Texas WIC Nutrition Education Survey
Local Agency 048 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?

177 clients answered the survey

Information about the Clients Who Answered the Survey

Q16. How old are you?

Age	Percent
Younger than 15	5%
15-19	9%
20-24	20%
25-29	**27%**
30-34	20%
35 or older	19%

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

Highest level of school completed	Percent
1st to 5th grade	6%
6th to 8th grade	18%
9th to 12th grade, no diploma	19%
High school graduate or GED	**32%**
Some college, no degree	18%
Associate degree	4%
Bachelor's degree	2%
Graduate or professional degree	1%

Q24. Are you Hispanic or Latino?

Hispanic or Latino	Percent
Yes	**79%**
No	21%

Q25. What is your race?

Race	Percent
American Indian or Alaska Native	17%
White	**42%**
Black or African American	16%
Asian	3%
Native Hawaiian or Other Pacific Islander	1%
Mixed race	2%
Other*	20%

***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	36%
Spanish	**63%**
Other	2%

Clients' Parental Status

Q17. 22% of clients who answered the survey were pregnant.

Q18. 21% of clients who answered the survey were breastfeeding.

Q19. 47% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q20. 75% 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	6%
1	**35%**
2	25%
3 or more	34%

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

Relationship to child(ren) in WIC	Percent
Mother	**94%**
Father	0%
Grandparent	1%
Foster parent	0%
Self, pregnant	5%
Other	0%

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

Length of participation in WIC	Percent
Less than 1 year	35%
1 to 2 years	23%
3 or more years	**43%**

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	38%
No	**62%**

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	31%
No	**69%**

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	**47%**	33%	12%	8%
On the Internet (web lesson)	**47%**	24%	20%	10%
Lessons I do on my own at my WIC clinic, including bulletin board lessons	28%	**33%**	27%	13%
Lessons I take home	**57%**	26%	12%	5%
Nutrition or health fair	**63%**	26%	6%	6%
Grocery store tour	28%	**34%**	24%	13%
Cooking class	**62%**	24%	9%	5%

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	**94%**	6%
Download or read online	49%	**51%**
I prefer to talk to someone without reading on my own	47%	**53%**

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	**59%**	39%	2%	0%
WIC classes are too long	9%	19%	**61%**	11%
WIC classes cover topics I am interested in	**53%**	41%	5%	1%
I like learning in a group in WIC classes	41%	**45%**	10%	4%
I have a hard time finding transportation to get to classes at WIC	7%	17%	**47%**	29%
It is worth my time and effort to come to classes at WIC	**52%**	42%	5%	1%

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	**87%**
No	13%

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

Need help with finding	Yes (%)
Shots for your children	12%
Food assistance	19%
Childcare	22%
Information about early child development	30%
Clothing assistance	19%
Affordable housing	24%
Support for dealing with family problems	12%
A doctor	13%
A dentist	17%
Treatment for alcohol, tobacco, drug, or substance use/abuse	3%
Assistance with family planning (birth control)	24%

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	**53%**	44%	2%	1%
WIC staff respect me	**62%**	37%	2%	0%
WIC staff are friendly	**63%**	34%	3%	1%
WIC staff talk about what I want to talk about	**59%**	38%	3%	0%
When I have a question about nutrition, WIC staff can answer it	**65%**	34%	1%	0%
When I have a question about breastfeeding, WIC staff can answer it	**61%**	37%	1%	1%
The benefits of the WIC program are worth my time and effort	**73%**	26%	1%	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	**80%**	19%	1%
Sit down to eat meals together with my family	**87%**	13%	1%
Eat at least one fruit every day	**84%**	15%	1%
Eat at least one vegetable every day	**83%**	16%	1%
Be physically active for 30 minutes on most days of the week	**69%**	28%	3%

SECTION 2 contains five questions about technology use.

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

79% of clients reported having access to the Internet.

Where you access the Internet	% Yes
Home	**61%**
Work	7%
School	5%
Friend or family's house	21%
Public places (library or businesses with free WiFi)	29%

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	**69%**
No	19%
Don't know	8%
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	43%
Cell phone (including smartphones)	**68%**
Tablet computer, such as an iPad, Google tablet, Kindle Fire	21%
Other Internet device (iPod, Xbox, smart TV)	5%
I don't access the Internet	11%

Q13. How often do you use the following technology?

Use of technology	Every day (%)	Sometimes (%)	Almost never (%)
Text messaging or texting	**56%**	34%	10%
E-mail	26%	28%	**47%**
Facebook	33%	30%	**37%**
Twitter	4%	9%	**87%**
YouTube or other online videos	13%	**54%**	33%
Smartphone application (app)	22%	29%	**48%**
Take WIC classes online	7%	31%	**63%**
Webcam, Skype, or FaceTime	5%	15%	**80%**
Xbox, PlayStation, Wii	6%	10%	**84%**

Q14. Would you be interested in:

Would you be interested in:	Yes (%)
Connecting with WIC on Facebook?	46%
Getting WIC appointment reminders or nutrition tips via text messages?	85%
Getting WIC appointment reminders or nutrition tips via email?	58%
Scheduling your WIC appointments online?	49%
Texting questions to WIC staff?	70%
Emailing questions to WIC staff?	43%
Using a phone application (app) to shop for WIC foods?	53%