

**WIC Nutrition Education Survey  
Local Agency 71 Report  
May 2010**

**Report for LA #71****Who answered the survey?**

**Number of clients who completed the survey: 30**

**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.

	<b># of clients</b>	<b>%</b>
a. 15 or younger	0	0%
b. 16-18	0	0%
c. 19-29	18	60%
d. 30 or older	8	27%

**Q22. What is the highest level of school you have finished?**

The education levels of the clients who answered the survey were:

	<b># of clients</b>	<b>%</b>
a. 1 <sup>st</sup> to 6 <sup>th</sup> grade	3	10%
b. 7 <sup>th</sup> to 9 <sup>th</sup> grade	1	3%
c. 10 <sup>th</sup> to 12 <sup>th</sup> grade	1	3%
d. High School graduate or GED	14	47%
e. Trade or technical school	1	3%
f. College	7	23%

**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	8	27%
b. Afro-American	5	17%
c. Hispanic or Latino	15	50%
d. Asian or Pacific Islander	3	10%
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	18	60%
b. Spanish	10	33%
c. Other	1	3%

**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.** 20% of clients who answered the survey were pregnant.

**Q17.** 23% of clients who answered the survey were breastfeeding.

**Q18.** 53% 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	1	3%
b. 1	6	20%
c. 2	10	33%
d. 3 or more	10	33%

**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	27	90%
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	8	27%
b. 1 to 2 years	10	33%
c. 3 years or more	8	27%

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

% of your clients reported food insecurity.

	# of clients	%
a. Yes	18	60%
b. No	10	33%

**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	28 (93%)	2 (7%)	0 (0%)
b. Learning how to breastfeed my baby	26 (87%)	1 (3%)	2 (7%)
c. Getting up-to-date nutrition education	28 (93%)	2 (7%)	0 (0%)
d. Sharing ideas with other parents	21 (70%)	7 (23%)	2 (7%)
e. Getting WIC foods	29 (97%)	1 (3%)	0 (0%)
f. Health screenings	27 (90%)	1 (3%)	1 (3%)
g. Referrals to other services	22 (73%)	7 (23%)	0 (0%)
h. Getting vaccines for my child	27 (90%)	3 (10%)	0 (0%)
i. Learning how to be physically active	24 (80%)	6 (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	26 (87%)	3 (10%)	0 (0%)
b. Learning how to breastfeed my baby	23 (77%)	3 (10%)	0 (0%)
c. Providing support to breastfeed my baby longer	21 (70%)	4 (13%)	0 (0%)
d. Providing breast pumps	19 (63%)	2 (7%)	4 (13%)
e. Teaching me about the right kinds and amounts of food to eat	24 (80%)	0 (0%)	3 (10%)
f. Sharing ideas with other parents	15 (50%)	6 (20%)	6 (20%)
g. Providing WIC foods	26 (87%)	1 (3%)	1 (3%)
h. Teaching me how to keep my family healthy	24 (80%)	3 (10%)	1 (3%)
i. Learning about healthy weights for me and my children	24 (80%)	1 (3%)	3 (10%)
j. Learning how to be physically active	21 (70%)	6 (20%)	2 (7%)
k. Getting vaccines for my child	25 (83%)	3 (10%)	1 (3%)

**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.

	<b>Would Like a Lot (%)</b>	<b>Would Like a little (%)</b>	<b>Would Not like (%)</b>
a. Food demonstration/taste test	17 (57%)	10 (33%)	1 (3%)
b. Discussion or support group with other parents	14 (47%)	11 (37%)	4 (13%)
c. On the Internet	18 (60%)	9 (30%)	3 (10%)
d. Class with video and discussion	13 (43%)	7 (23%)	8 (27%)
e. Lessons I can take home	23 (77%)	4 (13%)	1 (3%)
f. Self-paced lessons I do on my own	20 (67%)	7 (23%)	1 (3%)
g. Grocery store tour	9 (30%)	9 (30%)	10 (33%)
h. Nutrition carnival or health fair	14 (47%)	10 (33%)	3 (10%)
i. Bulletin board	12 (40%)	11 (37%)	5 (17%)
j. Physical activity class	19 (63%)	7 (23%)	3 (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:

