

**Texas WIC Nutrition Education Survey
 Local Agency 29 Report
 May 2012**

Report for LA#29

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	1	5%
19-29	5	25%
30 or older	14	70%

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

	# of clients	Percent
1 st to 6 th grade	2	10%
7 th to 9 th grade	1	5%
10 th to 12 th grade	3	15%
High school graduate or GED	7	35%
Trade or technical school	1	5%
College	5	25%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	1	5%
Black	3	15%
Hispanic or Latino	16	80%
Asian or Pacific Islander	0	0%
Native American or Alaskan	0	0%
Mixed race	0	0%

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

	# of clients	Percent
English	8	40%
Spanish	11	55%
Other	0	0%

Clients' Parental Status

Q18. 10% of clients who answered the survey were pregnant.

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

Q20. 15% 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	0	0%
1	5	25%
2	7	35%
3 or more	8	40%

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

	# of clients	Percent
Mother	19	95%
Father	1	5%
Grandparent	0	0%
Foster parent	0	0%
Self, pregnant	0	0%
Other	0	0%

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

	# of clients	Percent
Less than 1 year	2	10%
1 to 2 years	8	40%
3 or more years	9	45%

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	12	60%
No	8	40%

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	20 (100%)	0 (0%)	0 (0%)
Nutrition, breastfeeding, and health information	18 (90%)	0 (0%)	2 (10%)
Support received from WIC staff	16 (80%)	1 (5%)	2 (10%)
Talking to other caregivers	4 (20%)	6 (30%)	9 (45%)
Learning about community resources (referrals)	8 (40%)	6 (30%)	3 (15%)

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.	20 (100%)	0 (0%)	0 (0%)
Offers classes at times when I can attend.	19 (95%)	1 (5%)	0 (0%)
Offers me a choice of classes.	17 (85%)	3 (15%)	0 (0%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	19 (95%)	1 (5%)	0 (0%)
Learning how to breastfeed my baby	19 (95%)	1 (5%)	0 (0%)
Providing support to breastfeed my baby longer	17 (85%)	3 (15%)	0 (0%)
Providing breast pumps	18 (90%)	2 (10%)	0 (0%)
Teaching me about the right kinds and amounts of food to eat	19 (95%)	1 (5%)	0 (0%)
Sharing ideas with other parents	16 (80%)	4 (20%)	0 (0%)
Providing WIC foods	18 (90%)	2 (10%)	0 (0%)
Teaching me how to keep my family healthy	18 (90%)	2 (10%)	0 (0%)
Learning about healthy weights for me and my children	16 (80%)	3 (15%)	0 (0%)
Learning how to be physically active	15 (75%)	4 (20%)	1 (5%)
Getting vaccines for my child	14 (70%)	3 (15%)	3 (15%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	19 (95%)	1 (5%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	16 (80%)	2 (10%)	2 (10%)
Appointment times that meet my needs are available.	18 (90%)	2 (10%)	0 (0%)
I can easily find transportation to my WIC appointments.	16 (80%)	2 (10%)	2 (10%)
It is easy to shop for WIC foods.	12 (60%)	8 (40%)	0 (0%)
I can shop for WIC foods at my favorite store.	12 (60%)	8 (40%)	0 (0%)
I like the food choices WIC provides.	17 (85%)	3 (15%)	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.	13 (65%)	6 (30%)	1 (5%)	0 (0%)	0 (0%)
I felt encouraged, supported, and respected.	13 (65%)	6 (30%)	1 (5%)	0 (0%)	0 (0%)
I was able to talk about what was on my mind.	13 (65%)	6 (30%)	1 (5%)	0 (0%)	0 (0%)
The counselor addressed my questions.	14 (70%)	6 (30%)	0 (0%)	0 (0%)	0 (0%)
The counselor provided relevant & helpful information.	15 (75%)	4 (20%)	1 (5%)	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.	12 (60%)	4 (20%)	0 (0%)	0 (0%)	4 (20%)
The instructor lectured with no class participation.	6 (30%)	4 (20%)	4 (20%)	2 (10%)	4 (20%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	14 (70%)	1 (5%)	2 (10%)	0 (0%)	3 (15%)
There was a video or other visual aid used to prompt discussion.	11 (55%)	5 (25%)	4 (20%)	0 (0%)	0 (0%)
I was able to talk about my nutrition questions and interests.	15 (75%)	5 (25%)	0 (0%)	0 (0%)	0 (0%)
I had the chance to learn from other caregivers.	9 (45%)	9 (45%)	1 (5%)	1 (5%)	0 (0%)
I was able to have a discussion with other caregivers.	9 (45%)	6 (30%)	4 (20%)	1 (5%)	0 (0%)
I learned an idea I tried at home.	14 (70%)	5 (25%)	0 (0%)	0 (0%)	1 (5%)
I felt comfortable sharing my ideas.	13 (65%)	6 (30%)	1 (5%)	0 (0%)	0 (0%)
I felt respected.	15 (75%)	4 (20%)	1 (5%)	0 (0%)	0 (0%)
We had fun and it was worth my time.	14 (70%)	5 (25%)	1 (5%)	0 (0%)	0 (0%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

