

**Texas WIC Lesson Evaluation Results
GN-000-28: CCNE How Sweet is Your Drink?**

Client Feedback

Total # of clients who responded to survey: 137

Clients surveyed identified themselves as:

- Pregnant: 12%
- Breastfeeding: 11%
- Caretaker of baby under 12 months: 38%
- Caretaker of a child over 1 year: 78%
- Friend of family: 16%
- First WIC class: 11%

Language in which the class was taught:

- English – 58%
- Spanish – 39%
- Both – 2%

Compared to other WIC classes, clients awarded this class **4.5 stars** (out of 5).

Clients rated the class as follows on the items below:

	Not at all	A little	A lot
Helpful	1%	9%	90%
Too long	89%	9%	2%
Informative	1%	9%	90%
Important	1%	8%	91%
Boring	87%	6%	6%
Covered things I already know	27%	56%	18%
Answered my questions	4%	15%	81%
Encouraged me to participate	5%	29%	67%
The instructor knew a lot about the topic	0%	6%	94%
Good for first-time parents	1%	9%	90%
I understood the language	0%	2%	98%

Clients indicated one thing they learned that they would try at home. Out of 125 write-in responses, themes for the comments included:

- How many calories or how much sugar is in soda and other sweetened drinks
- Limiting the amount of sweetened drinks (such as sodas, juices, juice drinks, sports drinks) offered
- Watch what drinks I give my kids; give my child more water
- Reduce my child’s intake of sugar from drinks
- Look for 100% fruit juice, drink less juice each day or dilute juice with water
- Reading food labels to look at sugar content

**Texas WIC Lesson Evaluation Results
GN-000-28: CCNE How Sweet is Your Drink?**

Staff Feedback

Total # of staff who responded to the survey: 9

Staff surveyed included: Nutritionist (4), Nutrition Education Coordinator (1), Other (4) and had the following degrees: LD (1), RD (2), Degreed Nutritionist (4), Other (3).

Language in which the class was taught:

- English – 56%
- Spanish – 0%
- Both – 44%

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

- I set the drink bottles on a table in the front of the class with clear plastic cups in front of each bottle. After discussing the sugar in the drinks, I placed the correct number of sugar packets in the cup. This really emphasizes the amount of sugar in the drinks.
- Clients participated by holding beverages and looking at sugar content of common beverages. We used sugar packets to demonstrate.
- Using sugar packets to demonstrate the huge quantities of sugar found in commercial drinks.
- The lesson is client-based and interactive. Also, the topic is up-to-date, current, and relevant to the clients' interests.

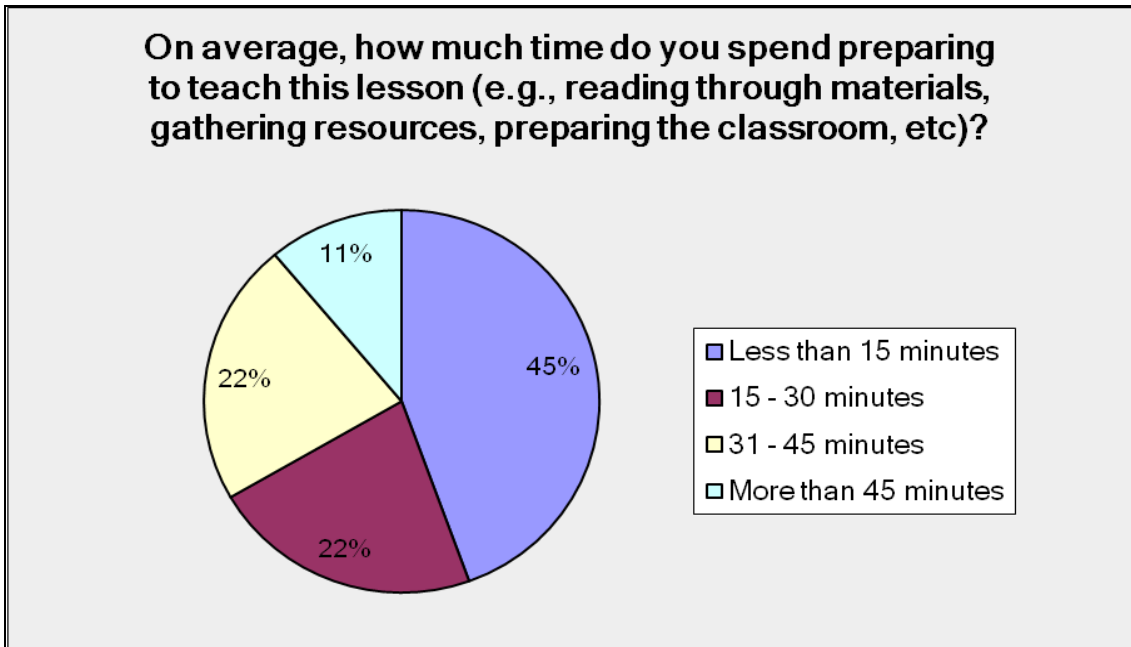
What staff would do differently the next time they teach the class:

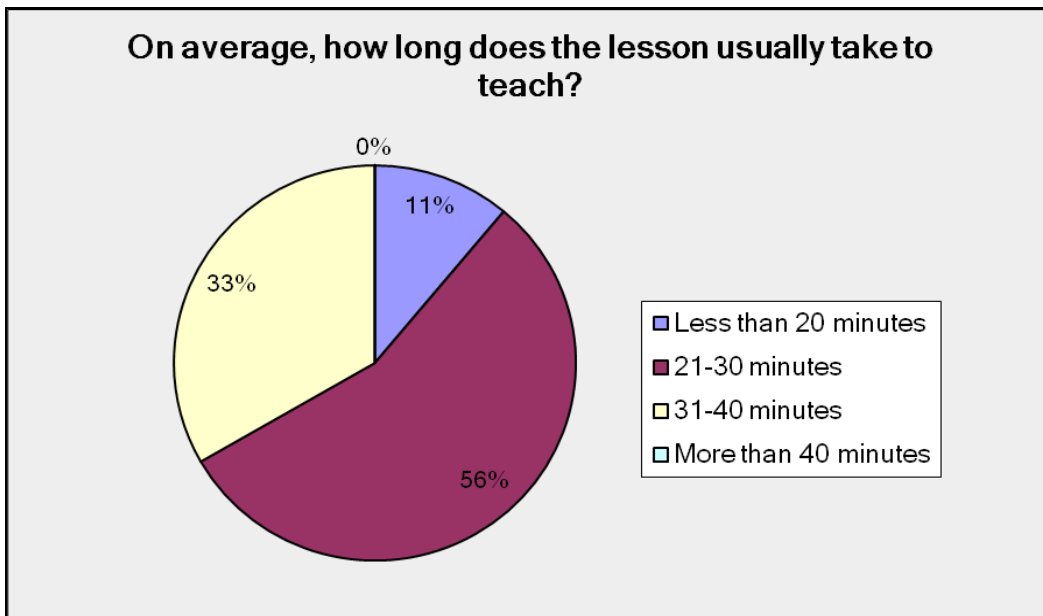
- I cannot think of anything that I would do differently.
- We developed table tents to label the items on display with the number of packets and grams of sugar in each beverage.
- I would take better advantage of the ice breaker to get to know my participants better for a more comfortable environment.
- Display even more juice containers, and use visuals that show the proper amounts of juice and milk that children need.

CLASS LOGISTICS

How many times have you taught this class?		
Answer Options	Response Percent	Response Count
1	11.1%	1
2	11.1%	1
3	22.2%	2
4	11.1%	1
5 or more	44.4%	4

How easy or difficult was the lesson to follow?		
Answer Options	Response Percent	Response Count
Very Easy	22.2%	2
Easy	77.8%	7
Difficult	0.0%	0
Very Difficult	0.0%	0





In your opinion, what would be the ideal size for this class?

Answer Options	Response Percent	Response Count
Less than 6	0.0%	0
6-10	66.7%	6
11-16	22.2%	2
More than 16	0.0%	0
It doesn't matter	11.1%	1