	<b>Yes (%)</b>	<b>No (%)</b>
a. Food demonstration/taste test	17 (57%)	12 (40%)
b. Discussion or support classes with other parents	7 (23%)	22 (73%)
c. On the internet	19 (63%)	11 (37%)
d. Class with video and discussion	22 (73%)	7 (23%)
e. Lessons I take home	20 (67%)	8 (27%)
f. Self-paced lessons I do on my own at the clinic	5 (17%)	22 (73%)
g. One-on-one counseling with the dietician	16 (53%)	13 (43%)
h. One-on-one counseling with the breastfeeding educator	11 (37%)	17 (57%)
i. Grocery store tour	11 (37%)	18 (60%)

j. Nutrition carnival or health fair	10 (33%)	18 (60%)
k. Bulletin board	16 (53%)	12 (40%)
l. Physical activity class	9 (30%)	20 (67%)

**Q5. My WIC clinic:**

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	23 (77%)	2 (7%)	2 (7%)
b. Offers classes at times when I can attend.	21 (70%)	5 (17%)	1 (3%)
c. Offers me a choice of classes.	23 (77%)	2 (7%)	2 (7%)

**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	24 (80%)	0 (0%)	0 (0%)

**SECTION 2** contains three questions about technology use.

**Q7. Where do you access the Internet?**

67% 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	16	53%
b. Work	2	7%
c. Library	4	13%
d. School	1	3%
e. Friend or family's house	3	10%
f. Cell phone or smart phone	0	0%
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	2	11%
b. Broadband or high speed (e.g. DSL or cable)	11	58%
c. Both dial-up and high speed	3	16%
d. I don't know	3	16%

**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	4 (13%)	8 (27%)	16 (53%)
b. High-speed/Broadband Internet connection	14 (47%)	3 (10%)	10 (33%)
c. Text messaging or texting	18 (60%)	1 (3%)	8 (27%)
d. E-mail	17 (57%)	2 (7%)	8 (27%)
e. Facebook or My Space	12 (40%)	6 (20%)	7 (23%)
f. Twitter	4 (13%)	1 (3%)	19 (63%)
g. Podcasts	1 (3%)	2 (7%)	21 (70%)
h. You tube or other online videos	3 (10%)	11 (37%)	11 (37%)

**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.

	<b>Already doing it (%)</b>	<b>Plan to do it (%)</b>	<b>Do not plan to do it (%)</b>
a. Losing weight	11 (37%)	15 (50%)	2 (7%)
b. Being physically active for 30 minutes most days of the week	14 (47%)	15 (50%)	0 (0%)
c. Turning off the TV at mealtimes	17 (57%)	9 (30%)	3 (10%)
d. Eating low-fat foods	14 (47%)	13 (43%)	1 (3%)
e. Eating at least 5 fruits and vegetables a day	18 (60%)	11 (37%)	0 (0%)
f. Growing vegetables at home	3 (10%)	9 (30%)	16 (53%)
g. Cooking most meals at home	26 (87%)	2 (7%)	1 (3%)
h. Drinking low-fat or fat-free milk	22 (73%)	4 (13%)	2 (7%)
i. Offering low-fat milk to my child age 2 or older	19 (63%)	7 (23%)	3 (10%)
j. Using whole grains when I cook at home	17 (57%)	9 (30%)	2 (7%)

**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.)

	<b>Almost Always (%)</b>	<b>Sometimes (%)</b>	<b>Almost Never (%)</b>
a. My child sees me being physically active.	17 (57%)	5 (17%)	1 (3%)
b. I participate in physical activities with my child.	14 (47%)	7 (23%)	1 (3%)
c. I prepare meals at home.	25 (83%)	3 (10%)	0 (0%)
d. My child helps prepare meals at home.	6 (20%)	7 (23%)	10 (33%)

**Q13. Please mark how often each statement is true for your family:**

Clients who answered the survey reported the following mealtime behavior.

	<b>Almost Always (%)</b>	<b>Sometimes (%)</b>	<b>Almost Never (%)</b>
a. The TV is turned off during meals	11 (37%)	11 (37%)	6 (20%)
b. My family sits down to eat meals together	17 (57%)	9 (30%)	1 (3%)
c. Mealtime with my family is enjoyable	21 (70%)	4 (13%)	3 (10%)

**Purchasing new WIC foods**

**Q12. In the past three months, have you bought the following with your WIC card?**

	<b>Yes (%)</b>	<b>No (%)</b>
a. Fresh or frozen fruits or vegetables	23 (77%)	4 (13%)
b. 2%, 1%, or fat-free milk	21 (70%)	6 (20%)
c. 100% whole wheat bread, brown rice, or tortillas	24 (80%)	4 (13%)