

**Texas WIC Lesson Evaluation Results
NR-000-18: CCNE Building Strong Blood**

Client Feedback

Total # of clients who responded to survey: 274

Clients surveyed identified themselves as:

- Pregnant: 12%
- Breastfeeding: 12%
- Caretaker of baby under 12 months: 44%
- Caretaker of a child over 1 year: 84%
- Friend of family: 11%
- First WIC class: 8%

Language in which the class was taught:

- English – 52%
- Spanish – 44%
- Both – 4%

Compared to other WIC classes, clients awarded this class **4.7 stars** (out of 5).

Clients rated the class as follows on the items below:

| | Not at all | A little | A lot |
|---|-------------------|-----------------|--------------|
| Helpful | 1% | 6% | 93% |
| Too long | 81% | 16% | 3% |
| Informative | 1% | 9% | 90% |
| Important | 1% | 7% | 92% |
| Boring | 86% | 10% | 5% |
| Covered things I already know | 19% | 64% | 18% |
| Answered my questions | 1% | 15% | 84% |
| Encouraged me to participate | 1% | 19% | 81% |
| The instructor knew a lot about the topic | 1% | 5% | 94% |
| Good for first-time parents | 1% | 9% | 90% |
| I understood the language | 0% | 4% | 96% |

Clients indicated one thing they learned that they would try at home. Out of 250 write-in responses, themes for the comments included:

- The importance of iron; iron is necessary to have “good/strong” blood (prevent anemia)
- How to combine iron and vitamin-C rich foods to improve iron absorption
- Eating more foods that are good sources of iron
- Not to give too much milk which is not a source of iron
- Trying new foods which contain iron
- Tea and coffee beverages decrease iron absorption

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Staff Feedback

Total # of staff who responded to the survey: 29

Staff surveyed included: Clerk (12), WCS (6), CA (2), Nutritionist (2), Nutrition Education Coordinator (2), Other (5) and had the following degrees: LVN (3), RD (1), Degreed Nutritionist (3), Other (22).

Language in which the class was taught:

- English – 28%
- Spanish – 7%
- Both – 66%

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

- The Bingo game and icebreaker gave them confidence to participate
- Allow participants to interact, give their own opinions, and share experiences
- Have clients to sit in semicircle
- Interesting topic, and the lesson was just the right amount of information/length to keep participant attention
- The colorful Bingo board handout/visual aid helped
- Clients enjoyed receiving recipes

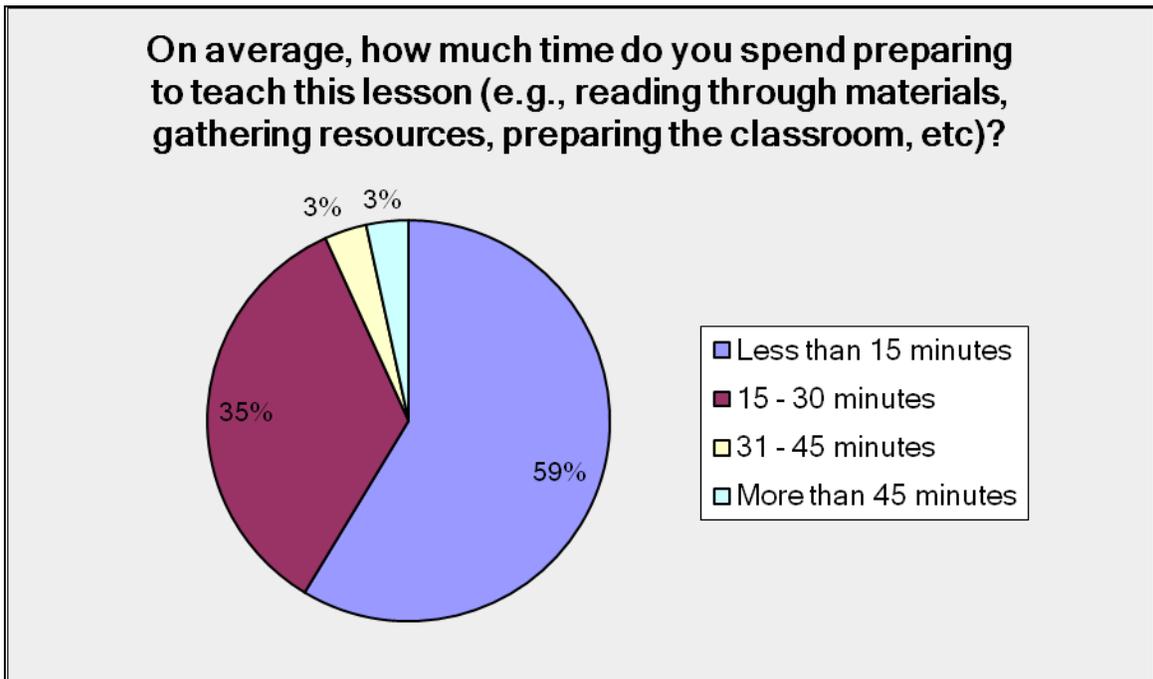
What staff would do differently the next time they teach the class:

