

**Texas WIC Nutrition Education Survey
 Local Agency 28 Report
 May 2012**

Report for LA#28

Who answered the survey?

19 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

| | # of clients | Percent |
|---------------|---------------------|----------------|
| 15 or younger | 1 | 5% |
| 16-18 | 0 | 0% |
| 19-29 | 12 | 63% |
| 30 or older | 5 | 26% |

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

| | # of clients | Percent |
|--|---------------------|----------------|
| 1 st to 6 th grade | 1 | 5% |
| 7 th to 9 th grade | 6 | 32% |
| 10 th to 12 th grade | 5 | 26% |
| High school graduate or GED | 4 | 21% |
| Trade or technical school | 1 | 5% |
| College | 0 | 0% |

Q25. What is your race or ethnicity?

| | # of clients | Percent |
|----------------------------|---------------------|----------------|
| White | 1 | 5% |
| Black | 0 | 0% |
| Hispanic or Latino | 17 | 90% |
| Asian or Pacific Islander | 0 | 0% |
| Native American or Alaskan | 0 | 0% |
| Mixed race | 0 | 0% |

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

| | # of clients | Percent |
|---------|---------------------|----------------|
| English | 2 | 11% |
| Spanish | 13 | 68% |
| Other | 0 | 0% |

Clients' Parental Status

Q18. 16% of clients who answered the survey were pregnant.

Q19. 37% of clients who answered the survey were breastfeeding.

Q20. 63% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 68% 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 | 0 | 0% |
| 1 | 7 | 37% |
| 2 | 2 | 11% |
| 3 or more | 9 | 47% |

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

| | # of clients | Percent |
|----------------|--------------|---------|
| Mother | 16 | 84% |
| Father | 0 | 0% |
| Grandparent | 0 | 0% |
| Foster parent | 0 | 0% |
| Self, pregnant | 1 | 5% |
| Other | 0 | 0% |

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

| | # of clients | Percent |
|------------------|--------------|---------|
| Less than 1 year | 10 | 53% |
| 1 to 2 years | 2 | 11% |
| 3 or more years | 6 | 32% |

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

| | # of clients | Percent |
|-----|--------------|---------|
| Yes | 11 | 58% |
| No | 8 | 42% |

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

| | # of clients | Percent |
|-----|--------------|---------|
| Yes | 13 | 68% |
| No | 6 | 32% |

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 | 17 (90%) | 2 (11%) | 0 (0%) |
| Nutrition, breastfeeding, and health information | 18 (95%) | 0 (0%) | 0 (0%) |
| Support received from WIC staff | 12 (63%) | 3 (16%) | 1 (5%) |
| Talking to other caregivers | 4 (21%) | 8 (42%) | 4 (21%) |
| Learning about community resources (referrals) | 7 (37%) | 6 (32%) | 3 (16%) |

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. | 17 (90%) | 2 (11%) | 0 (0%) |

Q3. My WIC clinic:

| | Yes (%) | Sometimes (%) | No (%) |
|--|-----------|---------------|---------|
| Offers classes in my language. | 19 (100%) | 0 (0%) | 0 (0%) |
| Offers classes at times when I can attend. | 16 (84%) | 3 (16%) | 0 (0%) |
| Offers me a choice of classes. | 14 (74%) | 3 (16%) | 2 (11%) |

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

| | Great (%) | Okay (%) | Not so great (%) |
|--|------------------|-----------------|-------------------------|
| Learning how to feed my family | 16 (84%) | 3 (16%) | 0 (0%) |
| Learning how to breastfeed my baby | 17 (90%) | 1 (5%) | 1 (5%) |
| Providing support to breastfeed my baby longer | 16 (84%) | 2 (11%) | 1 (5%) |
| Providing breast pumps | 16 (84%) | 2 (11%) | 1 (5%) |
| Teaching me about the right kinds and amounts of food to eat | 18 (95%) | 0 (0%) | 1 (5%) |
| Sharing ideas with other parents | 9 (47%) | 8 (42%) | 2 (11%) |
| Providing WIC foods | 15 (79%) | 2 (11%) | 1 (5%) |
| Teaching me how to keep my family healthy | 16 (84%) | 3 (16%) | 0 (0%) |
| Learning about healthy weights for me and my children | 14 (74%) | 5 (26%) | 0 (0%) |
| Learning how to be physically active | 12 (63%) | 6 (32%) | 1 (5%) |
| Getting vaccines for my child | 14 (74%) | 3 (16%) | 2 (11%) |

