

**Texas WIC Nutrition Education Survey
 Local Agency 3 Report
 May 2012**

Report for LA#3

Who answered the survey?

97 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

| | # of clients | Percent |
|---------------|---------------------|----------------|
| 15 or younger | 1 | 1% |
| 16-18 | 5 | 5% |
| 19-29 | 46 | 47% |
| 30 or older | 42 | 43% |

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

| | # of clients | Percent |
|--|---------------------|----------------|
| 1 st to 6 th grade | 12 | 12% |
| 7 th to 9 th grade | 18 | 19% |
| 10 th to 12 th grade | 28 | 29% |
| High school graduate or GED | 18 | 19% |
| Trade or technical school | 7 | 7% |
| College | 8 | 8% |

Q25. What is your race or ethnicity?

| | # of clients | Percent |
|----------------------------|---------------------|----------------|
| White | 11 | 11% |
| Black | 0 | 0% |
| Hispanic or Latino | 80 | 83% |
| Asian or Pacific Islander | 0 | 0% |
| Native American or Alaskan | 0 | 0% |
| Mixed race | 1 | 1% |

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

| | # of clients | Percent |
|---------|---------------------|----------------|
| English | 33 | 34% |
| Spanish | 53 | 55% |
| Other | 3 | 3% |

Clients' Parental Status

Q18. 19% of clients who answered the survey were pregnant.

Q19. 11% of clients who answered the survey were breastfeeding.

Q20. 49% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 71% 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 | 8 | 8% |
| 1 | 25 | 26% |
| 2 | 19 | 20% |
| 3 or more | 43 | 44% |

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

| | # of clients | Percent |
|----------------|--------------|---------|
| Mother | 84 | 87% |
| Father | 0 | 0% |
| Grandparent | 4 | 4% |
| Foster parent | 0 | 0% |
| Self, pregnant | 5 | 5% |
| Other | 0 | 0% |

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

| | # of clients | Percent |
|------------------|--------------|---------|
| Less than 1 year | 24 | 25% |
| 1 to 2 years | 23 | 24% |
| 3 or more years | 45 | 46% |

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

| | # of clients | Percent |
|-----|--------------|---------|
| Yes | 39 | 40% |
| No | 57 | 59% |

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

| | # of clients | Percent |
|-----|--------------|---------|
| Yes | 72 | 74% |
| No | 23 | 24% |

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 | 79 (81%) | 5 (5%) | 6 (6%) |
| Nutrition, breastfeeding, and health information | 81 (84%) | 6 (6%) | 5 (5%) |
| Support received from WIC staff | 63 (65%) | 20 (21%) | 2 (2%) |
| Talking to other caregivers | 37 (38%) | 32 (33%) | 16 (17%) |
| Learning about community resources (referrals) | 46 (47%) | 21 (22%) | 15 (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. | 86 (89%) | 7 (7%) | 1 (1%) |

Q3. My WIC clinic:

| | Yes (%) | Sometimes (%) | No (%) |
|--|----------|---------------|--------|
| Offers classes in my language. | 90 (93%) | 1 (1%) | 0 (0%) |
| Offers classes at times when I can attend. | 81 (84%) | 9 (9%) | 1 (1%) |
| Offers me a choice of classes. | 70 (72%) | 15 (16%) | 4 (4%) |

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

| | Great (%) | Okay (%) | Not so great (%) |
|--|------------------|-----------------|-------------------------|
| Learning how to feed my family | 79 (81%) | 11 (11%) | 1 (1%) |
| Learning how to breastfeed my baby | 72 (74%) | 16 (17%) | 2 (2%) |
| Providing support to breastfeed my baby longer | 64 (66%) | 24 (25%) | 1 (1%) |
| Providing breast pumps | 54 (56%) | 26 (27%) | 8 (8%) |
| Teaching me about the right kinds and amounts of food to eat | 75 (77%) | 12 (12%) | 1 (1%) |
| Sharing ideas with other parents | 55 (57%) | 33 (34%) | 0 (0%) |
| Providing WIC foods | 84 (87%) | 6 (6%) | 0 (0%) |
| Teaching me how to keep my family healthy | 79 (81%) | 10 (10%) | 0 (0%) |
| Learning about healthy weights for me and my children | 79 (81%) | 11 (11%) | 1 (1%) |
| Learning how to be physically active | 62 (64%) | 24 (25%) | 2 (2%) |
| Getting vaccines for my child | 58 (60%) | 23 (24%) | 8 (8%) |

