

**Texas WIC Nutrition Education Survey  
 Local Agency 12 Report  
 May 2012**

**Report for LA#12**

**Who answered the survey?**

241 clients answered the survey

**Information about the Clients Who Answered the Survey**

**Q17. How old are you?**

	<b># of clients</b>	<b>Percent</b>
15 or younger	3	1%
16-18	7	3%
19-29	107	44%
30 or older	119	49%

**Q24. What is the highest level of school you have finished?**

	<b># of clients</b>	<b>Percent</b>
1 <sup>st</sup> to 6 <sup>th</sup> grade	26	11%
7 <sup>th</sup> to 9 <sup>th</sup> grade	33	14%
10 <sup>th</sup> to 12 <sup>th</sup> grade	47	20%
High school graduate or GED	67	28%
Trade or technical school	23	10%
College	35	15%

**Q25. What is your race or ethnicity?**

	<b># of clients</b>	<b>Percent</b>
White	13	5%
Black	1	.4%
Hispanic or Latino	223	93%
Asian or Pacific Islander	0	0%
Native American or Alaskan	1	.4%
Mixed race	1	.4%

**Q26. What is the main language spoken in your home?**

	<b># of clients</b>	<b>Percent</b>
English	69	29%
Spanish	152	63%
Other	5	2%

**Clients' Parental Status**

**Q18.** 4% of clients who answered the survey were pregnant.

**Q19.** 14% of clients who answered the survey were breastfeeding.

**Q20.** 49% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

**Q21.** 80% of clients who answered the survey were the parent/caretaker of a child over 1 year old.

**Q22. How many children do you have?**

	# of clients	Percent
0	3	1%
1	73	30%
2	50	21%
3 or more	113	47%

**Q23. What is your relationship to the child(ren) in WIC?**

	# of clients	Percent
Mother	229	95%
Father	2	.8%
Grandparent	1	.4%
Foster parent	1	.4%
Self, pregnant	3	1%
Other	1	.4%

**Q16. During the past 5 years I have participated in WIC:**

	# of clients	Percent
Less than 1 year	61	25%
1 to 2 years	63	26%
3 or more years	109	45%

**Q27. Are you ever concerned that you won't be able to buy enough food to feed your family?**

	# of clients	Percent
Yes	110	46%
No	130	54%

**Q28. Do you participate in the Supplemental Nutrition Assistance Program (SNAP, food stamps)?**

	# of clients	Percent
Yes	173	72%
No	67	28%

**SECTION 1** describes participants' opinions about WIC. The section included seven questions.

**Q1. What motivates you to come to WIC?**

	Yes (%)	Sometimes (%)	No (%)
Food benefits	223 (93%)	6 (3%)	6 (3%)
Nutrition, breastfeeding, and health information	208 (86%)	14 (6%)	13 (5%)
Support received from WIC staff	180 (75%)	38 (16%)	15 (6%)
Talking to other caregivers	114 (47%)	65 (27%)	47 (20%)
Learning about community resources (referrals)	130 (54%)	59 (25%)	39 (16%)

**Q2. The people at my WIC clinic care about me and my family.**

	Yes (%)	Sometimes (%)	No (%)
The people at my WIC clinic care about me and my family.	236 (98%)	4 (2%)	0 (0%)

**Q3. My WIC clinic:**

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	236 (98%)	1 (.4%)	2 (.8%)
Offers classes at times when I can attend.	224 (93%)	16 (7%)	1 (.4%)
Offers me a choice of classes.	210 (87%)	18 (8%)	9 (4%)

**Q4. How well does WIC meet your needs on the following?**

	<b>Great (%)</b>	<b>Okay (%)</b>	<b>Not so great (%)</b>
Learning how to feed my family	218 (91%)	21 (9%)	0 (0%)
Learning how to breastfeed my baby	195 (81%)	42 (17%)	1 (.4%)
Providing support to breastfeed my baby longer	188 (78%)	43 (18%)	5 (2%)
Providing breast pumps	177 (73%)	43 (18%)	11 (5%)
Teaching me about the right kinds and amounts of food to eat	210 (87%)	27 (11%)	1 (.4%)
Sharing ideas with other parents	147 (61%)	80 (33%)	10 (4%)
Providing WIC foods	217 (90%)	20 (8%)	0 (0%)
Teaching me how to keep my family healthy	213 (88%)	21 (9%)	3 (1%)
Learning about healthy weights for me and my children	192 (80%)	46 (19%)	2 (.8%)
Learning how to be physically active	182 (76%)	51 (21%)	7 (3%)
Getting vaccines for my child	177 (73%)	42 (17%)	18 (8%)

