

Texas WIC Lesson Evaluation Results
CF-000-30: CCNE Family Meals – More Than Just Eating Together

Client Feedback

Total # of clients who responded to survey: 45

Clients surveyed identified themselves as:

- Pregnant: 11%
- Breastfeeding: 11%
- Caretaker of baby under 12 months: 44%
- Caretaker of a child over 1 year: 87%
- Friend of family: 9%
- First WIC class: 9%

Language in which the class was taught:

- English – 77%
- Spanish – 21%
- Both – 2%

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	0%	13%	87%
Too long	91%	7%	2%
Informative	2%	7%	91%
Important	0%	4%	96%
Boring	91%	9%	0%
Covered things I already know	18%	58%	24%
Answered my questions	2%	13%	84%
Encouraged me to participate	0%	16%	84%
The instructor knew a lot about the topic	0%	4%	96%
Good for first-time parents	0%	4%	96%
I understood the language	4%	0%	96%

Clients indicated one thing they learned that they would try at home. Out of 23 write-in responses, themes for the comments included:

- Keeping mealtimes stress free and have meals for everyone at once
- Scheduled times for meals and snacks and try to plan ahead those days for family meals
- Put away distractions during mealtimes (such as cell phone)
- Feed my children healthy foods (more vegetables and fruits)
- Prepare foods ahead of time and freeze larger quantities to save time
- Have children help out with preparing meals or setting the table

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Staff Feedback

Total # of staff who responded to the survey: 18

Staff surveyed included: Clerk (2), WCS (4), CA (5), Nutritionist (3), NE Coordinator (1), Clinic Supervisor (3) and had the following degrees: LVN (4), LD (1), Degreed Nutritionist (5), Other (8).

Language in which the class was taught:

- English – 78%
- Spanish – 0%
- Both – 22%

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

- Everyone had fun; good interaction
- Clients talking and sharing their experiences at home. Every family has a different type of lifestyle and it made clients feel good about their choices.
- This class just had such a smooth conversation flowing at all times
- Sharing ideas about their meal times and the other parents liked some of these and plan to try some of them
- It seems to work better when the staff introduces the class has a discussion not a class. The clients interact better, than when we say class.
- Getting them to tell stories about their experiences with their family or when they were a child.
- I did have good participation. Since it dealt with what they do and there were no right or wrong answers. I think they more readily shared.
- The picture of the family eating together to trigger a conversation worked well.
- Asking clients about their interest in having family meals and about their challenges.
- The clients liked problem solving for their peers.

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

- Come up with a hands-on activity with the clients that could also involve the kids present.
- Focus on what mealtimes were like when the parents were young - how is it different today.
- Spend more time on the icebreaker. It helps get the clients engaged and in a helping mode.
- Would like more time / to do a food demo

CLASS LOGISTICS

How many times have you taught this class?

Answer Options	Response Percent	Response Count
1	16.7%	3
2	11.1%	2
3	27.8%	5
4	5.6%	1
5 or more	38.9%	7

How easy or difficult was the lesson to follow?

Answer Options	Response Percent	Response Count
Very Easy	44.4%	8
Easy	55.6%	10
Difficult	0.0%	0
Very Difficult	0.0%	0

On average, how much time do you spend preparing to teach this lesson (e.g., reading through materials, gathering resources, preparing the classroom, etc)?

Answer Options	Response Percent	Response Count
Less than 15 minutes	38.9%	7
15 – 30 minutes	22.2%	4
31-45 minutes	33.3%	6
More than 45 minutes	5.6%	1

On average, how long does the lesson usually take to teach?

Answer Options	Response Percent	Response Count
Less than 20 minutes	11.1%	2
21 – 30 minutes	83.3%	15
31 – 40 minutes	5.6%	1
More than 40 minutes	0.0%	0

In your opinion, what would be the ideal size for this class?		
Answer Options	Response Percent	Response Count
Less than 6	11.1%	2
6-10	77.8%	14
11-16	11.1%	2
More than 16	0.0%	0
It doesn't matter	0.0%	0

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	4	14	0	18
Main activity	0	3	15	0	18
Optional activities	1	10	2	3	16
Conclusion/Take away	0	2	16	0	18
In-class evaluation	1	6	10	1	18

How many of the clients usually participate in the class discussion?		
Answer Options	Response Percent	Response Count
Almost none	0.0%	0
Less than half	5.6%	1
About half	33.3%	6
More than half	16.7%	3
Almost all	44.4%	8

ENJOYMENT OF CLASS

Compared to other classes you have taught, how much did you like teaching this class?

Answer Options	Response Percent	Response Count
Less than most	0.0%	0
About the same	61.1%	11
More than most	38.9%	7

Compared to other classes you have taught, how much do you think clients liked this class?

Answer Options	Response Percent	Response Count
Less than most	5.6%	1
About the same	66.7%	12
More than most	27.8%	5

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	0.0%	0
Basic nutrition knowledge	66.7%	12
Advanced nutrition knowledge	55.6%	10
Basic breastfeeding knowledge	27.8%	5
Advanced breastfeeding knowledge	38.9%	7
Public speaking	50.0%	9
Client-centered NE training from State	44.4%	8
Client-centered NE training at my local agency	61.1%	11
Other (please specify)		1

What additional training would help you teach this class?

- Knowledge of different cultures
- I think this was an easy class. It gave almost all that was need. Not a lot had to be done to teach it.
- Ideas to use to get the client to take ownership of the class