

**WIC Nutrition Education Survey  
Local Agency 7 Report  
May 2010**

**Report for LA # 7**

**Who answered the survey?**

**Number of clients who completed the survey: 310**

**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	3	1%
b. 16-18	22	7%
c. 19-29	165	53%
d. 30 or older	108	35%

**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	52	17%
b. 7 <sup>th</sup> to 9 <sup>th</sup> grade	55	18%
c. 10 <sup>th</sup> to 12 <sup>th</sup> grade	68	22%
d. High School graduate or GED	75	24%
e. Trade or technical school	20	7%
f. College	27	9%

**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	23	7%
b. Afro-American	57	18%
c. Hispanic or Latino	223	72%
d. Asian or Pacific Islander	4	1%
e. Native American or Alaskan	1	.5%
f. Mixed race	4	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	117	38%
b. Spanish	165	53%
c. Other	6	2%

**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.** 14% of clients who answered the survey were pregnant.

**Q17.** 15% of clients who answered the survey were breastfeeding.

**Q18.** 52% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

**Q19.** 72% 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	2%
b. 1	113	37%
c. 2	71	23%
d. 3 or more	111	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	279	90%
b. Father	1	.5%
c. Grandparent	2	1%
d. Foster parent	2	1%
e. Self, pregnant	9	3%
f. Other	0	0%

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

	# of clients	%
a. Less than 1 year	99	32%
b. 1 to 2 years	83	27%
c. 3 years or more	111	36%

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

62% of your clients reported food insecurity.

	# of clients	%
a. Yes	191	62%
b. No	111	36%

**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	302 (97%)	3 (1%)	1 (.5%)
b. Learning how to breastfeed my baby	232 (75%)	28 (9%)	40 (13%)
c. Getting up-to-date nutrition education	290 (94%)	16 (5%)	0 (0%)
d. Sharing ideas with other parents	223 (72%)	68 (22%)	11 (4%)
e. Getting WIC foods	303 (98%)	3 (1%)	0 (0%)
f. Health screenings	284 (92%)	15 (5%)	3 (1%)
g. Referrals to other services	220 (71%)	58 (19%)	10 (3%)
h. Getting vaccines for my child	296 (96%)	6 (2%)	3 (1%)
i. Learning how to be physically active	287 (94%)	16 (5%)	2 (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	267 (86%)	34 (11%)	1 (.5%)
b. Learning how to breastfeed my baby	234 (76%)	49 (16%)	15 (5%)
c. Providing support to breastfeed my baby longer	222 (72%)	57 (18%)	19 (6%)
d. Providing breast pumps	190 (61%)	67 (22%)	35 (11%)
e. Teaching me about the right kinds and amounts of food to eat	270 (87%)	26 (8%)	5 (2%)
f. Sharing ideas with other parents	166 (54%)	102 (33%)	32 (10%)
g. Providing WIC foods	281 (91%)	20 (7%)	2 (1%)
h. Teaching me how to keep my family healthy	280 (91%)	18 (6%)	4 (1%)
i. Learning about healthy weights for me and my	259	30 (10%)	12 (4%)

children	(84%)		
j. Learning how to be physically active	226 (73%)	56 (18%)	19 (6%)
k. Getting vaccines for my child	229 (74%)	52 (17%)	16 (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	212 (68%)	66 (21%)	16 (5%)
b. Discussion or support group with other parents	150 (48%)	108 (35%)	38 (12%)
c. On the Internet	131 (42%)	88 (28%)	71 (23%)
d. Class with video and discussion	221 (71%)	54 (17%)	22 (7%)
e. Lessons I can take home	242 (78%)	36 (12%)	18 (6%)
f. Self-paced lessons I do on my own	175 (57%)	82 (27%)	31 (10%)
g. Grocery store tour	123 (40%)	90 (29%)	80 (26%)
h. Nutrition carnival or health fair	175 (57%)	80 (26%)	39 (13%)
i. Bulletin board	143 (46%)	98 (32%)	50 (16%)
j. Physical activity class	208 (67%)	62 (20%)	29 (9%)

