

**Texas WIC Nutrition Education Survey
 Local Agency 33 Report
 May 2012**

Report for LA#33

Who answered the survey?

144 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

	# of clients	Percent
15 or younger	2	1%
16-18	14	10%
19-29	78	54%
30 or older	49	34%

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

	# of clients	Percent
1 st to 6 th grade	6	4%
7 th to 9 th grade	19	13%
10 th to 12 th grade	25	17%
High school graduate or GED	49	34%
Trade or technical school	14	10%
College	22	15%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	6	4%
Black	1	.7%
Hispanic or Latino	128	89%
Asian or Pacific Islander	2	1%
Native American or Alaskan	2	1%
Mixed race	0	0%

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

	# of clients	Percent
English	58	40%
Spanish	77	54%
Other	1	.7%

Clients' Parental Status

Q18. 29% of clients who answered the survey were pregnant.

Q19. 13% of clients who answered the survey were breastfeeding.

Q20. 41% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 61% 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	21	15%
1	54	38%
2	30	21%
3 or more	39	27%

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

	# of clients	Percent
Mother	116	81%
Father	2	1%
Grandparent	1	.7%
Foster parent	0	0%
Self, pregnant	19	13%
Other	1	.7%

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

	# of clients	Percent
Less than 1 year	49	34%
1 to 2 years	46	32%
3 or more years	46	32%

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

	# of clients	Percent
Yes	55	38%
No	86	60%

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

	# of clients	Percent
Yes	78	54%
No	63	44%

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	133 (92%)	5 (4%)	2 (1%)
Nutrition, breastfeeding, and health information	121 (84%)	11 (8%)	7 (5%)
Support received from WIC staff	89 (62%)	40 (28%)	3 (2%)
Talking to other caregivers	56 (39%)	49 (34%)	24 (17%)
Learning about community resources (referrals)	71 (49%)	39 (27%)	22 (15%)

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.	134 (93%)	9 (6%)	0 (0%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	137 (95%)	1 (.7%)	0 (0%)
Offers classes at times when I can attend.	120 (83%)	17 (12%)	0 (0%)
Offers me a choice of classes.	111 (77%)	23 (16%)	4 (3%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	112 (78%)	29 (20%)	0 (0%)
Learning how to breastfeed my baby	104 (72%)	33 (23%)	4 (3%)
Providing support to breastfeed my baby longer	102 (71%)	38 (26%)	2 (1%)
Providing breast pumps	91 (63%)	39 (27%)	10 (7%)
Teaching me about the right kinds and amounts of food to eat	118 (82%)	22 (15%)	1 (.7%)
Sharing ideas with other parents	76 (53%)	54 (38%)	11 (8%)
Providing WIC foods	128 (89%)	13 (9%)	0 (0%)
Teaching me how to keep my family healthy	120 (83%)	20 (14%)	1 (.7%)
Learning about healthy weights for me and my children	121 (84%)	18 (13%)	3 (2%)
Learning how to be physically active	92 (64%)	44 (31%)	5 (4%)
Getting vaccines for my child	86 (60%)	39 (27%)	15 (10%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	129 (90%)	13 (9%)	1 (.7%)
The amount of time I waited for service in the clinic was acceptable.	96 (67%)	44 (31%)	2 (1%)
Appointment times that meet my needs are available.	117 (81%)	25 (17%)	0 (0%)
I can easily find transportation to my WIC appointments.	99 (69%)	36 (25%)	6 (4%)
It is easy to shop for WIC foods.	107 (74%)	31 (22%)	4 (3%)
I can shop for WIC foods at my favorite store.	103 (72%)	34 (24%)	4 (3%)
I like the food choices WIC provides.	108 (75%)	32 (22%)	2 (1%)
The benefits of the WIC program are worth the time and effort.	130 (90%)	11 (8%)	1 (.7%)

