

**Texas WIC Nutrition Education Survey
 Local Agency 27 Report
 May 2012**

Report for LA#27

Who answered the survey?

37 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

	# of clients	Percent
15 or younger	0	0%
16-18	3	8%
19-29	22	60%
30 or older	12	32%

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

	# of clients	Percent
1 st to 6 th grade	4	11%
7 th to 9 th grade	3	8%
10 th to 12 th grade	7	19%
High school graduate or GED	20	54%
Trade or technical school	1	3%
College	1	3%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	10	27%
Black	2	5%
Hispanic or Latino	21	57%
Asian or Pacific Islander	1	3%
Native American or Alaskan	0	0%
Mixed race	2	5%

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

	# of clients	Percent
English	25	68%
Spanish	10	27%
Other	0	0%

Clients' Parental Status

Q18. 8% of clients who answered the survey were pregnant.

Q19. 16% of clients who answered the survey were breastfeeding.

Q20. 57% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 60% of clients who answered the survey were the parent/caretaker of a child over 1 year old.

Q22. How many children do you have?

	# of clients	Percent
0	1	3%
1	16	43%
2	6	16%
3 or more	14	38%

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

	# of clients	Percent
Mother	36	97%
Father	0	0%
Grandparent	0	0%
Foster parent	0	0%
Self, pregnant	1	3%
Other	0	0%

Q16. During the past 5 years I have participated in WIC:

	# of clients	Percent
Less than 1 year	13	35%
1 to 2 years	7	19%
3 or more years	16	43%

Q27. Are you ever concerned that you won't be able to buy enough food to feed your family?

	# of clients	Percent
Yes	9	24%
No	28	76%

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

	# of clients	Percent
Yes	16	43%
No	21	57%

SECTION 1 describes participants' opinions about WIC. The section included seven questions.

Q1. What motivates you to come to WIC?

	Yes (%)	Sometimes (%)	No (%)
Food benefits	34 (92%)	3 (8%)	0 (0%)
Nutrition, breastfeeding, and health information	30 (81%)	5 (14%)	2 (5%)
Support received from WIC staff	28 (76%)	7 (19%)	2 (5%)
Talking to other caregivers	16 (43%)	13 (35%)	8 (22%)
Learning about community resources (referrals)	15 (41%)	14 (38%)	8 (22%)

Q2. The people at my WIC clinic care about me and my family.

	Yes (%)	Sometimes (%)	No (%)
The people at my WIC clinic care about me and my family.	36 (97%)	1 (3%)	0 (0%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	37 (100%)	0 (0%)	0 (0%)
Offers classes at times when I can attend.	34 (92%)	2 (5%)	1 (3%)
Offers me a choice of classes.	31 (84%)	1 (3%)	5 (14%)

Q4. How well does WIC meet your needs on the following?

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	31 (84%)	5 (14%)	1 (3%)
Learning how to breastfeed my baby	29 (78%)	3 (8%)	4 (11%)
Providing support to breastfeed my baby longer	26 (70%)	6 (16%)	4 (11%)
Providing breast pumps	24 (65%)	7 (19%)	5 (14%)
Teaching me about the right kinds and amounts of food to eat	31 (84%)	6 (16%)	0 (0%)
Sharing ideas with other parents	21 (57%)	16 (43%)	0 (0%)
Providing WIC foods	35 (95%)	2 (5%)	0 (0%)
Teaching me how to keep my family healthy	34 (92%)	3 (8%)	0 (0%)
Learning about healthy weights for me and my children	30 (81%)	6 (16%)	1 (3%)
Learning how to be physically active	27 (73%)	10 (27%)	0 (0%)
Getting vaccines for my child	30 (81%)	5 (14%)	2 (5%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	37 (100%)	0 (0%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	30 (81%)	7 (19%)	0 (0%)
Appointment times that meet my needs are available.	35 (95%)	2 (5%)	0 (0%)
I can easily find transportation to my WIC appointments.	35 (95%)	2 (5%)	0 (0%)
It is easy to shop for WIC foods.	29 (78%)	8 (22%)	0 (0%)
I can shop for WIC foods at my favorite store.	31 (84%)	6 (16%)	0 (0%)
I like the food choices WIC provides.	28 (76%)	8 (22%)	1 (3%)
The benefits of the WIC program are worth the time and effort.	34 (92%)	3 (8%)	0 (0%)

Q6. What do you remember about your last WIC nutrition counseling session?

