

**Texas WIC Lesson Evaluation Results  
NR-000-18: CCNE Building Strong Blood**

**Client Feedback**

**Total # of clients who responded to survey: 274**

**Clients surveyed identified themselves as:**

- Pregnant: 12%
- Breastfeeding: 12%
- Caretaker of baby under 12 months: 44%
- Caretaker of a child over 1 year: 84%
- Friend of family: 11%
- First WIC class: 8%

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

- English – 52%
- Spanish – 44%
- Both – 4%

Compared to other WIC classes, clients awarded this class **4.7 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	1%	6%	<b>93%</b>
Too long	<b>81%</b>	16%	3%
Informative	1%	9%	<b>90%</b>
Important	1%	7%	<b>92%</b>
Boring	<b>86%</b>	10%	5%
Covered things I already know	19%	<b>64%</b>	18%
Answered my questions	1%	15%	<b>84%</b>
Encouraged me to participate	1%	19%	<b>81%</b>
The instructor knew a lot about the topic	1%	5%	<b>94%</b>
Good for first-time parents	1%	9%	<b>90%</b>
I understood the language	0%	4%	<b>96%</b>

**Clients indicated one thing they learned that they would try at home. Out of 250 write-in responses, themes for the comments included:**

- The importance of iron; iron is necessary to have “good/strong” blood (prevent anemia)
- How to combine iron and vitamin-C rich foods to improve iron absorption
- Eating more foods that are good sources of iron
- Not to give too much milk which is not a source of iron
- Trying new foods which contain iron
- Tea and coffee beverages decrease iron absorption

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**Staff Feedback**

**Total # of staff who responded to the survey: 29**

**Staff surveyed included:** Clerk (12), WCS (6), CA (2), Nutritionist (2), Nutrition Education Coordinator (2), Other (5) and had the following degrees: LVN (3), RD (1), Degreed Nutritionist (3), Other (22).

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

- English – 28%
- Spanish – 7%
- Both – 66%

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

- The Bingo game and icebreaker gave them confidence to participate
- Allow participants to interact, give their own opinions, and share experiences
- Have clients to sit in semicircle
- Interesting topic, and the lesson was just the right amount of information/length to keep participant attention
- The colorful Bingo board handout/visual aid helped
- Clients enjoyed receiving recipes

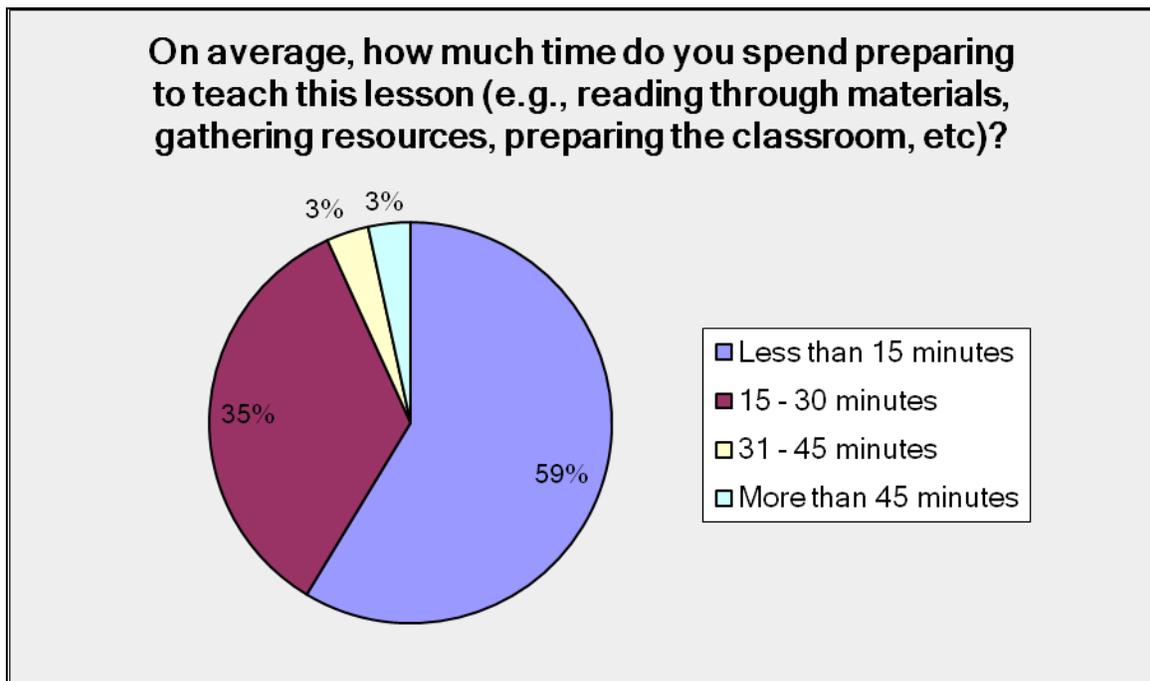
**What staff would do differently the next time they teach the class:**

