

**Texas WIC Nutrition Education Survey
 Local Agency 1 Report
 May 2012**

Report for LA#1

Who answered the survey?

85 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

	# of clients	Percent
15 or younger	0	0%
16-18	6	7%
19-29	49	58%
30 or older	28	33%

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

	# of clients	Percent
1 st to 6 th grade	9	11%
7 th to 9 th grade	16	19%
10 th to 12 th grade	11	13%
High school graduate or GED	32	38%
Trade or technical school	6	7%
College	6	7%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	6	7%
Black	7	8%
Hispanic or Latino	62	73%
Asian or Pacific Islander	1	1%
Native American or Alaskan	1	1%
Mixed race	3	4%

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

	# of clients	Percent
English	29	34%
Spanish	48	57%
Other	1	1%

Clients' Parental Status

Q18. 9% of clients who answered the survey were pregnant.

Q19. 28% of clients who answered the survey were breastfeeding.

Q20. 66% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 60% 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	4%
1	32	38%
2	22	26%
3 or more	26	31%

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

	# of clients	Percent
Mother	78	92%
Father	1	1%
Grandparent	1	1%
Foster parent	0	0%
Self, pregnant	2	2%
Other	0	0%

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

	# of clients	Percent
Less than 1 year	33	39%
1 to 2 years	17	20%
3 or more years	32	38%

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

	# of clients	Percent
Yes	35	41%
No	48	57%

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

	# of clients	Percent
Yes	61	72%
No	23	27%

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	70 (82%)	8 (9%)	2 (2%)
Nutrition, breastfeeding, and health information	67 (79%)	5 (6%)	4 (5%)
Support received from WIC staff	60 (71%)	14 (17%)	0 (0%)
Talking to other caregivers	28 (33%)	30 (35%)	13 (15%)
Learning about community resources (referrals)	42 (49%)	17 (20%)	14 (17%)

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.	79 (93%)	3 (4%)	0 (0%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	79 (93%)	2 (2%)	0 (0%)
Offers classes at times when I can attend.	66 (78%)	12 (14%)	1 (1%)
Offers me a choice of classes.	66 (78%)	9 (11%)	3 (4%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	77 (91%)	3 (4%)	1 (1%)
Learning how to breastfeed my baby	66 (78%)	9 (11%)	3 (4%)
Providing support to breastfeed my baby longer	61 (72%)	13 (15%)	2 (2%)
Providing breast pumps	49 (58%)	18 (21%)	8 (9%)
Teaching me about the right kinds and amounts of food to eat	72 (85%)	9 (11%)	0 (0%)
Sharing ideas with other parents	50 (59%)	23 (27%)	5 (6%)
Providing WIC foods	75 (88%)	4 (5%)	0 (0%)
Teaching me how to keep my family healthy	76 (89%)	5 (6%)	0 (0%)
Learning about healthy weights for me and my children	68 (80%)	13 (15%)	0 (0%)
Learning how to be physically active	51 (60%)	26 (31%)	2 (2%)
Getting vaccines for my child	61 (72%)	14 (17%)	6 (7%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	78 (92%)	5 (6%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	66 (78%)	16 (19%)	0 (0%)
Appointment times that meet my needs are available.	70 (82%)	15 (18%)	0 (0%)
I can easily find transportation to my WIC appointments.	60 (71%)	19 (22%)	3 (4%)
It is easy to shop for WIC foods.	69 (81%)	13 (15%)	1 (1%)
I can shop for WIC foods at my favorite store.	72 (85%)	9 (11%)	2 (2%)
I like the food choices WIC provides.	70 (82%)	11 (13%)	1 (1%)
The benefits of the WIC program are worth the time and effort.	79 (93%)	4 (5%)	0 (0%)

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

	Strongly agree (%)	Agree (%)	Disagree (%)	Strongly disagree (%)	Don't remember (%)
The atmosphere was welcoming.	52 (61%)	29 (34%)	0 (0%)	0 (0%)	1 (1%)
I felt encouraged, supported, and respected.	60 (71%)	23 (27%)	0 (0%)	0 (0%)	0 (0%)
I was able to talk about what was on my mind.	58 (68%)	21 (25%)	2 (2%)	1 (1%)	0 (0%)
The counselor addressed my questions.	67 (79%)	14 (17%)	1 (1%)	0 (0%)	1 (1%)
The counselor provided relevant & helpful information.	64 (75%)	18 (21%)	0 (0%)	0 (0%)	1 (1%)