**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	167 (54%)	131 (42%)
b. Discussion or support classes with other parents	162 (52%)	134 (43%)
c. On the internet	102 (33%)	189 (61%)
d. Class with video and discussion	242 (78%)	57 (18%)

e. Lessons I take home	206 (67%)	90 (29%)
f. Self-paced lessons I do on my own at the clinic	131 (42%)	159 (51%)
g. One-on-one counseling with the dietician	219 (71%)	78 (25%)
h. One-on-one counseling with the breastfeeding educator	163 (53%)	13 (43%)
i. Grocery store tour	101 (33%)	197 (64%)
j. Nutrition carnival or health fair	63 (20%)	231 (75%)
k. Bulletin board	159 (51%)	139 (45%)
l. Physical activity class	109 (35%)	186 (60%)

**Q5. My WIC clinic:**

	Yes (%)	Sometimes (%)	No (%)
a. Offers classes in my language.	299 (97%)	2 (1%)	5 (2%)
b. Offers classes at times when I can attend.	265 (86%)	29 (9%)	7 (2%)
c. Offers me a choice of classes.	224 (72%)	40 (13%)	36 (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	249 (80%)	16 (5%)	2 (1%)

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

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

62% 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	129	42%
b. Work	19	6%
c. Library	45	15%
d. School	23	7%

e. Friend or family's house	44	14%
f. Cell phone or smart phone	67	22%
g. Other	6	2%

**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	5%
b. Broadband or high speed (e.g. DSL or cable)	83	27%
c. Both dial-up and high speed	21	7%
d. I don't know	45	15%

**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 (7%)	69 (22%)	195 (63%)
b. High-speed/Broadband Internet connection	57 (18%)	75 (24%)	151 (49%)
c. Text messaging or texting	133 (43%)	76 (25%)	89 (29%)
d. E-mail	79 (26%)	73 (24%)	140 (45%)
e. Facebook or My Space	58 (19%)	53 (17%)	168 (54%)
f. Twitter	5 (2%)	9 (3%)	261 (84%)
g. Podcasts	1 (.5%)	6 (2%)	266 (86%)
h. You tube or other online videos	28 (9%)	80 (26%)	178 (57%)

**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	127 (41%)	129 (41%)	44 (14%)
b. Being physically active for 30 minutes most days of the week	171 (55%)	126 (41%)	5 (2%)
c. Turning off the TV at mealtimes	160 (52%)	97 (31%)	44 (14%)
d. Eating low-fat foods	158 (51%)	119 (38%)	24 (8%)
e. Eating at least 5 fruits and vegetables a day	178 (57%)	119 (38%)	5 (2%)
f. Growing vegetables at home	46 (15%)	86 (28%)	168 (54%)
g. Cooking most meals at home	274 (88%)	27 (8%)	2 (1%)
h. Drinking low-fat or fat-free milk	238 (77%)	36 (12%)	29 (9%)
i. Offering low-fat milk to my child age 2 or older	196 (63%)	79 (26%)	27 (8%)
j. Using whole grains when I cook at home	203 (66%)	75 (24%)	23 (8%)

**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.	135 (44%)	77 (25%)	6 (2%)
b. I participate in physical activities with my child.	123 (40%)	84 (27%)	12 (4%)
c. I prepare meals at home.	272 (88%)	28 (9%)	1 (.5%)
d. My child helps prepare meals at home.	47 (15%)	96 (31%)	74 (24%)

**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	47 (15%)	96 (31%)	74 (24%)
b. My family sits down to eat meals together	201 (65%)	90 (29%)	12 (4%)
c. Mealtime with my family is enjoyable	249 (80%)	48 (16%)	7 (2%)

**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	271 (87%)	30 (10%)
b. 2%, 1%, or fat-free milk	250 (81%)	49 (16%)
c. 100% whole wheat bread, brown rice, or tortillas	246 (79%)	53 (17%)