	Strongly agree (%)	Agree (%)	Disagree (%)	Strongly disagree (%)	Don't remember (%)
The atmosphere was welcoming.	26 (70%)	10 (27%)	0 (0%)	0 (0%)	1 (3%)
I felt encouraged, supported, and respected.	29 (78%)	8 (22%)	0 (0%)	0 (0%)	0(0%)
I was able to talk about what was on my mind.	27 (73%)	10 (27%)	0 (0%)	0 (0%)	0 (0%)
The counselor addressed my questions.	29 (78%)	8 (22%)	0 (0%)	0 (0%)	0 (0%)
The counselor provided relevant & helpful information.	28 (76%)	9 (24%)	0 (0%)	0 (0%)	0 (0%)

Q7. 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.	15 (41%)	13 (35%)	1 (3%)	0 (0%)	8 (22%)
The instructor lectured with no class participation.	7 (19%)	9 (24%)	7 (19%)	4 (11%)	10 (27%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	10 (27%)	9 (24%)	7 (19%)	1 (3%)	10 (27%)
There was a video or other visual aid used to prompt discussion.	18 (49%)	6 (16%)	2 (5%)	2 (5%)	9 (24%)
I was able to talk about my nutrition questions and interests.	24 (65%)	7 (19%)	0 (0%)	0 (0%)	6 (16%)
I had the chance to learn from other caregivers.	17 (46%)	12 (32%)	0 (0%)	0 (0%)	8 (22%)
I was able to have a discussion with other caregivers.	15 (41%)	12 (32%)	1 (3%)	1 (3%)	8 (22%)
I learned an idea I tried at home.	16 (43%)	9 (24%)	2 (5%)	1 (3%)	9 (24%)
I felt comfortable sharing my ideas.	13 (35%)	15 (41%)	0 (0%)	1 (3%)	7 (19%)
I felt respected.	22 (60%)	9 (24%)	0 (0%)	0 (0%)	6 (16%)
We had fun and it was worth my time.	20 (54%)	10 (27%)	0 (0%)	0 (0%)	6 (16%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

65% of clients reported having access to the Internet.

	# of clients	Percent
Home	22	60%
Work	5	14%
Library	5	14%
School	5	14%
Friend or family's house	5	14%
Public places with WiFi	4	11%
Other	3	8%

Q9. What type of device do you use to access the Internet?

	# of clients	Percent
Desktop or laptop computer	20	54%
Cell phone	12	32%
Smart phone	11	30%
iPad or other tablet	0	0%
Kindle or Nook read	1	3%
Other	9	24%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	3 (8%)	2 (5%)	30 (81%)
High-speed/Broadband Internet connection	14 (38%)	4 (11%)	17 (46%)
Text messaging or texting	24 (65%)	6 (16%)	7 (19%)
E-mail	15 (41%)	7 (19%)	14 (38%)
Facebook or My Space	17 (46%)	7 (19%)	13 (35%)
Twitter	2 (5%)	0 (0%)	32 (87%)
Podcasts	1 (3%)	1 (3%)	33 (89%)
YouTube or other online videos	11 (30%)	8 (22%)	18 (49%)
iTunes or other music storage site	5 (14%)	6 (16%)	25 (68%)
Smartphone application (app)	13 (35%)	5 (14%)	19 (51%)
Take online classes	3 (8%)	10 (27%)	23 (62%)
Webcam, Skype, or Facetime	4 (11%)	5 (14%)	27 (73%)

Q11. Do you use a cell phone to...?

	Yes (%)	No (%)
Send or receive e-mail	19 (51%)	18 (49%)
Send or receive text messages	32 (87%)	5 (14%)
Access the Internet	21 (57%)	16 (43%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	17 (46%)	20 (54%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	25 (68%)	12 (32%)
Taking a WIC class on a Smart phone?	16 (43%)	21 (57%)
Taking a WIC class via Webinar?	10 (27%)	27 (73%)
Using a phone application (app) that would help you locate WIC-approved foods?	21 (57%)	16 (43%)

SECTION 3 looks at clients' activities and family behaviors.

Q13. Please mark how often these items are true for you.

	Almost always (%)	Sometimes (%)	Almost never (%)
My child sees me as being physically active.	23 (62%)	12 (32%)	2 (5%)
I participate in physical activities with my child.	24 (65%)	10 (27%)	3 (8%)
I prepare meals at home.	32 (87%)	4 (11%)	1 (3%)
My child helps prepare meals at home.	8 (22%)	8 (22%)	20 (54%)

Q14. Please mark how often each statement is true for your family.

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	13 (35%)	15 (41%)	9 (24%)
My family sits down to eat meals together.	23 (62%)	12 (32%)	2 (5%)
Mealtime with my family is enjoyable.	35 (95%)	1 (3%)	1 (3%)

Q15. Please mark one circle for each line to show which of the things below you plan to try in the next six months.

	Already doing it (%)	Plan to do it (%)	Do not plan to do it (%)
Losing weight	18 (49%)	16 (43%)	3 (8%)
Being physically active for 30 minutes most days of the week	21 (57%)	15 (41%)	1 (3%)
Turning off the TV at mealtimes	19 (51%)	12 (32%)	6 (16%)
Eating low-fat foods	15 (41%)	19 (51%)	3 (8%)
Eating at least 5 fruits and vegetables a day	17 (46%)	18 (49%)	2 (5%)
Growing vegetables at home	6 (16%)	12 (32%)	19 (51%)
Cook most meals at home	32 (87%)	4 (11%)	1 (3%)
Drink low-fat or fat free milk	27 (73%)	4 (11%)	6 (16%)
Offering low-fat milk to my child age 2 or older	22 (60%)	8 (22%)	6 (16%)
Using whole grains when I cook at home	19 (51%)	15 (41%)	3 (8%)