

**Texas WIC Lesson Evaluation Results**  
**CF-000-28: CCNE Picky Eaters – Making Peace with Food**

**Client Feedback**

**Total # of clients who responded to survey: 86**

**Clients surveyed identified themselves as:**

- Pregnant: 12%
- Breastfeeding: 7%
- Caretaker of baby under 12 months: 21%
- Caretaker of a child over 1 year: 72%
- Friend of family: 6%
- First WIC class: 14%

**Language in which the class was taught:**

- English – 62%
- Spanish – 13%
- Both – 25%

Compared to other WIC classes, clients awarded this class **4.4 stars** (out of 5).

**Clients rated the class as follows on the items below:**

	<b>Not at all</b>	<b>A little</b>	<b>A lot</b>
Helpful	2%	23%	<b>75%</b>
Too long	<b>80%</b>	19%	1%
Informative	1%	19%	<b>80%</b>
Important	4%	18%	<b>78%</b>
Boring	<b>70%</b>	24%	6%
Covered things I already know	10%	<b>70%</b>	21%
Answered my questions	4%	25%	<b>71%</b>
Encouraged me to participate	1%	26%	<b>73%</b>
The instructor knew a lot about the topic	1%	6%	<b>93%</b>
Good for first-time parents	1%	17%	<b>82%</b>
I understood the language	1%	5%	<b>94%</b>

**Clients indicated one thing they learned that they would try at home. Out of 78 write-in responses, themes for the comments included:**

- Ways to introduce new foods to your child; pair new with liked foods; serve small “try me” portions
- May need to introduce new foods many times before child will accept
- Ways to serve vegetables to make more appealing to children
- What other protein foods to provide if child does not like meats
- No forcing child to eat
- Water only between meals and snacks; don’t give too much milk or juice

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**Staff Feedback**

**Total # of staff who responded to the survey: 11**

**Staff surveyed included:** Clerk (3), WCS (2), CA (1), Nutritionist (2), NE Coordinator (2), Clinic Supervisor (1) and had the following degrees: LVN (1), LD (1), RD (3), Degreed Nutritionist (4), Other (7).

**Language in which the class was taught:**

- English – 64%
- Spanish – 9%
- Both – 27%

**Staff reported the following as working well when teaching the class:**

- Communicating with the clients about their opinion
- Having the parents talk about their child's eating behaviors and ways they have overcome some of the problems
- When I get the participants to participate in class
- A small group works best. Our Spanish classes are up to 24 moms.
- The behavior cards enhance discussion. Clients love the involvement.
- Talking with client and sharing their experiences
- Getting the clients involved in the discussion

**What staff would do differently the next time they teach the class:**

- Nothing
- Get more feedback from our clients
- Seems pretty comprehensive
- Choose a different discussion question

## CLASS LOGISTICS

### How many times have you taught this class?

Answer Options	Response Percent	Response Count
1	0.0%	0
2	9.1%	1
<b>3</b>	<b>36.4%</b>	<b>4</b>
4	27.3%	3
5 or more	27.3%	3

### How easy or difficult was the lesson to follow?

Answer Options	Response Percent	Response Count
<b>Very Easy</b>	<b>54.5%</b>	<b>6</b>
Easy	45.5%	5
Difficult	0.0%	0
Very Difficult	0.0%	0

### On average, how much time do you spend preparing to teach this lesson (e.g., reading through materials, gathering resources, preparing the classroom, etc)?

Answer Options	Response Percent	Response Count
<b>Less than 15 minutes</b>	<b>45.5%</b>	<b>5</b>
15 – 30 minutes	18.2%	2
31-45 minutes	18.2%	2
More than 45 minutes	18.2%	2

### On average, how long does the lesson usually take to teach?

Answer Options	Response Percent	Response Count
Less than 20 minutes	0.0%	0
<b>21 – 30 minutes</b>	<b>90.9%</b>	<b>10</b>
31 – 40 minutes	9.1%	1
More than 40 minutes	0.0%	0

In your opinion, what would be the ideal size for this class?		
Answer Options	Response Percent	Response Count
Less than 6	18.2%	2
<b>6-10</b>	<b>54.5%</b>	<b>6</b>
11-16	27.3%	3
More than 16	0.0%	0
It doesn't matter	0.0%	0

### CLASS FLOW

How much of the following sections of the lesson plan did you usually cover?					
Answer Options	None	Some	All	Not applicable	Response Count
Introduction/Icebreaker	0	3	<b>8</b>	0	11
Main activity	0	2	<b>7</b>	0	9
Optional activities	1	<b>1</b>	4	1	7
Conclusion/Take away	0	1	<b>7</b>	0	8
In-class evaluation	0	3	<b>5</b>	1	9

How many of the clients usually participate in the class discussion?		
Answer Options	Response Percent	Response Count
Almost none	9.1%	1
Less than half	9.1%	1
<b>About half</b>	<b>36.4%</b>	<b>4</b>
More than half	9.1%	1
<b>Almost all</b>	<b>36.4%</b>	<b>4</b>

## ENJOYMENT OF CLASS

**Compared to other classes you have taught, how much did you like teaching this class?**

Answer Options	Response Percent	Response Count
Less than most	0.0%	0
<b>About the same</b>	<b>63.6%</b>	<b>7</b>
More than most	36.4%	4

**Compared to other classes you have taught, how much do you think clients liked this class?**

Answer Options	Response Percent	Response Count
Less than most	0.0%	0
<b>About the same</b>	<b>72.7%</b>	<b>8</b>
More than most	27.3%	3

## TRAINING BACKGROUND

**What training or background have you had that helped you teach this class? (Check all that apply.)**

Answer Options	Response Percent	Response Count
None	0.0%	0
Basic nutrition knowledge	45.5%	5
Advanced nutrition knowledge	36.4%	4
Basic breastfeeding knowledge	18.2%	2
Advanced breastfeeding knowledge	27.3%	3
Public speaking	18.2%	2
Client-centered NE training from State	45.5%	5
<b>Client-centered NE training at my local agency</b>	<b>81.8%</b>	<b>9</b>
Other (please specify)		1

**What additional training would help you teach this class?**

- Learning more client-centered nutrition education techniques
- Nothing