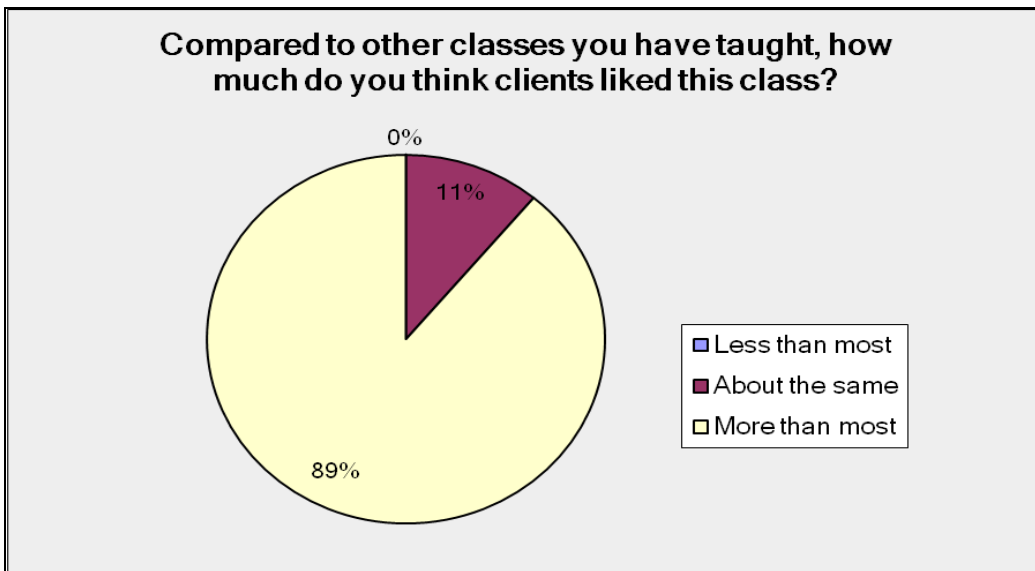
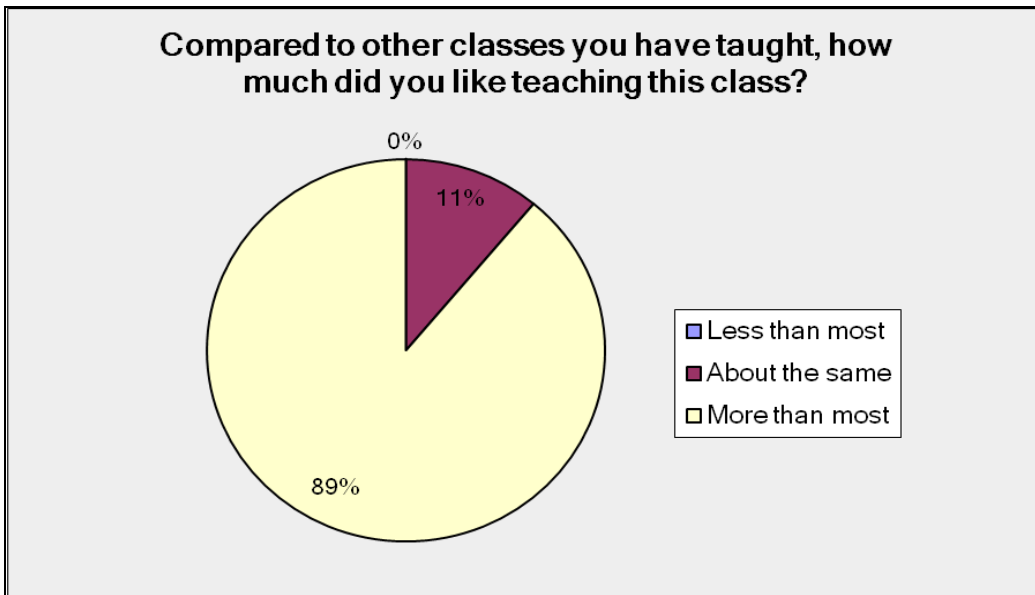
CLASS FLOW

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	1	8	0	9
Main activity	0	0	9	0	9
Optional activities	0	4	4	0	8
Conclusion/Take away	0	2	6	0	8
In-class evaluation	1	1	6	1	9

How many of the clients usually participate in the class discussion?		
Answer Options	Response Percent	Response Count
Almost none	0.0%	0
Less than half	0.0%	0
About half	22.2%	2
More than half	33.3%	3
Almost all	44.4%	4

ENJOYMENT OF CLASS



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	55.6%	5
Advanced nutrition knowledge	55.6%	5
Basic breastfeeding knowledge	33.3%	3
Advanced breastfeeding knowledge	11.1%	1
Public speaking	55.6%	5
Client-centered NE training from State	44.4%	4
Client-centered NE training at my local agency	44.4%	4
Other (please specify)		4

What additional training would help you teach this class?

- More information regarding artificial sweeteners and safety for children and adults.
- Review the website: The Harvard University / Wisconsin WIC site.