

**Texas WIC Nutrition Education Survey
 Local Agency 7 Report
 May 2012**

Report for LA#7

Who answered the survey?

281 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

	# of clients	Percent
15 or younger	4	1%
16-18	6	2%
19-29	123	44%
30 or older	127	45%

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

	# of clients	Percent
1 st to 6 th grade	40	14%
7 th to 9 th grade	49	17%
10 th to 12 th grade	58	21%
High school graduate or GED	69	25%
Trade or technical school	18	6%
College	23	8%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	22	8%
Black	33	12%
Hispanic or Latino	206	73%
Asian or Pacific Islander	3	1%
Native American or Alaskan	1	.4%
Mixed race	3	1%

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

	# of clients	Percent
English	75	27%
Spanish	173	62%
Other	6	2%

Clients' Parental Status

Q18. 9% of clients who answered the survey were pregnant.

Q19. 17% of clients who answered the survey were breastfeeding.

Q20. 47% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 76% 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	5	2%
1	72	26%
2	87	31%
3 or more	103	37%

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

	# of clients	Percent
Mother	254	90%
Father	2	.7%
Grandparent	2	.7%
Foster parent	0	0%
Self, pregnant	4	1%
Other	2	.7%

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

	# of clients	Percent
Less than 1 year	60	21%
1 to 2 years	71	25%
3 or more years	121	43%

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

	# of clients	Percent
Yes	127	45%
No	142	51%

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

	# of clients	Percent
Yes	144	51%
No	127	45%

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	245 (87%)	13 (5%)	3 (1%)
Nutrition, breastfeeding, and health information	243 (87%)	10 (4%)	5 (2%)
Support received from WIC staff	208 (74%)	26 (9%)	11 (4%)
Talking to other caregivers	128 (46%)	71 (25%)	36 (13%)
Learning about community resources (referrals)	138 (49%)	58 (21%)	41 (15%)

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.	264 (94%)	9 (3%)	2 (.7%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	254 (90%)	7 (3%)	5 (2%)
Offers classes at times when I can attend.	234 (83%)	19 (7%)	3 (1%)
Offers me a choice of classes.	222 (79%)	23 (8%)	11 (4%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	242 (86%)	29 (10%)	0 (0%)
Learning how to breastfeed my baby	204 (73%)	49 (17%)	6 (2%)
Providing support to breastfeed my baby longer	200 (71%)	53 (19%)	9 (3%)
Providing breast pumps	174 (62%)	62 (22%)	21 (8%)
Teaching me about the right kinds and amounts of food to eat	238 (85%)	31 (11%)	2 (.7%)
Sharing ideas with other parents	176 (63%)	76 (27%)	13 (5%)
Providing WIC foods	249 (89%)	15 (5%)	1 (.4%)
Teaching me how to keep my family healthy	239 (85%)	29 (10%)	0 (0%)
Learning about healthy weights for me and my children	227 (81%)	36 (13%)	5 (2%)
Learning how to be physically active	201 (72%)	54 (19%)	9 (3%)
Getting vaccines for my child	177 (63%)	67 (24%)	18 (6%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	257 (92%)	17 (6%)	1 (.4%)
The amount of time I waited for service in the clinic was acceptable.	215 (77%)	58 (21%)	0 (0%)
Appointment times that meet my needs are available.	255 (91%)	18 (6%)	2 (.7%)
I can easily find transportation to my WIC appointments.	224 (80%)	40 (14%)	6 (2%)
It is easy to shop for WIC foods.	226 (80%)	42 (15%)	5 (2%)
I can shop for WIC foods at my favorite store.	237 (84%)	35 (13%)	1 (.4%)
I like the food choices WIC provides.	243 (87%)	25 (9%)	4 (1%)
The benefits of the WIC program are worth the time and effort.	262 (93%)	8 (3%)	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.	180 (64%)	87 (31%)	1 (.4%)	0 (0%)	5 (2%)
I felt encouraged, supported, and respected.	197 (70%)	75 (27%)	2 (.7%)	0 (0%)	0 (0%)
I was able to talk about what was on my mind.	192 (68%)	77 (27%)	1 (.4%)	0 (0%)	1 (.4%)
The counselor addressed my questions.	210 (75%)	61 (22%)	1 (.4%)	0 (0%)	1 (.4%)
The counselor provided relevant & helpful information.	211 (75%)	59 (21%)	1 (.4%)	0 (0%)	1 (.4%)

