

**Texas WIC Nutrition Education Survey
 Local Agency 54 Report
 May 2012**

Report for LA#54

Who answered the survey?

180 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

| Age | # of clients | Percent |
|---------------|---------------------|----------------|
| 15 or younger | 2 | 1% |
| 16-18 | 9 | 5% |
| 19-29 | 98 | 54% |
| 30 or older | 68 | 38% |

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

| Highest level of school completed | # of clients | Percent |
|--|---------------------|----------------|
| 1 st to 6 th grade | 21 | 12% |
| 7 th to 9 th grade | 27 | 15% |
| 10 th to 12 th grade | 36 | 20% |
| High school graduate or GED | 53 | 29% |
| Trade or technical school | 10 | 6% |
| College | 19 | 11% |

Q25. What is your race or ethnicity?

| Race or ethnicity | # of clients | Percent |
|----------------------------|---------------------|----------------|
| White | 27 | 15% |
| Black | 33 | 18% |
| Hispanic or Latino | 103 | 57% |
| Asian or Pacific Islander | 12 | 7% |
| Native American or Alaskan | 0 | 0% |
| Mixed race | 4 | 2% |

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

| Main language spoken | # of clients | Percent |
|----------------------|--------------|---------|
| English | 76 | 42% |
| Spanish | 80 | 44% |
| Other | 11 | 6% |

Clients' Parental Status

Q18. 12% of clients who answered the survey were pregnant.

Q19. 12% of clients who answered the survey were breastfeeding.

Q20. 63% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 74% of clients who answered the survey were the parent/caretaker of a child over 1 year old.

Q22. How many children do you have?

| Number of children in household | # of clients | Percent |
|---------------------------------|--------------|---------|
| 0 | 3 | 2% |
| 1 | 55 | 31% |
| 2 | 49 | 27% |
| 3 or more | 68 | 38% |

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

| Relationship to child(ren) in WIC | # of clients | Percent |
|-----------------------------------|--------------|---------|
| Mother | 165 | 92% |
| Father | 3 | 2% |
| Grandparent | 2 | 1% |
| Foster parent | 1 | .6% |
| Self, pregnant | 3 | 2% |
| Other | 0 | 0% |

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

| Length of participation in WIC | # of clients | Percent |
|--------------------------------|--------------|---------|
| Less than 1 year | 72 | 40% |
| 1 to 2 years | 47 | 26% |
| 3 or more years | 57 | 32% |

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

| Reported food insecurity | # of clients | Percent |
|--------------------------|--------------|---------|
| Yes | 81 | 45% |
| No | 97 | 54% |

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

| Participate in SNAP | # of clients | Percent |
|---------------------|--------------|---------|
| Yes | 102 | 57% |
| No | 78 | 43% |

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

Q1. What motivates you to come to WIC?

| Motivator for coming to WIC | Yes (%) | Sometimes (%) | No (%) |
|--|-----------|---------------|----------|
| Food benefits | 164 (91%) | 6 (3%) | 3 (2%) |
| Nutrition, breastfeeding, and health information | 149 (83%) | 11 (6%) | 12 (7%) |
| Support received from WIC staff | 116 (64%) | 38 (21%) | 17 (9%) |
| Talking to other caregivers | 63 (35%) | 52 (29%) | 50 (28%) |
| Learning about community resources (referrals) | 80 (44%) | 44 (24%) | 43 (24%) |

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

| People at WIC care | Yes (%) | Sometimes (%) | No (%) |
|--|-----------|---------------|--------|
| The people at my WIC clinic care about me and my family. | 167 (93%) | 10 (6%) | 3 (2%) |

Q3. My WIC clinic:

| My WIC clinic: | Yes (%) | Sometimes (%) | No (%) |
|--|----------------|----------------------|---------------|
| Offers classes in my language. | 163 (91%) | 3 (2%) | 12 (7%) |
| Offers classes at times when I can attend. | 151 (84%) | 19 (11%) | 5 (3%) |
| Offers me a choice of classes. | 130 (72%) | 22 (12%) | 19 (11%) |

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

| How well does WIC meet your needs? | Great (%) | Okay (%) | Not so great (%) |
|--|------------------|-----------------|-------------------------|
| Learning how to feed my family | 147 (82%) | 31 (17%) | 0 (0%) |
| Learning how to breastfeed my baby | 127 (71%) | 38 (21%) | 8 (4%) |
| Providing support to breastfeed my baby longer | 119 (66%) | 42 (23%) | 13 (7%) |
| Providing breast pumps | 88 (49%) | 44 (24%) | 35 (19%) |
| Teaching me about the right kinds and amounts of food to eat | 151 (84%) | 25 (14%) | 1 (.6%) |
| Sharing ideas with other parents | 89 (49%) | 66 (37%) | 20 (11%) |
| Providing WIC foods | 156 (87%) | 16 (9%) | 1 (.6%) |
| Teaching me how to keep my family healthy | 157 (87%) | 21 (12%) | 1 (.6%) |
| Learning about healthy weights for me and my children | 147 (82%) | 28 (16%) | 1 (.6%) |
| Learning how to be physically active | 126 (70%) | 41 (23%) | 9 (5%) |
| Getting vaccines for my child | 128 (71%) | 34 (19%) | 13 (7%) |

