Texas WIC Nutrition Education Survey
Local Agency 83 Report
May 2012

Report for LA#83

Who answered the survey?

20 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

Age	# of clients	Percent
15 or younger	1	5%
16-18	0	0%
19-29	10	50%
30 or older	9	45%

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

Highest level of school completed	# of clients	Percent
1st to 6th grade	2	10%
7th to 9th grade	3	15%
10th to 12th grade	5	25%
High school graduate or GED	5	25%
Trade or technical school	2	10%
College	1	5%

Q25. What is your race or ethnicity?

Race or ethnicity	# of clients	Percent
White	5	25%
Black	1	5%
Hispanic or Latino	13	65%
Asian or Pacific Islander	0	0%
Native American or Alaskan	0	0%
Mixed race	1	5%

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

Main language spoken	# of clients	Percent
English	12	60%
Spanish	8	40%
Other	0	0%

Clients' Parental Status

Q18. 25% of clients who answered the survey were pregnant.

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

Q20. 25% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 85% 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	1	5%
1	5	25%
2	5	25%
3 or more	9	45%

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

Relationship to child(ren) in WIC	# of clients	Percent
Mother	17	85%
Father	0	0%
Grandparent	1	5%
Foster parent	0	0%
Self, pregnant	0	0%
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	2	10%
1 to 2 years	4	20%
3 or more years	13	65%

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	8	40%
No	12	60%

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

Participate in SNAP	# of clients	Percent
Yes	11	55%
No	9	45%

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	19 (95%)	1 (5%)	0 (0%)
Nutrition, breastfeeding, and health information	16 (80%)	1 (5%)	2 (10%)
Support received from WIC staff	18 (90%)	1 (5%)	0 (0%)
Talking to other caregivers	15 (75%)	2 (10%)	2 (10%)
Learning about community resources (referrals)	15 (75%)	2 (10%)	2 (10%)

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.	20 (100%)	0 (0%)	0 (0%)

Q3. My WIC clinic:

My WIC clinic:	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	20 (100%)	0 (0%)	0 (0%)
Offers classes at times when I can attend.	19 (95%)	1 (5%)	0 (0%)
Offers me a choice of classes.	17 (85%)	3 (15%)	0 (0%)

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	18 (90%)	2 (10%)	0 (0%)
Learning how to breastfeed my baby	14 (70%)	4 (20%)	2 (10%)
Providing support to breastfeed my baby longer	16 (80%)	2 (10%)	2 (10%)
Providing breast pumps	14 (70%)	4 (20%)	1 (5%)
Teaching me about the right kinds and amounts of food to eat	20 (100%)	0 (0%)	0 (0%)
Sharing ideas with other parents	14 (70%)	5 (25%)	1 (5%)
Providing WIC foods	20 (100%)	0 (0%)	0 (0%)
Teaching me how to keep my family healthy	19 (95%)	1 (5%)	0 (0%)
Learning about healthy weights for me and my children	19 (95%)	1 (5%)	0 (0%)
Learning how to be physically active	17 (85%)	3 (15%)	0 (0%)
Getting vaccines for my child	18 (90%)	2 (10%)	0 (0%)

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.	20 (100%)	0 (0%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	16 (80%)	4 (20%)	0 (0%)
Appointment times that meet my needs are available.	18 (90%)	2 (10%)	0 (0%)
I can easily find transportation to my WIC appointments.	17 (85%)	2 (10%)	0 (0%)
It is easy to shop for WIC foods.	11 (55%)	9 (45%)	0 (0%)
I can shop for WIC foods at my favorite store.	17 (85%)	3 (15%)	0 (0%)
I like the food choices WIC provides.	17 (85%)	3 (15%)	0 (0%)
The benefits of the WIC program are worth the time and effort.	19 (95%)	1 (5%)	0 (0%)

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.	15 (75%)	5 (25%)	0 (0%)	0 (0%)	0 (0%)
I felt encouraged, supported, and respected.	16 (80%)	4 (20%)	0 (0%)	0 (0%)	0 (0%)
I was able to talk about what was on my mind.	17 (85%)	3 (15%)	0 (0%)	0 (0%)	0 (0%)
The counselor addressed my questions.	16 (80%)	4 (20%)	0 (0%)	0 (0%)	0 (0%)
The counselor provided relevant & helpful information.	17 (85%)	3 (15%)	0 (0%)	0 (0%)	0 (0%)

