

**Texas WIC Lesson Evaluation Results
CF-000-31: CCNE Child Nutrition Top Ten Discussion**

Client Feedback

Total # of clients who responded to survey: 73

Clients surveyed identified themselves as:

- Pregnant: 7%
- Breastfeeding: 7%
- Caretaker of baby under 12 months: 16%
- Caretaker of a child over 1 year: 89%
- Friend of family: 11%
- First WIC class: 10%

Language in which the class was taught:

- English – 32%
- Spanish – 60%
- Both – 8%

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	3%	6%	92%
Too long	90%	10%	0%
Informative	1%	10%	89%
Important	1%	14%	85%
Boring	88%	7%	6%
Covered things I already know	8%	77%	15%
Answered my questions	1%	14%	85%
Encouraged me to participate	0%	34%	66%
The instructor knew a lot about the topic	1%	7%	92%
Good for first-time parents	4%	12%	84%
I understood the language	0%	1%	99%

Clients indicated one thing they learned that they would try at home. Out of 68 write-in responses, themes for the comments included:

- Commitment to healthier dietary practices, such as learning new ways to incorporate vegetables and fruits in their child’s meals, proper portion sizes, choosing low-fat or skim milk, healthy foods as snacks and treats, giving water instead of large amounts of juice or milk (or other sweetened beverages)
- New, fun ways to be active as a family and to help their child exercise more; cut back amount of tv time
- To eat healthy and do activities together as a family
- Proper dental care for children

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Staff Feedback

Total # of staff who responded to the survey: 13

Staff surveyed included: CA (2), Nutritionist (9), LA Director (1), Other (1) and had the following degrees: LVN (1), Degreed Nutritionist (12).

Language in which the class was taught:

- English – 23%
- Spanish – 0%
- Both – 77%

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

- The clients like to select topics.
- Clients getting to decide what to talk about
- I had a very interactive group. The classes here are pretty large, 14 plus, so that made it challenging so I think would be better with smaller group.
- The freedom that clients had to ask questions. The fact that there were 10 topics to choose from gave them the ability to ask questions and participate in class.
- That the clients got to choose the topics.
- What worked well when I taught the class was the fact that they decided as a group what topics to discuss.
- Reading the 10 topics out loud and letting the clients decide what topic to cover
- The easy and colorful topics that interest a lot of moms
- Definitely got a lot of feedback from moms in the class

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

- I think varying the icebreaker questions or offering two questions for them to answer.
- Have different topics!
- I noticed that in one of the classes one mother had taken over the conversation. She had a lot of questions about a particular topic. I think next time that happens I should either limit the time for each topic or talk to the client after class to allow for other participants to participate.
- Pin the topic cards up to a wall with velcro, pins, or magnets instead of passing them around
- Have more handouts in classroom

CLASS LOGISTICS

How many times have you taught this class?

Answer Options	Response Percent	Response Count
1	15.4%	2
2	23.1%	3
3	15.4%	2
4	7.7%	1
5 or more	38.5%	5

How easy or difficult was the lesson to follow?

Answer Options	Response Percent	Response Count
Very Easy	38.5%	5
Easy	61.5%	8
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	69.2%	9
15 – 30 minutes	23.1%	3
31-45 minutes	7.7%	1
More than 45 minutes	0.0%	0

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

Answer Options	Response Percent	Response Count
Less than 20 minutes	0.0%	0
21 – 30 minutes	7.7%	1
31 – 40 minutes	69.2%	9
More than 40 minutes	23.1%	3

In your opinion, what would be the ideal size for this class?		
Answer Options	Response Percent	Response Count
Less than 6	15.4%	2
6-10	61.5%	8
11-16	23.1%	3
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	1	1	11	0	13
Main activity	0	1	12	0	13
Optional activities	6	6	0	1	13
Conclusion/Take away	0	1	11	1	13
In-class evaluation	2	2	8	1	13

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	7.7%	1
About half	23.1%	3
More than half	30.8%	4
Almost all	38.5%	5

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	84.6%	11
More than most	15.4%	2

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	0.0%	0
About the same	61.5%	8
More than most	38.5%	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	61.5%	8
Advanced nutrition knowledge	84.6%	11
Basic breastfeeding knowledge	30.8%	4
Advanced breastfeeding knowledge	23.1%	3
Public speaking	46.2%	6
Client-centered NE training from State	46.2%	6
Client-centered NE training at my local agency	84.6%	11
Other (please specify)		3

What additional training would help you teach this class?

- For other people, maybe the module on class teaching and guiding discussions.
- Continue to offer IDL trainings for staff in NE.
- I think as a nutritionist we have the knowledge for this class and the materials/handouts available to us allow us to pass on the information to our clients.

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- Referral information. I ended up referring a mom to ECI for development issues she was having that were brought to light during the class.