

**Texas WIC Nutrition Education Survey
 Local Agency 42 Report
 May 2012**

Report for LA#42

Who answered the survey?

22 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	0	0%
19-29	13	59%
30 or older	8	36%

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

	# of clients	Percent
1 st to 6 th grade	5	23%
7 th to 9 th grade	4	18%
10 th to 12 th grade	4	18%
High school graduate or GED	5	23%
Trade or technical school	2	9%
College	1	5%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	3	14%
Black	1	5%
Hispanic or Latino	14	64%
Asian or Pacific Islander	1	5%
Native American or Alaskan	0	0%
Mixed race	2	9%

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

	# of clients	Percent
English	9	41%
Spanish	11	50%
Other	0	0%

Clients' Parental Status

Q18. 0% of clients who answered the survey were pregnant.

Q19. 27% of clients who answered the survey were breastfeeding.

Q20. 59% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 91% 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	3	14%
2	7	32%
3 or more	12	55%

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

	# of clients	Percent
Mother	22	100%
Father	0	0%
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	6	27%
1 to 2 years	6	27%
3 or more years	9	41%

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

	# of clients	Percent
Yes	7	32%
No	15	68%

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

	# of clients	Percent
Yes	14	64%
No	8	36%

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 (82%)	2 (9%)	0 (0%)
Nutrition, breastfeeding, and health information	18 (82%)	1 (5%)	1 (5%)
Support received from WIC staff	15 (68%)	3 (14%)	2 (9%)
Talking to other caregivers	6 (27%)	9 (41%)	3 (14%)
Learning about community resources (referrals)	9 (41%)	7 (32%)	4 (18%)

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.	22 (100%)	0 (0%)	0 (0%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	22 (100%)	0 (0%)	0 (0%)
Offers classes at times when I can attend.	21 (96%)	0 (0%)	1 (5%)
Offers me a choice of classes.	18 (82%)	1 (5%)	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 (86%)	3 (14%)	0 (0%)
Learning how to breastfeed my baby	16 (73%)	3 (14%)	2 (9%)
Providing support to breastfeed my baby longer	15 (68%)	3 (14%)	3 (14%)
Providing breast pumps	13 (59%)	4 (18%)	3 (14%)
Teaching me about the right kinds and amounts of food to eat	17 (77%)	4 (18%)	1 (5%)
Sharing ideas with other parents	13 (59%)	7 (32%)	2 (9%)
Providing WIC foods	19 (86%)	2 (9%)	0 (0%)
Teaching me how to keep my family healthy	20 (91%)	1 (5%)	0 (0%)
Learning about healthy weights for me and my children	19 (86%)	3 (14%)	0 (0%)
Learning how to be physically active	17 (77%)	4 (18%)	0 (0%)
Getting vaccines for my child	15 (68%)	5 (23%)	1 (5%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	20 (91%)	1 (5%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	20 (91%)	2 (9%)	0 (0%)
Appointment times that meet my needs are available.	20 (91%)	1 (5%)	0 (0%)
I can easily find transportation to my WIC appointments.	20 (91%)	0 (0%)	0 (0%)
It is easy to shop for WIC foods.	18 (82%)	2 (9%)	1 (5%)
I can shop for WIC foods at my favorite store.	20 (91%)	2 (9%)	0 (0%)
I like the food choices WIC provides.	19 (86%)	2 (9%)	0 (0%)
The benefits of the WIC program are worth the time and effort.	21 (96%)	0 (0%)	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.	15 (68%)	5 (23%)	0 (0%)	0 (0%)	1 (5%)
I felt encouraged, supported, and respected.	16 (73%)	4 (18%)	0 (0%)	0 (0%)	1 (5%)
I was able to talk about what was on my mind.	14 (64%)	7 (32%)	0 (0%)	0 (0%)	1 (5%)
The counselor addressed my questions.	15 (68%)	5 (23%)	0 (0%)	0 (0%)	1 (5%)
The counselor provided relevant & helpful information.	16 (73%)	5 (23%)	0 (0%)	0 (0%)	1 (5%)

