

**Texas WIC Nutrition Education Survey
 Local Agency 39 Report
 May 2012**

Report for LA#39

Who answered the survey?

45 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	4	9%
19-29	28	62%
30 or older	13	29%

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

	# of clients	Percent
1 st to 6 th grade	3	7%
7 th to 9 th grade	4	9%
10 th to 12 th grade	5	11%
High school graduate or GED	21	47%
Trade or technical school	2	4%
College	9	20%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	17	38%
Black	13	29%
Hispanic or Latino	13	29%
Asian or Pacific Islander	1	2%
Native American or Alaskan	0	0%
Mixed race	1	2%

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

	# of clients	Percent
English	35	78%
Spanish	9	20%
Other	1	2%

Clients' Parental Status

Q18. 27% of clients who answered the survey were pregnant.

Q19. 16% of clients who answered the survey were breastfeeding.

Q20. 58% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 73% 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	9%
1	9	20%
2	14	31%
3 or more	18	40%

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

	# of clients	Percent
Mother	39	87%
Father	1	2%
Grandparent	0	0%
Foster parent	1	2%
Self, pregnant	4	9%
Other	0	0%

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

	# of clients	Percent
Less than 1 year	12	27%
1 to 2 years	13	29%
3 or more years	18	40%

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

	# of clients	Percent
Yes	13	29%
No	32	71%

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

	# of clients	Percent
Yes	28	62%
No	17	38%

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	42 (93%)	1 (2%)	2 (4%)
Nutrition, breastfeeding, and health information	35 (78%)	5 (11%)	5 (11%)
Support received from WIC staff	37 (82%)	6 (13%)	1 (2%)
Talking to other caregivers	19 (42%)	16 (36%)	8 (18%)
Learning about community resources (referrals)	25 (56%)	11 (24%)	9 (20%)

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.	45 (100%)	0 (0%)	0 (0%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	40 (89%)	1 (2%)	3 (7%)
Offers classes at times when I can attend.	40 (89%)	2 (4%)	2 (4%)
Offers me a choice of classes.	36 (80%)	4 (9%)	3 (7%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	40 (89%)	4 (9%)	1 (2%)
Learning how to breastfeed my baby	39 (87%)	2 (4%)	2 (4%)
Providing support to breastfeed my baby longer	36 (80%)	4 (9%)	3 (7%)
Providing breast pumps	33 (73%)	6 (13%)	4 (9%)
Teaching me about the right kinds and amounts of food to eat	41 (91%)	4 (9%)	0 (0%)
Sharing ideas with other parents	27 (60%)	17 (38%)	1 (2%)
Providing WIC foods	42 (93%)	2 (4%)	0 (0%)
Teaching me how to keep my family healthy	41 (91%)	4 (9%)	0 (0%)
Learning about healthy weights for me and my children	41 (91%)	3 (7%)	1 (2%)
Learning how to be physically active	34 (76%)	8 (18%)	3 (7%)
Getting vaccines for my child	33 (73%)	7 (16%)	3 (7%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	45 (100%)	0 (0%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	42 (93%)	3 (7%)	0 (0%)
Appointment times that meet my needs are available.	43 (96%)	2 (4%)	0 (0%)
I can easily find transportation to my WIC appointments.	38 (84%)	7 (16%)	0 (0%)
It is easy to shop for WIC foods.	31 (69%)	12 (27%)	1 (2%)
I can shop for WIC foods at my favorite store.	36 (80%)	9 (20%)	0 (0%)
I like the food choices WIC provides.	34 (76%)	11 (24%)	0 (0%)
The benefits of the WIC program are worth the time and effort.	44 (98%)	1 (2%)	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.	36 (80%)	8 (18%)	0 (0%)	0 (0%)	1 (2%)
I felt encouraged, supported, and respected.	40 (89%)	5 (11%)	0 (0%)	0 (0%)	0 (0%)
I was able to talk about what was on my mind.	39 (87%)	6 (13%)	0 (0%)	0 (0%)	0 (0%)
The counselor addressed my questions.	40 (89%)	5 (11%)	0 (0%)	0 (0%)	0 (0%)
The counselor provided relevant & helpful information.	40 (89%)	5 (11%)	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.	19 (42%)	13 (29%)	4 (9%)	0 (0%)	8 (18%)
The instructor lectured with no class participation.	3 (7%)	5 (11%)	16 (36%)	4 (9%)	16 (36%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	16 (36%)	10 (22%)	7 (16%)	1 (2%)	10 (22%)
There was a video or other visual aid used to prompt discussion.	24 (53%)	8 (18%)	2 (4%)	0 (0%)	10 (22%)
I was able to talk about my nutrition questions and interests.	25 (56%)	11 (24%)	0 (0%)	0 (0%)	8 (18%)
I had the chance to learn from other caregivers.	22 (49%)	11 (24%)	4 (9%)	0 (0%)	7 (16%)
I was able to have a discussion with other caregivers.	20 (44%)	10 (22%)	6 (13%)	0 (0%)	8 (18%)
I learned an idea I tried at home.	18 (40%)	8 (18%)	6 (13%)	0 (0%)	11 (24%)
I felt comfortable sharing my ideas.	25 (56%)	9 (20%)	0 (0%)	1 (2%)	8 (18%)
I felt respected.	29 (64%)	9 (20%)	0 (0%)	0 (0%)	6 (13%)
We had fun and it was worth my time.	23 (51%)	11 (24%)	1 (2%)	0 (0%)	8 (18%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

