

**Texas WIC Nutrition Education Survey
 Local Agency 49 Report
 May 2012**

Report for LA#49

Who answered the survey?

19 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	1	5%
19-29	13	68%
30 or older	5	26%

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

	# of clients	Percent
1 st to 6 th grade	0	0%
7 th to 9 th grade	0	0%
10 th to 12 th grade	5	26%
High school graduate or GED	10	53%
Trade or technical school	1	5%
College	1	5%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	1	5%
Black	0	0%
Hispanic or Latino	18	95%
Asian or Pacific Islander	0	0%
Native American or Alaskan	0	0%
Mixed race	0	0%

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

	# of clients	Percent
English	15	79%
Spanish	2	11%
Other	0	0%

Clients' Parental Status

Q18. 21% of clients who answered the survey were pregnant.

Q19. 0% of clients who answered the survey were breastfeeding.

Q20. 37% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 90% 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	1	5%
1	2	11%
2	9	47%
3 or more	7	37%

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

	# of clients	Percent
Mother	18	95%
Father	0	0%
Grandparent	0	0%
Foster parent	0	0%
Self, pregnant	1	5%
Other	0	0%

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

	# of clients	Percent
Less than 1 year	0	0%
1 to 2 years	8	42%
3 or more years	10	53%

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

	# of clients	Percent
Yes	6	32%
No	12	63%

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

	# of clients	Percent
Yes	12	63%
No	6	32%

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	19 (100%)	0 (0%)	0 (0%)
Nutrition, breastfeeding, and health information	14 (74%)	2 (11%)	3 (16%)
Support received from WIC staff	16 (84%)	1 (5%)	1 (5%)
Talking to other caregivers	10 (53%)	5 (26%)	3 (16%)
Learning about community resources (referrals)	10 (53%)	6 (32%)	1 (5%)

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.	18 (95%)	0 (0%)	0 (0%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	17 (90%)	0 (0%)	0 (0%)
Offers classes at times when I can attend.	17 (90%)	1 (5%)	0 (0%)
Offers me a choice of classes.	17 (90%)	0 (0%)	0 (0%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	17 (90%)	1 (5%)	0 (0%)
Learning how to breastfeed my baby	11 (58%)	6 (32%)	0 (0%)
Providing support to breastfeed my baby longer	11 (58%)	5 (26%)	0 (0%)
Providing breast pumps	11 (%)	5 (%)	1 (%)
Teaching me about the right kinds and amounts of food to eat	16 (84%)	1 (5%)	0 (0%)
Sharing ideas with other parents	9 (47%)	7 (37%)	1 (5%)
Providing WIC foods	17 (90%)	1 (5%)	0 (0%)
Teaching me how to keep my family healthy	17 (90%)	1 (5%)	0 (0%)
Learning about healthy weights for me and my children	17 (90%)	1 (5%)	0 (0%)
Learning how to be physically active	12 (63%)	5 (26%)	1 (5%)
Getting vaccines for my child	13 (68%)	3 (16%)	1 (5%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	19 (100%)	0 (0%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	16 (84%)	0 (0%)	1 (5%)
Appointment times that meet my needs are available.	18 (95%)	0 (0%)	0 (0%)
I can easily find transportation to my WIC appointments.	15 (79%)	3 (16%)	0 (0%)
It is easy to shop for WIC foods.	17 (90%)	1 (5%)	0 (0%)
I can shop for WIC foods at my favorite store.	18 (95%)	0 (0%)	0 (0%)
I like the food choices WIC provides.	15 (79%)	3 (16%)	0 (0%)
The benefits of the WIC program are worth the time and effort.	18 (95%)	0 (0%)	0 (0%)

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.	11 (58%)	5 (26%)	1 (5%)	1 (5%)	0 (0%)
I felt encouraged, supported, and respected.	14 (74%)	3 (16%)	0 (0%)	1 (5%)	0 (0%)
I was able to talk about what was on my mind.	13 (68%)	4 (21%)	0 (0%)	1 (5%)	0 (0%)
The counselor addressed my questions.	12 (63%)	5 (26%)	0 (0%)	1 (5%)	0 (0%)
The counselor provided relevant & helpful information.	14 (74%)	3 (16%)	0 (0%)	1 (5%)	0 (0%)

