

**WIC Nutrition Education Survey
Local Agency 5 Report
May 2008**

Report for LA 5

(Note: Questions are not listed in survey order).

Who answered the survey?

Number of clients who completed the survey: 29

Information about the clients who answered the survey

Q16. 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	2	7%
c. 19-29	19	65%
d. 30 or older	8	28%

Q23. 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	6	21%
b. 7 th to 9 th grade	6	21%
c. 10 th to 12 th grade	13	45%
d. High School graduate or GED	2	7%
e. Trade or technical school	2	7%
f. College	6	21%

Q24. 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	4	14%
b. Afro-American	0	0%
c. Hispanic or Latino	25	86%
d. Asian or Pacific Islander	0	0%
e. Native American or Alaskan	0	0%
f. Mixed race	0	0%

Q25. What is the main language spoken in your home?

The language distribution of the clients who answered the survey is:

	# of clients	%
a. English	23	82%
b. Spanish	4	14%
c. Other	1	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.*)

Q17. 24% of clients who answered the survey were pregnant.

Q18. 0% of clients who answered the survey were breastfeeding.

Q19. 38% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q20. 72% of clients who answered the survey were the parent/caretaker of a child over 1 year old.

Q21. How many children do you have?

Clients who answered the survey reported having the following number of children.

	# of clients	%
a. 0	1	3%
b. 1	14	48%
c. 2	6	21%
d. 3 or more	8	28%

Q22. 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	27	100%
b. Father	0	0%
c. Grandparent	0	0%
d. Foster parent	0	0%
e. Other	0	0%

Q26. Are you ever concerned you won't be able to buy enough food to feed your family?

66% of your clients reported food insecurity.

	# of clients	%
a. Yes	19	66%
b. No	10	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	29 (100%)	0 (0%)	0 (0%)
b. Learning how to breastfeed my baby	19 (66%)	4 (14%)	6 (21%)
c. Getting up-to-date nutrition education	28(97%)	1 (3%)	0 (0%)
d. Sharing ideas with other parents	19 (66%)	9 (31%)	1 (3%)
e. Getting WIC food packages	28 (97%)	1 (3%)	0 (0%)
f. Health screenings	29 (100%)	0 (0%)	0 (0%)
g. Referrals to other services	26 (90%)	3 (10%)	0 (0%)
h. Getting vaccines for my child	28 (97%)	1 (3%)	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 eight WIC services.

	Great	Okay	Not so Great
a. Learning how to feed my family	26 (90%)	3 (10%)	0 (0%)
b. Learning how to breastfeed my baby	18 (62%)	9 (31%)	2 (7%)
c. Teaching me about the right kinds and amounts of food to eat	27 (93%)	2 (7%)	0 (0%)
d. Meeting other people	16 (55%)	10 (34%)	3 (10%)
e. Providing WIC foods	29 (100%)	0 (0%)	0 (0%)
f. Teaching me how to keep my family healthy	27 (93%)	2 (7%)	0 (0%)
g. Learning about healthy weights for me and my children	27 (93%)	2 (7%)	0 (0%)
h. Getting vaccines for my child	27 (93%)	2 (7%)	0 (0%)

Nutrition Education: What clients would like and how they receive classes now

Q3. If it were up to you, how would you like your WIC nutrition education?

Clients who answered the survey reported their preference for WIC nutrition education as shown below.

	Would Like a Lot	Would Like a little	Would Not like
a. Food demonstration/taste test	21 (72%)	8 (28%)	0 (0%)
b. Discussion group with other parents	20 (69%)	7 (24%)	2 (7%)
c. On the Internet	13 (45%)	11 (38%)	5 (17%)
d. Video with discussion	16 (55%)	11 (38%)	2 (7%)
e. Lessons I can take home	21 (72%)	6 (21%)	2 (7%)
f. Self-paced lessons I do on my own	17 (59%)	10 (34%)	2 (7%)
g. Activities such as grocery store tour, nutrition carnival or bulletin board	20 (69%)	7 (24%)	2 (7%)

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	%
a. Food demonstration/taste test	13	45%
b. Discussion group with other parents	17	59%
c. On the internet	5	17%
d. Video with discussion	22	76%
e. Lessons I take home	16	55%
f. Self-paced lessons I do on my own	16	55%
g. Class with no video or discussion	17	59%
h. One-on-one counseling with the dietitian	27	93%
i. Other activities like grocery store tour, nutrition carnival or bulletin board	15	52%

Q5. My WIC clinic:

	Yes	Sometimes	No
a. Offers classes in my language.	29 (100%)	0 (0%)	0 (0%)
b. Offers classes at times when I can attend.	29 (100%)	0 (0%)	0 (0%)
c. Offers me a choice of classes.	22 (76%)	3 (10%)	4 (14%)

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	26 (96%)	1 (4%)	0 (0%)

SECTION 2 contains 5 questions. Three describe how clients get information or support. The other two ask about technology in the home and internet use.