**Q5. Mark how you feel about the following statements:**

	<b>Almost always (%)</b>	<b>Sometimes (%)</b>	<b>Almost never (%)</b>
I am treated respectfully by WIC staff.	235 (98%)	5 (2%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	194 (81%)	46 (19%)	0 (0%)
Appointment times that meet my needs are available.	221 (92%)	17 (7%)	1 (.4%)
I can easily find transportation to my WIC appointments.	192 (80%)	44 (18%)	4 (2%)
It is easy to shop for WIC foods.	204 (85%)	34 (14%)	0 (0%)
I can shop for WIC foods at my favorite store.	210 (87%)	28 (12%)	0 (0%)
I like the food choices WIC provides.	216 (90%)	22 (9%)	1 (.4%)
The benefits of the WIC program are worth the time and effort.	228 (95%)	8 (3%)	1 (.4%)

**Q6. What do you remember about your last WIC nutrition counseling session?**

	<b>Strongly agree (%)</b>	<b>Agree (%)</b>	<b>Disagree (%)</b>	<b>Strongly disagree (%)</b>	<b>Don't remember (%)</b>
The atmosphere was welcoming.	149 (62%)	85 (35%)	1 (.4%)	0 (0%)	5 (2%)
I felt encouraged, supported, and respected.	182 (76%)	56 (23%)	0 (0%)	1 (.4%)	1 (.4%)
I was able to talk about what was on my mind.	162 (67%)	71 (30%)	4 (2%)	1 (.4%)	0 (0%)
The counselor addressed my questions.	191 (79%)	46 (19%)	1 (.4%)	1 (.4%)	1 (.4%)
The counselor provided relevant & helpful information.	179 (74%)	60 (25%)	0 (0%)	0 (0%)	1 (.4%)

**Q7. What do you remember about your last WIC group class?**

	<b>Strongly agree (%)</b>	<b>Agree (%)</b>	<b>Disagree (%)</b>	<b>Strongly disagree (%)</b>	<b>Don't remember (%)</b>
The chairs were set up in a circle, semicircle, or were facing each other.	131 (54%)	73 (30%)	14 (6%)	1 (.4%)	21 (9%)
The instructor lectured with no class participation.	31 (13%)	47 (20%)	107 (44%)	36 (15%)	13 (5%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	78 (32%)	79 (33%)	51 (21%)	10 (4%)	21 (9%)
There was a video or other visual aid used to prompt discussion.	140 (58%)	64 (27%)	15 (6%)	4 (2%)	14 (6%)
I was able to talk about my nutrition questions and interests.	145 (60%)	82 (34%)	4 (2%)	0 (0%)	8 (3%)
I had the chance to learn from other caregivers.	117 (49%)	87 (36%)	18 (8%)	2 (.8%)	14 (6%)
I was able to have a discussion with other caregivers.	99 (41%)	104 (43%)	18 (8%)	1 (.4%)	14 (6%)
I learned an idea I tried at home.	122 (51%)	83 (34%)	14 (6%)	2 (.8%)	15 (6%)
I felt comfortable sharing my ideas.	128 (53%)	90 (37%)	8 (3%)	1 (.4%)	9 (4%)
I felt respected.	173 (72%)	57 (24%)	2 (.8%)	0 (0%)	7 (3%)
We had fun and it was worth my time.	148 (61%)	81 (34%)	3 (1%)	0 (0%)	7 (3%)

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

**Q8. Where do you access the internet?**

66% of clients reported having access to the Internet.

