

**Texas WIC Nutrition Education Survey
 Local Agency 26 Report
 May 2012**

Report for LA#26

Who answered the survey?

263 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	20	8%
19-29	122	46%
30 or older	112	43%

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

	# of clients	Percent
1 st to 6 th grade	40	15%
7 th to 9 th grade	30	11%
10 th to 12 th grade	55	21%
High school graduate or GED	75	29%
Trade or technical school	19	7%
College	32	12%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	6	2%
Black	56	21%
Hispanic or Latino	183	70%
Asian or Pacific Islander	8	3%
Native American or Alaskan	0	0%
Mixed race	7	3%

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

	# of clients	Percent
English	89	34%
Spanish	152	58%
Other	7	3%

Clients' Parental Status

Q18. 14% of clients who answered the survey were pregnant.

Q19. 12% 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. 73% 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	9	3%
1	85	32%
2	75	29%
3 or more	88	34%

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

	# of clients	Percent
Mother	234	89%
Father	1	.4%
Grandparent	3	1%
Foster parent	1	.4%
Self, pregnant	11	4%
Other	0	0%

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

	# of clients	Percent
Less than 1 year	67	26%
1 to 2 years	71	27%
3 or more years	107	41%

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

	# of clients	Percent
Yes	140	53%
No	119	45%

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

	# of clients	Percent
Yes	159	61%
No	99	38%

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	236 (90%)	10 (4%)	3 (1%)
Nutrition, breastfeeding, and health information	202 (77%)	28 (11%)	16 (6%)
Support received from WIC staff	171 (65%)	48 (18%)	22 (8%)
Talking to other caregivers	87 (33%)	80 (30%)	62 (24%)
Learning about community resources (referrals)	126 (48%)	63 (24%)	44 (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.	226 (86%)	28 (11%)	4 (2%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	238 (91%)	7 (3%)	9 (3%)
Offers classes at times when I can attend.	199 (76%)	41 (16%)	8 (3%)
Offers me a choice of classes.	185 (70%)	42 (16%)	21 (8%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	214 (81%)	37 (14%)	3 (1%)
Learning how to breastfeed my baby	190 (72%)	46 (18%)	14 (5%)
Providing support to breastfeed my baby longer	186 (71%)	50 (19%)	13 (5%)
Providing breast pumps	158 (60%)	58 (22%)	25 (10%)
Teaching me about the right kinds and amounts of food to eat	204 (78%)	41 (16%)	4 (2%)
Sharing ideas with other parents	116 (44%)	102 (39%)	29 (11%)
Providing WIC foods	223 (85%)	24 (9%)	4 (2%)
Teaching me how to keep my family healthy	212 (81%)	36 (14%)	3 (1%)
Learning about healthy weights for me and my children	203 (77%)	44 (17%)	6 (2%)
Learning how to be physically active	161 (61%)	78 (30%)	10 (4%)
Getting vaccines for my child	176 (67%)	55 (21%)	16 (6%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	208 (79%)	48 (18%)	3 (1%)
The amount of time I waited for service in the clinic was acceptable.	129 (49%)	110 (42%)	14 (5%)
Appointment times that meet my needs are available.	201 (76%)	49 (19%)	4 (2%)
I can easily find transportation to my WIC appointments.	180 (68%)	65 (25%)	7 (3%)
It is easy to shop for WIC foods.	200 (76%)	47 (18%)	4 (2%)
I can shop for WIC foods at my favorite store.	210 (80%)	34 (13%)	7 (3%)
I like the food choices WIC provides.	201 (76%)	49 (19%)	2 (.8%)
The benefits of the WIC program are worth the time and effort.	227 (86%)	24 (9%)	5 (2%)

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.	121 (46%)	111 (42%)	8 (3%)	2 (.8%)	10 (4%)
I felt encouraged, supported, and respected.	140 (53%)	92 (35%)	8 (3%)	3 (1%)	8 (3%)
I was able to talk about what was on my mind.	145 (55%)	80 (30%)	13 (5%)	5 (2%)	9 (3%)
The counselor addressed my questions.	157 (60%)	80 (30%)	5 (2%)	3 (1%)	7 (3%)
The counselor provided relevant & helpful information.	173 (66%)	72 (27%)	5 (2%)	1 (.4%)	6 (2%)