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.	2 (11%)	6 (32%)	3 (16%)	0 (0%)	7 (37%)
The instructor lectured with no class participation.	1 (5%)	3 (16%)	6 (32%)	0 (0%)	7 (37%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	2 (11%)	3 (16%)	4 (21%)	0 (0%)	8 (42%)
There was a video or other visual aid used to prompt discussion.	9 (47%)	7 (37%)	0 (0%)	0 (0%)	1 (5%)
I was able to talk about my nutrition questions and interests.	7 (37%)	9 (47%)	0 (0%)	0 (0%)	1 (5%)
I had the chance to learn from other caregivers.	4 (21%)	6 (32%)	2 (11%)	0 (0%)	5 (26%)
I was able to have a discussion with other caregivers.	3 (16%)	7 (37%)	2 (11%)	0 (0%)	5 (26%)
I learned an idea I tried at home.	5 (26%)	8 (42%)	1 (5%)	0 (0%)	3 (16%)
I felt comfortable sharing my ideas.	4 (21%)	11 (58%)	0 (0%)	0 (0%)	2 (11%)
I felt respected.	10 (53%)	6 (32%)	0 (0%)	0 (0%)	1 (5%)
We had fun and it was worth my time.	7 (37%)	9 (47%)	0 (0%)	0 (0%)	1 (5%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

100% of clients reported having access to the Internet.

	# of clients	Percent
Home	17	90%
Work	3	16%
Library	2	11%
School	2	11%
Friend or family's house	1	5%
Public places with WiFi	0	0%
Other	1	5%

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

	# of clients	Percent
Desktop or laptop computer	12	63%
Cell phone	12	63%
Smart phone	1	5%
iPad or other tablet	1	5%
Kindle or Nook read	0	0%
Other	0	0%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	4 (21%)	6 (32%)	8 (42%)
High-speed/Broadband Internet connection	7 (37%)	9 (47%)	3 (16%)
Text messaging or texting	16 (84%)	2 (11%)	0 (0%)
E-mail	9 (47%)	6 (32%)	4 (21%)
Facebook or My Space	12 (63%)	4 (21%)	2 (11%)
Twitter	0 (0%)	1 (5%)	17 (90%)
Podcasts	0 (0%)	1 (5%)	16 (84%)
YouTube or other online videos	3 (16%)	8 (42%)	7 (37%)
iTunes or other music storage site	2 (11%)	8 (42%)	9 (47%)
Smartphone application (app)	3 (16%)	3 (16%)	12 (63%)
Take online classes	0 (0%)	2 (11%)	16 (84%)
Webcam, Skype, or Facetime	0 (0%)	3 (16%)	15 (79%)

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

	Yes (%)	No (%)
Send or receive e-mail	11 (58%)	7 (37%)
Send or receive text messages	18 (95%)	0 (0%)
Access the Internet	17 (90%)	1 (5%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	10 (53%)	8 (42%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	10 (53%)	8 (42%)
Taking a WIC class on a Smart phone?	6 (32%)	12 (63%)
Taking a WIC class via Webinar?	2 (11%)	16 (84%)
Using a phone application (app) that would help you locate WIC-approved foods?	8 (42%)	10 (53%)

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.	11 (58%)	6 (32%)	0 (0%)
I participate in physical activities with my child.	10 (53%)	7 (37%)	0 (0%)
I prepare meals at home.	16 (84%)	1 (5%)	0 (0%)
My child helps prepare meals at home.	5 (26%)	6 (32%)	6 (32%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	2 (11%)	13 (68%)	3 (16%)
My family sits down to eat meals together.	11 (58%)	7 (37%)	0 (0%)
Mealtime with my family is enjoyable.	15 (79%)	2 (11%)	0 (0%)

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	5 (26%)	12 (63%)	2 (11%)
Being physically active for 30 minutes most days of the week	10 (53%)	8 (42%)	1 (5%)
Turning off the TV at mealtimes	3 (16%)	9 (47%)	6 (32%)
Eating low-fat foods	4 (21%)	13 (68%)	2 (11%)
Eating at least 5 fruits and vegetables a day	9 (47%)	6 (32%)	3 (16%)
Growing vegetables at home	3 (16%)	5 (26%)	11 (58%)
Cook most meals at home	16 (84%)	2 (11%)	0 (0%)
Drink low-fat or fat free milk	12 (63%)	4 (21%)	2 (11%)
Offering low-fat milk to my child age 2 or older	12 (63%)	5 (26%)	1 (5%)
Using whole grains when I cook at home	10 (53%)	4 (21%)	4 (21%)