87% of clients reported having access to the Internet.

	# of clients	Percent
Home	26	58%
Work	6	13%
Library	10	22%
School	3	7%
Friend or family's house	10	22%
Public places with WiFi	9	20%
Other	4	9%

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

	# of clients	Percent
Desktop or laptop computer	30	67%
Cell phone	20	44%
Smart phone	13	29%
iPad or other tablet	4	9%
Kindle or Nook read	0	0%
Other	2	4%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	4 (9%)	4 (9%)	33 (73%)
High-speed/Broadband Internet connection	17 (38%)	11 (24%)	15 (33%)
Text messaging or texting	32 (71%)	5 (11%)	6 (13%)
E-mail	15 (33%)	17 (38%)	10 (22%)
Facebook or My Space	19 (42%)	13 (29%)	11 (24%)
Twitter	1 (2%)	2 (4%)	37 (82%)
Podcasts	0 (0%)	0 (0%)	40 (89%)
YouTube or other online videos	6 (13%)	19 (42%)	18 (40%)
iTunes or other music storage site	5 (11%)	12 (27%)	26 (58%)
Smartphone application (app)	10 (22%)	7 (16%)	25 (56%)
Take online classes	6 (13%)	8 (18%)	29 (64%)
Webcam, Skype, or Facetime	3 (7%)	7 (16%)	33 (73%)

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

	Yes (%)	No (%)
Send or receive e-mail	24 (53%)	21 (47%)
Send or receive text messages	40 (89%)	5 (11%)
Access the Internet	30 (67%)	15 (33%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	22 (49%)	23 (51%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	29 (64%)	16 (36%)
Taking a WIC class on a Smart phone?	12 (27%)	33 (73%)
Taking a WIC class via Webinar?	14 (31%)	29 (64%)
Using a phone application (app) that would help you locate WIC-approved foods?	20 (44%)	25 (56%)

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.	29 (64%)	12 (27%)	2 (4%)
I participate in physical activities with my child.	23 (51%)	18 (40%)	2 (4%)
I prepare meals at home.	38 (84%)	7 (16%)	0 (0%)
My child helps prepare meals at home.	13 (29%)	17 (38%)	13 (29%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	11 (24%)	27 (60%)	7 (16%)
My family sits down to eat meals together.	29 (64%)	13 (29%)	3 (7%)
Mealtime with my family is enjoyable.	38 (84%)	7 (16%)	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	18 (40%)	19 (42%)	8 (18%)
Being physically active for 30 minutes most days of the week	28 (62%)	17 (38%)	0 (0%)
Turning off the TV at mealtimes	16 (36%)	24 (53%)	5 (11%)
Eating low-fat foods	17 (38%)	22 (49%)	6 (13%)
Eating at least 5 fruits and vegetables a day	28 (62%)	16 (36%)	1 (2%)
Growing vegetables at home	9 (20%)	13 (29%)	23 (51%)
Cook most meals at home	37 (82%)	8 (18%)	0 (0%)
Drink low-fat or fat free milk	38 (84%)	6 (13%)	1 (2%)
Offering low-fat milk to my child age 2 or older	29 (64%)	12 (27%)	3 (7%)
Using whole grains when I cook at home	25 (56%)	18 (40%)	2 (4%)