75% of clients reported having access to the Internet.

	# of clients	Percent
Home	12	60%
Work	2	10%
Library	4	20%
School	3	15%
Friend or family's house	3	15%
Public places with WiFi	2	10%
Other	2	10%

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

	# of clients	Percent
Desktop or laptop computer	14	70%
Cell phone	6	30%
Smart phone	5	25%
iPad or other tablet	1	5%
Kindle or Nook read	1	5%
Other	2	10%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	4 (20%)	6 (30%)	10 (50%)
High-speed/Broadband Internet connection	5 (25%)	9 (45%)	5 (25%)
Text messaging or texting	10 (50%)	6 (30%)	4 (20%)
E-mail	4 (20%)	9 (45%)	7 (35%)
Facebook or My Space	7 (35%)	7 (35%)	6 (30%)
Twitter	2 (10%)	0 (0%)	16 (80%)
Podcasts	0 (0%)	0 (0%)	17(85%)
YouTube or other online videos	5 (25%)	5 (25%)	8 (40%)
iTunes or other music storage site	2 (10%)	5 (25%)	10 (50%)
Smartphone application (app)	5 (25%)	3 (15%)	9 (45%)
Take online classes	1 (5%)	5 (25%)	10 (50%)
Webcam, Skype, or Facetime	0 (0%)	3 (15%)	14 (70%)

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

	Yes (%)	No (%)
Send or receive e-mail	12 (60%)	7 (35%)
Send or receive text messages	17 (85%)	2 (10%)
Access the Internet	12 (60%)	6 (30%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	11 (55%)	9 (45%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	16 (80%)	4 (20%)
Taking a WIC class on a Smart phone?	9 (45%)	10 (50%)
Taking a WIC class via Webinar?	9 (45%)	10 (50%)
Using a phone application (app) that would help you locate WIC-approved foods?	13 (65%)	5 (25%)

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.	14 (70%)	4 (20%)	1 (5%)
I participate in physical activities with my child.	12 (60%)	6 (30%)	1 (5%)
I prepare meals at home.	17 (85%)	3 (15%)	0 (0%)
My child helps prepare meals at home.	5 (25%)	11 (55%)	3 (15%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	4 (20%)	9 (45%)	7 (35%)
My family sits down to eat meals together.	14 (70%)	6 (30%)	0 (0%)
Mealtime with my family is enjoyable.	18 (90%)	2 (10%)	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	8 (40%)	7 (35%)	5 (25%)
Being physically active for 30 minutes most days of the week	12 (60%)	8 (40%)	0 (0%)
Turning off the TV at mealtimes	4 (20%)	13 (65%)	3 (15%)
Eating low-fat foods	12 (60%)	7 (35%)	1 (5%)
Eating at least 5 fruits and vegetables a day	14 (70%)	5 (25%)	1 (5%)
Growing vegetables at home	6 (30%)	7 (35%)	7 (35%)
Cook most meals at home	19 (95%)	1 (5%)	0 (0%)
Drink low-fat or fat free milk	17 (85%)	1 (5%)	1 (5%)
Offering low-fat milk to my child age 2 or older	17 (85%)	3 (15%)	0 (0%)
Using whole grains when I cook at home	16 (80%)	3 (15%)	1 (5%)