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.	147 (52%)	66 (24%)	17 (6%)	2 (.7%)	33 (12%)
The instructor lectured with no class participation.	37 (13%)	49 (17%)	93 (33%)	44 (16%)	39 (14%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	103 (37%)	67 (24%)	29 (10%)	14 (5%)	49 (17%)
There was a video or other visual aid used to prompt discussion.	162 (58%)	59 (21%)	12 (4%)	2 (.7%)	30 (11%)
I was able to talk about my nutrition questions and interests.	183 (65%)	58 (21%)	0 (0%)	2 (.7%)	24 (9%)
I had the chance to learn from other caregivers.	146 (52%)	78 (28%)	9 (3%)	2 (.7%)	27 (10%)
I was able to have a discussion with other caregivers.	132 (47%)	86 (31%)	13 (5%)	2 (.7%)	30 (11%)
I learned an idea I tried at home.	147 (52%)	66 (24%)	14 (5%)	5 (2%)	27 (10%)
I felt comfortable sharing my ideas.	158 (56%)	72 (26%)	6 (2%)	1 (.4%)	24 (9%)
I felt respected.	182 (65%)	60 (21%)	1 (.4%)	1 (.4%)	22 (8%)
We had fun and it was worth my time.	180 (64%)	60 (21%)	3 (1%)	1 (.4%)	23 (8%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

69% of clients reported having access to the Internet.

	# of clients	Percent
Home	152	54%
Work	24	9%
Library	34	12%
School	10	4%
Friend or family's house	38	14%
Public places with WiFi	25	9%
Other	9	3%

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

	# of clients	Percent
Desktop or laptop computer	148	53%
Cell phone	101	36%
Smart phone	40	14%
iPad or other tablet	8	3%
Kindle or Nook read	2	.7%
Other	7	3%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	35 (13%)	66 (24%)	156 (56%)
High-speed/Broadband Internet connection	57 (20%)	71 (25%)	129 (46%)
Text messaging or texting	117 (42%)	104 (37%)	43 (15%)
E-mail	66 (24%)	77 (27%)	121 (43%)
Facebook or My Space	69 (25%)	63 (22%)	117 (42%)
Twitter	7 (3%)	13 (5%)	219 (78%)
Podcasts	0 (0%)	6 (2%)	224 (80%)
YouTube or other online videos	24 (9%)	99 (35%)	132 (47%)
iTunes or other music storage site	20 (7%)	53 (19%)	179 (64%)
Smartphone application (app)	36 (13%)	43 (15%)	174 (62%)
Take online classes	21 (8%)	50 (18%)	184 (66%)
Webcam, Skype, or Facetime	10 (4%)	29 (10%)	214 (76%)

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

	Yes (%)	No (%)
Send or receive e-mail	126 (45%)	137 (49%)
Send or receive text messages	232 (83%)	36 (13%)
Access the Internet	160 (57%)	108 (38%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	119 (42%)	146 (52%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	184 (66%)	82 (29%)
Taking a WIC class on a Smart phone?	101 (36%)	163 (58%)
Taking a WIC class via Webinar?	71 (25%)	187 (67%)
Using a phone application (app) that would help you locate WIC-approved foods?	168 (60%)	97 (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.	169 (60%)	91 (32%)	10 (4%)
I participate in physical activities with my child.	172 (61%)	90 (32%)	8 (3%)
I prepare meals at home.	233 (83%)	35 (13%)	0 (0%)
My child helps prepare meals at home.	60 (21%)	103 (37%)	98 (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.	101 (36%)	140 (50%)	31 (11%)
My family sits down to eat meals together.	182 (65%)	83 (30%)	8 (3%)
Mealtime with my family is enjoyable.	235 (84%)	34 (12%)	2 (.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	127 (45%)	118 (42%)	23 (8%)
Being physically active for 30 minutes most days of the week	157 (56%)	111 (40%)	2 (.7%)
Turning off the TV at mealtimes	130 (46%)	115 (41%)	20 (7%)
Eating low-fat foods	156 (56%)	104 (37%)	7 (3%)
Eating at least 5 fruits and vegetables a day	151 (54%)	116 (41%)	2 (.7%)
Growing vegetables at home	34 (12%)	114 (41%)	118 (42%)
Cook most meals at home	230 (82%)	36 (13%)	0 (0%)
Drink low-fat or fat free milk	207 (74%)	45 (16%)	15 (5%)
Offering low-fat milk to my child age 2 or older	185 (66%)	67 (24%)	16 (6%)
Using whole grains when I cook at home	180 (64%)	79 (28%)	7 (3%)