

**Texas WIC Nutrition Education Survey
 Local Agency 13 Report
 May 2012**

Report for LA#13

Who answered the survey?

78 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

	# of clients	Percent
15 or younger	2	3%
16-18	5	6%
19-29	33	42%
30 or older	36	46%

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

	# of clients	Percent
1 st to 6 th grade	9	12%
7 th to 9 th grade	16	21%
10 th to 12 th grade	15	19%
High school graduate or GED	21	27%
Trade or technical school	1	1%
College	14	18%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	2	3%
Black	0	0%
Hispanic or Latino	75	96%
Asian or Pacific Islander	0	0%
Native American or Alaskan	0	0%
Mixed race	1	1%

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

	# of clients	Percent
English	15	19%
Spanish	56	72%
Other	2	3%

Clients' Parental Status

Q18. 18% of clients who answered the survey were pregnant.

Q19. 5% of clients who answered the survey were breastfeeding.

Q20. 33% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 85% 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	4	5%
1	16	21%
2	17	22%
3 or more	41	53%

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

	# of clients	Percent
Mother	68	87%
Father	1	1%
Grandparent	0	0%
Foster parent	0	0%
Self, pregnant	7	9%
Other	1	1%

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

	# of clients	Percent
Less than 1 year	16	21%
1 to 2 years	15	19%
3 or more years	46	59%

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

	# of clients	Percent
Yes	34	44%
No	44	56%

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

	# of clients	Percent
Yes	50	64%
No	28	36%

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	71 (91%)	4 (5%)	1 (1%)
Nutrition, breastfeeding, and health information	61 (78%)	7 (9%)	7 (9%)
Support received from WIC staff	60 (77%)	11 (14%)	2 (3%)
Talking to other caregivers	33 (42%)	24 (31%)	16 (21%)
Learning about community resources (referrals)	39 (50%)	16 (21%)	18 (23%)

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.	76 (97%)	1 (1%)	0 (0%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	78 (100%)	0 (0%)	0 (0%)
Offers classes at times when I can attend.	73 (94%)	4 (5%)	0 (0%)
Offers me a choice of classes.	68 (87%)	6 (8%)	3 (4%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	71 (91%)	7 (9%)	0 (0%)
Learning how to breastfeed my baby	62 (80%)	12 (15%)	1 (1%)
Providing support to breastfeed my baby longer	60 (77%)	13 (17%)	1 (1%)
Providing breast pumps	42 (54%)	28 (36%)	5 (6%)
Teaching me about the right kinds and amounts of food to eat	67 (86%)	9 (12%)	0 (0%)
Sharing ideas with other parents	45 (58%)	29 (37%)	2 (3%)
Providing WIC foods	70 (90%)	4 (5%)	0 (0%)
Teaching me how to keep my family healthy	72 (92%)	6 (8%)	0 (0%)
Learning about healthy weights for me and my children	68 (87%)	8 (10%)	0 (0%)
Learning how to be physically active	55 (71%)	21 (27%)	0 (0%)
Getting vaccines for my child	69 (89%)	8 (10%)	0 (0%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	77 (99%)	1 (1%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	70 (90%)	6 (8%)	1 (1%)
Appointment times that meet my needs are available.	69 (89%)	8 (10%)	1 (1%)
I can easily find transportation to my WIC appointments.	63 (81%)	9 (12%)	4 (5%)
It is easy to shop for WIC foods.	64 (82%)	12 (15%)	0 (0%)
I can shop for WIC foods at my favorite store.	71 (91%)	7 (9%)	0 (0%)
I like the food choices WIC provides.	75 (96%)	2 (3%)	0 (0%)
The benefits of the WIC program are worth the time and effort.	76 (97%)	1 (1%)	0 (0%)

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

	Strongly agree (%)	Agree (%)	Disagree (%)	Strongly disagree (%)	Don't remember (%)
The atmosphere was welcoming.	57 (73%)	20 (26%)	0 (0%)	0 (0%)	0 (0%)
I felt encouraged, supported, and respected.	56 (72%)	22 (28%)	0 (0%)	0 (0%)	0 (0%)
I was able to talk about what was on my mind.	50 (64%)	26 (33%)	1 (1%)	0 (0%)	0 (0%)
The counselor addressed my questions.	62 (80%)	14 (18%)	1 (1%)	0 (0%)	0 (0%)
The counselor provided relevant & helpful information.	63 (81%)	14 (18%)	1 (1%)	0 (0%)	0 (0%)

