

**Texas WIC Lesson Evaluation Results  
GN-000-25: CCNE Healthy Media Diet**

**Client Feedback**

**Total # of clients who responded to survey: 118**

**Clients surveyed identified themselves as:**

- Pregnant: 19%
- Breastfeeding: 7%
- Caretaker of baby under 12 months: 32%
- Caretaker of a child over 1 year: 80%
- Friend of family: 9%
- First WIC class: 5%

**Language in which the class was taught:**

- English – 46%
- Spanish – 52%
- Both – 2%

Compared to other WIC classes, clients awarded this class **4.6 stars** (out of 5).

**Clients rated the class as follows on the items below:**

	<b>Not at all</b>	<b>A little</b>	<b>A lot</b>
Helpful	1%	12%	<b>88%</b>
Too long	<b>77%</b>	20%	4%
Informative	0%	10%	<b>90%</b>
Important	3%	8%	<b>89%</b>
Boring	<b>89%</b>	6%	5%
Covered things I already know	6%	<b>75%</b>	19%
Answered my questions	2%	27%	<b>71%</b>
Encouraged me to participate	1%	22%	<b>77%</b>
The instructor knew a lot about the topic	0%	10%	<b>90%</b>
Good for first-time parents	1%	12%	<b>88%</b>
I understood the language	0%	3%	<b>97%</b>

**Clients indicated one thing they learned that they would try at home. Out of 103 write-in responses, themes for the comments included:**

- Too much screen time (TV, computer, video games) is bad for children; limit the amount of time my child spends watching TV or playing video games
- Keeping screen time to less than 2 hours per day and no screen time for children under 2 yrs of age
- Provide more opportunities for child to exercise; be more active with my child(ren)
- Do not let my child eat while watching TV

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**Staff Feedback**

**Total # of staff who responded to the survey: 9**

**Staff surveyed included:** CA (1), Nutritionist (5), Nutrition Education Coordinator (2), Clinic Supervisor (1) and had the following degrees: LD (2), RD (4), Degreed Nutritionist (5), Other (1).

**Language in which the class was taught:**

- English – 78%
- Spanish – 11%
- Both – 11%

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

- The handout works very well.
- They enjoyed talking about advertising jingles we all know by heart and recognized how it influences their children.
- Asking moms what shows their children liked to watch, and other activities they can do during the commercials.
- Having them read the true or false questions on index cards and discussing them.
- I gave real life examples of how easy it is to catch on to the media by singing commercial jingles and having participants identify which commercials they came from.
- Really appropriate for today's society issues.

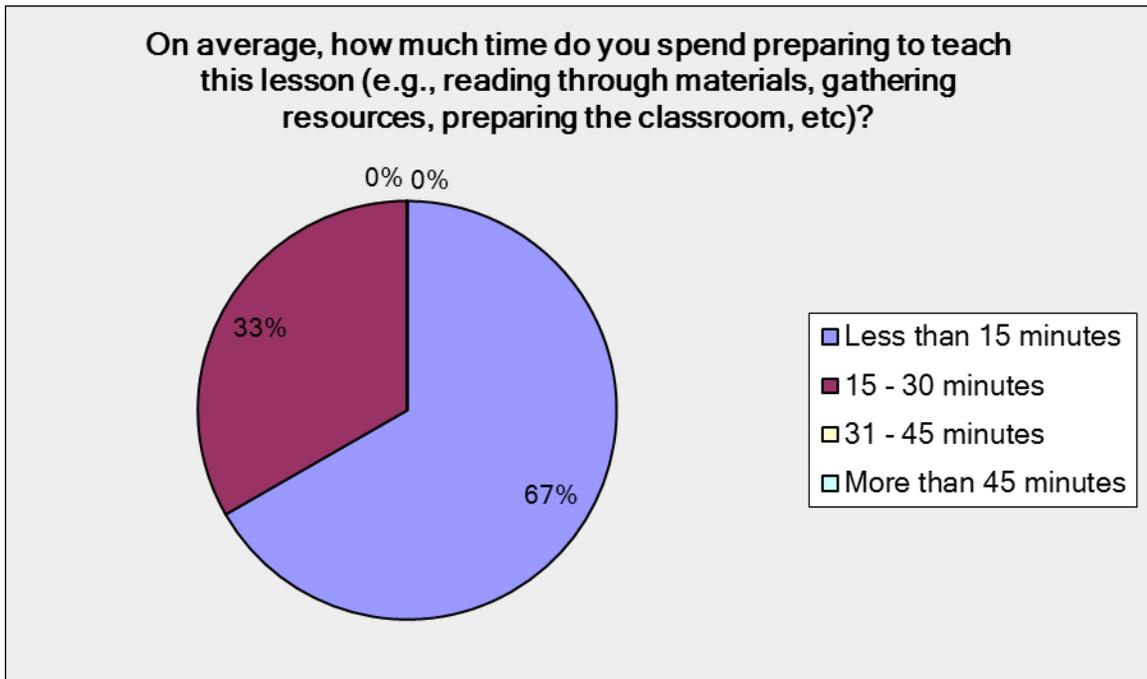
**What staff would do differently the next time they teach the class:**

