

**Texas WIC Nutrition Education Survey  
 Local Agency 87 Report  
 May 2012**

**Report for LA#87**

**Who answered the survey?**

28 clients answered the survey

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

**Q17. How old are you?**

<b>Age</b>	<b># of clients</b>	<b>Percent</b>
15 or younger	0	0%
16-18	1	4%
19-29	19	68%
30 or older	7	25%

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

<b>Highest level of school completed</b>	<b># of clients</b>	<b>Percent</b>
1 <sup>st</sup> to 6 <sup>th</sup> grade	1	4%
7 <sup>th</sup> to 9 <sup>th</sup> grade	4	14%
10 <sup>th</sup> to 12 <sup>th</sup> grade	8	29%
High school graduate or GED	8	29%
Trade or technical school	3	11%
College	2	7%

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

<b>Race or ethnicity</b>	<b># of clients</b>	<b>Percent</b>
White	13	46%
Black	1	4%
Hispanic or Latino	13	46%
Asian or Pacific Islander	1	4%
Native American or Alaskan	0	0%
Mixed race	0	0%

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

Main language spoken	# of clients	Percent
English	17	61%
Spanish	9	32%
Other	0	0%

**Clients' Parental Status**

**Q18.** 4% of clients who answered the survey were pregnant.

**Q19.** 18% of clients who answered the survey were breastfeeding.

**Q20.** 50% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

**Q21.** 71% of clients who answered the survey were the parent/caretaker of a child over 1 year old.

**Q22. How many children do you have?**

Number of children in household	# of clients	Percent
0	0	0%
1	11	39%
2	8	29%
3 or more	7	25%

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

Relationship to child(ren) in WIC	# of clients	Percent
Mother	27	96%
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:**

Length of participation in WIC	# of clients	Percent
Less than 1 year	4	14%
1 to 2 years	14	50%
3 or more years	5	18%

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

Reported food insecurity	# of clients	Percent
Yes	10	36%
No	16	57%

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

Participate in SNAP	# of clients	Percent
Yes	15	54%
No	13	46%

**SECTION 1** describes participants' opinions about WIC. The section included seven questions.

**Q1. What motivates you to come to WIC?**

Motivator for coming to WIC	Yes (%)	Sometimes (%)	No (%)
Food benefits	19 (68%)	4 (14%)	1 (4%)
Nutrition, breastfeeding, and health information	24 (86%)	3 (11%)	0 (0%)
Support received from WIC staff	15 (54%)	5 (18%)	2 (7%)
Talking to other caregivers	10 (36%)	6 (21%)	6 (21%)
Learning about community resources (referrals)	10 (36%)	9 (32%)	2 (7%)

**Q2. The people at my WIC clinic care about me and my family.**

People at WIC care	Yes (%)	Sometimes (%)	No (%)
The people at my WIC clinic care about me and my family.	27 (96%)	0 (0%)	0 (0%)

**Q3. My WIC clinic:**

<b>My WIC clinic:</b>	<b>Yes (%)</b>	<b>Sometimes (%)</b>	<b>No (%)</b>
Offers classes in my language.	23 (82%)	1 (4%)	1 (4%)
Offers classes at times when I can attend.	21 (75%)	2 (7%)	1 (4%)
Offers me a choice of classes.	17 (61%)	6 (21%)	1 (4%)

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

<b>How well does WIC meet your needs?</b>	<b>Great (%)</b>	<b>Okay (%)</b>	<b>Not so great (%)</b>
Learning how to feed my family	27 (96%)	0 (0%)	0 (0%)
Learning how to breastfeed my baby	22 (79%)	3 (11%)	0 (0%)
Providing support to breastfeed my baby longer	22 (79%)	3 (11%)	0 (0%)
Providing breast pumps	21 (75%)	3 (11%)	1 (4%)
Teaching me about the right kinds and amounts of food to eat	25 (89%)	2 (7%)	0 (0%)
Sharing ideas with other parents	20 (71%)	6 (21%)	1 (4%)
Providing WIC foods	24 (86%)	0 (0%)	0 (0%)
Teaching me how to keep my family healthy	26 (93%)	1 (4%)	0 (0%)
Learning about healthy weights for me and my children	24 (86%)	2 (7%)	0 (0%)
Learning how to be physically active	21 (75%)	5 (18%)	1 (4%)
Getting vaccines for my child	19 (68%)	5 (18%)	1 (4%)