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.	73 (51%)	64 (44%)	2 (1%)	0 (0%)	3 (2%)
I felt encouraged, supported, and respected.	85 (59%)	54 (38%)	2 (1%)	1 (.7%)	0 (0%)
I was able to talk about what was on my mind.	77 (54%)	56 (39%)	8 (6%)	0 (0%)	2 (1%)
The counselor addressed my questions.	91 (63%)	48 (33%)	2 (1%)	0 (0%)	1 (.7%)
The counselor provided relevant & helpful information.	90 (63%)	50 (35%)	2 (1%)	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.	59 (41%)	56 (39%)	12 (8%)	1 (.7%)	13 (9%)
The instructor lectured with no class participation.	17 (12%)	29 (20%)	64 (44%)	10 (7%)	22 (15%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	32 (22%)	35 (24%)	46 (32%)	4 (3%)	24 (17%)
There was a video or other visual aid used to prompt discussion.	65 (45%)	46 (32%)	12 (8%)	1 (.7%)	17 (12%)
I was able to talk about my nutrition questions and interests.	61 (42%)	55 (38%)	7 (5%)	2 (1%)	16 (11%)
I had the chance to learn from other caregivers.	51 (35%)	54 (38%)	14 (10%)	2 (1%)	20 (14%)
I was able to have a discussion with other caregivers.	37 (26%)	55 (38%)	24 (17%)	4 (3%)	21 (15%)
I learned an idea I tried at home.	56 (39%)	54 (38%)	13 (9%)	3 (2%)	15 (10%)
I felt comfortable sharing my ideas.	52 (36%)	59 (41%)	10 (7%)	3 (2%)	17 (12%)
I felt respected.	76 (53%)	50 (35%)	1 (.7%)	0 (0%)	12 (8%)
We had fun and it was worth my time.	68 (47%)	51 (35%)	8 (6%)	0 (0%)	14 (10%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

81% of clients reported having access to the Internet.

	# of clients	Percent
Home	88	61%
Work	12	8%
Library	21	15%
School	18	13%
Friend or family's house	25	17%
Public places with WiFi	23	16%
Other	8	6%

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

	# of clients	Percent
Desktop or laptop computer	94	65%
Cell phone	70	49%
Smart phone	34	24%
iPad or other tablet	6	4%
Kindle or Nook read	2	1%
Other	1	.7%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	27 (19%)	42 (29%)	73 (51%)
High-speed/Broadband Internet connection	42 (29%)	47 (33%)	50 (35%)
Text messaging or texting	103 (72%)	26 (18%)	14 (10%)
E-mail	50 (35%)	43 (30%)	48 (33%)
Facebook or My Space	56 (39%)	39 (27%)	45 (31%)
Twitter	11 (8%)	7 (5%)	118 (82%)
Podcasts	2 (1%)	4 (3%)	126 (88%)
YouTube or other online videos	25 (17%)	51 (35%)	63 (44%)
iTunes or other music storage site	21 (15%)	35 (24%)	84 (58%)
Smartphone application (app)	33 (23%)	39 (27%)	66 (46%)
Take online classes	10 (7%)	41 (29%)	90 (63%)
Webcam, Skype, or Facetime	10 (7%)	20 (14%)	110 (76%)

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

	Yes (%)	No (%)
Send or receive e-mail	76 (53%)	62 (43%)
Send or receive text messages	133 (92%)	11 (8%)
Access the Internet	102 (71%)	37 (26%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	62 (43%)	80 (56%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	103 (72%)	40 (28%)
Taking a WIC class on a Smart phone?	63 (44%)	77 (54%)
Taking a WIC class via Webinar?	44 (31%)	97 (67%)
Using a phone application (app) that would help you locate WIC-approved foods?	94 (65%)	48 (33%)

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.	80 (56%)	49 (34%)	12 (8%)
I participate in physical activities with my child.	76 (53%)	57 (40%)	8 (6%)
I prepare meals at home.	109 (76%)	28 (19%)	2 (1%)
My child helps prepare meals at home.	32 (22%)	41 (29%)	66 (46%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	38 (26%)	74 (51%)	29 (20%)
My family sits down to eat meals together.	90 (63%)	51 (35%)	1 (.7%)
Mealtime with my family is enjoyable.	126 (88%)	13 (9%)	2 (1%)

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	64 (44%)	63 (44%)	16 (11%)
Being physically active for 30 minutes most days of the week	88 (61%)	54 (38%)	1 (.7%)
Turning off the TV at mealtimes	56 (39%)	72 (50%)	15 (10%)
Eating low-fat foods	72 (50%)	63 (44%)	8 (6%)
Eating at least 5 fruits and vegetables a day	79 (55%)	62 (43%)	2 (1%)
Growing vegetables at home	12 (8%)	41 (29%)	89 (62%)
Cook most meals at home	119 (83%)	24 (17%)	1 (.7%)
Drink low-fat or fat free milk	102 (71%)	28 (19%)	13 (9%)
Offering low-fat milk to my child age 2 or older	82 (57%)	50 (35%)	11 (8%)
Using whole grains when I cook at home	88 (61%)	47 (33%)	8 (6%)