How WIC clients get information and support

Q7. If I have a question about feeding my family, I am likely to go to:

Clients who answered the survey reported getting information about feeding their families from the following sources.

	Yes	%
a. WIC	28	97%
b. Spouse/Partner	18	62%
c. Other family (mother, mother-in-law, aunt)	23	79%
d. Friend	17	59%
e. Health professional (doctor, nurse)	28	97%
f. Magazine or book	19	66%
g. Web site	11	38%
h. TV show	10	34%

Q9. Do you know where to get help in the community?

Clients who answered the survey reported that they know how to get help from the following community resources.

	Yes	%
a. Shots for my children	28	97%
b. Food assistance	27	93%
c. Clothing assistance	10	34%
d. Housing assistance	18	62%
e. Help with family problems	14	48%
f. Healthcare	25	86%
g. Childcare	18	62%
h. Help with alcohol, tobacco, drug, or substance use/abuse	14	48%
i. Family planning (birth control)	24	83%

Referrals WIC provides

Q8. WIC has told me about (referred me to) the following community resources:

Clients who answered the survey reported that WIC has told them about or referred them to the following community resources.

	Yes	%
a. Head Start / <i>Early Head Start</i>	8	28%
b. 211 line	8	28%
c. Breastfeeding support	19	66%
d. Tobacco quit line	6	21%
e. Dental health care	13	45%
f. Family violence assistance	8	28%
g. Substance abuse help	7	24%
h. Family Health care	20	69%
i. Pregnancy Health care	19	66%
j. Family Planning	15	52%
k. Food Stamps	17	59%
l. Clothing assistance	4	14%
m. Medicaid	20	69%
n. ECI (Early Childhood Intervention)	6	21%
o. Texas Health Steps	17	59%

Technology in the home

Q10. Do you have a DVD?

93% of clients reported having a DVD in their home.

Q11. Where do you access the internet?

72% of clients reported having access to the internet.

Clients who answered the survey who do have Internet access reported using the Internet at the following locations.

	# of clients	%
a. Home	13	45%
b. Work	7	24%
c. Library	7	24%
d. School	2	7%
e. Friend or family's house	11	38%
f. Other	2	7%

SECTION 3 looks at family behaviors and clients activities and clients perceptions.

Client nutrition and activity- related behaviors

Q12. In the past year have you tried to do any of the things below?

Clients who answered the survey reported trying to do the following healthy behaviors in the past year.

	Yes	%
a. Lose weight	26	90%
b. Be physically active most days of the week	27	93%
c. Watch less TV	23	79%
d. Eat low fat foods	25	86%
e. Eat more fruits and vegetables	26	90%
f. Buy fruits and vegetables at a Farmer's market	16	55%
g. Cook more meals at home	28	97%

Q13. 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 are not included in items a and b. Clients who do not have a child over age 1 are not included in item d.)

	Almost Always	Sometimes	Almost Never
a. My child sees me being physically active.	12 (48%)	11 (44%)	2 (8%)
b. I participate in physical activities with my child.	16 (64%)	8 (32%)	1 (4%)
c. I prepare meals at home.	23 (79%)	5 (17%)	1 (3%)
d. My child helps prepare meals at home.	6 (29%)	7 (33%)	8 (38%)

Q15. Please mark how often each statement is true for your family:

Clients who answered the survey reported the following mealtime behaviors.

	Almost Always	Sometimes	Almost Never
a. The TV is turned off during meals	5 (17%)	13 (40%)	11 (38%)
b. My family sits down to eat meals together	18 (62%)	9 (31%)	2 (7%)
c. Mealtime with my family is enjoyable	20 (69%)	9 (31%)	0 (0%)

Clients perception of self

Q14. Please mark how physically fit you consider yourself.

Clients who answered the survey rated their physical fitness as follows.

	# of clients	%
a. Very physically fit	5	17%
b. About average	15	52%
c. Not very physically fit	9	31%