Q5. Mark how you feel about the following statements:

| | Almost always (%) | Sometimes (%) | Almost never (%) |
|---|--------------------------|----------------------|-------------------------|
| I am treated respectfully by WIC staff. | 18 (95%) | 1 (5%) | 0 (0%) |
| The amount of time I waited for service in the clinic was acceptable. | 15 (79%) | 4 (21%) | 0 (0%) |
| Appointment times that meet my needs are available. | 17 (90%) | 2 (11%) | 0 (0%) |
| I can easily find transportation to my WIC appointments. | 13 (68%) | 4 (21%) | 2 (11%) |
| It is easy to shop for WIC foods. | 13 (68%) | 6 (32%) | 0 (0%) |
| I can shop for WIC foods at my favorite store. | 11 (58%) | 7 (37%) | 1 (5%) |
| I like the food choices WIC provides. | 15 (79%) | 4 (21%) | 0 (0%) |
| The benefits of the WIC program are worth the time and effort. | 18 (95%) | 1 (5%) | 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. | 11 (58%) | 8 (42%) | 0 (0%) | 0 (0%) | 0 (0%) |
| I felt encouraged, supported, and respected. | 12 (63%) | 7 (37%) | 0 (0%) | 0 (0%) | 0 (0%) |
| I was able to talk about what was on my mind. | 14 (74%) | 5 (26%) | 0 (0%) | 0 (0%) | 0 (0%) |
| The counselor addressed my questions. | 15 (79%) | 4 (21%) | 0 (0%) | 0 (0%) | 0 (0%) |
| The counselor provided relevant & helpful information. | 16 (84%) | 3 (16%) | 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. | 9 (47%) | 7 (37%) | 0 (0%) | 0 (0%) | 3 (16%) |
| The instructor lectured with no class participation. | 3 (16%) | 3 (16%) | 5 (26%) | 3 (16%) | 5 (26%) |
| We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game. | 5 (26%) | 5 (26%) | 2 (11%) | 2 (11%) | 5 (26%) |
| There was a video or other visual aid used to prompt discussion. | 11 (58%) | 5 (26%) | 0 (0%) | 0 (0%) | 3 (16%) |
| I was able to talk about my nutrition questions and interests. | 9 (47%) | 7 (37%) | 0 (0%) | 0 (0%) | 3 (16%) |
| I had the chance to learn from other caregivers. | 5 (26%) | 7 (37%) | 2 (11%) | 0 (0%) | 5 (26%) |
| I was able to have a discussion with other caregivers. | 5 (26%) | 6 (32%) | 2 (11%) | 0 (0%) | 6 (32%) |
| I learned an idea I tried at home. | 10 (53%) | 5 (26%) | 0 (0%) | 0 (0%) | 4 (21%) |
| I felt comfortable sharing my ideas. | 8 (42%) | 7 (37%) | 1 (5%) | 0 (0%) | 3 (16%) |
| I felt respected. | 14 (74%) | 2 (11%) | 0 (0%) | 0 (0%) | 3 (16%) |
| We had fun and it was worth my time. | 11 (58%) | 5 (26%) | 0 (0%) | 0 (0%) | 3 (16%) |

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

79% of clients reported having access to the Internet.

| | # of clients | Percent |
|--------------------------|--------------|---------|
| Home | 10 | 53% |
| Work | 3 | 16% |
| Library | 3 | 16% |
| School | 3 | 16% |
| Friend or family's house | 4 | 21% |
| Public places with WiFi | 4 | 21% |
| Other | 0 | 0% |