	# of clients	Percent
Home	114	47%
Work	15	6%
Library	31	13%
School	9	4%
Friend or family's house	35	15%
Public places with WiFi	35	15%
Other	16	7%

**Q9. What type of device do you use to access the Internet?**

	# of clients	Percent
Desktop or laptop computer	123	51%
Cell phone	90	37%
Smart phone	50	21%
iPad or other tablet	8	3%
Kindle or Nook read	1	.4%
Other	27	11%

**Q10. How often do you use the following technology?**

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	37 (15%)	62 (26%)	138 (57%)
High-speed/Broadband Internet connection	43 (18%)	74 (31%)	114 (47%)
Text messaging or texting	128 (53%)	65 (27%)	45 (19%)
E-mail	56 (23%)	66 (27%)	114 (47%)
Facebook or My Space	83 (34%)	55 (23%)	99 (41%)
Twitter	4 (2%)	17 (7%)	205 (85%)
Podcasts	4 (2%)	11 (5%)	212 (88%)
YouTube or other online videos	38 (16%)	81 (34%)	119 (49%)
iTunes or other music storage site	22 (9%)	54 (22%)	160 (66%)
Smartphone application (app)	46 (19%)	46 (19%)	143 (59%)
Take online classes	29 (12%)	40 (17%)	166 (69%)
Webcam, Skype, or Facetime	12 (5%)	35 (15%)	187 (78%)

**Q11. Do you use a cell phone to...?**

	<b>Yes (%)</b>	<b>No (%)</b>
Send or receive e-mail	111 (46%)	123 (51%)
Send or receive text messages	205 (85%)	32 (13%)
Access the Internet	138 (57%)	99 (41%)

**Q12. Would you be interested in:**

	<b>Yes (%)</b>	<b>No (%)</b>
Communicating with other WIC participants and WIC staff on Facebook?	111 (46%)	129 (54%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	169 (70%)	71 (30%)
Taking a WIC class on a Smart phone?	105 (44%)	134 (56%)
Taking a WIC class via Webinar?	71 (30%)	167 (69%)
Using a phone application (app) that would help you locate WIC-approved foods?	142 (59%)	98 (41%)

**SECTION 3** looks at clients' activities and family behaviors.

**Q13. Please mark how often these items are true for you.**

	<b>Almost always (%)</b>	<b>Sometimes (%)</b>	<b>Almost never (%)</b>
My child sees me as being physically active.	140 (58%)	86 (36%)	12 (5%)
I participate in physical activities with my child.	124 (52%)	96 (40%)	18 (8%)
I prepare meals at home.	207 (86%)	26 (11%)	3 (1%)
My child helps prepare meals at home.	45 (19%)	96 (40%)	93 (39%)

**Q14. Please mark how often each statement is true for your family.**

	<b>Almost always (%)</b>	<b>Sometimes (%)</b>	<b>Almost never (%)</b>
The TV is turned off during meals.	76 (32%)	134 (56%)	30 (12%)
My family sits down to eat meals together.	164 (68%)	69 (29%)	6 (3%)
Mealtime with my family is enjoyable.	206 (86%)	31 (13%)	1 (.4%)

**Q15. Please mark one circle for each line to show which of the things below you plan to try in the next six months.**

	<b>Already doing it (%)</b>	<b>Plan to do it (%)</b>	<b>Do not plan to do it (%)</b>
Losing weight	130 (54%)	88 (37%)	21 (9%)
Being physically active for 30 minutes most days of the week	122 (51%)	112 (47%)	5 (2%)
Turning off the TV at mealtimes	112 (47%)	110 (46%)	15 (6%)
Eating low-fat foods	142 (59%)	89 (37%)	7 (3%)
Eating at least 5 fruits and vegetables a day	131 (54%)	104 (43%)	3 (1%)
Growing vegetables at home	41 (17%)	95 (39%)	103 (43%)
Cook most meals at home	199 (83%)	38 (16%)	0 (0%)
Drink low-fat or fat free milk	186 (77%)	31 (13%)	21 (9%)
Offering low-fat milk to my child age 2 or older	150 (62%)	67 (28%)	19 (8%)
Using whole grains when I cook at home	150 (62%)	81 (34%)	7 (3%)