Texas WIC Nutrition Education Survey
Local Agency 21 Report
May 2012

Report for LA#21
Who answered the survey?

20 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

	# of clients	Percent
15 or younger	0	0%
16-18	2	10%
19-29	14	70%
30 or older	4	20%

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

	# of clients	Percent
1st to 6th grade	2	10%
7th to 9th grade	2	10%
10th to 12th grade	7	35%
High school graduate or GED	7	35%
Trade or technical school	1	5%
College	0	0%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	7	35%
Black	2	10%
Hispanic or Latino	9	45%
Asian or Pacific Islander	0	0%
Native American or Alaskan	0	0%
Mixed race	1	5%

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

	# of clients	Percent
English	15	75%
Spanish	4	20%
Other	0	0%

Clients' Parental Status

Q18. 20% of clients who answered the survey were pregnant.

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

Q20. 50% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 65% 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	2	10%
1	5	25%
2	5	25%
3 or more	8	40%

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

	# of clients	Percent
Mother	16	80%
Father	2	10%
Grandparent	1	5%
Foster parent	0	0%
Self, pregnant	1	5%
Other	0	0%

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

	# of clients	Percent
Less than 1 year	5	25%
1 to 2 years	5	25%
3 or more years	10	50%

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

	# of clients	Percent
Yes	10	50%
No	10	50%

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

	# of clients	Percent
Yes	13	65%
No	7	35%

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	18 (90%)	1 (5%)	1 (5%)
Nutrition, breastfeeding, and health information	19 (95%)	1 (5%)	0 (0%)
Support received from WIC staff	18 (90%)	2 (10%)	0 (0%)
Talking to other caregivers	12 (60%)	5 (25%)	3 (15%)
Learning about community resources (referrals)	16 (80%)	3 (15%)	1 (5%)

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.	19 (95%)	1 (5%)	0 (0%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	19 (95%)	1 (5%)	0 (0%)
Offers classes at times when I can attend.	16 (80%)	4 (20%)	0 (0%)
Offers me a choice of classes.	18 (90%)	2 (10%)	0 (0%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	17 (85%)	3 (15%)	0 (0%)
Learning how to breastfeed my baby	15 (75%)	5 (25%)	0 (0%)
Providing support to breastfeed my baby longer	17 (85%)	3 (15%)	0 (0%)
Providing breast pumps	16 (80%)	4 (20%)	0 (0%)
Teaching me about the right kinds and amounts of food to eat	18 (90%)	2 (10%)	0 (0%)
Sharing ideas with other parents	15 (75%)	4 (20%)	1 (5%)
Providing WIC foods	19 (95%)	1 (5%)	0 (0%)
Teaching me how to keep my family healthy	19 (95%)	1 (5%)	0 (0%)
Learning about healthy weights for me and my children	18 (90%)	1 (5%)	1 (5%)
Learning how to be physically active	16 (80%)	3 (15%)	1 (5%)
Getting vaccines for my child	18 (90%)	1 (5%)	1 (5%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	20 (100%)	0 (0%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	12 (60%)	7 (35%)	1 (5%)
Appointment times that meet my needs are available.	18 (90%)	2 (10%)	0 (0%)
I can easily find transportation to my WIC appointments.	17 (85%)	3 (15%)	0 (0%)
It is easy to shop for WIC foods.	10 (50%)	9 (45%)	1 (5%)
I can shop for WIC foods at my favorite store.	16 (80%)	3 (15%)	1 (5%)
I like the food choices WIC provides.	16 (80%)	4 (20%)	0 (0%)
The benefits of the WIC program are worth the time and effort.	18 (90%)	2 (10%)	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.	14 (70%)	6 (30%)	0 (0%)	0 (0%)	0 (0%)
I felt encouraged, supported, and respected.	15 (75%)	5 (25%)	0 (0%)	0 (0%)	0 (0%)
I was able to talk about what was on my mind.	15 (75%)	5 (25%)	0 (0%)	0 (0%)	0 (0%)
The counselor addressed my questions.	16 (80%)	4 (20%)	0 (0%)	0 (0%)	0 (0%)
The counselor provided relevant & helpful information.	17 (85%)	3 (15%)	0 (0%)	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.	4 (20%)	5 (25%)	6 (30%)	4 (20%)	1 (5%)
The instructor lectured with no class participation.	4 (20%)	5 (25%)	5 (25%)	5 (25%)	1 (5%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	7 (35%)	6 (30%)	5 (25%)	1 (5%)	1 (5%)
There was a video or other visual aid used to prompt discussion.	10 (50%)	7 (35%)	2 (10%)	0 (0%)	1 (5%)
I was able to talk about my nutrition questions and interests.	11 (55%)	6 (30%)	2 (10%)	0 (0%)	1 (5%)
I had the chance to learn from other caregivers.	9 (45%)	8 (40%)	1 (5%)	1 (5%)	1 (5%)
I was able to have a discussion with other caregivers.	10 (50%)	6 (30%)	2 (10%)	1 (5%)	1 (5%)
I learned an idea I tried at home.	12 (60%)	6 (30%)	1(5%)	0 (0%)	1 (5%)
I felt comfortable sharing my ideas.	11 (55%)	7 (35%)	1 (5%)	0 (0%)	1 (5%)
I felt respected.	11 (55%)	7 (35%)	0 (0%)	1 (5%)	1 (5%)
We had fun and it was worth my time.	11 (55%)	8 (40%)	0 (0%)	0 (0%)	1 (5%)

SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

80% of clients reported having access to the Internet.

	# of clients	Percent
Home	10	50%
Work	1	5%
Library	4	20%
School	2	10%
Friend or family's house	3	15%
Public places with WiFi	3	15%
Other	2	10%

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

	# of clients	Percent
Desktop or laptop computer	12	60%
Cell phone	10	50%
Smart phone	8	40%
iPad or other tablet	0	0%
Kindle or Nook read	0	0%
Other	0	0%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	4 (20%)	3 (15%)	10 (50%)
High-speed/Broadband Internet connection	5 (25%)	6 (30%)	7 (35%)
Text messaging or texting	15 (75%)	3 (15%)	0 (0%)
E-mail	9 (45%)	3 (15%)	6 (30%)
Facebook or My Space	11 (55%)	3 (15%)	4 (20%)
Twitter	2 (10%)	0 (0%)	16 (80%)
Podcasts	0 (%)	0 (%)	18 (90%)
YouTube or other online videos	5 (25%)	6 (30%)	7 (35%)
iTunes or other music storage site	3 (15%)	4 (20%)	11 (55%)
Smartphone application (app)	7 (35%)	0 (0%)	11 (55%)
Take online classes	0 (0%)	4 (20%)	14 (70%)
Webcam, Skype, or Facetime	0 (0%)	3 (15%)	15 (75%)

Q11. Do you use a cell phone to…?

	Yes (%)	No (%)
Send or receive e-mail	12 (60%)	8 (40%)
Send or receive text messages	19 (95%)	1 (5%)
Access the Internet	13 (65%)	7 (35%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	10 (50%)	10 (50%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	15 (75%)	5 (25%)
Taking a WIC class on a Smart phone?	12 (60%)	8 (40%)
Taking a WIC class via Webinar?	3 (15%)	16 (80%)
Using a phone application (app) that would help you locate WIC-approved foods?	14 (70%)	6 (30%)

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.	13 (65%)	6 (30%)	1 (5%)
I participate in physical activities with my child.	15 (75%)	3 (15%)	2 (10%)
I prepare meals at home.	18 (90%)	2 (10%)	0 (0%)
My child helps prepare meals at home.	7 (35%)	7 (35%)	6 (30%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	6 (30%)	9 (45%)	5 (25%)
My family sits down to eat meals together.	11 (55%)	8 (40%)	1 (5%)
Mealtime with my family is enjoyable.	16 (80%)	3 (15%)	1 (5%)

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	5 (25%)	10 (50%)	5 (25%)
Being physically active for 30 minutes most days of the week	13 (65%)	7 (35%)	0 (0%)
Turning off the TV at mealtimes	8 (40%)	6 (30%)	6 (30%)
Eating low-fat foods	8 (40%)	9 (45%)	3 (15%)
Eating at least 5 fruits and vegetables a day	10 (50%)	10 (50%)	0 (0%)
Growing vegetables at home	4 (20%)	7 (35%)	9 (45%)
Cook most meals at home	17 (85%)	3 (15%)	0 (0%)
Drink low-fat or fat free milk	15 (75%)	1 (5%)	4 (20%)
Offering low-fat milk to my child age 2 or older	12 (60%)	7 (35%)	1 (5%)
Using whole grains when I cook at home	16 (80%)	3 (15%)	1 (5%)