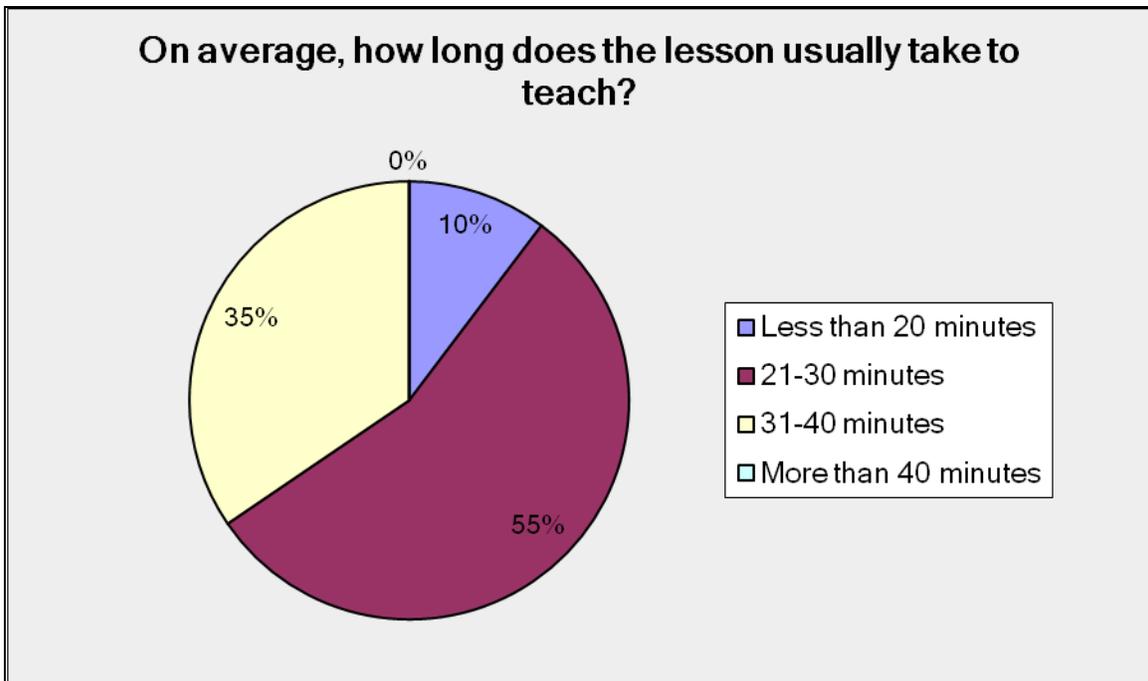
- Do more background research before the class and read the material closely
- Give a prize for Bingo winner
- Include more information
- Nothing, like as is

### CLASS LOGISTICS

How many times have you taught this class?		
Answer Options	Response Percent	Response Count
1	17.2%	5
2	6.9%	2
3	13.8%	4
4	13.8%	4
<b>5 or more</b>	<b>48.3%</b>	<b>14</b>

How easy or difficult was the lesson to follow?		
Answer Options	Response Percent	Response Count
<b>Very Easy</b>	<b>51.7%</b>	<b>15</b>
Easy	44.8%	13
Difficult	3.4%	1
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	3.4%	1
<b>6-10</b>	<b>58.6%</b>	<b>17</b>
11-16	34.5%	10
More than 16	0.0%	0
It doesn't matter	3.4%	1

