

**Texas WIC Nutrition Education Survey
 Local Agency 41 Report
 May 2012**

Report for LA#41

Who answered the survey?

142 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

	# of clients	Percent
15 or younger	2	1%
16-18	8	6%
19-29	77	54%
30 or older	47	33%

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

	# of clients	Percent
1 st to 6 th grade	8	6%
7 th to 9 th grade	10	7%
10 th to 12 th grade	24	17%
High school graduate or GED	54	38%
Trade or technical school	11	8%
College	24	17%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	15	11%
Black	12	9%
Hispanic or Latino	104	73%
Asian or Pacific Islander	0	0%
Native American or Alaskan	0	0%
Mixed race	5	4%

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

	# of clients	Percent
English	87	61%
Spanish	49	35%
Other	2	1%

Clients' Parental Status

Q18. 18% of clients who answered the survey were pregnant.

Q19. 11% of clients who answered the survey were breastfeeding.

Q20. 39% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 68% 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	7	5%
1	51	36%
2	32	23%
3 or more	47	33%

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

	# of clients	Percent
Mother	121	85%
Father	2	1%
Grandparent	0	0%
Foster parent	2	1%
Self, pregnant	10	7%
Other	1	.7%

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

	# of clients	Percent
Less than 1 year	36	25%
1 to 2 years	38	27%
3 or more years	63	44%

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

	# of clients	Percent
Yes	52	37%
No	88	62%

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

	# of clients	Percent
Yes	81	57%
No	59	42%

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	125 (88%)	9 (6%)	1 (.7%)
Nutrition, breastfeeding, and health information	113 (80%)	16 (11%)	4 (3%)
Support received from WIC staff	91 (64%)	28 (20%)	6 (4%)
Talking to other caregivers	52 (37%)	41 (29%)	30 (21%)
Learning about community resources (referrals)	77 (54%)	35 (25%)	11 (8%)

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.	121 (85%)	14 (10%)	3 (2%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	132 (93%)	0 (0%)	2 (1%)
Offers classes at times when I can attend.	118 (83%)	14 (10%)	1 (.7%)
Offers me a choice of classes.	103 (73%)	18 (13%)	13 (9%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	116 (82%)	22 (16%)	1 (.7%)
Learning how to breastfeed my baby	104 (73%)	29 (20%)	3 (2%)
Providing support to breastfeed my baby longer	105 (74%)	29 (20%)	1 (.7%)
Providing breast pumps	86 (61%)	35 (25%)	13 (9%)
Teaching me about the right kinds and amounts of food to eat	117 (82%)	21 (15%)	0 (0%)
Sharing ideas with other parents	66 (47%)	54 (38%)	17 (12%)
Providing WIC foods	131 (92%)	5 (4%)	3 (2%)
Teaching me how to keep my family healthy	120 (85%)	19 (13%)	2 (1%)
Learning about healthy weights for me and my children	108 (76%)	28 (20%)	4 (3%)
Learning how to be physically active	97 (68%)	32 (23%)	10 (7%)
Getting vaccines for my child	97 (68%)	30 (21%)	10 (7%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	127 (89%)	10 (7%)	1 (.7%)
The amount of time I waited for service in the clinic was acceptable.	79 (56%)	55 (39%)	5 (4%)
Appointment times that meet my needs are available.	127 (89%)	10 (7%)	2 (1%)
I can easily find transportation to my WIC appointments.	106 (75%)	28 (20%)	3 (2%)
It is easy to shop for WIC foods.	107 (75%)	28 (20%)	3 (2%)
I can shop for WIC foods at my favorite store.	112 (79%)	25 (18%)	1 (.7%)
I like the food choices WIC provides.	109 (77%)	27 (19%)	2 (1%)
The benefits of the WIC program are worth the time and effort.	127 (89%)	9 (6%)	1 (.7%)

