Texas WIC Nutrition Education Survey
Local Agency 5 Report
May 2012

Report for LA#5
Who answered the survey?

29 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	3%
19-29	17	59%
30 or older	11	38%

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

	# of clients	Percent
1st to 6th grade	0	0%
7th to 9th grade	1	3%
10th to 12th grade	4	14%
High school graduate or GED	11	38%
Trade or technical school	6	21%
College	5	17%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	3	10%
Black	0	0%
Hispanic or Latino	25	86%
Asian or Pacific Islander	0	0%
Native American or Alaskan	0	0%
Mixed race	1	3%

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

	# of clients	Percent
English	26	90%
Spanish	1	3%
Other	0	0%

Clients' Parental Status

Q18. 24% of clients who answered the survey were pregnant.

Q19. 3% of clients who answered the survey were breastfeeding.

Q20. 45% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 72% 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	10%
1	8	28%
2	7	24%
3 or more	11	38%

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

	# of clients	Percent
Mother	23	79%
Father	0	0%
Grandparent	0	0%
Foster parent	1	3%
Self, pregnant	4	14%
Other	0	0%

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

	# of clients	Percent
Less than 1 year	10	35%
1 to 2 years	7	24%
3 or more years	12	41%

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

	# of clients	Percent
Yes	6	21%
No	23	79%

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

	# of clients	Percent
Yes	19	66%
No	10	35%

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	25 (86%)	4 (14%)	0 (0%)
Nutrition, breastfeeding, and health information	26 (90%)	2 (7%)	0 (0%)
Support received from WIC staff	24 (83%)	2 (7%)	2 (7%)
Talking to other caregivers	11 (38%)	9 (31%)	7 (24%)
Learning about community resources (referrals)	18 (62%)	6 (21%)	5 (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.	27 (93%)	2 (7%)	0 (0%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	29 (100%)	0 (0%)	0 (0%)
Offers classes at times when I can attend.	27 (93%)	2 (7%)	0 (0%)
Offers me a choice of classes.	25 (86%)	1 (3%)	2 (7%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	25 (86%)	4 (14%)	0 (0%)
Learning how to breastfeed my baby	20 (69%)	6 (21%)	0 (0%)
Providing support to breastfeed my baby longer	22 (76%)	4 (14%)	1 (3%)
Providing breast pumps	23 (79%)	3 (10%)	0 (0%)
Teaching me about the right kinds and amounts of food to eat	27 (93%)	2 (7%)	0 (0%)
Sharing ideas with other parents	18 (62%)	7 (24%)	4 (14%)
Providing WIC foods	29 (100%)	0 (0%)	0 (0%)
Teaching me how to keep my family healthy	27 (93%)	1 (3%)	0 (0%)
Learning about healthy weights for me and my children	27 (93%)	1 (3%)	0 (0%)
Learning how to be physically active	25 (86%)	3 (10%)	1 (3%)
Getting vaccines for my child	26 (90%)	2 (7%)	0 (0%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	28 (97%)	1 (3%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	27 (93%)	2 (7%)	0 (0%)
Appointment times that meet my needs are available.	28 (97%)	1 (3%)	0 (0%)
I can easily find transportation to my WIC appointments.	25 (86%)	4 (14%)	0 (0%)
It is easy to shop for WIC foods.	22 (76%)	7 (24%)	0 (0%)
I can shop for WIC foods at my favorite store.	25 (86%)	4 (14%)	0 (0%)
I like the food choices WIC provides.	22 (76%)	5 (17%)	2 (7%)
The benefits of the WIC program are worth the time and effort.	29 (100%)	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.	22 (76%)	6 (21%)	1 (3%)	0 (0%)	0 (0%)
I felt encouraged, supported, and respected.	22 (76%)	6 (21%)	1 (3%)	0 (0%)	0 (0%)
I was able to talk about what was on my mind.	19 (66%)	8 (28%)	1 (3%)	0 (0%)	1 (3%)
The counselor addressed my questions.	21 (72%)	8 (28%)	0 (0%)	0 (0%)	0 (0%)
The counselor provided relevant & helpful information.	21 (72%)	8 (28%)	0 (0%)	0 (0%)	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.	10 (35%)	14 (48%)	1 (3%)	0 (0%)	3 (10%)
The instructor lectured with no class participation.	5 (17%)	2 (7%)	12 (41%)	6 (21%)	3 (10%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	6 (21%)	12 (41%)	4 (14%)	2 (7%)	3 (10%)
There was a video or other visual aid used to prompt discussion.	11 (38%)	12 (41%)	3 (10%)	1 (3%)	1 (3%)
I was able to talk about my nutrition questions and interests.	14 (48%)	12 (41%)	1 (3%)	0 (0%)	1 (3%)
I had the chance to learn from other caregivers.	12 (41%)	13 (45%)	1 (3%)	0 (0%)	2 (7%)
I was able to have a discussion with other caregivers.	11 (38%)	14 (48%)	2 (7%)	0 (0%)	1 (3%)
I learned an idea I tried at home.	11 (38%)	14 (48%)	2 (7%)	0 (0%)	1 (3%)
I felt comfortable sharing my ideas.	13 (45%)	13 (45%)	1 (3%)	0 (0%)	1 (3%)
I felt respected.	16 (55%)	11 (38%)	0 (0%)	0 (0%)	1 (3%)
We had fun and it was worth my time.	13 (45%)	13 (45%)	1 (3%)	0 (0%)	1 (3%)

SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

83% of clients reported having access to the Internet.

	# of clients	Percent
Home	19	66%
Work	4	14%
Library	4	14%
School	2	7%
Friend or family's house	4	14%
Public places with WiFi	1	3%
Other	1	3%

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

	# of clients	Percent
Desktop or laptop computer	20	69%
Cell phone	9	31%
Smart phone	9	31%
iPad or other tablet	1	3%
Kindle or Nook read	1	3%
Other	2	7%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	4 (14%)	8 (28%)	15 (52%)
High-speed/Broadband Internet connection	11 (38%)	8 (28%)	10 (35%)
Text messaging or texting	26 (90%)	2 (7%)	1 (3%)
E-mail	14 (48%)	8 (28%)	6 (21%)
Facebook or My Space	19 (66%)	4 (14%)	6 (21%)
Twitter	3 (10%)	1 (3%)	23 (79%)
Podcasts	0 (0%)	2 (7%)	24 (83%)
YouTube or other online videos	5 (17%)	13 (45%)	9 (31%)
iTunes or other music storage site	3 (10%)	11 (38%)	13 (45%)
Smartphone application (app)	10 (35%)	7 (24%)	11 (38%)
Take online classes	3 (10%)	5 (17%)	19 (66%)
Webcam, Skype, or Facetime	1 (3%)	4 (14%)	22 (76%)

Q11. Do you use a cell phone to…?

	Yes (%)	No (%)
Send or receive e-mail	21 (72%)	7 (24%)
Send or receive text messages	28 (97%)	1 (3%)
Access the Internet	25 (86%)	4 (14%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	14 (48%)	15 (52%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	18 (62%)	11 (38%)
Taking a WIC class on a Smart phone?	16 (55%)	13 (45%)
Taking a WIC class via Webinar?	8 (28%)	21 (72%)
Using a phone application (app) that would help you locate WIC-approved foods?	19 (66%)	10 (35%)

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.	17 (59%)	9 (31%)	1 (3%)
I participate in physical activities with my child.	20 (69%)	5 (17%)	2 (7%)
I prepare meals at home.	22 (76%)	4 (14%)	1 (3%)
My child helps prepare meals at home.	9 (31%)	9 (31%)	9 (31%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	10 (35%)	15 (52%)	3 (10%)
My family sits down to eat meals together.	20 (69%)	8 (28%)	0 (0%)
Mealtime with my family is enjoyable.	26 (90%)	2 (7%)	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	12 (41%)	15 (52%)	2 (7%)
Being physically active for 30 minutes most days of the week	14 (48%)	15 (52%)	0 (0%)
Turning off the TV at mealtimes	13 (45%)	14 (48%)	2 (7%)
Eating low-fat foods	11 (38%)	17 (59%)	1 (3%)
Eating at least 5 fruits and vegetables a day	17 (59%)	11 (38%)	1 (3%)
Growing vegetables at home	4 (14%)	7 (24%)	18 (62%)
Cook most meals at home	22 (76%)	6 (21%)	1 (3%)
Drink low-fat or fat free milk	21 (72%)	4 (14%)	4 (14%)
Offering low-fat milk to my child age 2 or older	16 (55%)	10 (35%)	1 (3%)
Using whole grains when I cook at home	18 (62%)	11 (38%)	0 (0%)