (45%)	24 (13%)
b. Being physically active for 30 minutes most days of the week	105 (59%)	68 (38%)	5 (3%)
c. Turning off the TV at mealtimes	102 (57%)	54 (30%)	22 (12%)
d. Eating low-fat foods	102 (57%)	64 (36%)	10 (6%)
e. Eating at least 5 fruits and vegetables a day	95 (53%)	81 (45%)	2 (1%)
f. Growing vegetables at home	21 (12%)	63 (35%)	94 (53%)
g. Cooking most meals at home	160 (89%)	17 (10%)	1 (1%)
h. Drinking low-fat or fat-free milk	147 (82%)	22 (12%)	9 (5%)
i. Offering low-fat milk to my child age 2 or older	124 (69%)	43 (24%)	10 (6%)
j. Using whole grains when I cook at home	11 (63%)	55 (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.	75 (42%)	49 (27%)	11 (6%)
b. I participate in physical activities with my child.	62 (35%)	64 (36%)	8 (5%)
c. I prepare meals at home.	157 (88%)	15 (8%)	6 (3%)
d. My child helps prepare meals at home.	34 (19%)	58 (32%)	41 (23%)

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	81 (45%)	72 (40%)	25 (14%)
b. My family sits down to eat meals together	103 (58%)	64 (36%)	11 (6%)
c. Mealtime with my family is enjoyable	132 (74%)	40 (22%)	6 (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	168 (94%)	10 (6%)
b. 2%, 1%, or fat-free milk	164 (92%)	15 (8%)
c. 100% whole wheat bread, brown rice, or tortillas	154 (86%)	25 (14%)