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.	7 (35%)	5 (25%)	2 (10%)	1 (5%)	5 (25%)
The instructor lectured with no class participation.	2 (10%)	2 (10%)	5 (25%)	7 (35%)	4 (20%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	3 (15%)	4 (20%)	7 (35%)	2 (10%)	4 (20%)
There was a video or other visual aid used to prompt discussion.	9 (45%)	8 (40%)	1 (5%)	0 (0%)	2 (10%)
I was able to talk about my nutrition questions and interests.	12 (60%)	5 (25%)	0 (0%)	0 (0%)	3 (15%)
I had the chance to learn from other caregivers.	8 (40%)	6 (30%)	3 (15%)	0 (0%)	3 (15%)
I was able to have a discussion with other caregivers.	6 (30%)	9 (45%)	2 (10%)	0 (0%)	3 (15%)
I learned an idea I tried at home.	7 (35%)	7 (35%)	3 (15%)	0 (0%)	3 (15%)
I felt comfortable sharing my ideas.	11 (55%)	5 (25%)	1 (5%)	0 (0%)	3 (15%)

What do you remember about your last WIC group class?	Strongly agree (%)	Agree (%)	Disagree (%)	Strongly disagree (%)	Don't remember (%)
I felt respected.	13 (65%)	5 (25%)	0 (0%)	0 (0%)	2 (10%)
We had fun and it was worth my time.	10 (50%)	6 (30%)	1 (5%)	0 (0%)	3 (15%)

SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

70% of clients reported having access to the Internet.

Where you access the Internet	# of clients	Percent
Home	7	35%
Work	1	5%
Library	4	20%
School	0	0%
Friend or family's house	4	20%
Public places with WiFi	2	10%
Other	1	5%

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	11	55%
Cell phone	3	15%
Smart phone	1	5%
iPad or other tablet	1	5%
Kindle or Nook read	0	0%
Other	2	10%

Q10. How often do you use the following technology?

Use of technology	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	2 (10%)	0 (0%)	18 (90%)
High-speed/Broadband Internet connection	4 (20%)	5 (25%)	11 (55%)
Text messaging or texting	14 (70%)	4 (20%)	2 (10%)

Use of technology	Every day (%)	Sometimes (%)	Almost never (%)
E-mail	4 (20%)	4 (20%)	12 (60%)
Facebook or My Space	9 (45%)	2 (10%)	9 (45%)
Twitter	1 (5%)	0 (0%)	18 (90%)
Podcasts	0 (0%)	0 (0%)	19 (95%)
YouTube or other online videos	2 (10%)	7 (35%)	10 (50%)
iTunes or other music storage site	2 (10%)	3 (15%)	15 (75%)
Smartphone application (app)	1 (5%)	2 (10%)	16 (80%)
Take online classes	1 (5%)	4 (20%)	15 (75%)
Webcam, Skype, or Facetime	1 (5%)	2 (10%)	16 (80%)

Q11. Do you use a cell phone to…?

Do you use a cell phone to…?	Yes (%)	No (%)
Send or receive e-mail	3 (15%)	17 (85%)
Send or receive text messages	19 (95%)	1 (5%)
Access the Internet	7 (35%)	13 (65%)

Q12. Would you be interested in:

Would you be interested in:	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	12 (60%)	8 (40%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	15 (75%)	5 (25%)
Taking a WIC class on a Smart phone?	5 (25%)	15 (75%)
Taking a WIC class via Webinar?	5 (25%)	15 (75%)
Using a phone application (app) that would help you locate WIC-approved foods?	11 (55%)	9 (45%)

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.	11 (55%)	7 (35%)	1 (5%)
I participate in physical activities with my child.	10 (50%)	9 (45%)	0 (0%)

How often are these items true for you?	Almost always (%)	Sometimes (%)	Almost never (%)
I prepare meals at home.	17 (85%)	1 (5%)	1 (5%)
My child helps prepare meals at home.	6 (30%)	9 (45%)	4 (20%)

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.	5 (25%)	12 (60%)	3 (15%)
My family sits down to eat meals together.	9 (45%)	8 (40%)	3 (15%)
Mealtime with my family is enjoyable.	13 (65%)	7 (35%)	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.

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	8 (40%)	7 (35%)	4 (20%)
Being physically active for 30 minutes most days of the week	10 (50%)	9 (45%)	0 (0%)
Turning off the TV at mealtimes	8 (40%)	6 (30%)	5 (25%)
Eating low-fat foods	7 (35%)	8 (40%)	4 (20%)
Eating at least 5 fruits and vegetables a day	9 (45%)	9 (45%)	1 (5%)
Growing vegetables at home	3 (15%)	9 (45%)	7 (35%)
Cook most meals at home	14 (70%)	5 (25%)	0 (0%)
Drink low-fat or fat free milk	15 (75%)	2 (10%)	2 (10%)
Offering low-fat milk to my child age 2 or older	16 (80%)	2 (10%)	1 (5%)
Using whole grains when I cook at home	11 (55%)	7 (35%)	1 (5%)