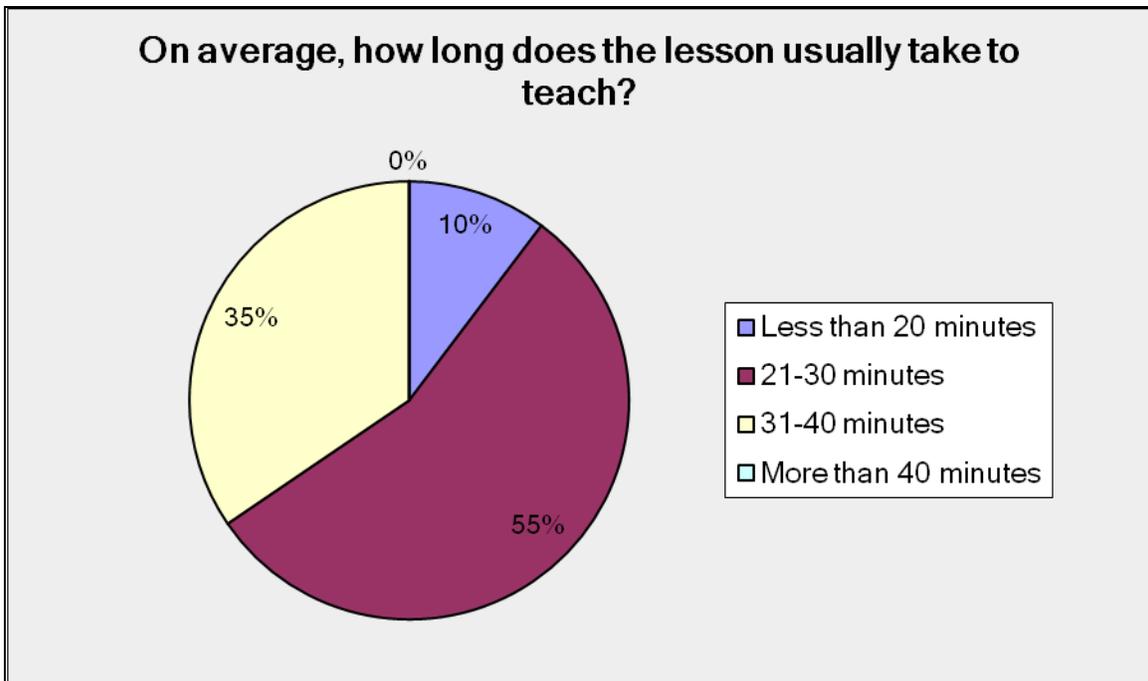
- Do more background research before the class and read the material closely
- Give a prize for Bingo winner
- Include more information
- Nothing, like as is

CLASS LOGISTICS

| How many times have you taught this class? | | |
|--|------------------|----------------|
| Answer Options | Response Percent | Response Count |
| 1 | 17.2% | 5 |
| 2 | 6.9% | 2 |
| 3 | 13.8% | 4 |
| 4 | 13.8% | 4 |
| 5 or more | 48.3% | 14 |

| How easy or difficult was the lesson to follow? | | |
|---|------------------|----------------|
| Answer Options | Response Percent | Response Count |
| Very Easy | 51.7% | 15 |
| Easy | 44.8% | 13 |
| Difficult | 3.4% | 1 |
| Very Difficult | 0.0% | 0 |





In your opinion, what would be the ideal size for this class?

| Answer Options | Response Percent | Response Count |
|-------------------|------------------|----------------|
| Less than 6 | 3.4% | 1 |
| 6-10 | 58.6% | 17 |
| 11-16 | 34.5% | 10 |
| More than 16 | 0.0% | 0 |
| It doesn't matter | 3.4% | 1 |