Q5. Mark how you feel about the following statements:

| | Almost always (%) | Sometimes (%) | Almost never (%) |
|---|--------------------------|----------------------|-------------------------|
| I am treated respectfully by WIC staff. | 87 (90%) | 4 (4%) | 1 (1%) |
| The amount of time I waited for service in the clinic was acceptable. | 65 (67%) | 24 (25%) | 3 (3%) |
| Appointment times that meet my needs are available. | 78 (80%) | 13 (13%) | 0 (0%) |
| I can easily find transportation to my WIC appointments. | 58 (60%) | 31 (32%) | 2 (2%) |
| It is easy to shop for WIC foods. | 73 (75%) | 16 (17%) | 1 (1%) |
| I can shop for WIC foods at my favorite store. | 77 (79%) | 13 (13%) | 1 (1%) |
| I like the food choices WIC provides. | 84 (87%) | 7 (7%) | 1 (1%) |
| The benefits of the WIC program are worth the time and effort. | 89 (92%) | 4 (4%) | 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. | 55 (57%) | 34 (35%) | 0 (0%) | 0 (0%) | 2 (2%) |
| I felt encouraged, supported, and respected. | 61 (63%) | 28 (29%) | 1 (1%) | 0 (0%) | 2 (2%) |
| I was able to talk about what was on my mind. | 51 (53%) | 39 (40%) | 0 (0%) | 0 (0%) | 1 (1%) |
| The counselor addressed my questions. | 59 (61%) | 30 (31%) | 0 (0%) | 1 (1%) | 2 (2%) |
| The counselor provided relevant & helpful information. | 68 (70%) | 23 (24%) | 1 (1%) | 1 (1%) | 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. | 38 (39%) | 29 (30%) | 13 (13%) | 1 (1%) | 11 (11%) |
| The instructor lectured with no class participation. | 14 (14%) | 17 (18%) | 42 (43%) | 11 (11%) | 8 (8%) |
| We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game. | 26 (27%) | 28 (29%) | 20 (21%) | 3 (3%) | 12 (12%) |
| There was a video or other visual aid used to prompt discussion. | 47 (49%) | 30 (31%) | 7 (7%) | 2 (2%) | 7 (7%) |
| I was able to talk about my nutrition questions and interests. | 46 (47%) | 39 (40%) | 2 (2%) | 0 (0%) | 4 (4%) |
| I had the chance to learn from other caregivers. | 41 (42%) | 37 (38%) | 9 (9%) | 1 (1%) | 4 (4%) |
| I was able to have a discussion with other caregivers. | 38 (39%) | 37 (38%) | 9 (9%) | 1 (1%) | 6 (6%) |
| I learned an idea I tried at home. | 44 (45%) | 31 (32%) | 10 (10%) | 2 (2%) | 4 (4%) |
| I felt comfortable sharing my ideas. | 48 (50%) | 36 (37%) | 3 (3%) | 1 (1%) | 4 (4%) |
| I felt respected. | 57 (59%) | 30 (31%) | 0 (0%) | 0 (0%) | 4 (4%) |
| We had fun and it was worth my time. | 55 (57%) | 31 (32%) | 1 (1%) | 1 (1%) | 4 (4%) |

Q8. Where do you access the internet?

