

**Texas WIC Nutrition Education Survey
 Local Agency 36 Report
 May 2012**

Report for LA#36

Who answered the survey?

33 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

	# of clients	Percent
15 or younger	2	6%
16-18	3	9%
19-29	17	52%
30 or older	11	33%

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

	# of clients	Percent
1 st to 6 th grade	1	3%
7 th to 9 th grade	5	15%
10 th to 12 th grade	10	30%
High school graduate or GED	11	33%
Trade or technical school	2	6%
College	1	3%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	7	21%
Black	1	3%
Hispanic or Latino	25	76%
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	24	73%
Spanish	7	21%
Other	0	0%

Clients' Parental Status

Q18. 33% of clients who answered the survey were pregnant.

Q19. 9% of clients who answered the survey were breastfeeding.

Q20. 55% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 61% 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	18	55%
2	4	12%
3 or more	9	27%

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

	# of clients	Percent
Mother	28	85%
Father	1	3%
Grandparent	0	0%
Foster parent	1	3%
Self, pregnant	3	9%
Other	0	0%

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

	# of clients	Percent
Less than 1 year	16	49%
1 to 2 years	9	27%
3 or more years	8	24%

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

	# of clients	Percent
Yes	16	49%
No	17	52%

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

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

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	26 (79%)	2 (6%)	2 (6%)
Nutrition, breastfeeding, and health information	25 (76%)	2 (6%)	1 (3%)
Support received from WIC staff	18 (55%)	6 (18%)	1 (3%)
Talking to other caregivers	9 (27%)	10 (30%)	5 (15%)
Learning about community resources (referrals)	14 (42%)	7 (21%)	4 (12%)

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.	33 (100%)	0 (0%)	0 (0%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	31 (94%)	0 (0%)	0 (0%)
Offers classes at times when I can attend.	29 (88%)	1 (3%)	0 (0%)
Offers me a choice of classes.	26 (79%)	3 (9%)	0 (0%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	31 (94%)	1 (3%)	0 (0%)
Learning how to breastfeed my baby	27 (82%)	4 (12%)	0 (0%)
Providing support to breastfeed my baby longer	26 (79%)	5 (15%)	0 (0%)
Providing breast pumps	23 (70%)	4 (12%)	3 (9%)
Teaching me about the right kinds and amounts of food to eat	25 (76%)	8 (24%)	0 (0%)
Sharing ideas with other parents	15 (46%)	13 (39%)	2 (6%)
Providing WIC foods	30 (91%)	1 (3%)	0 (0%)
Teaching me how to keep my family healthy	28 (85%)	4 (12%)	0 (0%)
Learning about healthy weights for me and my children	27 (82%)	4 (12%)	1 (3%)
Learning how to be physically active	26 (79%)	5 (15%)	0 (0%)
Getting vaccines for my child	24 (73%)	7 (21%)	0 (0%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	33 (100%)	0 (0%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	23 (70%)	9 (27%)	1 (3%)
Appointment times that meet my needs are available.	30 (91%)	3 (9%)	0 (0%)
I can easily find transportation to my WIC appointments.	26 (79%)	6 (18%)	0 (0%)
It is easy to shop for WIC foods.	16 (49%)	16 (49%)	1 (3%)
I can shop for WIC foods at my favorite store.	30 (91%)	3 (9%)	0 (0%)
I like the food choices WIC provides.	23 (70%)	10 (30%)	0 (0%)
The benefits of the WIC program are worth the time and effort.	32 (97%)	1 (3%)	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.	18 (55%)	13 (39%)	0 (0%)	0 (0%)	1 (3%)
I felt encouraged, supported, and respected.	21 (64%)	10 (30%)	0 (0%)	0 (0%)	1 (3%)
I was able to talk about what was on my mind.	21 (64%)	8 (24%)	2 (6%)	0 (0%)	1 (3%)
The counselor addressed my questions.	23 (70%)	8 (24%)	0 (0%)	0 (0%)	1 (3%)
The counselor provided relevant & helpful information.	23 (70%)	8 (24%)	0 (0%)	0 (0%)	1 (3%)