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

	Strongly agree (%)	Agree (%)	Disagree (%)	Strongly disagree (%)	Don't remember (%)
The chairs were set up in a circle, semicircle, or were facing each other.	34 (44%)	22 (28%)	6 (8%)	0 (%)	12 (15%)
The instructor lectured with no class participation.	19 (24%)	15 (19%)	19 (24%)	14 (18%)	10 (13%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	30 (39%)	23 (30%)	8 (10%)	2 (3%)	14 (18%)
There was a video or other visual aid used to prompt discussion.	44 (56%)	18 (23%)	7 (9%)	1 (1%)	7 (9%)
I was able to talk about my nutrition questions and interests.	49 (63%)	21 (27%)	1 (1%)	0 (0%)	6 (8%)
I had the chance to learn from other caregivers.	38 (49%)	26 (33%)	3 (4%)	0 (0%)	8 (10%)
I was able to have a discussion with other caregivers.	33 (42%)	26 (33%)	7 (9%)	1 (1%)	8 (10%)
I learned an idea I tried at home.	46 (59%)	24 (31%)	1 (1%)	0 (0%)	6 (8%)
I felt comfortable sharing my ideas.	45 (58%)	24 (31%)	1 (1%)	0 (0%)	6 (8%)
I felt respected.	58 (74%)	12 (15%)	0 (0%)	0 (0%)	6 (8%)
We had fun and it was worth my time.	48 (62%)	21 (27%)	0 (0%)	0 (0%)	8 (10%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

63% of clients reported having access to the Internet.

	# of clients	Percent
Home	40	51%
Work	6	8%
Library	0	0%
School	2	3%
Friend or family's house	10	13%
Public places with WiFi	10	13%
Other	5	6%

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

	# of clients	Percent
Desktop or laptop computer	43	55%
Cell phone	25	32%
Smart phone	11	14%
iPad or other tablet	2	3%
Kindle or Nook read	0	0%
Other	11	14%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	14 (18%)	17 (22%)	43 (55%)
High-speed/Broadband Internet connection	21 (27%)	19 (24%)	33 (42%)
Text messaging or texting	38 (49%)	23 (30%)	16 (21%)
E-mail	22 (28%)	22 (28%)	31 (40%)
Facebook or My Space	24 (31%)	20 (26%)	32 (41%)
Twitter	1 (1%)	5 (6%)	64 (82%)
Podcasts	0 (0%)	2 (3%)	69 (89%)
YouTube or other online videos	7 (9%)	28 (36%)	40 (51%)
iTunes or other music storage site	7 (9%)	18 (23%)	49 (63%)
Smartphone application (app)	13 (17%)	9 (12%)	52 (67%)
Take online classes	10 (13%)	20 (26%)	45 (58%)
Webcam, Skype, or Facetime	5 (6%)	14 (18%)	56 (72%)

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

	Yes (%)	No (%)
Send or receive e-mail	35 (45%)	42 (54%)
Send or receive text messages	63 (81%)	13 (17%)
Access the Internet	37 (47%)	39 (50%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	41 (53%)	37 (47%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	52 (67%)	24 (31%)
Taking a WIC class on a Smart phone?	36 (46%)	40 (51%)
Taking a WIC class via Webinar?	30 (39%)	45 (58%)
Using a phone application (app) that would help you locate WIC-approved foods?	49 (63%)	28 (36%)

SECTION 3 looks at clients' activities and family behaviors.

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

	Almost always (%)	Sometimes (%)	Almost never (%)
My child sees me as being physically active.	52 (67%)	21 (27%)	3 (4%)
I participate in physical activities with my child.	42 (54%)	31 (40%)	3 (4%)
I prepare meals at home.	67 (86%)	10 (13%)	1 (1%)
My child helps prepare meals at home.	16 (21%)	36 (46%)	22 (28%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	24 (31%)	42 (54%)	12 (15%)
My family sits down to eat meals together.	54 (69%)	21 (27%)	3 (4%)
Mealtime with my family is enjoyable.	69 (89%)	9 (12%)	0 (0%)

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

	Already doing it (%)	Plan to do it (%)	Do not plan to do it (%)
Losing weight	37 (47%)	30 (39%)	11 (14%)
Being physically active for 30 minutes most days of the week	41 (53%)	33 (42%)	3 (4%)
Turning off the TV at mealtimes	37 (47%)	33 (42%)	8 (10%)
Eating low-fat foods	44 (56%)	32 (41%)	2 (3%)
Eating at least 5 fruits and vegetables a day	44 (56%)	32 (41%)	2 (3%)
Growing vegetables at home	13 (17%)	29 (37%)	36 (46%)
Cook most meals at home	71 (91%)	6 (8%)	1 (1%)
Drink low-fat or fat free milk	63 (81%)	11 (14%)	4 (5%)
Offering low-fat milk to my child age 2 or older	62 (80%)	13 (17%)	3 (4%)
Using whole grains when I cook at home	50 (64%)	23 (30%)	5 (6%)