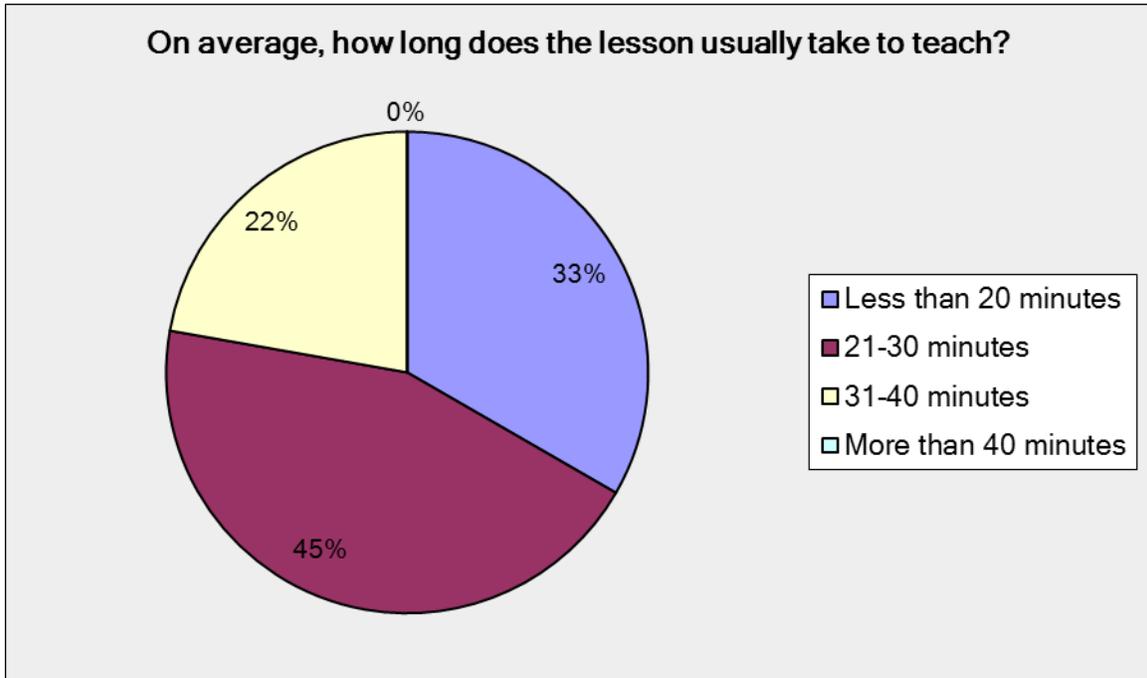
- Nothing (4 staff)
- More handouts or examples of ads/video clips to use during class.

### CLASS LOGISTICS

How many times have you taught this class?		
Answer Options	Response Percent	Response Count
1	11.1%	1
2	11.1%	1
3	11.1%	1
4	11.1%	1
<b>5 or more</b>	<b>55.6%</b>	<b>5</b>

How easy or difficult was the lesson to follow?		
Answer Options	Response Percent	Response Count
Very Easy	33.3%	3
<b>Easy</b>	<b>66.7%</b>	<b>6</b>
Difficult	0.0%	0
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	22.2%	2
<b>6-10</b>	<b>77.8%</b>	<b>7</b>
11-16	0.0%	0
More than 16	0.0%	0
It doesn't matter	0.0%	0

