

**Texas WIC Nutrition Education Survey
 Local Agency 48 Report
 May 2012**

Report for LA#48

Who answered the survey?

176 clients answered the survey

Information about the Clients Who Answered the Survey

Q17. How old are you?

	# of clients	Percent
15 or younger	2	1%
16-18	8	5%
19-29	85	48%
30 or older	75	43%

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

	# of clients	Percent
1 st to 6 th grade	14	8%
7 th to 9 th grade	27	15%
10 th to 12 th grade	43	24%
High school graduate or GED	45	26%
Trade or technical school	16	9%
College	21	12%

Q25. What is your race or ethnicity?

	# of clients	Percent
White	18	10%
Black	23	13%
Hispanic or Latino	118	67%
Asian or Pacific Islander	6	3%
Native American or Alaskan	0	0%
Mixed race	6	3%

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

	# of clients	Percent
English	77	44%
Spanish	85	48%
Other	5	3%

Clients' Parental Status

Q18. 9% of clients who answered the survey were pregnant.

Q19. 14% of clients who answered the survey were breastfeeding.

Q20. 48% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

Q21. 77% 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	2%
1	49	28%
2	49	28%
3 or more	71	40%

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

	# of clients	Percent
Mother	165	94%
Father	1	.6%
Grandparent	2	1%
Foster parent	1	.6%
Self, pregnant	4	2%
Other	0	0%

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

	# of clients	Percent
Less than 1 year	48	27%
1 to 2 years	48	27%
3 or more years	73	42%

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

	# of clients	Percent
Yes	92	52%
No	80	46%

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

	# of clients	Percent
Yes	82	47%
No	91	52%

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	156 (89%)	6 (3%)	4 (2%)
Nutrition, breastfeeding, and health information	137 (78%)	18 (10%)	9 (5%)
Support received from WIC staff	131 (74%)	28 (16%)	5 (3%)
Talking to other caregivers	66 (38%)	57 (32%)	32 (18%)
Learning about community resources (referrals)	88 (50%)	45 (26%)	28 (16%)

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.	164 (93%)	12 (7%)	0 (0%)

Q3. My WIC clinic:

	Yes (%)	Sometimes (%)	No (%)
Offers classes in my language.	168 (96%)	0 (0%)	4 (2%)
Offers classes at times when I can attend.	165 (94%)	7 (4%)	1 (.6%)
Offers me a choice of classes.	148 (84%)	17 (10%)	5 (3%)

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

	Great (%)	Okay (%)	Not so great (%)
Learning how to feed my family	147 (84%)	27 (15%)	2 (1%)
Learning how to breastfeed my baby	131 (74%)	36 (21%)	6 (3%)
Providing support to breastfeed my baby longer	131 (74%)	32 (18%)	7 (4%)
Providing breast pumps	92 (52%)	50 (28%)	20 (11%)
Teaching me about the right kinds and amounts of food to eat	149 (85%)	21 (12%)	3 (2%)
Sharing ideas with other parents	101 (57%)	61 (35%)	11 (6%)
Providing WIC foods	160 (91%)	14 (8%)	2 (1%)
Teaching me how to keep my family healthy	153 (87%)	22 (13%)	1 (.6%)
Learning about healthy weights for me and my children	142 (81%)	29 (17%)	5 (3%)
Learning how to be physically active	123 (70%)	46 (26%)	6 (3%)
Getting vaccines for my child	126 (72%)	34 (19%)	12 (7%)

Q5. Mark how you feel about the following statements:

	Almost always (%)	Sometimes (%)	Almost never (%)
I am treated respectfully by WIC staff.	164 (93%)	11 (6%)	1 (.6%)
The amount of time I waited for service in the clinic was acceptable.	123 (70%)	49 (28%)	4 (2%)
Appointment times that meet my needs are available.	164 (93%)	11 (6%)	1 (.6%)
I can easily find transportation to my WIC appointments.	131 (74%)	37 (21%)	4 (2%)
It is easy to shop for WIC foods.	134 (76%)	34 (19%)	7 (4%)
I can shop for WIC foods at my favorite store.	153 (87%)	20 (11%)	2 (1%)
I like the food choices WIC provides.	143 (81%)	29 (17%)	4 (2%)
The benefits of the WIC program are worth the time and effort.	166 (94%)	10 (6%)	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.	105 (60%)	65 (37%)	3 (2%)	0 (0%)	3 (2%)
I felt encouraged, supported, and respected.	120 (68%)	52 (30%)	1 (.6%)	0 (0%)	1 (.6%)
I was able to talk about what was on my mind.	110 (63%)	61 (35%)	1 (.6%)	0 (0%)	3 (2%)
The counselor addressed my questions.	127 (72%)	44 (25%)	4 (2%)	0 (0%)	1 (.6%)
The counselor provided relevant & helpful information.	133 (76%)	39 (22%)	1 (.6%)	0 (0%)	3 (2%)

