

**Texas WIC Nutrition Education Survey  
Statewide Report  
May 2012**

**Who answered the survey?**

3216 clients answered the survey

**Local Agency Participation (as of May 17, 2012)**

Local Agency	# of Clients	%
1	85	2.6
3	97	3.0
4	20	0.6
5	29	0.9
7	281	8.7
10	20	0.6
11	23	0.7
12	241	7.5
13	78	2.4
17	77	2.4
19	20	0.6
20	22	0.7
21	20	0.6
22	20	0.6
24	20	0.6
26	263	8.2
27	37	1.2
28	19	0.6
29	20	0.6
30	20	0.6
31	33	1.0
32	22	0.7
33	144	4.5
34	20	0.6
35	34	1.1
36	33	1.0

Local Agency	# of Clients	%
37	20	0.6
38	20	0.6
39	45	1.4
40	19	0.6
41	142	4.4
42	22	0.7
43	20	0.6
44	20	0.6
45	20	0.6
46	20	0.6
48	176	5.5
49	19	0.6
51	11	0.3
53	18	0.6
54	180	5.6
56	18	0.6
58	20	0.6
59	20	0.6
60	19	0.6
61	19	0.6
62	20	0.6
63	19	0.6
64	19	0.6
65	20	0.6
67	20	0.6
69	20	0.6

Local Agency	# of Clients	%
70	20	0.6
71	26	0.8
73	29	0.9
74	20	0.6
76-1	20	0.6
76-2	20	0.6
76-3	15	0.5
76-4	20	0.6
76-5	19	0.6
76-6	20	0.6
76-7	12	0.4
77	87	2.7
84	24	0.7
87	28	0.9
88	20	0.6
89	18	0.6
90	20	0.6
95	20	0.6
100	27	0.8
105	17	0.5
106	18	0.6
107	19	0.6
108	13	0.4
110	20	0.6

**Information About the Clients Who Answered the Survey**

**Q17. How old are you?**

	<b># of clients</b>	<b>Percent</b>
15 or younger	37	1%
16-18	177	6%
19-29	1700	53%
30 or older	1202	37%

**Q24. What is the highest level of school you have finished?**

	<b># of clients</b>	<b>Percent</b>
1 <sup>st</sup> to 6 <sup>th</sup> grade	293	9%
7 <sup>th</sup> to 9 <sup>th</sup> grade	428	13%
10 <sup>th</sup> to 12 <sup>th</sup> grade	695	22%
High school graduate or GED	1050	33%
Trade or technical school	207	6%
College	348	11%

**Q25. What is your race or ethnicity?**

	<b># of clients</b>	<b>Percent</b>
White	490	15%
Black	300	9%
Hispanic or Latino	2205	69%
Asian or Pacific Islander	48	2%
Native American or Alaskan	8	.2%
Mixed race	68	2%

**Q26. What is the main language spoken in your home?**

	<b># of clients</b>	<b>Percent</b>
English	1513	47%
Spanish	1439	45%
Other	56	2%

**Clients' Parental Status**

**Q18.** 14% of clients who answered the survey were pregnant.

**Q19.** 14% of clients who answered the survey were breastfeeding.

**Q20.** 49% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

**Q21.** 72% of clients who answered the survey were the parent/caretaker of a child over 1 year old.

**Q22. How many children do you have?**

	# of clients	Percent
0	137	4%
1	1043	32%
2	822	26%
3 or more	1143	36%

**Q23. What is your relationship to the child(ren) in WIC?**

	# of clients	Percent
Mother	2883	90%
Father	27	.8%
Grandparent	36	1%
Foster parent	14	.4%
Self, pregnant	129	4%
Other	17	.5%

**Q16. During the past 5 years I have participated in WIC:**

	# of clients	Percent
Less than 1 year	927	29%
1 to 2 years	875	27%
3 or more years	1271	40%

**Q27. Are you ever concerned that you won't be able to buy enough food to feed your family?**

	# of clients	Percent
Yes	1347	42%
No	1805	56%

**Q28. Do you participate in the Supplemental Nutrition Assistance Program (SNAP, food stamps)?**

	# of clients	Percent
Yes	1844	57%
No	1315	41%

**SECTION 1** describes participants' opinions about WIC. The section included seven questions.

**Q1. What motivates you to come to WIC?**

	Yes (%)	Sometimes (%)	No (%)
Food benefits	2841 (88%)	147 (5%)	68 (2%)
Nutrition, breastfeeding, and health information	2631 (82%)	265 (8%)	154 (5%)
Support received from WIC staff	2282 (71%)	509 (16%)	150 (5%)
Talking to other caregivers	1286 (40%)	954 (30%)	615 (19%)
Learning about community resources (referrals)	1589 (49%)	791 (25%)	500 (16%)