Q5. Mark how you feel about the following statements:

| How you feel about the following: | Almost always (%) | Sometimes (%) | Almost never (%) |
|---|--------------------------|----------------------|-------------------------|
| I am treated respectfully by WIC staff. | 164 (91%) | 14 (8%) | 1 (.6%) |
| The amount of time I waited for service in the clinic was acceptable. | 145 (81%) | 32 (18%) | 1 (.6%) |
| Appointment times that meet my needs are available. | 161 (89%) | 18 (10%) | 0 (0%) |
| I can easily find transportation to my WIC appointments. | 148 (82%) | 28 (16%) | 1 (.6%) |
| It is easy to shop for WIC foods. | 137 (76%) | 40 (22%) | 2 (1%) |
| I can shop for WIC foods at my favorite store. | 155 (86%) | 21 (12%) | 3 (2%) |
| I like the food choices WIC provides. | 145 (81%) | 32 (18%) | 2 (1%) |
| The benefits of the WIC program are worth the time and effort. | 169 (94%) | 9 (5%) | 1 (.6%) |

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

| What do you remember about your last WIC nutrition counseling session? | Strongly agree (%) | Agree (%) | Disagree (%) | Strongly disagree (%) | Don't remember (%) |
|---|---------------------------|------------------|---------------------|------------------------------|---------------------------|
| The atmosphere was welcoming. | 101 (56%) | 70 (39%) | 0 (0%) | 0 (0%) | 8 (4%) |
| I felt encouraged, supported, and respected. | 117 (65%) | 56 (31%) | 0 (0%) | 0 (0%) | 6 (3%) |
| I was able to talk about what was on my mind. | 109 (61%) | 61 (34%) | 2 (1%) | 0 (0%) | 7 (4%) |
| The counselor addressed my questions. | 120 (67%) | 51 (28%) | 2 (1%) | 0 (0%) | 5 (3%) |
| The counselor provided relevant & helpful information. | 122 (68%) | 51 (28%) | 1 (.6%) | 1 (.6%) | 5 (3%) |

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

| 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. | 89 (49%) | 51 (28%) | 9 (5%) | 2 (1%) | 24 (13%) |
| The instructor lectured with no class participation. | 17 (9%) | 45 (25%) | 66 (37%) | 19 (11%) | 30 (17%) |
| We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game. | 42 (23%) | 52 (29%) | 39 (22%) | 14 (8%) | 30 (17%) |
| There was a video or other visual aid used to prompt discussion. | 75 (42%) | 59 (33%) | 16 (9%) | 5 (3%) | 23 (13%) |
| I was able to talk about my nutrition questions and interests. | 96 (53%) | 55 (31%) | 7 (4%) | 1 (.6%) | 19 (11%) |
| I had the chance to learn from other caregivers. | 80 (44%) | 54 (30%) | 16 (9%) | 5 (3%) | 21 (12%) |
| I was able to have a discussion with other caregivers. | 63 (35%) | 62 (34%) | 24 (13%) | 5 (3%) | 24 (13%) |
| I learned an idea I tried at home. | 75 (42%) | 64 (36%) | 17 (9%) | 2 (1%) | 18 (10%) |
| I felt comfortable sharing my ideas. | 85 (47%) | 64 (36%) | 9 (5%) | 2 (1%) | 16 (9%) |
| | | | | | |

| What do you remember about your last WIC group class? | Strongly agree (%) | Agree (%) | Disagree (%) | Strongly disagree (%) | Don't remember (%) |
|---|--------------------|-----------|--------------|-----------------------|--------------------|
| I felt respected. | 109 (61%) | 50 (28%) | 1 (.6%) | 1 (.6%) | 13 (7%) |
| We had fun and it was worth my time. | 98 (54%) | 55 (31%) | 6 (3%) | 1 (.6%) | 16 (9%) |

SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

76% of clients reported having access to the Internet.

| Where you access the Internet | # of clients | Percent |
|-------------------------------|--------------|---------|
| Home | 110 | 61% |
| Work | 16 | 9% |
| Library | 22 | 12% |
| School | 8 | 4% |
| Friend or family's house | 34 | 19% |
| Public places with WiFi | 22 | 12% |
| Other | 6 | 3% |