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.	96 (55%)	44 (25%)	14 (8%)	4 (2%)	17 (10%)
The instructor lectured with no class participation.	27 (15%)	32 (18%)	71 (40%)	22 (13%)	21 (12%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	56 (32%)	54 (31%)	33 (19%)	11 (6%)	20 (11%)
There was a video or other visual aid used to prompt discussion.	100 (57%)	53 (30%)	9 (5%)	2 (1%)	12 (7%)
I was able to talk about my nutrition questions and interests.	110 (63%)	55 (31%)	4 (2%)	0 (0%)	7 (4%)
I had the chance to learn from other caregivers.	86 (49%)	63 (36%)	11 (6%)	1 (.6%)	14 (8%)
I was able to have a discussion with other caregivers.	77 (44%)	71 (40%)	12 (7%)	1 (.6%)	13 (7%)
I learned an idea I tried at home.	94 (53%)	57 (32%)	6 (9%)	1 (.6%)	7 (4%)
I felt comfortable sharing my ideas.	87 (49%)	68 (39%)	8 (5%)	0 (0%)	10 (6%)
I felt respected.	109 (62%)	53 (30%)	2 (1%)	0 (0%)	7 (4%)
We had fun and it was worth my time.	99 (56%)	60 (34%)	4 (2%)	2 (1%)	9 (5%)

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SECTION 2 contains five questions about technology use.

Q8. Where do you access the internet?

73% of clients reported having access to the Internet.

	# of clients	Percent
Home	98	56%
Work	17	10%
Library	29	17%
School	9	5%
Friend or family's house	22	13%
Public places with WiFi	19	11%
Other	6	3%

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

	# of clients	Percent
Desktop or laptop computer	108	61%
Cell phone	58	33%
Smart phone	34	19%
iPad or other tablet	13	7%
Kindle or Nook read	6	3%
Other	12	7%

Q10. How often do you use the following technology?

	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	16 (9%)	49 (28%)	106 (60%)
High-speed/Broadband Internet connection	49 (28%)	47 (27%)	74 (42%)
Text messaging or texting	101 (57%)	42 (24%)	27 (15%)
E-mail	58 (33%)	55 (31%)	56 (32%)
Facebook or My Space	60 (34%)	42 (24%)	68 (39%)
Twitter	9 (5%)	12 (7%)	142 (81%)
Podcasts	0 (0%)	8 (5%)	150 (85%)
YouTube or other online videos	29 (17%)	75 (43%)	65 (37%)
iTunes or other music storage site	22 (13%)	47 (27%)	98 (56%)
Smartphone application (app)	46 (26%)	22 (13%)	100 (57%)
Take online classes	19 (11%)	31 (18%)	117 (67%)
Webcam, Skype, or Facetime	10 (6%)	28 (16%)	131 (74%)

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

	Yes (%)	No (%)
Send or receive e-mail	90 (51%)	82 (47%)
Send or receive text messages	144 (82%)	27 (15%)
Access the Internet	105 (60%)	67 (38%)

Q12. Would you be interested in:

	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	57 (32%)	116 (66%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	119 (68%)	53 (30%)
Taking a WIC class on a Smart phone?	67 (38%)	105 (60%)
Taking a WIC class via Webinar?	40 (23%)	128 (73%)
Using a phone application (app) that would help you locate WIC-approved foods?	103 (59%)	70 (40%)

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.	101 (57%)	64 (36%)	10 (6%)
I participate in physical activities with my child.	92 (52%)	73 (42%)	10 (6%)
I prepare meals at home.	160 (91%)	13 (7%)	1 (.6%)
My child helps prepare meals at home.	35 (20%)	69 (39%)	69 (39%)

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

	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	62 (35%)	90 (51%)	23 (13%)
My family sits down to eat meals together.	112 (64%)	61 (35%)	2 (1%)
Mealtime with my family is enjoyable.	161 (92%)	13 (7%)	1 (.6%)

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	78 (44%)	74 (42%)	23 (13%)
Being physically active for 30 minutes most days of the week	98 (56%)	74 (42%)	3 (2%)
Turning off the TV at mealtimes	77 (44%)	76 (43%)	20 (11%)
Eating low-fat foods	100 (57%)	64 (36%)	10 (6%)
Eating at least 5 fruits and vegetables a day	94 (53%)	75 (43%)	4 (2%)
Growing vegetables at home	24 (14%)	66 (38%)	81 (46%)
Cook most meals at home	157 (89%)	17 (10%)	1 (.6%)
Drink low-fat or fat free milk	142 (81%)	20 (11%)	13 (7%)
Offering low-fat milk to my child age 2 or older	126 (72%)	38 (22%)	11 (6%)
Using whole grains when I cook at home	116 (66%)	48 (27%)	9 (5%)