**Q5. Mark how you feel about the following statements:**

<b>How you feel about the following:</b>	<b>Almost always (%)</b>	<b>Sometimes (%)</b>	<b>Almost never (%)</b>
I am treated respectfully by WIC staff.	25 (89%)	2 (7%)	0 (0%)
The amount of time I waited for service in the clinic was acceptable.	24 (86%)	3 (11%)	0 (0%)
Appointment times that meet my needs are available.	25 (89%)	2 (7%)	0 (0%)
I can easily find transportation to my WIC appointments.	19 (68%)	6 (21%)	2 (7%)
It is easy to shop for WIC foods.	19 (68%)	7 (25%)	1 (4%)
I can shop for WIC foods at my favorite store.	21 (75%)	5 (18%)	0 (0%)
I like the food choices WIC provides.	19 (68%)	7 (25%)	0 (0%)
The benefits of the WIC program are worth the time and effort.	25 (89%)	1 (4%)	0 (0%)

**Q6. What do you remember about your last WIC nutrition counseling session?**

<b>What do you remember about your last WIC nutrition counseling session?</b>	<b>Strongly agree (%)</b>	<b>Agree (%)</b>	<b>Disagree (%)</b>	<b>Strongly disagree (%)</b>	<b>Don't remember (%)</b>
The atmosphere was welcoming.	17 (61%)	5 (18%)	0 (0%)	0 (0%)	3 (11%)
I felt encouraged, supported, and respected.	16 (57%)	8 (29%)	0 (0%)	0 (0%)	1 (4%)
I was able to talk about what was on my mind.	14 (50%)	11 (39%)	0 (0%)	0 (0%)	1 (4%)
The counselor addressed my questions.	19 (68%)	7 (25%)	0 (0%)	0 (0%)	1 (4%)
The counselor provided relevant & helpful information.	20 (71%)	5 (18%)	0 (0%)	0 (0%)	1 (4%)

**Q7. What do you remember about your last WIC group class?**

<b>What do you remember about your last WIC group class?</b>	<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 (21%)	8 (29%)	2 (7%)	0 (0%)	9 (32%)
The instructor lectured with no class participation.	3 (11%)	6 (21%)	3 (11%)	2 (7%)	9 (32%)
We did a hands-on activity, such as a food demonstration, nutrition booth/fair, grocery store tour, or game.	6 (21%)	3 (11%)	2 (7%)	1 (4%)	11 (39%)
There was a video or other visual aid used to prompt discussion.	11 (39%)	5 (18%)	1 (4%)	1 (4%)	5 (18%)
I was able to talk about my nutrition questions and interests.	12 (43%)	9 (32%)	0 (0%)	0 (0%)	3 (11%)
I had the chance to learn from other caregivers.	11 (39%)	8 (29%)	0 (0%)	1 (4%)	4 (14%)
I was able to have a discussion with other caregivers.	8 (29%)	10 (36%)	0 (0%)	1 (4%)	4 (14%)
I learned an idea I tried at home.	9 (32%)	9 (32%)	0 (0%)	0 (0%)	4 (14%)
I felt comfortable sharing my ideas.	9 (32%)	8 (29%)	1 (4%)	0 (0%)	4 (14%)

What do you remember about your last WIC group class?	Strongly agree (%)	Agree (%)	Disagree (%)	Strongly disagree (%)	Don't remember (%)
I felt respected.	15 (54%)	5 (18%)	0 (0%)	0 (0%)	4 (14%)
We had fun and it was worth my time.	12 (43%)	9 (32%)	0 (0%)	0 (0%)	4 (14%)

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

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

79% of clients reported having access to the Internet.

