# Texas WIC Nutrition Education Survey
# Local Agency 046 Report
# June 2014

Note: Due to missing data, rounding, or the ability to mark more than one response (if noted in the question), some percentages may not total 100%.

**Who answered the survey?**

25 clients answered the survey

**Information about the Clients Who Answered the Survey**

**Q16. How old are you?**

| Age | Percent |
|---|---|
| Younger than 15 | 4% |
| 15-19 | 12% |
| 20-24 | **36%** |
| 25-29 | 16% |
| 30-34 | 16% |
| 35 or older | 16% |

**Q23. What is the highest level of school you have finished?**

| Highest level of school completed | Percent |
|---|---|
| 1st to 5th grade | 0% |
| 6th to 8th grade | 9% |
| 9th to 12th grade, no diploma | 18% |
| High school graduate or GED | **36%** |
| Some college, no degree | 27% |
| Associate degree | 0% |
| Bachelor's degree | 5% |
| Graduate or professional degree | 5% |

**Q24. Are you Hispanic or Latino?**

| Hispanic or Latino | Percent |
|---|---|
| Yes | **56%** |
| No | 44% |

**Q25. What is your race?**

| Race | Percent |
|---|---|
| American Indian or Alaska Native | 4% |
| White | **63%** |
| Black or African American | 21% |
| Asian | 0% |
| Native Hawaiian or Other Pacific Islander | 0% |
| Mixed race | 4% |
| Other* | 8% |

***This question appeared confusing for some. Hispanic participants frequently marked "other" and wrote in "Hispanic."**

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

| Main language spoken | Percent |
|---|---|
| English | **79%** |
| Spanish | 21% |
| Other | 0% |

**Clients' Parental Status**

**Q17.** 12% of clients who answered the survey were pregnant.

**Q18.** 0% of clients who answered the survey were breastfeeding.

**Q19.** 42% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

**Q20.** 72% of clients who answered the survey were the parent/caretaker of a child over 1 year old.

**Q21. How many children do you have?**

| Number of children in household | Percent |
|---|---|
| 0 | 4% |
| 1 | **36%** |
| 2 | 28% |
| 3 or more | 32% |

**Q22. What is your relationship to the child(ren) in WIC?**

| Relationship to child(ren) in WIC | Percent |
|---|---|
| Mother | **100%** |
| Father | 0% |
| Grandparent | 0% |
| Foster parent | 0% |
| Self, pregnant | 0% |
| Other | 0% |

**Q15. During the past 5 years I have participated in WIC:**

| Length of participation in WIC | Percent |
|---|---|
| Less than 1 year | 29% |
| 1 to 2 years | 21% |
| 3 or more years | **50%** |

**Q27. In the last 12 months, were you ever concerned you wouldn't be able to buy enough food to feed your family?**

| Reported food insecurity | Percent |
|---|---|
| Yes | 20% |
| No | **80%** |

***SECTION 1*** describes participants' preferences for nutrition education, Farmers' Market, and referrals. It also gathers opinions about WIC and self-efficacy among participant for select healthy behaviors. The section included nine questions.

**Q1. Is this the first class you have been to at WIC?**

| First class | Percent |
|---|---|
| Yes | 20% |
| No | **80%** |

**Q2. If it were up to you, what kind of WIC classes would you like to take?**

| WIC classes you like | Would like a lot (%) | Would like a little (%) | Would not like (%) | Not sure (%) |
|---|---|---|---|---|
| Group classes at my WIC clinic | 28% | **48%** | 12% | 12% |
| On the Internet (web lesson) | **64%** | 8% | 20% | 8% |
| Lessons I do on my own at my WIC clinic, including bulletin board lessons | **40%** | 36% | 16% | 8% |
| Lessons I take home | **72%** | 12% | 8% | 8% |
| Nutrition or health fair | **48%** | 12% | 28% | 12% |
| Grocery store tour | 32% | 8% | **36%** | 24% |
| Cooking class | **44%** | 36% | 12% | 8% |

**Q3. In general, how do you like to get new information?**

| How you like to get new information | Yes (%) | No (%) |
|---|---|---|
| Printed handout, flyer, or brochure that I can take home | **96%** | 4% |
| Download or read online | **65%** | 35% |
| I prefer to talk to someone without reading on my own | 26% | **74%** |

**Q4. Please mark how much you agree or disagree with the following statements.**

| Agreement or disagreement with statements | Strongly agree (%) | Agree (%) | Disagree (%) | Strongly disagree (%) |
|---|---|---|---|---|
| WIC classes are offered at a good time of day | 40% | **60%** | 0% | 0% |
| WIC classes are too long | 0% | 21% | **71%** | 8% |
| WIC classes cover topics I am interested in | 44% | **48%** | 8% | 0% |
| I like learning in a group in WIC classes | 24% | **40%** | 36% | 0% |
| I have a hard time finding transportation to get to classes at WIC | 12% | 8% | **40%** | **40%** |
| It is worth my time and effort to come to classes at WIC | **52%** | 44% | 4% | 0% |