**Q2. The people at my WIC clinic care about me and my family.**

	Yes (%)	Sometimes (%)	No (%)
The people at my WIC clinic care about me and my family.	3002 (93%)	154 (5%)	15 (.5%)

**Q3. My WIC clinic:**

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	3030 (94%)	39 (1.2%)	47 (1.5%)
Offers classes at times when I can attend.	2784 (87%)	255 (8%)	39 (1%)
Offers me a choice of classes.	2537 (79%)	317 (10%)	179 (6%)

**Q4. How well does WIC meet your needs on the following?**

	<b>Great (%)</b>	<b>Okay (%)</b>	<b>Not so great (%)</b>
Learning how to feed my family	2743 (85%)	402 (13%)	12 (.4%)
Learning how to breastfeed my baby	2351 (73%)	613 (19%)	108 (3.4%)
Providing support to breastfeed my baby longer	2264 (70%)	669 (21%)	125 (4%)
Providing breast pumps	1983 (62%)	727 (23%)	283 (9%)
Teaching me about the right kinds and amounts of food to eat	2722 (85%)	391 (12%)	19 (.6%)
Sharing ideas with other parents	1813 (56%)	1085 (34%)	202 (6%)
Providing WIC foods	2879 (90%)	218 (7%)	14 (.4%)
Teaching me how to keep my family healthy	2802 (87%)	321 (10%)	15 (.5%)
Learning about healthy weights for me and my children	2630 (82%)	467 (15%)	46 (1%)
Learning how to be physically active	2247 (70%)	764 (24%)	110 (3%)
Getting vaccines for my child	2231 (69%)	645 (20%)	216 (7%)

**Q5. Mark how you feel about the following statements:**

	<b>Almost always (%)</b>	<b>Sometimes (%)</b>	<b>Almost never (%)</b>
I am treated respectfully by WIC staff.	2986 (93%)	177 (5.5%)	11 (.3%)
The amount of time I waited for service in the clinic was acceptable.	2394 (74%)	713 (22%)	51 (2%)
Appointment times that meet my needs are available.	2858 (89%)	289 (9%)	18 (.6%)
I can easily find transportation to my WIC appointments.	2492 (78%)	576 (18%)	67 (2%)
It is easy to shop for WIC foods.	2401 (75%)	700 (22%)	52 (2%)
I can shop for WIC foods at my favorite store.	2643 (82%)	476 (15%)	34 (1%)
I like the food choices WIC provides.	2590 (81%)	532 (17%)	31 (1%)
The benefits of the WIC program are worth the time and effort.	2995 (93%)	150 (5%)	14 (.4%)

**Q6. What do you remember about your last WIC nutrition counseling session?**

	<b>Strongly agree (%)</b>	<b>Agree (%)</b>	<b>Disagree (%)</b>	<b>Strongly disagree (%)</b>	<b>Don't remember (%)</b>
The atmosphere was welcoming.	1938 (60%)	1106 (34%)	24 (.7%)	5 (.2%)	75 (2%)
I felt encouraged, supported, and respected.	2175 (68%)	911 (28%)	23 (.7%)	7 (.2%)	34 (1%)
I was able to talk about what was on my mind.	2026 (63%)	993 (31%)	57 (2%)	9 (.3%)	59 (2%)
The counselor addressed my questions.	2269 (71%)	799 (25%)	30 (.9%)	8 (.2%)	41 (1%)
The counselor provided relevant & helpful information.	2348 (73%)	748 (23%)	21 (.7%)	4 (.1%)	37 (1%)

**Q7. What do you remember about your last WIC group class?**

	<b>Strongly agree (%)</b>	<b>Agree (%)</b>	<b>Disagree (%)</b>	<b>Strongly disagree (%)</b>	<b>Don't remember (%)</b>
The chairs were set up in a circle, semicircle, or were facing each other.	1395 (43%)	904 (28%)	247 (8%)	75 (2%)	472 (15%)
The instructor lectured with no class participation.	452 (14%)	578 (18%)	1090 (34%)	397 (12%)	536 (17%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	964 (30%)	820 (26%)	562 (18%)	145 (5%)	579 (18%)
There was a video or other visual aid used to prompt discussion.	1638 (51%)	868 (27%)	188 (6%)	49 (2%)	363 (11%)
I was able to talk about my nutrition questions and interests.	1749 (54%)	974 (30%)	75 (2%)	15 (.5%)	291 (9%)
I had the chance to learn from other caregivers.	1382 (43%)	1063 (33%)	230 (7%)	44 (1%)	361 (11%)
I was able to have a discussion with other caregivers.	1210 (38%)	1106 (34%)	313 (10%)	40 (1%)	397 (12%)
I learned an idea I tried at home.	1486 (46%)	959 (30%)	237 (7%)	35 (1%)	351 (11%)
I felt comfortable sharing my ideas.	1491 (46%)	1094 (34%)	124 (4%)	21 (.7%)	325 (10%)
I felt respected.	1948 (61%)	845 (26%)	20 (.6%)	9 (.3%)	251 (8%)
We had fun and it was worth my time.	1769 (55%)	944 (29%)	82 (3%)	13 (.4%)	283 (9%)

**SECTION 2** contains five questions about technology use.

**Q8. Where do you access the internet?**

74% of clients reported having access to the Internet.