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

| Device used to access the Internet | # of clients | Percent |
|------------------------------------|--------------|---------|
| Desktop or laptop computer | 111 | 62% |
| Cell phone | 73 | 41% |
| Smart phone | 43 | 24% |
| iPad or other tablet | 10 | 6% |
| Kindle or Nook read | 1 | .6% |
| Other | 14 | 8% |

Q10. How often do you use the following technology?

| Use of technology | Every day (%) | Sometimes (%) | Almost never (%) |
|--|---------------|---------------|------------------|
| Dial-up Internet connection using telephone line | 25 (14%) | 44 (24%) | 107 (59%) |
| High-speed/Broadband Internet connection | 48 (27%) | 48 (27%) | 75 (42%) |
| Text messaging or texting | 99 (55%) | 54 (30%) | 22 (12%) |

| Use of technology | Every day (%) | Sometimes (%) | Almost never (%) |
|------------------------------------|---------------|---------------|------------------|
| E-mail | 50 (28%) | 54 (30%) | 70 (39%) |
| Facebook or My Space | 63 (35%) | 42 (23%) | 68 (38%) |
| Twitter | 8 (4%) | 11 (6%) | 151 (84%) |
| Podcasts | 2 (1%) | 8 (4%) | 161 (89%) |
| YouTube or other online videos | 20 (11%) | 69 (38%) | 85 (47%) |
| iTunes or other music storage site | 20 (11%) | 45 (25%) | 108 (60%) |
| Smartphone application (app) | 39 (22%) | 33 (18%) | 102 (57%) |
| Take online classes | 13 (7%) | 36 (20%) | 124 (69%) |
| Webcam, Skype, or Facetime | 13 (7%) | 30 (17%) | 130 (72%) |

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

| Do you use a cell phone to...? | Yes (%) | No (%) |
|--------------------------------|-----------|----------|
| Send or receive e-mail | 88 (49%) | 87 (48%) |
| Send or receive text messages | 159 (88%) | 19 (11%) |
| Access the Internet | 112 (62%) | 65 (36%) |

Q12. Would you be interested in:

| Would you be interested in: | Yes (%) | No (%) |
|--|-----------|-----------|
| Communicating with other WIC participants and WIC staff on Facebook? | 58 (32%) | 118 (66%) |
| Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages? | 116 (64%) | 61 (34%) |
| Taking a WIC class on a Smart phone? | 68 (38%) | 109 (61%) |
| Taking a WIC class via Webinar? | 47 (26%) | 128 (71%) |
| Using a phone application (app) that would help you locate WIC-approved foods? | 102 (57%) | 75 (42%) |

SECTION 3 looks at clients' activities and family behaviors.

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

| How often are these items true for you? | Almost always (%) | Sometimes (%) | Almost never (%) |
|---|-------------------|---------------|------------------|
| My child sees me as being physically active. | 88 (49%) | 80 (44%) | 10 (6%) |
| I participate in physical activities with my child. | 88 (49%) | 79 (44%) | 11 (6%) |

| How often are these items true for you? | Almost always (%) | Sometimes (%) | Almost never (%) |
|---|-------------------|---------------|------------------|
| I prepare meals at home. | 161 (89%) | 17 (9%) | 1 (.6%) |
| My child helps prepare meals at home. | 36 (20%) | 56 (31%) | 83 (46%) |

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

| How often are these items true for your family? | Almost always (%) | Sometimes (%) | Almost never (%) |
|---|-------------------|---------------|------------------|
| The TV is turned off during meals. | 54 (30%) | 92 (51%) | 33 (18%) |
| My family sits down to eat meals together. | 109 (61%) | 62 (34%) | 8 (4%) |
| Mealtime with my family is enjoyable. | 151 (84%) | 27 (15%) | 1 (.6%) |

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

| Which of these behaviors do you plan to try in the next 6 months? | Already doing it (%) | Plan to do it (%) | Do not plan to do it (%) |
|---|----------------------|-------------------|--------------------------|
| Losing weight | 83 (46%) | 75 (42%) | 20 (11%) |
| Being physically active for 30 minutes most days of the week | 100 (56%) | 71 (39%) | 6 (3%) |
| Turning off the TV at mealtimes | 71 (39%) | 80 (44%) | 26 (14%) |
| Eating low-fat foods | 82 (46%) | 78 (43%) | 17 (9%) |
| Eating at least 5 fruits and vegetables a day | 92 (51%) | 83 (46%) | 3 (2%) |
| Growing vegetables at home | 31 (17%) | 61 (34%) | 83 (46%) |
| Cook most meals at home | 154 (86%) | 23 (13%) | 1 (.6%) |
| Drink low-fat or fat free milk | 125 (69%) | 29 (16%) | 22 (12%) |
| Offering low-fat milk to my child age 2 or older | 98 (54%) | 58 (32%) | 21 (12%) |
| Using whole grains when I cook at home | 103 (57%) | 58 (32%) | 17 (9%) |