

**Texas WIC Nutrition Education Survey  
 Local Agency 31 Report  
 May 2012**

**Report for LA#31**

**Who answered the survey?**

33 clients answered the survey

**Information about the Clients Who Answered the Survey**

**Q17. How old are you?**

	<b># of clients</b>	<b>Percent</b>
15 or younger	1	3%
16-18	1	3%
19-29	25	76%
30 or older	6	18%

**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	0	0%
7 <sup>th</sup> to 9 <sup>th</sup> grade	0	0%
10 <sup>th</sup> to 12 <sup>th</sup> grade	5	15%
High school graduate or GED	17	52%
Trade or technical school	3	9%
College	7	21%

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

	<b># of clients</b>	<b>Percent</b>
White	8	24%
Black	13	39%
Hispanic or Latino	8	24%
Asian or Pacific Islander	1	3%
Native American or Alaskan	0	0%
Mixed race	3	9%

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

	<b># of clients</b>	<b>Percent</b>
English	29	88%
Spanish	1	3%
Other	1	3%

**Clients' Parental Status**

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

**Q19.** 6% of clients who answered the survey were breastfeeding.

**Q20.** 46% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

**Q21.** 70% 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	6%
1	13	39%
2	9	27%
3 or more	9	27%

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

	# of clients	Percent
Mother	31	94%
Father	0	0%
Grandparent	0	0%
Foster parent	1	3%
Self, pregnant	1	3%
Other	0	0%

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

	# of clients	Percent
Less than 1 year	10	30%
1 to 2 years	11	33%
3 or more years	11	33%

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

	# of clients	Percent
Yes	7	21%
No	26	79%

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

	# of clients	Percent
Yes	15	46%
No	18	55%

**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	30 (91%)	1 (3%)	1 (3%)
Nutrition, breastfeeding, and health information	24 (73%)	9 (27%)	0 (0%)
Support received from WIC staff	19 (58%)	5 (15%)	7 (21%)
Talking to other caregivers	9 (27%)	10 (30%)	12 (36%)
Learning about community resources (referrals)	11 (33%)	12 (36%)	8 (24%)

**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.	29 (88%)	4 (12%)	0 (0%)

**Q3. My WIC clinic:**

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	32 (97%)	0 (0%)	0 (0%)
Offers classes at times when I can attend.	30 (91%)	3 (9%)	0 (0%)
Offers me a choice of classes.	22 (67%)	8 (24%)	2 (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	27 (82%)	6 (18%)	0 (0%)
Learning how to breastfeed my baby	21 (64%)	10 (30%)	1 (3%)
Providing support to breastfeed my baby longer	22 (67%)	9 (27%)	1 (3%)
Providing breast pumps	16 (49%)	12 (36%)	4 (12%)
Teaching me about the right kinds and amounts of food to eat	29 (88%)	3 (9%)	0 (0%)
Sharing ideas with other parents	17 (52%)	10 (30%)	6 (18%)
Providing WIC foods	32 (97%)	0 (0%)	1 (3%)
Teaching me how to keep my family healthy	30 (91%)	3 (9%)	0 (0%)
Learning about healthy weights for me and my children	28 (85%)	5 (15%)	0 (0%)
Learning how to be physically active	22 (67%)	7 (21%)	4 (12%)
Getting vaccines for my child	18 (55%)	9 (27%)	6 (18%)

**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.	32 (97%)	1 (3%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	20 (61%)	11 (33%)	1 (3%)
Appointment times that meet my needs are available.	32 (97%)	1 (3%)	0 (0%)
I can easily find transportation to my WIC appointments.	29 (88%)	4 (12%)	0 (0%)
It is easy to shop for WIC foods.	24 (73%)	8 (24%)	1 (3%)
I can shop for WIC foods at my favorite store.	27 (82%)	6 (18%)	0 (0%)
I like the food choices WIC provides.	20 (61%)	13 (39%)	0 (0%)
The benefits of the WIC program are worth the time and effort.	33 (100%)	0 (0%)	0 (0%)

**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.	21 (64%)	11 (33%)	0 (0%)	0 (0%)	1 (3%)
I felt encouraged, supported, and respected.	20 (61%)	12 (36%)	0 (0%)	0 (0%)	1 (3%)
I was able to talk about what was on my mind.	16 (49%)	16 (49%)	0 (0%)	0 (0%)	1 (3%)
The counselor addressed my questions.	18 (55%)	14 (42%)	0 (0%)	0 (0%)	1 (3%)
The counselor provided relevant & helpful information.	21 (64%)	11 (33%)	0 (0%)	0 (0%)	1 (3%)