	# of clients	Percent
Home	1734	54%
Work	278	9%
Library	426	13%
School	193	6%
Friend or family's house	487	15%
Public places with WiFi	352	11%
Other	190	6%

**Q9. What type of device do you use to access the Internet?**

	# of clients	Percent
Desktop or laptop computer	1819	57%
Cell phone	1201	37%
Smart phone	634	20%
iPad or other tablet	137	4%
Kindle or Nook read	41	1%
Other	176	6%

**Q10. How often do you use the following technology?**

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	411 (13%)	716 (22%)	1900 (59%)
High-speed/Broadband Internet connection	813 (25%)	886 (28%)	1305 (41%)
Text messaging or texting	1828 (57%)	803 (25%)	448 (14%)
E-mail	951 (30%)	948 (30%)	1126 (35%)
Facebook or My Space	1151 (36%)	752 (23%)	1100 (34%)
Twitter	115 (4%)	195 (6%)	2583 (80%)
Podcasts	24 (.7%)	113 (4%)	2732 (85%)
YouTube or other online videos	436 (14%)	1133 (35%)	1451 (45%)
iTunes or other music storage site	319 (10%)	736 (23%)	1937 (60%)
Smartphone application (app)	658 (21%)	526 (16%)	1806 (56%)
Take online classes	274 (9%)	598 (19%)	2121 (66%)
Webcam, Skype, or Facetime	156 (5%)	414 (13%)	2416 (75%)

**Q11. Do you use a cell phone to...?**

	<b>Yes (%)</b>	<b>No (%)</b>
Send or receive e-mail	1581 (49%)	1505 (47%)
Send or receive text messages	2781 (87%)	354 (11%)
Access the Internet	1981 (62%)	1108 (35%)

**Q12. Would you be interested in:**

	<b>Yes (%)</b>	<b>No (%)</b>
Communicating with other WIC participants and WIC staff on Facebook?	1297 (40%)	1824 (57%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	2075 (65%)	1058 (33%)
Taking a WIC class on a Smart phone?	1243 (39%)	1850 (58%)
Taking a WIC class via Webinar?	821 (26%)	2244 (70%)
Using a phone application (app) that would help you locate WIC-approved foods?	1796 (56%)	1314 (41%)

**SECTION 3** looks at clients' activities and family behaviors.

**Q13. Please mark how often these items are true for you.**

	<b>Almost always (%)</b>	<b>Sometimes (%)</b>	<b>Almost never (%)</b>
My child sees me as being physically active.	1851 (58%)	1100 (34%)	160 (5%)
I participate in physical activities with my child.	1812 (56%)	1106 (34%)	187 (6%)
I prepare meals at home.	2744 (85%)	357 (11%)	34 (1%)
My child helps prepare meals at home.	669 (21%)	1191 (37%)	1193 (37%)

**Q14. Please mark how often each statement is true for your family.**

	<b>Almost always (%)</b>	<b>Sometimes (%)</b>	<b>Almost never (%)</b>
The TV is turned off during meals.	1004 (31%)	1618 (50%)	536 (17%)
My family sits down to eat meals together.	2103 (65%)	969 (30%)	90 (3%)
Mealtime with my family is enjoyable.	2759 (86%)	377 (12%)	20 (.6%)

**Q15. Please mark one circle for each line to show which of the things below you plan to try in the next six months.**

	<b>Already doing it (%)</b>	<b>Plan to do it (%)</b>	<b>Do not plan to do it (%)</b>
Losing weight	1446 (45%)	1325 (41%)	372 (12%)
Being physically active for 30 minutes most days of the week	1816 (57%)	1267 (39%)	61 (2%)
Turning off the TV at mealtimes	1367 (43%)	1386 (43%)	369 (12%)
Eating low-fat foods	1597 (50%)	1324 (41%)	211 (7%)
Eating at least 5 fruits and vegetables a day	1724 (54%)	1357 (42%)	63 (2%)
Growing vegetables at home	502 (16%)	1159 (36%)	1453 (45%)
Cook most meals at home	2720 (85%)	400 (12%)	22 (.7%)
Drink low-fat or fat free milk	2342 (73%)	493 (15%)	300 (9%)
Offering low-fat milk to my child age 2 or older	1996 (62%)	856 (27%)	256 (8%)
Using whole grains when I cook at home	1955 (61%)	982 (31%)	193 (6%)