

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 001

**Total Responses:** 72

1. Check one that describes you:	Yes	No	N/R
Pregnant	18	47	7
A parent/caretaker of a baby under 6 months	24	41	7
A parent/caretaker of a baby 6 months to 1 year	22	44	6
Breastfeeding (at least 1 time in 24 hours)	16	46	10
A parent/caretaker of a child over 1 year old	40	24	8
The dad, grandparent, caretaker of a child on WIC	13	49	10
The mom of a child on WIC	59	9	4
I am 18 years or younger	13	51	8

2. Check one topic you want for WIC classes or videos:	No Thanks	Maybe	Yes, Please	N/R
Reading food labels	14	17	40	1
Getting children to eat healthy foods	8	6	57	1
Quick healthy meals	8	13	50	1
Eating a healthy diet after pregnancy	14	14	42	2
Saving money at the grocery store	12	9	50	1

3. How do you like your WIC classes to be presented?	Do Not Like	Like a Little	Like a Lot	N/R
Video with discussion	3	23	46	0
Discussion only	16	30	22	4
Food demonstration/taste test	13	25	31	3
On the internet	27	19	17	9
Reading on my own	13	35	19	5
Learning activities	8	19	40	5

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 001

4. What is the highest level of school you completed?	Total
6th grade or less	7
7th to 9th grade	17
10th to 12th grade	19
High School graduate	13
Some College / Current Student	10
College Graduate	6
No response	0

5. Which of these do you have at home?	Yes	No	N/R
Computer with internet access	29	40	3
A video game console (X-box, Playstation, Game Cube, Nintendo)	29	39	4
Cable TV	45	26	1

6. How many times a week does your 1 to 5 year old child play outdoors or at a playscape?	Total
1 time a week	6
2 times a week	7
3 times a week	15
4 or more times a week	21
No response	23

7. Do you want information on the topics below?	No thanks	Maybe	Yes, Please	N/R
Stress management	18	12	40	2
Exercise during of after pregnancy	20	13	36	3
Stretching	19	14	37	2
Exercising more myself	12	14	45	1
Getting my children to exercise more	13	20	37	2
Back health	14	13	42	3

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 001

### ENGLISH

more info about breastfeeding including storage, how long it last etc.

### SPANISH

ninguno

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 003

**Total Responses:**                      235

1. Check one that describes you:	Yes	No	N/R
Pregnant	66	145	24
A parent/caretaker of a baby under 6 months	74	136	25
A parent/caretaker of a baby 6 months to 1 year	67	142	26
Breastfeeding (at least 1 time in 24 hours)	57	153	25
A parent/caretaker of a child over 1 year old	127	82	26
The dad, grandparent, caretaker of a child on WIC	34	164	37
The mom of a child on WIC	181	38	16
I am 18 years or younger	43	160	32

2. Check one topic you want for WIC classes or videos:	No Thanks	Maybe	Yes, Please	N/R
Reading food labels	40	64	119	12
Getting children to eat healthy foods	13	26	190	6
Quick healthy meals	14	23	191	7
Eating a healthy diet after pregnancy	28	35	156	16
Saving money at the grocery store	25	42	159	9

3. How do you like your WIC classes to be presented?	Do Not Like	Like a Little	Like a Lot	N/R
Video with discussion	14	79	134	8
Discussion only	71	96	40	28
Food demonstration/taste test	25	70	122	18
On the internet	93	60	56	26
Reading on my own	58	75	80	22
Learning activities	13	65	142	15

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 003

4. What is the highest level of school you completed?	Total
6th grade or less	20
7th to 9th grade	34
10th to 12th grade	57
High School graduate	70
Some College / Current Student	41
College Graduate	10
No response	3

5. Which of these do you have at home?	Yes	No	N/R
Computer with internet access	66	165	4
A video game console (X-box, Playstation, Game Cube, Nintendo)	85	132	18
Cable TV	114	110	11

6. How many times a week does your 1 to 5 year old child play outdoors or at a playscape?	Total
1 time a week	16
2 times a week	30
3 times a week	49
4 or more times a week	80
No response	60

7. Do you want information on the topics below?	No thanks	Maybe	Yes, Please	N/R
Stress management	39	53	129	14
Exercise during of after pregnancy	37	38	146	14
Stretching	42	58	113	22
Exercising more myself	24	38	162	11
Getting my children to exercise more	31	50	143	11
Back health	41	54	121	19

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 003

### ENGLISH

examples of menus

when and how to stop breast feeding

### SPANISH

como cuidar a los ninos

Que tipo de ejercicios se pueden realizar durante el embarazo

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 004

**Total Responses:** 135

1. Check one that describes you:	Yes	No	N/R
Pregnant	29	94	12
A parent/caretaker of a baby under 6 months	38	88	9
A parent/caretaker of a baby 6 months to 1 year	29	92	14
Breastfeeding (at least 1 time in 24 hours)	18	102	15
A parent/caretaker of a child over 1 year old	91	35	9
The dad, grandparent, caretaker of a child on WIC	19	99	17
The mom of a child on WIC	111	18	6
I am 18 years or younger	23	95	17

2. Check one topic you want for WIC classes or videos:	No Thanks	Maybe	Yes, Please	N/R
Reading food labels	30	39	56	10
Getting children to eat healthy foods	9	8	115	3
Quick healthy meals	6	10	114	5
Eating a healthy diet after pregnancy	31	17	80	7
Saving money at the grocery store	18	21	93	3

