

**WIC Nutrition Education Survey
Local Agency 77 Report
May 2010**

Report for LA 77

Who answered the survey?

Number of clients who completed the survey: 88

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	7	8%
c. 19-29	54	61%
d. 30 or older	26	30%

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	5	6%
b. 7 th to 9 th grade	9	10%
c. 10 th to 12 th grade	17	19%
d. High School graduate or GED	37	42%
e. Trade or technical school	7	8%
f. College	12	14%

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	45	51%
b. Afro-American	2	2%
c. Hispanic or Latino	43	49%
d. Asian or Pacific Islander	1	1%
e. Native American or Alaskan	1	1%
f. Mixed race	1	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	50	57%
b. Spanish	31	35%
c. Other	1	1%

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. 21% of clients who answered the survey were pregnant.

Q17. 7% of clients who answered the survey were breastfeeding.

Q18. 47% 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	7%
b. 1	27	31%
c. 2	21	24%
d. 3 or more	33	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	77	88%
b. Father	2	2%
c. Grandparent	2	2%
d. Foster parent	0	0%
e. Self, pregnant	3	3%
f. Other	1	1%

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

	# of clients	%
a. Less than 1 year	28	32%
b. 1 to 2 years	27	31%
c. 3 years or more	28	32%

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

59% of your clients reported food insecurity.

	# of clients	%
a. Yes	52	59%
b. No	35	40%

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	79 (90%)	8 (9%)	1 (1%)
b. Learning how to breastfeed my baby	56 (64%)	13 (15%)	16 (18%)
c. Getting up-to-date nutrition education	80 (91%)	7 (8%)	1 (1%)
d. Sharing ideas with other parents	55 (63%)	28 (32%)	3 (3%)
e. Getting WIC foods	87 (99%)	1 (1%)	0 (0%)
f. Health screenings	80 (91%)	4 (5%)	2 (2%)
g. Referrals to other services	61 (69%)	17 (19%)	6 (7%)
h. Getting vaccines for my child	85 (97%)	1 (1%)	1 (1%)
i. Learning how to be physically active	70 (80%)	12 (14%)	5 (6%)

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	76 (86%)	10 (11%)	1 (1%)
b. Learning how to breastfeed my baby	54 (61%)	17 (19%)	11 (13%)
c. Providing support to breastfeed my baby longer	50 (57%)	21 (24%)	11 (13%)
d. Providing breast pumps	41 (47%)	18 (21%)	20 (23%)
e. Teaching me about the right kinds and amounts of food to eat	72 (82%)	13 (15%)	2 (2%)
f. Sharing ideas with other parents	37 (42%)	39 (44%)	11 (13%)
g. Providing WIC foods	81 (92%)	7 (8%)	0 (0%)
h. Teaching me how to keep my family healthy	76 (86%)	10 (11%)	2 (2%)
i. Learning about healthy weights for me and my children	67 (76%)	12 (14%)	9 (10%)
j. Learning how to be physically active	58 (66%)	21 (24%)	9 (10%)
k. Getting vaccines for my child	65 (74%)	12 (14%)	10 (11%)

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	45 (51%)	27 (31%)	13 (15%)
b. Discussion or support group with other parents	32 (36%)	37 (42%)	16 (18%)
c. On the Internet	39 (44%)	20 (23%)	26 (30%)
d. Class with video and discussion	49 (56%)	29 (33%)	8 (9%)
e. Lessons I can take home	62 (71%)	12 (14%)	13 (15%)
f. Self-paced lessons I do on my own	42 (48%)	25 (28%)	18 (21%)
g. Grocery store tour	28 (32%)	26 (30%)	28 (32%)
h. Nutrition carnival or health fair	35 (40%)	31 (35%)	19 (22%)
i. Bulletin board	25 (28%)	36 (41%)	24 (27%)
j. Physical activity class	48 (55%)	24 (27%)	11 (13%)

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	34 (39%)	52 (59%)
b. Discussion or support classes with other parents	42 (48%)	43 (49%)
c. On the internet	20 (23%)	65 (74%)
d. Class with video and discussion	71 (81%)	15 (17%)
e. Lessons I take home	37 (42%)	49 (56%)
f. Self-paced lessons I do on my own at the clinic	17 (19%)	66 (75%)
g. One-on-one counseling with the dietician	51 (58%)	33 (38%)
h. One-on-one counseling with the breastfeeding educator	26 (30%)	56 (64%)
i. Grocery store tour	23 (26%)	62 (71%)

j. Nutrition carnival or health fair	9 (10%)	73 (83%)
k. Bulletin board	29 (33%)	54 (61%)
l. Physical activity class	21 (24%)	64 (73%)

Q5. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	86 (98%)	2 (2%)	0 (0%)
b. Offers classes at times when I can attend.	81 (92%)	5 (6%)	1 (1%)
c. Offers me a choice of classes.	52 (59%)	13 (15%)	20 (23%)

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	76 (86%)	4 (5%)	0 (0%)

SECTION 2 contains three questions about technology use.

Q7. Where do you access the Internet?

73% 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	50	57%
b. Work	9	10%
c. Library	8	9%
d. School	3	3%
e. Friend or family's house	15	17%
f. Cell phone or smart phone	17	19%
g. Other	3	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	12	14%
b. Broadband or high speed (e.g. DSL or cable)	35	40%
c. Both dial-up and high speed	6	7%
d. I don't know	8	9%

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	7 (8%)	16 (19%)	56 (64%)
b. High-speed/Broadband Internet connection	32 (36%)	19 (21%)	32 (36%)
c. Text messaging or texting	53 (60%)	17 (19%)	14 (16%)
d. E-mail	34 (39%)	20 (23%)	27 (31%)
e. Facebook or My Space	34 (39%)	17 (19%)	29 (33%)
f. Twitter	1 (1%)	1 (1%)	74 (84%)
g. Podcasts	0 (0%)	1 (1%)	75 (85%)
h. You tube or other online videos	7 (8%)	22 (25%)	51 (58%)

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	37 (42%)	38 (43%)	13 (15%)
b. Being physically active for 30 minutes most days of the week	61 (69%)	25 (28%)	1 (1%)
c. Turning off the TV at mealtimes	53 (60%)	19 (22%)	13 (15%)
d. Eating low-fat foods	50 (57%)	29 (33%)	9 (10%)
e. Eating at least 5 fruits and vegetables a day	52 (59%)	34 (39%)	1 (1%)
f. Growing vegetables at home	22 (25%)	26 (30%)	38 (43%)
g. Cooking most meals at home	78 (89%)	9 (10%)	1 (1%)
h. Drinking low-fat or fat-free milk	65 (74%)	11 (13%)	10 (11%)
i. Offering low-fat milk to my child age 2 or older	53 (60%)	23 (26%)	11 (13%)
j. Using whole grains when I cook at home	61 (69%)	21 (24%)	4 (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.	50 (57%)	12 (15%)	3 (3%)
b. I participate in physical activities with my child.	48 (55%)	16 (18%)	3 (3%)
c. I prepare meals at home.	74 (84%)	10 (11%)	3 (3%)
d. My child helps prepare meals at home.	16 (18%)	29 (33%)	22 (25%)

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	40 (46%)	33 (38%)	15 (17%)
b. My family sits down to eat meals together	63 (72%)	20 (23%)	4 (5%)
c. Mealtime with my family is enjoyable	73 (83%)	12 (15%)	2 (2%)

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	80 (91%)	8 (9%)
b. 2%, 1%, or fat-free milk	76 (86%)	12 (14%)
c. 100% whole wheat bread, brown rice, or tortillas	72 (82%)	16 (18%)