**CLASS FLOW**

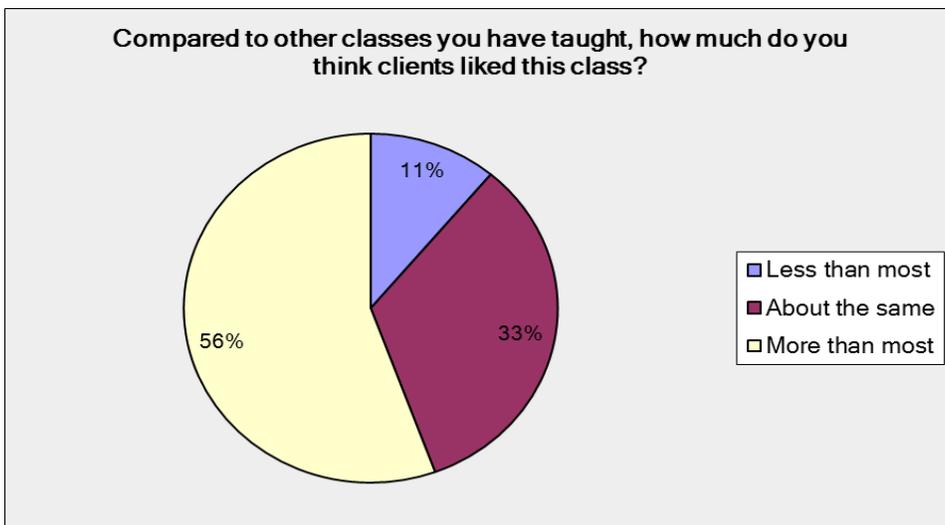
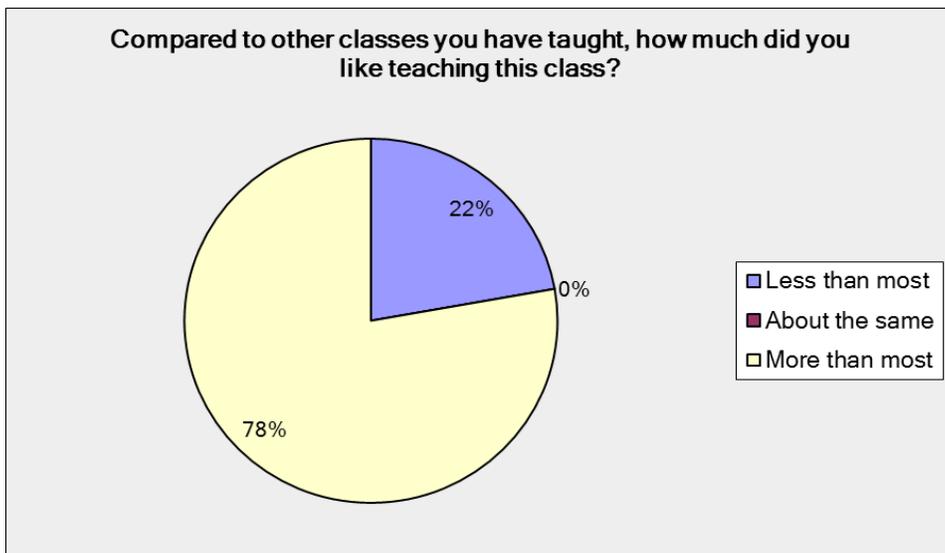
**How much of the following sections of the lesson plan did you usually cover?**

Answer Options	None	Some	All	Not applicable	Response Count
Introduction/Icebreaker	1	1	<b>7</b>	0	9
Main activity	0	1	<b>8</b>	0	9
Optional activities	1	<b>5</b>	2	1	9
Conclusion/Take away	0	3	<b>6</b>	0	9
In-class evaluation	2	1	<b>4</b>	2	9

**How many of the clients usually participate in the class discussion?**

Answer Options	Response Percent	Response Count
Almost none	11.1%	1
Less than half	0.0%	0
About half	33.3%	3
More than half	11.1%	1
<b>Almost all</b>	<b>44.4%</b>	<b>4</b>

**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	0.0%	0
Basic nutrition knowledge	22.2%	2
<b>Advanced nutrition knowledge</b>	<b>66.7%</b>	<b>6</b>
Basic breastfeeding knowledge	11.1%	1
Advanced breastfeeding knowledge	11.1%	1
Public speaking	33.3%	3
Client-centered NE training from State	33.3%	3
Client-centered NE training at my local agency	55.6%	5
Other (please specify)		0

**What additional training would help you teach this class?**

- None