

**Texas WIC Lesson Evaluation Results**  
**IF-000-24: CCNE Fun and Feeding for a Healthy Weight**

**Client Feedback**

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

**Clients surveyed identified themselves as:**

- Pregnant: 9%
- Breastfeeding: 25%
- Caretaker of baby under 12 months: 79%
- Caretaker of a child over 1 year: 49%
- Friend of family: 9%
- First WIC class: 15%

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

- English – 47%
- Spanish – 43%
- Both – 10%

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	0%	12%	<b>88%</b>
Too long	<b>84%</b>	16%	0%
Informative	1%	10%	<b>89%</b>
Important	3%	9%	<b>89%</b>
Boring	<b>94%</b>	4%	2%
Covered things I already know	9%	<b>69%</b>	22%
Answered my questions	1%	17%	<b>82%</b>
Encouraged me to participate	2%	22%	<b>76%</b>
The instructor knew a lot about the topic	0%	6%	<b>94%</b>
Good for first-time parents	1%	4%	<b>95%</b>
I understood the language	0%	2%	<b>98%</b>

**Clients indicated one thing they learned that they would try at home. Out of 92 write-in responses, themes for the comments included:**

- Better identify and pay attention to my baby’s hunger and fullness signs/cues
- Mix infant cereal with breastmilk or formula
- Introduce solid foods at 6 months of age; how to give up the bottle/try to give liquids with a cup
- Choose iron-rich foods for my family; what kinds of foods should I give to my baby and when
- Play with my baby and do activities with her; no tv time for children under 2 years old
- Do not give honey infants; do not put juice in a bottle

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**Staff Feedback**

**Total # of staff who responded to the survey: 19**

**Staff surveyed included:** Clerk (5), WCS (3), CA (3), Nutritionist (2), NE Coordinator (1), LA Director (1), Other (4) and had the following degrees: LVN (2), Degreed Nutritionist (4), Other (13).

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

- English – 26%
- Spanish – 11%
- Both – 63%

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

- Clients sharing signs of hunger and fullness they have seen from their babies
- Ask volunteers to provide examples of their experiences feeding or breastfeeding
- Juice cup model
- This class evoked good client participation
- Allowing participants to select topics
- Having groups that had infants relatively close in age (ie. 9-10 months)
- Linking the hunger and fullness cues to how it effects weight

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

- Ask questions of all participants so everyone participates
- Present more nutrition models
- To use a video
- Make room to sit in a circle
- Describe more activities moms can do with their babies

## CLASS LOGISTICS

### How many times have you taught this class?

Answer Options	Response Percent	Response Count
1	10.5%	2
2	15.8%	3
3	5.3%	1
4	15.8%	3
<b>5 or more</b>	<b>52.6%</b>	<b>10</b>

### How easy or difficult was the lesson to follow?

Answer Options	Response Percent	Response Count
Very Easy	31.6%	6
<b>Easy</b>	<b>68.4%</b>	<b>13</b>
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
<b>Less than 15 minutes</b>	<b>47.4%</b>	<b>9</b>
15 – 30 minutes	42.1%	8
31-45 minutes	10.5%	2
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	5.3%	1
<b>21 – 30 minutes</b>	<b>63.2%</b>	<b>12</b>
31 – 40 minutes	26.3%	5
More than 40 minutes	5.3%	1

In your opinion, what would be the ideal size for this class?		
Answer Options	Response Percent	Response Count
Less than 6	15.8%	3
<b>6-10</b>	<b>52.6%</b>	<b>10</b>
11-16	26.3%	5
More than 16	0.0%	0
It doesn't matter	5.3%	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	1	<b>18</b>	0	19
Main activity	0	0	<b>19</b>	0	19
Optional activities	0	9	<b>10</b>	0	19
Conclusion/Take away	0	1	<b>17</b>	1	19
In-class evaluation	1	2	<b>16</b>	0	19

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	10.5%	2
About half	31.6%	6
More than half	15.8%	3
<b>Almost all</b>	<b>42.1%</b>	<b>8</b>

## 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
<b>About the same</b>	<b>73.7%</b>	<b>14</b>
More than most	26.3%	5

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
<b>About the same</b>	<b>68.4%</b>	<b>13</b>
More than most	31.6%	6

## 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	5.3%	1
Basic nutrition knowledge	68.4%	13
Advanced nutrition knowledge	36.8%	7
Basic breastfeeding knowledge	36.8%	7
Advanced breastfeeding knowledge	26.3%	5
Public speaking	31.6%	6
Client-centered NE training from State	36.8%	7
<b>Client-centered NE training at my local agency</b>	<b>73.7%</b>	<b>14</b>
Other (please specify)		0

What additional training would help you teach this class?

- Continue to offer the IDL NE trainings.
- Guest speaker to teach class and we observe so we may get a different idea or approach on how to teach the class.
- More nutrition models

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- Have a baby doll to demonstrate the activities moms can do with their babies
- Additional infant feeding/development information