**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.	6 (18%)	3 (9%)	9 (27%)	6 (18%)	8 (24%)
The instructor lectured with no class participation.	3 (9%)	2 (6%)	9 (27%)	5 (15%)	13 (39%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	7 (21%)	3 (9%)	6 (18%)	4 (12%)	12 (36%)
There was a video or other visual aid used to prompt discussion.	14 (42%)	9 (27%)	3 (9%)	0 (0%)	7 (21%)
I was able to talk about my nutrition questions and interests.	13 (39%)	14 (42%)	1 (3%)	0 (0%)	5 (15%)
I had the chance to learn from other caregivers.	8 (24%)	11 (33%)	5 (15%)	1 (3%)	7 (21%)
I was able to have a discussion with other caregivers.	8 (24%)	7 (21%)	7 (21%)	1 (3%)	9 (27%)
I learned an idea I tried at home.	12 (36%)	9 (27%)	5 (15%)	1 (3%)	6 (18%)
I felt comfortable sharing my ideas.	13 (39%)	13 (39%)	1 (3%)	0 (0%)	6 (18%)
I felt respected.	16 (49%)	12 (36%)	0 (0%)	0 (0%)	4 (12%)
We had fun and it was worth my time.	16 (49%)	11 (33%)	2 (6%)	1 (3%)	3 (9%)

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

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

94% of clients reported having access to the Internet.

	# of clients	Percent
Home	24	73%
Work	6	18%
Library	9	27%
School	2	6%
Friend or family's house	6	18%
Public places with WiFi	8	24%
Other	3	9%

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

	# of clients	Percent
Desktop or laptop computer	27	82%
Cell phone	14	42%
Smart phone	11	33%
iPad or other tablet	5	15%
Kindle or Nook read	1	3%
Other	2	6%

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

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	5 (15%)	4 (12%)	22 (67%)
High-speed/Broadband Internet connection	16 (49%)	7 (21%)	9 (27%)
Text messaging or texting	30 (91%)	2 (6%)	0 (0%)
E-mail	19 (58%)	11 (33%)	2 (6%)
Facebook or My Space	23 (70%)	4 (12%)	5 (15%)
Twitter	4 (12%)	5 (15%)	22 (67%)
Podcasts	1 (3%)	0 (0%)	30 (91%)
YouTube or other online videos	4 (12%)	21 (64%)	7 (21%)
iTunes or other music storage site	4 (12%)	14 (42%)	13 (39%)
Smartphone application (app)	16 (49%)	10 (30%)	5 (15%)
Take online classes	9 (27%)	8 (24%)	15 (46%)
Webcam, Skype, or Facetime	4 (12%)	7 (21%)	20 (61%)

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

	Yes (%)	No (%)
Send or receive e-mail	22 (67%)	11 (33%)
Send or receive text messages	31 (94%)	2 (6%)
Access the Internet	27 (82%)	6 (18%)

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

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	12 (36%)	21 (64%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	23 (70%)	10 (30%)
Taking a WIC class on a Smart phone?	19 (58%)	14 (42%)
Taking a WIC class via Webinar?	13 (39%)	20 (61%)
Using a phone application (app) that would help you locate WIC-approved foods?	22 (67%)	11 (33%)

**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.	18 (55%)	13 (39%)	1 (3%)
I participate in physical activities with my child.	20 (61%)	10 (30%)	2 (6%)
I prepare meals at home.	25 (76%)	6 (18%)	1 (3%)
My child helps prepare meals at home.	5 (15%)	17 (52%)	10 (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 (18%)	17 (52%)	10 (30%)
My family sits down to eat meals together.	18 (55%)	14 (42%)	1 (3%)
Mealtime with my family is enjoyable.	30 (91%)	3 (9%)	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.**

	<b>Already doing it (%)</b>	<b>Plan to do it (%)</b>	<b>Do not plan to do it (%)</b>
Losing weight	20 (61%)	5 (15%)	8 (24%)
Being physically active for 30 minutes most days of the week	24 (73%)	9 (27%)	0 (0%)
Turning off the TV at mealtimes	11 (33%)	18 (55%)	4 (12%)
Eating low-fat foods	11 (33%)	13 (39%)	8 (24%)
Eating at least 5 fruits and vegetables a day	16 (49%)	17 (52%)	0 (0%)
Growing vegetables at home	6 (18%)	8 (24%)	19 (58%)
Cook most meals at home	29 (88%)	4 (12%)	0 (0%)
Drink low-fat or fat free milk	23 (70%)	5 (15%)	5 (15%)
Offering low-fat milk to my child age 2 or older	21 (64%)	9 (27%)	3 (9%)
Using whole grains when I cook at home	18 (55%)	12 (36%)	3 (9%)