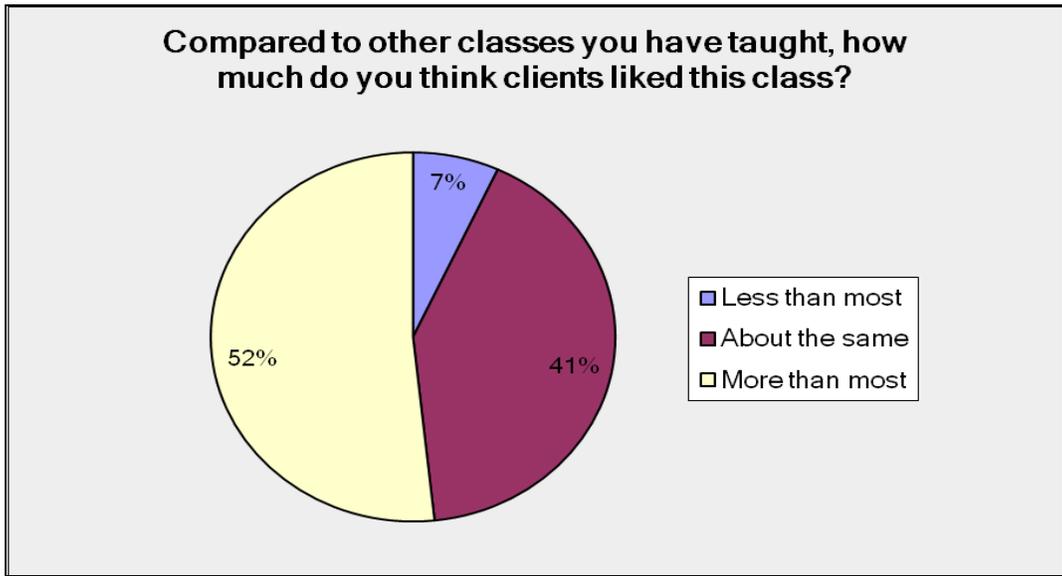
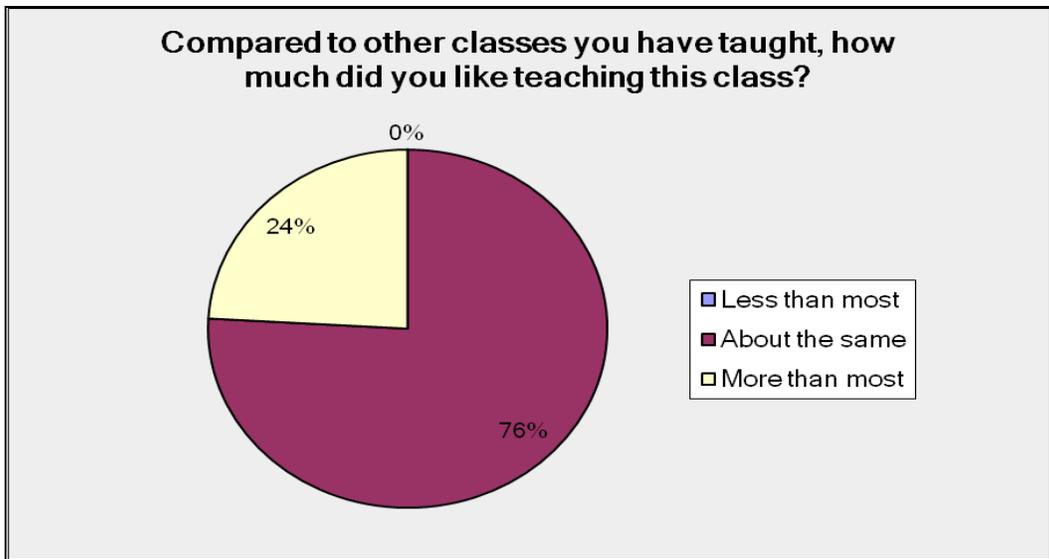
CLASS FLOW

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 | 0 | 28 | 1 | 29 |
| Main activity | 0 | 0 | 26 | 1 | 27 |
| Optional activities | 2 | 11 | 10 | 3 | 26 |
| Conclusion/Take away | 0 | 2 | 26 | 1 | 29 |
| In-class evaluation | 2 | 3 | 19 | 4 | 28 |

| How many of the clients usually participate in the class discussion? | | |
|--|------------------|----------------|
| Answer Options | Response Percent | Response Count |
| Almost none | 3.4% | 1 |
| Less than half | 20.7% | 6 |
| About half | 24.1% | 7 |
| More than half | 10.3% | 3 |
| Almost all | 41.4% | 12 |

ENJOYMENT OF CLASS



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 | 3.4% | 1 |
| Basic nutrition knowledge | 65.5% | 19 |
| Advanced nutrition knowledge | 6.9% | 2 |
| Basic breastfeeding knowledge | 17.2% | 5 |
| Advanced breastfeeding knowledge | 6.9% | 2 |
| Public speaking | 20.7% | 6 |
| Client-centered NE training from State | 20.7% | 6 |
| Client-centered NE training at my local agency | 72.4% | 21 |
| Other (please specify) | | 2 |

What additional training would help you teach this class?

- Even more information on the topic
- Be more educated on the topic prior to teaching
- Nothing additional needed