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.	8 (24%)	9 (27%)	3 (9%)	0 (0%)	10 (30%)
The instructor lectured with no class participation.	2 (6%)	4 (12%)	8 (24%)	1 (3%)	14 (42%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	3 (9%)	10 (30%)	4 (12%)	0 (0%)	11 (33%)
There was a video or other visual aid used to prompt discussion.	11 (33%)	10 (30%)	1 (3%)	0 (0%)	7 (21%)
I was able to talk about my nutrition questions and interests.	11 (33%)	9 (27%)	1 (3%)	0 (0%)	7 (21%)
I had the chance to learn from other caregivers.	8 (24%)	10 (30%)	2 (6%)	0 (0%)	8 (24%)
I was able to have a discussion with other caregivers.	9 (27%)	10 (30%)	2 (6%)	0 (0%)	7 (21%)
I learned an idea I tried at home.	10 (30%)	8 (24%)	2 (6%)	0 (0%)	8 (24%)
I felt comfortable sharing my ideas.	11 (33%)	8 (24%)	2 (6%)	0 (0%)	7 (21%)
I felt respected.	17 (52%)	5 (15%)	0 (0%)	0 (0%)	6 (18%)
We had fun and it was worth my time.	16 (49%)	7 (21%)	0 (0%)	0 (0%)	6 (18%)

2012 Nutrition Education Survey Report
 Local Agency 36
SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

79% of clients reported having access to the Internet.

	# of clients	Percent
Home	15	46%
Work	4	12%
Library	6	18%
School	4	12%
Friend or family's house	6	18%
Public places with WiFi	4	12%
Other	4	12%

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

	# of clients	Percent
Desktop or laptop computer	19	58%
Cell phone	14	42%
Smart phone	6	18%
iPad or other tablet	3	9%
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 (12%)	8 (24%)	18 (55%)
High-speed/Broadband Internet connection	10 (30%)	7 (21%)	14 (42%)
Text messaging or texting	25 (76%)	6 (18%)	0 (0%)
E-mail	14 (42%)	9 (27%)	8 (24%)
Facebook or My Space	20 (61%)	4 (12%)	7 (21%)
Twitter	1 (3%)	1 (3%)	28 (85%)
Podcasts	0 (0%)	1 (3%)	29 (88%)
YouTube or other online videos	9 (27%)	12 (36%)	10 (30%)
iTunes or other music storage site	6 (18%)	8 (24%)	17 (52%)
Smartphone application (app)	9 (27%)	7 (21%)	15 (46%)
Take online classes	2 (6%)	5 (15%)	23 (70%)
Webcam, Skype, or Facetime	0 (0%)	4 (12%)	26 (79%)

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

	Yes (%)	No (%)
Send or receive e-mail	19 (58%)	14 (42%)
Send or receive text messages	31 (94%)	2 (6%)
Access the Internet	25 (76%)	8 (24%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	14 (42%)	18 (55%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	26 (79%)	7 (21%)
Taking a WIC class on a Smart phone?	19 (58%)	13 (39%)
Taking a WIC class via Webinar?	11 (33%)	21 (64%)
Using a phone application (app) that would help you locate WIC-approved foods?	24 (73%)	8 (24%)

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.	20 (61%)	11 (33%)	1 (3%)
I participate in physical activities with my child.	20 (61%)	9 (27%)	3 (9%)
I prepare meals at home.	26 (79%)	5 (15%)	2 (6%)
My child helps prepare meals at home.	6 (18%)	11 (33%)	15 (46%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	9 (27%)	17 (52%)	7 (21%)
My family sits down to eat meals together.	21 (64%)	11 (33%)	1 (3%)
Mealtime with my family is enjoyable.	29 (88%)	3 (9%)	1 (3%)

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	13 (39%)	15 (46%)	5 (15%)
Being physically active for 30 minutes most days of the week	17 (52%)	16 (49%)	0 (0%)
Turning off the TV at mealtimes	11 (33%)	18 (55%)	4 (12%)
Eating low-fat foods	8 (24%)	22 (67%)	2 (6%)
Eating at least 5 fruits and vegetables a day	15 (46%)	17 (52%)	0 (0%)
Growing vegetables at home	4 (12%)	13 (39%)	15 (46%)
Cook most meals at home	25 (76%)	8 (24%)	0 (0%)
Drink low-fat or fat free milk	23 (70%)	3 (9%)	6 (18%)
Offering low-fat milk to my child age 2 or older	14 (42%)	13 (39%)	5 (15%)
Using whole grains when I cook at home	17 (52%)	11 (33%)	5 (15%)