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.	76 (54%)	54 (38%)	2 (1%)	0 (0%)	5 (4%)
I felt encouraged, supported, and respected.	83 (59%)	44 (31%)	5 (4%)	0 (0%)	4 (3%)
I was able to talk about what was on my mind.	84 (59%)	46 (32%)	2 (1%)	1 (.7%)	5 (4%)
The counselor addressed my questions.	88 (62%)	40 (28%)	3 (2%)	0 (0%)	6 (4%)
The counselor provided relevant & helpful information.	99 (70%)	35 (25%)	2 (1%)	0 (0%)	3 (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.	46 (32%)	39 (28%)	14 (10%)	9 (6%)	27 (19%)
The instructor lectured with no class participation.	22 (16%)	27 (19%)	46 (32%)	16 (11%)	24 (17%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	48 (34%)	29 (20%)	29 (20%)	7 (5%)	23 (16%)
There was a video or other visual aid used to prompt discussion.	73 (51%)	34 (24%)	9 (6%)	3 (2%)	17 (12%)
I was able to talk about my nutrition questions and interests.	72 (51%)	36 (25%)	9 (6%)	1 (.7%)	17 (12%)
I had the chance to learn from other caregivers.	57 (40%)	41 (29%)	10 (7%)	5 (4%)	22 (16%)
I was able to have a discussion with other caregivers.	45 (32%)	48 (34%)	16 (11%)	4 (3%)	21 (15%)
I learned an idea I tried at home.	67 (47%)	32 (23%)	15 (11%)	1 (.7%)	19 (13%)
I felt comfortable sharing my ideas.	55 (39%)	48 (34%)	7 (5%)	2 (1%)	23 (16%)
I felt respected.	85 (60%)	36 (25%)	1 (.7%)	0 (0%)	14 (10%)
We had fun and it was worth my time.	69 (49%)	45 (32%)	6 (4%)	0 (0%)	15 (11%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

78% of clients reported having access to the Internet.

	# of clients	Percent
Home	86	61%
Work	14	10%
Library	21	15%
School	13	9%
Friend or family's house	24	17%
Public places with WiFi	24	17%
Other	9	6%

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

	# of clients	Percent
Desktop or laptop computer	95	67%
Cell phone	43	30%
Smart phone	28	20%
iPad or other tablet	8	6%
Kindle or Nook read	4	3%
Other	7	5%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	12 (9%)	25 (18%)	93 (66%)
High-speed/Broadband Internet connection	49 (35%)	34 (24%)	51 (36%)
Text messaging or texting	83 (59%)	36 (25%)	15 (11%)
E-mail	42 (30%)	50 (35%)	38 (27%)
Facebook or My Space	47 (33%)	38 (27%)	49 (35%)
Twitter	4 (3%)	8 (6%)	116 (82%)
Podcasts	2 (1%)	6 (4%)	121 (85%)
YouTube or other online videos	16 (11%)	53 (37%)	64 (45%)
iTunes or other music storage site	11 (8%)	39 (28%)	83 (59%)
Smartphone application (app)	26 (18%)	29 (20%)	78 (55%)
Take online classes	16 (11%)	28 (20%)	89 (63%)
Webcam, Skype, or Facetime	8 (6%)	24 (17%)	101 (71%)

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

	Yes (%)	No (%)
Send or receive e-mail	61 (43%)	75 (53%)
Send or receive text messages	124 (87%)	13 (9%)
Access the Internet	79 (56%)	56 (39%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	50 (35%)	88 (62%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	92 (65%)	45 (32%)
Taking a WIC class on a Smart phone?	51 (36%)	86 (61%)
Taking a WIC class via Webinar?	41 (29%)	97 (68%)
Using a phone application (app) that would help you locate WIC-approved foods?	71 (50%)	68 (48%)

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.	86 (61%)	47 (33%)	7 (5%)
I participate in physical activities with my child.	87 (61%)	42 (30%)	10 (7%)
I prepare meals at home.	125 (88%)	14 (10%)	2 (1%)
My child helps prepare meals at home.	28 (20%)	60 (42%)	50 (35%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	45 (32%)	68 (48%)	26 (18%)
My family sits down to eat meals together.	99 (70%)	36 (25%)	3 (2%)
Mealtime with my family is enjoyable.	124 (87%)	13 (9%)	1 (.7%)

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	56 (39%)	69 (49%)	13 (9%)
Being physically active for 30 minutes most days of the week	75 (53%)	64 (45%)	0 (0%)
Turning off the TV at mealtimes	60 (42%)	55 (39%)	24 (17%)
Eating low-fat foods	66 (47%)	59 (42%)	15 (11%)
Eating at least 5 fruits and vegetables a day	78 (55%)	54 (38%)	5 (4%)
Growing vegetables at home	22 (16%)	51 (36%)	65 (46%)
Cook most meals at home	121 (85%)	18 (13%)	0 (0%)
Drink low-fat or fat free milk	103(73%)	21 (15%)	16 (11%)
Offering low-fat milk to my child age 2 or older	88 (62%)	37 (26%)	14 (10%)
Using whole grains when I cook at home	89 (63%)	36 (25%)	14 (10%)