

Texas WIC Lesson Evaluation Results
CF-000-28: CCNE Picky Eaters – Making Peace with Food

Client Feedback

Total # of clients who responded to survey: 86

Clients surveyed identified themselves as:

- Pregnant: 12%
- Breastfeeding: 7%
- Caretaker of baby under 12 months: 21%
- Caretaker of a child over 1 year: 72%
- Friend of family: 6%
- First WIC class: 14%

Language in which the class was taught:

- English – 62%
- Spanish – 13%
- Both – 25%

Compared to other WIC classes, clients awarded this class **4.4 stars** (out of 5).

Clients rated the class as follows on the items below:

	Not at all	A little	A lot
Helpful	2%	23%	75%
Too long	80%	19%	1%
Informative	1%	19%	80%
Important	4%	18%	78%
Boring	70%	24%	6%
Covered things I already know	10%	70%	21%
Answered my questions	4%	25%	71%
Encouraged me to participate	1%	26%	73%
The instructor knew a lot about the topic	1%	6%	93%
Good for first-time parents	1%	17%	82%
I understood the language	1%	5%	94%

Clients indicated one thing they learned that they would try at home. Out of 78 write-in responses, themes for the comments included:

- Ways to introduce new foods to your child; pair new with liked foods; serve small “try me” portions
- May need to introduce new foods many times before child will accept
- Ways to serve vegetables to make more appealing to children
- What other protein foods to provide if child does not like meats
- No forcing child to eat
- Water only between meals and snacks; don’t give too much milk or juice

Texas WIC Lesson Evaluation Results
CF-000-28: CCNE Picky Eaters – Making Peace with Food

Staff Feedback

Total # of staff who responded to the survey: 11

Staff surveyed included: Clerk (3), WCS (2), CA (1), Nutritionist (2), NE Coordinator (2), Clinic Supervisor (1) and had the following degrees: LVN (1), LD (1), RD (3), Degreed Nutritionist (4), Other (7).

Language in which the class was taught:

- English – 64%
- Spanish – 9%
- Both – 27%

Staff reported the following as working well when teaching the class:

- Communicating with the clients about their opinion
- Having the parents talk about their child's eating behaviors and ways they have overcome some of the problems
- When I get the participants to participate in class
- A small group works best. Our Spanish classes are up to 24 moms.
- The behavior cards enhance discussion. Clients love the involvement.
- Talking with client and sharing their experiences
- Getting the clients involved in the discussion

What staff would do differently the next time they teach the class:

- Nothing
- Get more feedback from our clients
- Seems pretty comprehensive
- Choose a different discussion question

CLASS LOGISTICS

How many times have you taught this class?

Answer Options	Response Percent	Response Count
1	0.0%	0
2	9.1%	1
3	36.4%	4
4	27.3%	3
5 or more	27.3%	3

How easy or difficult was the lesson to follow?

Answer Options	Response Percent	Response Count
Very Easy	54.5%	6
Easy	45.5%	5
Difficult	0.0%	0
Very Difficult	0.0%	0

On average, how much time do you spend preparing to teach this lesson (e.g., reading through materials, gathering resources, preparing the classroom, etc)?

Answer Options	Response Percent	Response Count
Less than 15 minutes	45.5%	5
15 – 30 minutes	18.2%	2
31-45 minutes	18.2%	2
More than 45 minutes	18.2%	2

On average, how long does the lesson usually take to teach?

Answer Options	Response Percent	Response Count
Less than 20 minutes	0.0%	0
21 – 30 minutes	90.9%	10
31 – 40 minutes	9.1%	1
More than 40 minutes	0.0%	0

In your opinion, what would be the ideal size for this class?		
Answer Options	Response Percent	Response Count
Less than 6	18.2%	2
6-10	54.5%	6
11-16	27.3%	3
More than 16	0.0%	0
It doesn't matter	0.0%	0

CLASS FLOW

How much of the following sections of the lesson plan did you usually cover?					
Answer Options	None	Some	All	Not applicable	Response Count
Introduction/Icebreaker	0	3	8	0	11
Main activity	0	2	7	0	9
Optional activities	1	1	4	1	7
Conclusion/Take away	0	1	7	0	8
In-class evaluation	0	3	5	1	9

How many of the clients usually participate in the class discussion?		
Answer Options	Response Percent	Response Count
Almost none	9.1%	1
Less than half	9.1%	1
About half	36.4%	4
More than half	9.1%	1
Almost all	36.4%	4

ENJOYMENT OF CLASS

Compared to other classes you have taught, how much did you like teaching this class?

Answer Options	Response Percent	Response Count
Less than most	0.0%	0
About the same	63.6%	7
More than most	36.4%	4

Compared to other classes you have taught, how much do you think clients liked this class?

Answer Options	Response Percent	Response Count
Less than most	0.0%	0
About the same	72.7%	8
More than most	27.3%	3

TRAINING BACKGROUND

What training or background have you had that helped you teach this class? (Check all that apply.)

Answer Options	Response Percent	Response Count
None	0.0%	0
Basic nutrition knowledge	45.5%	5
Advanced nutrition knowledge	36.4%	4
Basic breastfeeding knowledge	18.2%	2
Advanced breastfeeding knowledge	27.3%	3
Public speaking	18.2%	2
Client-centered NE training from State	45.5%	5
Client-centered NE training at my local agency	81.8%	9
Other (please specify)		1

What additional training would help you teach this class?

- Learning more client-centered nutrition education techniques
- Nothing