

**Texas WIC Nutrition Education Survey  
Local Agency 045 Report  
June 2014**

Note: Due to missing data, rounding, or the ability to mark more than one response (if noted in the question), some percentages may not total 100%.

**Who answered the survey?**

20 clients answered the survey

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

**Q16. How old are you?**

<b>Age</b>	<b>Percent</b>
Younger than 15	0%
15-19	5%
20-24	<b>25%</b>
25-29	20%
30-34	<b>25%</b>
35 or older	15%

**Q23. What is the highest level of school you have finished?**

<b>Highest level of school completed</b>	<b>Percent</b>
1 <sup>st</sup> to 5 <sup>th</sup> grade	0%
6 <sup>th</sup> to 8 <sup>th</sup> grade	18%
9 <sup>th</sup> to 12 <sup>th</sup> grade, no diploma	18%
High school graduate or GED	<b>35%</b>
Some college, no degree	18%
Associate degree	6%
Bachelor's degree	6%
Graduate or professional degree	0%

**Q24. Are you Hispanic or Latino?**

<b>Hispanic or Latino</b>	<b>Percent</b>
Yes	<b>68%</b>
No	32%

**Q25. What is your race?**

<b>Race</b>	<b>Percent</b>
American Indian or Alaska Native	0%
White	<b>80%</b>
Black or African American	0%
Asian	0%
Native Hawaiian or Other Pacific Islander	0%
Mixed race	7%
Other*	13%

**\*This question appeared confusing for some. Hispanic participants frequently marked “other” and wrote in “Hispanic.”**

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

<b>Main language spoken</b>	<b>Percent</b>
English	<b>63%</b>
Spanish	37%
Other	0%

**Clients' Parental Status**

**Q17.** 5% of clients who answered the survey were pregnant.

**Q18.** 6% of clients who answered the survey were breastfeeding.

**Q19.** 56% of clients who answered the survey were the parent/caretaker of a baby under 12 months.

**Q20.** 65% of clients who answered the survey were the parent/caretaker of a child over 1 year old.

**Q21. How many children do you have?**

<b>Number of children in household</b>	<b>Percent</b>
0	0%
1	32%
2	<b>47%</b>
3 or more	21%

**Q22. What is your relationship to the child(ren) in WIC?**

<b>Relationship to child(ren) in WIC</b>	<b>Percent</b>
Mother	<b>100%</b>
Father	0%
Grandparent	0%
Foster parent	0%
Self, pregnant	0%
Other	0%

**Q15. During the past 5 years I have participated in WIC:**

<b>Length of participation in WIC</b>	<b>Percent</b>
Less than 1 year	37%
1 to 2 years	11%
3 or more years	<b>53%</b>

**Q27. In the last 12 months, were you ever concerned you wouldn't be able to buy enough food to feed your family?**

<b>Reported food insecurity</b>	<b>Percent</b>
Yes	35%
No	<b>65%</b>

**SECTION 1** describes participants' preferences for nutrition education, Farmers' Market, and referrals. It also gathers opinions about WIC and self-efficacy among participant for select healthy behaviors. The section included nine questions.

**Q1. Is this the first class you have been to at WIC?**

First class	Percent
Yes	22%
No	78%

**Q2. If it were up to you, what kind of WIC classes would you like to take?**

WIC classes you like	Would like a lot (%)	Would like a little (%)	Would not like (%)	Not sure (%)
Group classes at my WIC clinic	37%	21%	32%	11%
On the Internet (web lesson)	35%	18%	29%	18%
Lessons I do on my own at my WIC clinic, including bulletin board lessons	58%	16%	11%	16%
Lessons I take home	50%	44%	0%	5%
Nutrition or health fair	47%	35%	6%	12%
Grocery store tour	22%	33%	17%	28%
Cooking class	53%	35%	6%	6%

**Q3. In general, how do you like to get new information?**

How you like to get new information	Yes (%)	No (%)
Printed handout, flyer, or brochure that I can take home	95%	5%
Download or read online	33%	67%
I prefer to talk to someone without reading on my own	67%	33%

**Q4. Please mark how much you agree or disagree with the following statements.**

Agreement or disagreement with statements	Strongly agree (%)	Agree (%)	Disagree (%)	Strongly disagree (%)
WIC classes are offered at a good time of day	53%	42%	5%	0%
WIC classes are too long	11%	26%	63%	0%
WIC classes cover topics I am interested in	37%	63%	0%	0%
I like learning in a group in WIC classes	16%	26%	47%	11%
I have a hard time finding transportation to get to classes at WIC	11%	16%	58%	16%
It is worth my time and effort to come to classes at WIC	21%	79%	0%	0%