67% of clients reported having access to the Internet.

| | # of clients | Percent |
|--------------------------|--------------|---------|
| Home | 44 | 45% |
| Work | 3 | 3% |
| Library | 9 | 9% |
| School | 2 | 2% |
| Friend or family's house | 9 | 9% |
| Public places with WiFi | 6 | 6% |
| Other | 7 | 7% |

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

| | # of clients | Percent |
|----------------------------|--------------|---------|
| Desktop or laptop computer | 43 | 44% |
| Cell phone | 29 | 30% |
| Smart phone | 10 | 10% |
| iPad or other tablet | 1 | 1% |
| Kindle or Nook read | 1 | 1% |
| Other | 5 | 5% |

Q10. How often do you use the following technology?

| | Every day (%) | Sometimes (%) | Almost never (%) |
|--|---------------|---------------|------------------|
| Dial-up Internet connection using telephone line | 13 (13%) | 20 (21%) | 57 (59%) |
| High-speed/Broadband Internet connection | 19 (20%) | 19 (20%) | 49 (51%) |
| Text messaging or texting | 40 (41%) | 31 (32%) | 21 (22%) |
| E-mail | 18 (19%) | 26 (27%) | 44 (45%) |
| Facebook or My Space | 27 (28%) | 22 (23%) | 36 (37%) |
| Twitter | 2 (2%) | 6 (6%) | 75 (77%) |
| Podcasts | 0 (0%) | 2 (2%) | 81 (84%) |
| YouTube or other online videos | 16 (17%) | 22 (23%) | 49 (51%) |
| iTunes or other music storage site | 4 (4%) | 20 (21%) | 65 (67%) |
| Smartphone application (app) | 10 (10%) | 7 (7%) | 71 (73%) |
| Take online classes | 2 (2%) | 13 (13%) | 73 (75%) |
| Webcam, Skype, or Facetime | 3 (3%) | 6 (6%) | 79 (81%) |

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

| | Yes (%) | No (%) |
|-------------------------------|----------------|---------------|
| Send or receive e-mail | 33 (34%) | 58 (60%) |
| Send or receive text messages | 78 (80%) | 15 (16%) |
| Access the Internet | 52 (54%) | 38 (39%) |

Q12. Would you be interested in:

| | Yes (%) | No (%) |
|--|----------------|---------------|
| Communicating with other WIC participants and WIC staff on Facebook? | 45 (46%) | 47 (49%) |
| Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages? | 57 (59%) | 36 (37%) |
| Taking a WIC class on a Smart phone? | 36 (37%) | 55 (57%) |
| Taking a WIC class via Webinar? | 29 (30%) | 61 (63%) |
| Using a phone application (app) that would help you locate WIC-approved foods? | 43 (44%) | 47 (49%) |

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. | 58 (60%) | 27 (28%) | 7 (7%) |
| I participate in physical activities with my child. | 53 (55%) | 29 (30%) | 9 (9%) |
| I prepare meals at home. | 83 (86%) | 10 (10%) | 1 (1%) |
| My child helps prepare meals at home. | 17 (18%) | 36 (37%) | 37 (38%) |

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

| | Almost always (%) | Sometimes (%) | Almost never (%) |
|--|--------------------------|----------------------|-------------------------|
| The TV is turned off during meals. | 36 (37%) | 42 (43%) | 17 (18%) |
| My family sits down to eat meals together. | 72 (74%) | 22 (23%) | 1 (1%) |
| Mealtime with my family is enjoyable. | 85 (88%) | 10 (10%) | 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 | 34 (35%) | 49 (51%) | 10 (10%) |
| Being physically active for 30 minutes most days of the week | 52 (54%) | 39 (40%) | 2 (2%) |
| Turning off the TV at mealtimes | 46 (47%) | 34 (35%) | 11 (11%) |
| Eating low-fat foods | 51 (53%) | 39 (40%) | 2 (2%) |
| Eating at least 5 fruits and vegetables a day | 54 (56%) | 39 (40%) | 1 (1%) |
| Growing vegetables at home | 19 (20%) | 37 (38%) | 34 (35%) |
| Cook most meals at home | 86 (89%) | 8 (8%) | 0 (0%) |
| Drink low-fat or fat free milk | 83 (86%) | 8 (8%) | 2 (2%) |
| Offering low-fat milk to my child age 2 or older | 73 (75%) | 12 (12%) | 6 (6%) |
| Using whole grains when I cook at home | 63 (65%) | 27 (28%) | 4 (4%) |