**Q5. Have you ever shopped at a Farmers' Market for fruits and vegetables?**

| Shopped at a Farmers' Market for fruits and vegetables | Percent |
|---|---|
| Yes | 24% |
| No | **76%** |

**Q6. If you could use your WIC card to buy fruits and vegetables at your local Farmers' Market, would you?**

| Would use WIC card at Farmers' Market for fruits and vegetables | Percent |
|---|---|
| Yes | **80%** |
| No | 20% |

**Q7. In your area, do you need help with finding…?**

| Need help with finding | Yes (%) |
|---|---|
| Shots for your children | 8% |
| Food assistance | 16% |
| Childcare | 20% |
| Information about early child development | 16% |
| Clothing assistance | 4% |
| Affordable housing | 32% |
| Support for dealing with family problems | 4% |
| A doctor | 4% |
| A dentist | 8% |
| Treatment for alcohol, tobacco, drug, or substance use/abuse | 0% |
| Assistance with family planning (birth control) | 4% |

**Q8. Please mark how much you agree or disagree with the following statements.**

| Agreement or disagreement with statements | Strongly agree (%) | Agree (%) | Disagree (%) | Strongly disagree (%) |
|---|---|---|---|---|
| WIC 'gets' (understands) me | **60%** | 36% | 4% | 0% |
| WIC staff respect me | **68%** | 32% | 0% | 0% |
| WIC staff are friendly | **68%** | 32% | 0% | 0% |
| WIC staff talk about what I want to talk about | **68%** | 32% | 0% | 0% |
| When I have a question about nutrition, WIC staff can answer it | **79%** | 21% | 0% | 0% |
| When I have a question about breastfeeding, WIC staff can answer it | **76%** | 24% | 0% | 0% |
| The benefits of the WIC program are worth my time and effort | **76%** | 20% | 4% | 0% |

**Q9. Confidence is the belief that you can do something. In the next 3 months, how confident are you that you can take steps to:**

| Confidence you can take steps to: | Very confident (%) | Somewhat confident (%) | Not at all confident (%) |
|---|---|---|---|
| Prepare healthy meals at home on most days | **68%** | 28% | 4% |
| Sit down to eat meals together with my family | **88%** | 8% | 4% |
| Eat at least one fruit every day | **92%** | 8% | 0% |
| Eat at least one vegetable every day | **96%** | 4% | 0% |
| Be physically active for 30 minutes on most days of the week | **88%** | 12% | 0% |

***SECTION 2*** contains five questions about technology use.

**Q10. Where do you access the Internet (get online)? (mark all that apply)**

92% of clients reported having access to the Internet.

| Where you access the Internet | % Yes |
|---|---|
| Home | **84%** |
| Work | 20% |
| School | 4% |
| Friend or family's house | 20% |
| Public places (library or businesses with free WiFi) | 36% |

**Q11. Some cell phones are called "smartphones" because of certain features they have. Is your cell phone a smartphone, such as an Android, iPhone, Blackberry, or Windows phone?**

| Do you have a smartphone? | Percent |
|---|---|
| Yes | **76%** |
| No | 20% |
| Don't know | 0% |
| No cell phone | 4% |

**Q12. What type of device do you use to access the Internet? (mark all that apply)**

| Device used to access the Internet | Percent |
|---|---|
| Desktop or laptop computer | **80%** |
| Cell phone (including smartphones) | 76% |
| Tablet computer, such as an iPad, Google tablet, Kindle Fire | 32% |
| Other Internet device (iPod, Xbox, smart TV) | 8% |
| I don't access the Internet | 8% |

**Q13. How often do you use the following technology?**

| Use of technology | Every day (%) | Sometimes (%) | Almost never (%) |
|---|---|---|---|
| Text messaging or texting | **76%** | 24% | 0% |
| E-mail | **46%** | 29% | 25% |
| Facebook | **44%** | 28% | 28% |
| Twitter | 8% | 4% | **88%** |
| YouTube or other online videos | 22% | 30% | **48%** |
| Smartphone application (app) | 33% | 17% | **50%** |
| Take WIC classes online | 4% | 13% | **83%** |
| Webcam, Skype, or FaceTime | 8% | 8% | **83%** |
| Xbox, PlayStation, Wii | 0% | 17% | **83%** |

**Q14. Would you be interested in:**

| Would you be interested in: | Yes (%) |
|---|---|
| Connecting with WIC on Facebook? | 56% |
| Getting WIC appointment reminders or nutrition tips via text messages? | 88% |
| Getting WIC appointment reminders or nutrition tips via email? | 76% |
| Scheduling your WIC appointments online? | 60% |
| Texting questions to WIC staff? | 68% |
| Emailing questions to WIC staff? | 64% |
| Using a phone application (app) to shop for WIC foods? | 68% |