Where you access the Internet	# of clients	Percent
Home	12	43%
Work	3	11%
Library	3	11%
School	0	0%
Friend or family's house	1	4%
Public places with WiFi	0	0%
Other	5	18%

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

Device used to access the Internet	# of clients	Percent
Desktop or laptop computer	15	54%
Cell phone	11	39%
Smart phone	3	11%
iPad or other tablet	1	4%
Kindle or Nook read	1	4%
Other	1	4%

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

Use of technology	Every day (%)	Sometimes (%)	Almost never (%)
Dial-up Internet connection using telephone line	3 (11%)	3 (11%)	18 (64%)
High-speed/Broadband Internet connection	9 (32%)	5 (18%)	11 (39%)
Text messaging or texting	17 (61%)	7 (25%)	1 (4%)

Use of technology	Every day (%)	Sometimes (%)	Almost never (%)
E-mail	9 (32%)	7 (25%)	8 (29%)
Facebook or My Space	14 (50%)	7 (25%)	4 (14%)
Twitter	0 (0%)	1 (4%)	23 (82%)
Podcasts	0 (0%)	1 (4%)	23 (82%)
YouTube or other online videos	5 (18%)	6 (21%)	14 (50%)
iTunes or other music storage site	6 (21%)	4 (14%)	15 (54%)
Smartphone application (app)	5 (18%)	6 (21%)	14 (50%)
Take online classes	3 (11%)	7 (25%)	15 (54%)
Webcam, Skype, or Facetime	1 (4%)	6 (21%)	18 (64%)

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

Do you use a cell phone to...?	Yes (%)	No (%)
Send or receive e-mail	15 (54%)	9 (32%)
Send or receive text messages	24 (86%)	2 (7%)
Access the Internet	20 (71%)	5 (18%)

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

Would you be interested in:	Yes (%)	No (%)
Communicating with other WIC participants and WIC staff on Facebook?	11 (39%)	14 (50%)
Receiving nutrition and breastfeeding tips or WIC appointment reminders via text messages?	15 (54%)	12 (43%)
Taking a WIC class on a Smart phone?	8 (29%)	17 (61%)
Taking a WIC class via Webinar?	6 (21%)	17 (61%)
Using a phone application (app) that would help you locate WIC-approved foods?	12 (43%)	13 (46%)

**SECTION 3** looks at clients' activities and family behaviors.

**Q13. Please mark how often these items are true for you.**

How often are these items true for you?	Almost always (%)	Sometimes (%)	Almost never (%)
My child sees me as being physically active.	16 (57%)	8 (29%)	2 (7%)
I participate in physical activities with my child.	16 (57%)	9 (32%)	1 (4%)

How often are these items true for you?	Almost always (%)	Sometimes (%)	Almost never (%)
I prepare meals at home.	23 (82%)	4 (14%)	0 (0%)
My child helps prepare meals at home.	5 (18%)	12 (43%)	7 (25%)

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

How often are these items true for your family?	Almost always (%)	Sometimes (%)	Almost never (%)
The TV is turned off during meals.	8 (29%)	17 (61%)	2 (7%)
My family sits down to eat meals together.	20 (71%)	6 (21%)	0 (0%)
Mealtime with my family is enjoyable.	25 (89%)	1 (4%)	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.**

Which of these behaviors do you plan to try in the next 6 months?	Already doing it (%)	Plan to do it (%)	Do not plan to do it (%)
Losing weight	15 (54%)	9 (32%)	2 (7%)
Being physically active for 30 minutes most days of the week	17 (61%)	6 (21%)	2 (7%)
Turning off the TV at mealtimes	12 (43%)	12 (43%)	2 (7%)
Eating low-fat foods	11 (39%)	12 (43%)	3 (11%)
Eating at least 5 fruits and vegetables a day	16 (57%)	8 (29%)	2 (7%)
Growing vegetables at home	7 (25%)	10 (36%)	9 (32%)
Cook most meals at home	24 (86%)	1 (4%)	1 (4%)
Drink low-fat or fat free milk	16 (57%)	7 (25%)	3 (11%)
Offering low-fat milk to my child age 2 or older	14 (50%)	7 (25%)	3 (11%)
Using whole grains when I cook at home	14 (50%)	10 (36%)	2 (7%)