

**Texas WIC Nutrition Education Survey
Local Agency 067 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?

20 clients answered the survey

Information about the Clients Who Answered the Survey

Q16. How old are you?

Age	Percent
Younger than 15	0
15-19	10
20-24	35
25-29	25
30-34	15
35 or older	15

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

Highest level of school completed	Percent
1 st to 5 th grade	0
6 th to 8 th grade	5
9 th to 12 th grade, no diploma	30
High school graduate or GED	25
Some college, no degree	35
Associate degree	5
Bachelor's degree	0
Graduate or professional degree	0

Q24. Are you Hispanic or Latino?

Hispanic or Latino	Percent
Yes	65
No	35

Q25. What is your race?

Race	Percent
American Indian or Alaska Native	0
White	75
Black or African American	15
Asian	0
Native Hawaiian or Other Pacific Islander	5
Mixed race	0
Other*	5

***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	61
Spanish	33
Other	0%

Clients' Parental Status

Q17. 20% of clients who answered the survey were pregnant.

Q18. 15% of clients who answered the survey were breastfeeding.

Q19. 60% 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	5
1	26
2	32
3 or more	37

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

Relationship to child(ren) in WIC	Percent
Mother	90
Father	0
Grandparent	5
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	20
1 to 2 years	25
3 or more years	55

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	60%
No	40

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	15
No	85

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	40	35	10	15
On the Internet (web lesson)	35	30	30	5
Lessons I do on my own at my WIC clinic, including bulletin board lessons	25	65	5	5
Lessons I take home	50	35	10	5
Nutrition or health fair	61	33	6	0
Grocery store tour	11	39	39	11
Cooking class	55	25	10	10

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	90%	10%
Download or read online	40	60
I prefer to talk to someone without reading on my own	50	50

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	35	60	5	0
WIC classes are too long	5	21	68	5
WIC classes cover topics I am interested in	40	55	5	0
I like learning in a group in WIC classes	30	60	10	0
I have a hard time finding transportation to get to classes at WIC	15	10	55	20
It is worth my time and effort to come to classes at WIC	40	60	0	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	40
No	60

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	85%
No	15%

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

Need help with finding	Yes (%)
Shots for your children	5
Food assistance	15
Childcare	25
Information about early child development	15
Clothing assistance	15
Affordable housing	25
Support for dealing with family problems	10
A doctor	5
A dentist	10
Treatment for alcohol, tobacco, drug, or substance use/abuse	0
Assistance with family planning (birth control)	25

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	55	45	0	0
WIC staff respect me	60	40	0	0
WIC staff are friendly	70	30	0	0
WIC staff talk about what I want to talk about	60	35	5	0
When I have a question about nutrition, WIC staff can answer it	65	35	0	0
When I have a question about breastfeeding, WIC staff can answer it	55	45	0	0
The benefits of the WIC program are worth my time and effort	70	30	0	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	70	30	0
Sit down to eat meals together with my family	75	25	0
Eat at least one fruit every day	80	20	0
Eat at least one vegetable every day	75	25	0
Be physically active for 30 minutes on most days of the week	55	35	10

SECTION 2 contains five questions about technology use.

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

80% of clients reported having access to the Internet.

Where you access the Internet	% Yes
Home	70
Work	5
School	10
Friend or family's house	25
Public places (library or businesses with free WiFi)	20

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	75
No	10
Don't know	5
No cell phone	10

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	40
Cell phone (including smartphones)	80
Tablet computer, such as an iPad, Google tablet, Kindle Fire	25
Other Internet device (iPod, Xbox, smart TV)	0
I don't access the Internet	10

Q13. How often do you use the following technology?

Use of technology	Every day (%)	Sometimes (%)	Almost never (%)
Text messaging or texting	70	25	5
E-mail	25	50	25
Facebook	25	55	20
Twitter	0	0	100
YouTube or other online videos	40	40	20
Smartphone application (app)	30	35	35
Take WIC classes online	0	25	75
Webcam, Skype, or FaceTime	0	30	70
Xbox, PlayStation, Wii	10	15	75

Q14. Would you be interested in:

Would you be interested in:	Yes (%)
Connecting with WIC on Facebook?	70
Getting WIC appointment reminders or nutrition tips via text messages?	95
Getting WIC appointment reminders or nutrition tips via email?	74
Scheduling your WIC appointments online?	45
Texting questions to WIC staff?	90
Emailing questions to WIC staff?	55
Using a phone application (app) to shop for WIC foods?	70