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

| | # of clients | Percent |
|----------------------------|--------------|---------|
| Desktop or laptop computer | 14 | 74% |
| Cell phone | 9 | 47% |
| Smart phone | 1 | 5% |
| iPad or other tablet | 1 | 5% |
| Kindle or Nook read | 0 | 0% |
| Other | 0 | 0% |

Q10. How often do you use the following technology?

| | Every day (%) | Sometimes (%) | Almost never (%) |
|--|---------------|---------------|------------------|
| Dial-up Internet connection using telephone line | 2 (11%) | 6 (32%) | 11 (58%) |
| High-speed/Broadband Internet connection | 2 (11%) | 6 (32%) | 11 (58%) |
| Text messaging or texting | 11 (58%) | 5 (26%) | 3 (16%) |
| E-mail | 5 (26%) | 6 (32%) | 8 (42%) |
| Facebook or My Space | 4 (21%) | 7 (37%) | 8 (42%) |
| Twitter | 0 (0%) | 2 (11%) | 17 (90%) |
| Podcasts | 0 (0%) | 0 (0%) | 19 (100%) |
| YouTube or other online videos | 1 (5%) | 12 (63%) | 6 (32%) |
| iTunes or other music storage site | 2 (11%) | 5 (26%) | 12 (63%) |
| Smartphone application (app) | 2 (11%) | 5 (26%) | 12 (63%) |
| Take online classes | 1 (5%) | 4 (21%) | 14 (74%) |
| Webcam, Skype, or Facetime | 1 (5%) | 3 (16%) | 15 (79%) |

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

| | Yes (%) | No (%) |
|-------------------------------|----------|---------|
| Send or receive e-mail | 11 (58%) | 8 (42%) |
| Send or receive text messages | 18 (95%) | 1 (5%) |
| Access the Internet | 11 (58%) | 8 (42%) |

Q12. Would you be interested in:

| | Yes (%) | No (%) |
|--|----------|----------|
| Communicating with other WIC participants and WIC staff on Facebook? | 8 (42%) | 11 (58%) |
| Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages? | 13 (68%) | 6 (32%) |
| Taking a WIC class on a Smart phone? | 7 (37%) | 12 (63%) |
| Taking a WIC class via Webinar? | 6 (32%) | 13 (68%) |
| Using a phone application (app) that would help you locate WIC-approved foods? | 13 (68%) | 6 (32%) |

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. | 10 (53%) | 9 (47%) | 0 (0%) |
| I participate in physical activities with my child. | 10 (53%) | 8 (42%) | 0 (0%) |
| I prepare meals at home. | 19 (100%) | 0 (0%) | 0 (0%) |
| My child helps prepare meals at home. | 3 (16%) | 10 (53%) | 6 (32%) |

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

| | Almost always (%) | Sometimes (%) | Almost never (%) |
|--|-------------------|---------------|------------------|
| The TV is turned off during meals. | 5 (26%) | 11 (58%) | 3 (16%) |
| My family sits down to eat meals together. | 14 (74%) | 4 (21%) | 1 (5%) |
| Mealtime with my family is enjoyable. | 17 (90%) | 2 (11%) | 0 (0%) |

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 | 9 (47%) | 6 (32%) | 3 (16%) |
| Being physically active for 30 minutes most days of the week | 11 (58%) | 7 (37%) | 0 (0%) |
| Turning off the TV at mealtimes | 7 (37%) | 11 (58%) | 0 (0%) |
| Eating low-fat foods | 8 (42%) | 9 (47%) | 1 (5%) |
| Eating at least 5 fruits and vegetables a day | 7 (37%) | 11 (58%) | 0 (0%) |
| Growing vegetables at home | 1 (5%) | 5 (26%) | 12 (63%) |
| Cook most meals at home | 18 (95%) | 0 (0%) | 0 (0%) |
| Drink low-fat or fat free milk | 17 (90%) | 1 (5%) | 0 (0%) |
| Offering low-fat milk to my child age 2 or older | 14 (74%) | 3 (16%) | 1 (5%) |
| Using whole grains when I cook at home | 13 (68%) | 5 (26%) | 0 (0%) |