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.	114 (43%)	73 (28%)	21 (8%)	11 (4%)	28 (11%)
The instructor lectured with no class participation.	39 (15%)	50 (19%)	84 (32%)	33 (13%)	37 (14%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	72 (27%)	74 (28%)	44 (17%)	17 (7%)	41 (16%)
There was a video or other visual aid used to prompt discussion.	139 (53%)	77 (29%)	7 (3%)	8 (3%)	22 (8%)
I was able to talk about my nutrition questions and interests.	124 (47%)	99 (38%)	8 (3%)	4 (2%)	17 (7%)
I had the chance to learn from other caregivers.	92 (35%)	99 (38%)	23 (9%)	12 (5%)	24 (9%)
I was able to have a discussion with other caregivers.	87 (33%)	96 (37%)	28 (11%)	9 (3%)	28 (11%)
I learned an idea I tried at home.	118 (45%)	78 (30%)	19 (7%)	9 (3%)	26 (10%)
I felt comfortable sharing my ideas.	110 (42%)	95 (36%)	13 (5%)	6 (2%)	22 (8%)
I felt respected.	149 (57%)	80 (30%)	3 (1%)	4 (2%)	15 (6%)
We had fun and it was worth my time.	136 (52%)	80 (30%)	15 (6%)	6 (2%)	15 (6%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

73% of clients reported having access to the Internet.

	# of clients	Percent
Home	139	53%
Work	22	8%
Library	31	12%
School	22	8%
Friend or family's house	30	11%
Public places with WiFi	18	7%
Other	14	5%

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

	# of clients	Percent
Desktop or laptop computer	141	54%
Cell phone	83	32%
Smart phone	45	17%
iPad or other tablet	8	3%
Kindle or Nook read	4	2%
Other	11	4%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	45 (17%)	67 (26%)	126 (48%)
High-speed/Broadband Internet connection	59 (22%)	78 (30%)	98 (37%)
Text messaging or texting	119 (45%)	70 (27%)	52 (20%)
E-mail	72 (27%)	77 (29%)	86 (33%)
Facebook or My Space	71 (27%)	64 (24%)	90 (34%)
Twitter	14 (5%)	21 (8%)	189 (72%)
Podcasts	5 (2%)	8 (3%)	206 (78%)
YouTube or other online videos	41 (16%)	94 (36%)	100 (38%)
iTunes or other music storage site	27 (10%)	55 (21%)	145 (55%)
Smartphone application (app)	52 (20%)	36 (14%)	140 (53%)
Take online classes	20 (8%)	40 (15%)	169 (64%)
Webcam, Skype, or Facetime	11 (4%)	40 (15%)	175 (67%)

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

	Yes (%)	No (%)
Send or receive e-mail	123 (47%)	122 (46%)
Send or receive text messages	215 (82%)	37 (14%)
Access the Internet	160 (61%)	84 (32%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	90 (34%)	162 (62%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	153 (58%)	103 (39%)
Taking a WIC class on a Smart phone?	94 (36%)	151 (57%)
Taking a WIC class via Webinar?	71 (27%)	175 (67%)
Using a phone application (app) that would help you locate WIC-approved foods?	148 (56%)	105 (40%)

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.	153 (58%)	80 (30%)	14 (5%)
I participate in physical activities with my child.	136 (52%)	93 (35%)	18 (7%)
I prepare meals at home.	229 (87%)	22 (8%)	4 (2%)
My child helps prepare meals at home.	49 (19%)	98 (37%)	96 (37%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	70 (27%)	150 (57%)	35 (13%)
My family sits down to eat meals together.	173 (66%)	75 (29%)	11 (4%)
Mealtime with my family is enjoyable.	214 (81%)	39 (15%)	3 (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	109 (41%)	105 (40%)	36 (14%)
Being physically active for 30 minutes most days of the week	143 (54%)	106 (40%)	6 (2%)
Turning off the TV at mealtimes	101 (38%)	120 (46%)	28 (11%)
Eating low-fat foods	138 (53%)	101 (38%)	12 (5%)
Eating at least 5 fruits and vegetables a day	148 (56%)	104 (40%)	1 (.4%)
Growing vegetables at home	40 (15%)	101 (38%)	109 (41%)
Cook most meals at home	219 (83%)	32 (12%)	0 (0%)
Drink low-fat or fat free milk	192 (73%)	43 (16%)	16 (6%)
Offering low-fat milk to my child age 2 or older	170 (65%)	70 (27%)	11 (4%)
Using whole grains when I cook at home	170 (65%)	74 (28%)	7 (3%)