**Q5. Have you ever shopped at a Farmers' Market for fruits and vegetables?**

Shopped at a Farmers' Market for fruits and vegetables	Percent
Yes	37%
No	63%

**Q6. If you could use your WIC card to buy fruits and vegetables at your local Farmers' Market, would you?**

Would use WIC card at Farmers' Market for fruits and vegetables	Percent
Yes	100%
No	0%

**Q7. In your area, do you need help with finding...?**

Need help with finding	Yes (%)
Shots for your children	5%
Food assistance	11%
Childcare	16%
Information about early child development	6%
Clothing assistance	11%
Affordable housing	32%
Support for dealing with family problems	11%
A doctor	5%
A dentist	11%
Treatment for alcohol, tobacco, drug, or substance use/abuse	6%
Assistance with family planning (birth control)	6%

**Q8. Please mark how much you agree or disagree with the following statements.**

Agreement or disagreement with statements	Strongly agree (%)	Agree (%)	Disagree (%)	Strongly disagree (%)
WIC 'gets' (understands) me	58%	42%	0%	0%
WIC staff respect me	79%	21%	0%	0%
WIC staff are friendly	90%	10%	0%	0%
WIC staff talk about what I want to talk about	65%	35%	0%	0%
When I have a question about nutrition, WIC staff can answer it	75%	25%	0%	0%
When I have a question about breastfeeding, WIC staff can answer it	70%	30%	0%	0%
The benefits of the WIC program are worth my time and effort	80%	20%	0%	0%

**Q9. Confidence is the belief that you can do something. In the next 3 months, how confident are you that you can take steps to:**

<b>Confidence you can take steps to:</b>	<b>Very confident (%)</b>	<b>Somewhat confident (%)</b>	<b>Not at all confident (%)</b>
Prepare healthy meals at home on most days	85%	15%	0%
Sit down to eat meals together with my family	84%	16%	0%
Eat at least one fruit every day	84%	16%	0%
Eat at least one vegetable every day	75%	25%	0%
Be physically active for 30 minutes on most days of the week	75%	15%	10%

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

**Q10. Where do you access the Internet (get online)? (mark all that apply)**

70% of clients reported having access to the Internet.

<b>Where you access the Internet</b>	<b>% Yes</b>
Home	50%
Work	5%
School	0%
Friend or family's house	10%
Public places (library or businesses with free WiFi)	30%

**Q11. Some cell phones are called “smartphones” because of certain features they have. Is your cell phone a smartphone, such as an Android, iPhone, Blackberry, or Windows phone?**

<b>Do you have a smartphone?</b>	<b>Percent</b>
Yes	53%
No	37%
Don't know	5%
No cell phone	5%

**Q12. What type of device do you use to access the Internet? (mark all that apply)**

Device used to access the Internet	Percent
Desktop or laptop computer	40%
Cell phone (including smartphones)	<b>55%</b>
Tablet computer, such as an iPad, Google tablet, Kindle Fire	10%
Other Internet device (iPod, Xbox, smart TV)	10%
I don't access the Internet	30%

**Q13. How often do you use the following technology?**

Use of technology	Every day (%)	Sometimes (%)	Almost never (%)
Text messaging or texting	<b>55%</b>	25%	20%
E-mail	25%	20%	<b>55%</b>
Facebook	<b>42%</b>	16%	<b>42%</b>
Twitter	0%	6%	<b>94%</b>
YouTube or other online videos	5%	20%	<b>75%</b>
Smartphone application (app)	26%	5%	<b>68%</b>
Take WIC classes online	0%	10%	<b>90%</b>
Webcam, Skype, or FaceTime	0%	0%	<b>100%</b>
Xbox, PlayStation, Wii	0%	6%	<b>94%</b>

**Q14. Would you be interested in:**

Would you be interested in:	Yes (%)
Connecting with WIC on Facebook?	50%
Getting WIC appointment reminders or nutrition tips via text messages?	55%
Getting WIC appointment reminders or nutrition tips via email?	32%
Scheduling your WIC appointments online?	25%
Texting questions to WIC staff?	35%
Emailing questions to WIC staff?	10%
Using a phone application (app) to shop for WIC foods?	25%