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

	Strongly agree (%)	Agree (%)	Disagree (%)	Strongly disagree (%)	Don't remember (%)
The chairs were set up in a circle, semicircle, or were facing each other.	42 (49%)	23 (27%)	4 (5%)	2 (2%)	9 (11%)
The instructor lectured with no class participation.	18 (21%)	13 (15%)	21 (25%)	12 (14%)	16 (19%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	35 (41%)	15 (18%)	13 (15%)	2 (2%)	14 (17%)
There was a video or other visual aid used to prompt discussion.	48 (57%)	23 (27%)	5 (6%)	1 (1%)	4 (5%)
I was able to talk about my nutrition questions and interests.	53 (62%)	23 (27%)	2 (2%)	0 (0%)	4 (5%)
I had the chance to learn from other caregivers.	42 (49%)	27 (32%)	5 (6%)	1 (1%)	6 (7%)
I was able to have a discussion with other caregivers.	36 (42%)	28 (33%)	8 (9%)	1 (1%)	7 (8%)
I learned an idea I tried at home.	47 (55%)	25 (29%)	3 (4%)	1 (1%)	4 (5%)
I felt comfortable sharing my ideas.	46 (54%)	26 (31%)	5 (6%)	0 (0%)	6 (7%)
I felt respected.	53 (62%)	22 (26%)	0 (0%)	1 (1%)	3 (4%)
We had fun and it was worth my time.	51 (60%)	23 (27%)	1 (1%)	0 (0%)	6 (7%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

75% of clients reported having access to the Internet.

	# of clients	Percent
Home	43	51%
Work	7	8%
Library	8	9%
School	7	8%
Friend or family's house	12	14%
Public places with WiFi	8	9%
Other	4	5%

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

	# of clients	Percent
Desktop or laptop computer	43	51%
Cell phone	36	42%
Smart phone	16	19%
iPad or other tablet	4	5%
Kindle or Nook read	1	1%
Other	2	2%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	5 (6%)	22 (26%)	52 (61%)
High-speed/Broadband Internet connection	17 (20%)	26 (31%)	38 (45%)
Text messaging or texting	36 (42%)	30 (35%)	16 (19%)
E-mail	23 (27%)	25 (29%)	29 (34%)
Facebook or My Space	20 (24%)	21 (25%)	37 (44%)
Twitter	5 (6%)	5 (6%)	66 (78%)
Podcasts	1 (1%)	7 (8%)	66 (78%)
YouTube or other online videos	8 (9%)	31 (37%)	39 (46%)
iTunes or other music storage site	5 (6%)	21 (25%)	53 (62%)
Smartphone application (app)	12 (14%)	18 (21%)	49 (58%)
Take online classes	6 (7%)	18 (21%)	54 (64%)
Webcam, Skype, or Facetime	5 (6%)	9 (11%)	65 (77%)

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

	Yes (%)	No (%)
Send or receive e-mail	40 (47%)	42 (49%)
Send or receive text messages	70 (82%)	14 (17%)
Access the Internet	47 (55%)	33 (39%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	28 (33%)	54 (64%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	53 (62%)	30 (35%)
Taking a WIC class on a Smart phone?	31 (37%)	51 (60%)
Taking a WIC class via Webinar?	19 (22%)	62 (73%)
Using a phone application (app) that would help you locate WIC-approved foods?	44 (52%)	36 (42%)

SECTION 3 looks at clients' activities and family behaviors.

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

	Almost always (%)	Sometimes (%)	Almost never (%)
My child sees me as being physically active.	47 (55%)	32 (38%)	3 (4%)
I participate in physical activities with my child.	47 (55%)	31 (37%)	4 (5%)
I prepare meals at home.	76 (89%)	8 (9%)	0 (0%)
My child helps prepare meals at home.	13 (15%)	33 (39%)	32 (38%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	30 (35%)	31 (37%)	23 (27%)
My family sits down to eat meals together.	53 (62%)	27 (32%)	4 (5%)
Mealtime with my family is enjoyable.	70 (82%)	14 (17%)	1 (1%)

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

	Already doing it (%)	Plan to do it (%)	Do not plan to do it (%)
Losing weight	45 (53%)	30 (35%)	8 (9%)
Being physically active for 30 minutes most days of the week	46 (54%)	35 (41%)	0 (0%)
Turning off the TV at mealtimes	45 (53%)	30 (35%)	7 (8%)
Eating low-fat foods	47 (55%)	31 (37%)	4 (5%)
Eating at least 5 fruits and vegetables a day	48 (57%)	35 (41%)	1 (1%)
Growing vegetables at home	16 (19%)	29 (34%)	35 (41%)
Cook most meals at home	72 (85%)	11 (13%)	1 (1%)
Drink low-fat or fat free milk	64 (75%)	12 (14%)	7 (8%)
Offering low-fat milk to my child age 2 or older	45 (53%)	27 (32%)	11 (13%)
Using whole grains when I cook at home	56 (66%)	23 (27%)	4 (5%)