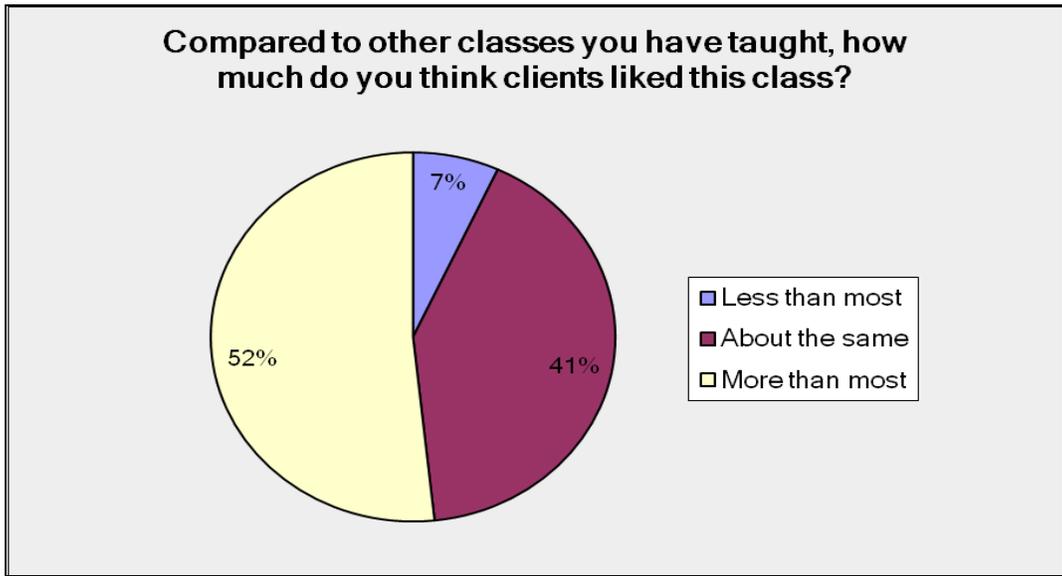
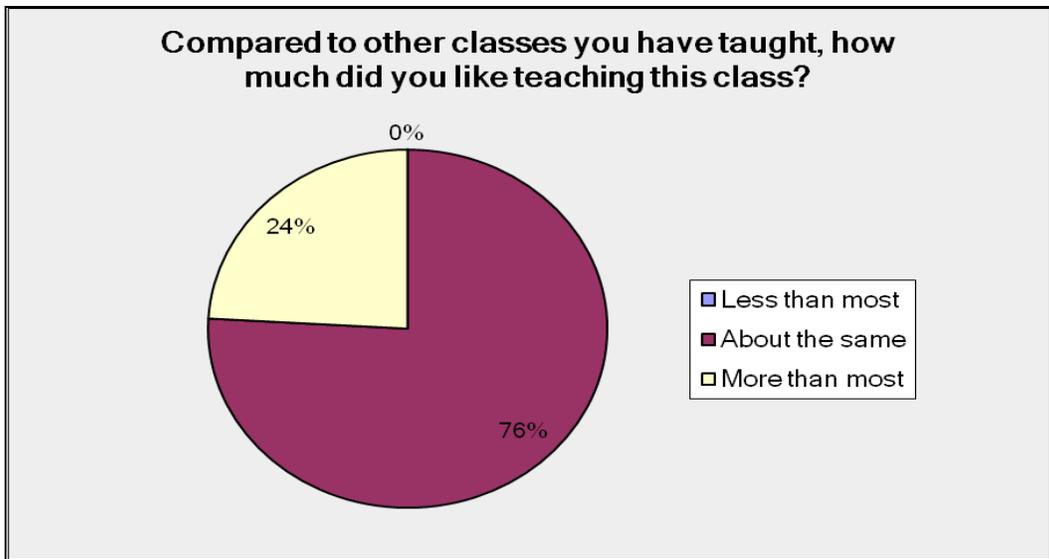
**CLASS FLOW**

**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	0	<b>28</b>	1	29
Main activity	0	0	<b>26</b>	1	27
Optional activities	2	<b>11</b>	10	3	26
Conclusion/Take away	0	2	<b>26</b>	1	29
In-class evaluation	2	3	<b>19</b>	4	28

How many of the clients usually participate in the class discussion?		
Answer Options	Response Percent	Response Count
Almost none	3.4%	1
Less than half	20.7%	6
About half	24.1%	7
More than half	10.3%	3
<b>Almost all</b>	<b>41.4%</b>	<b>12</b>

### 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	3.4%	1
Basic nutrition knowledge	65.5%	19
Advanced nutrition knowledge	6.9%	2
Basic breastfeeding knowledge	17.2%	5
Advanced breastfeeding knowledge	6.9%	2
Public speaking	20.7%	6
Client-centered NE training from State	20.7%	6
<b>Client-centered NE training at my local agency</b>	<b>72.4%</b>	<b>21</b>
Other (please specify)		2

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

- Even more information on the topic
- Be more educated on the topic prior to teaching
- Nothing additional needed