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.	11 (50%)	4 (18%)	2 (9%)	0 (0%)	3 (14%)
The instructor lectured with no class participation.	5 (23%)	3 (14%)	6 (27%)	0 (0%)	5 (23%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	6 (27%)	3 (14%)	4 (18%)	1 (5%)	5 (23%)
There was a video or other visual aid used to prompt discussion.	9 (41%)	4 (18%)	1 (5%)	1 (5%)	5 (23%)
I was able to talk about my nutrition questions and interests.	10 (46%)	8 (36%)	0 (0%)	0 (0%)	3 (14%)
I had the chance to learn from other caregivers.	8 (36%)	6 (27%)	2 (9%)	0 (0%)	4 (18%)
I was able to have a discussion with other caregivers.	6 (27%)	5 (23%)	3 (14%)	1 (5%)	4 (18%)
I learned an idea I tried at home.	13 (59%)	3 (14%)	0 (0%)	0 (0%)	4 (18%)
I felt comfortable sharing my ideas.	12 (55%)	4 (18%)	0 (0%)	0 (0%)	4 (18%)
I felt respected.	13 (59%)	3 (14%)	0 (0%)	0 (0%)	4 (18%)
We had fun and it was worth my time.	14 (64%)	4 (18%)	0 (0%)	0 (0%)	4 (18%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

59% of clients reported having access to the Internet.

	# of clients	Percent
Home	10	46%
Work	3	14%
Library	2	9%
School	2	9%
Friend or family's house	4	18%
Public places with WiFi	3	14%
Other	0	0%

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

	# of clients	Percent
Desktop or laptop computer	12	55%
Cell phone	6	27%
Smart phone	5	23%
iPad or other tablet	1	5%
Kindle or Nook read	0	0%
Other	2	9%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	3 (14%)	4 (18%)	13 (59%)
High-speed/Broadband Internet connection	6 (27%)	3 (14%)	11 (50%)
Text messaging or texting	9 (41%)	7 (32%)	4 (18%)
E-mail	7 (32%)	2 (9%)	10 (46%)
Facebook or My Space	8 (36%)	4 (18%)	8 (36%)
Twitter	0 (0%)	0 (0%)	17 (77%)
Podcasts	0 (0%)	0 (0%)	17 (77%)
YouTube or other online videos	5 (23%)	4 (18%)	11 (50%)
iTunes or other music storage site	4 (18%)	3 (14%)	12 (55%)
Smartphone application (app)	6 (27%)	2 (9%)	11 (50%)
Take online classes	3 (14%)	5 (23%)	11 (50%)
Webcam, Skype, or Facetime	0 (0%)	3 (14%)	16 (73%)

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

	Yes (%)	No (%)
Send or receive e-mail	13 (59%)	7 (32%)
Send or receive text messages	20 (91%)	2 (9%)
Access the Internet	13 (59%)	8 (36%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	4 (18%)	18 (82%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	13 (59%)	9 (41%)
Taking a WIC class on a Smart phone?	4 (18%)	17 (77%)
Taking a WIC class via Webinar?	3 (14%)	18 (82%)
Using a phone application (app) that would help you locate WIC-approved foods?	9 (41%)	12 (55%)

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.	17 (77%)	4 (18%)	0 (0%)
I participate in physical activities with my child.	14 (64%)	8 (36%)	0 (0%)
I prepare meals at home.	21 (96%)	1 (5%)	0 (0%)
My child helps prepare meals at home.	9 (41%)	7 (32%)	5 (23%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	10 (46%)	10 (46%)	2 (9%)
My family sits down to eat meals together.	15 (68%)	6 (27%)	1 (5%)
Mealtime with my family is enjoyable.	20 (91%)	2 (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.

	Already doing it (%)	Plan to do it (%)	Do not plan to do it (%)
Losing weight	13 (59%)	8 (36%)	0 (0%)
Being physically active for 30 minutes most days of the week	13 (59%)	9 (41%)	0 (0%)
Turning off the TV at mealtimes	13 (59%)	9 (41%)	0 (0%)
Eating low-fat foods	16 (73%)	6 (27%)	0 (0%)
Eating at least 5 fruits and vegetables a day	18 (82%)	4 (18%)	0 (0%)
Growing vegetables at home	2 (9%)	12 (55%)	7 (32%)
Cook most meals at home	16 (73%)	5 (23%)	1 (5%)
Drink low-fat or fat free milk	17 (77%)	3 (14%)	1 (5%)
Offering low-fat milk to my child age 2 or older	17 (77%)	3 (14%)	2 (9%)
Using whole grains when I cook at home	15 (68%)	7 (32%)	0 (0%)