3. How do you like your WIC classes to be presented?	Do Not Like	Like a Little	Like a Lot	N/R
Video with discussion	13	44	74	4
Discussion only	34	57	32	12
Food demonstration/taste test	27	45	52	11
On the internet	47	43	30	15
Reading on my own	13	40	70	12
Learning activities	7	41	77	10

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 004

4. What is the highest level of school you completed?	Total
6th grade or less	10
7th to 9th grade	15
10th to 12th grade	31
High School graduate	40
Some College / Current Student	30
College Graduate	7
No response	2

5. Which of these do you have at home?	Yes	No	N/R
Computer with internet access	40	86	9
A video game console (X-box, Playstation, Game Cube, Nintendo)	43	81	11
Cable TV	72	54	9

6. How many times a week does your 1 to 5 year old child play outdoors or at a playscape?	Total
1 time a week	7
2 times a week	10
3 times a week	28
4 or more times a week	67
No response	23

7. Do you want information on the topics below?	No thanks	Maybe	Yes, Please	N/R
Stress management	35	30	64	6
Exercise during of after pregnancy	46	10	71	8
Stretching	37	31	53	14
Exercising more myself	18	23	86	8
Getting my children to exercise more	21	31	76	7
Back health	25	36	65	9



## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 004

### ENGLISH

How can we make our children indepent, how can we help them to lose fear when they start to go at the restroom. How they can lose fear when they slept on their own room, etc.

### SPANISH

Sustituir las chucherias por alimentos Sanos.

recetas nutritivas

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 005

**Total Responses:** 83

1. Check one that describes you:	Yes	No	N/R
Pregnant	25	52	6
A parent/caretaker of a baby under 6 months	30	43	10
A parent/caretaker of a baby 6 months to 1 year	19	50	14
Breastfeeding (at least 1 time in 24 hours)	10	61	12
A parent/caretaker of a child over 1 year old	46	26	11
The dad, grandparent, caretaker of a child on WIC	8	59	16
The mom of a child on WIC	61	13	9
I am 18 years or younger	9	64	10

2. Check one topic you want for WIC classes or videos:	No Thanks	Maybe	Yes, Please	N/R
Reading food labels	27	25	25	6
Getting children to eat healthy foods	13	10	55	5
Quick healthy meals	8	7	66	2
Eating a healthy diet after pregnancy	21	11	45	6
Saving money at the grocery store	12	9	59	3

3. How do you like your WIC classes to be presented?	Do Not Like	Like a Little	Like a Lot	N/R
Video with discussion	3	23	46	0
Discussion only	16	30	22	4
Food demonstration/taste test	13	25	31	3
On the internet	27	19	17	9
Reading on my own	13	35	19	5
Learning activities	8	19	40	5

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 005

4. What is the highest level of school you completed?	Total
6th grade or less	7
7th to 9th grade	20
10th to 12th grade	20
High School graduate	28
Some College / Current Student	8
College Graduate	0
No response	0

5. Which of these do you have at home?	Yes	No	N/R
Computer with internet access	49	32	2
A video game console (X-box, Playstation, Game Cube, Nintendo)	44	35	4
Cable TV	68	12	3

6. How many times a week does your 1 to 5 year old child play outdoors or at a playscape?	Total
1 time a week	3
2 times a week	6
3 times a week	10
4 or more times a week	35
No response	29

7. Do you want information on the topics below?	No thanks	Maybe	Yes, Please	N/R
Stress management	17	22	41	3
Exercise during of after pregnancy	18	17	43	5
Stretching	20	16	41	6
Exercising more myself	9	19	50	5
Getting my children to exercise more	20	21	35	7
Back health	17	24	39	3

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 005

### ENGLISH

minding ways for siblings to interact

picky eaters-how to introduce new foods

breastfeeding

how to get an older child to eat better-I have a 7 year old who is an extremely picky eater. Its gotten to the point where he decides not to eat at all if he doesn't like it

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 007

**Total Responses: 970**

1. Check one that describes you:	Yes	No	N/R
Pregnant	290	582	98
A parent/caretaker of a baby under 6 months	381	473	116
A parent/caretaker of a baby 6 months to 1 year	335	487	148
Breastfeeding (at least 1 time in 24 hours)	254	584	132
A parent/caretaker of a child over 1 year old	446	388	136
The dad, grandparent, caretaker of a child on WIC	116	669	185
The mom of a child on WIC	669	185	116
I am 18 years or younger	215	582	173

2. Check one topic you want for WIC classes or videos:	No Thanks	Maybe	Yes, Please	N/R
Reading food labels	255	229	399	87
Getting children to eat healthy foods	115	103	700	52
Quick healthy meals	89	102	714	65
Eating a healthy diet after pregnancy	170	112	606	82
Saving money at the grocery store	122	125	648	75

3. How do you like your WIC classes to be presented?	Do Not Like	Like a Little	Like a Lot	N/R
Video with discussion	95	275	540	60
Discussion only	236	393	166	175
Food demonstration/taste test	140	265	459	106
On the internet	403	203	196	168
Reading on my own	196	317	318	139
Learning activities	70	240	547	113

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 007

4. What is the highest level of school you completed?	Total
6th grade or less	116
7th to 9th grade	201
10th to 12th grade	226
High School graduate	208
Some College / Current Student	136
College Graduate	41
No response	42

5. Which of these do you have at home?	Yes	No	N/R
Computer with internet access	259	621	90
A video game console (X-box, Playstation, Game Cube, Nintendo)	298	568	104
Cable TV	466	427	77

6. How many times a week does your 1 to 5 year old child play outdoors or at a playscape?	Total
1 time a week	83
2 times a week	125
3 times a week	169
4 or more times a week	217
No response	376

7. Do you want information on the topics below?	No thanks	Maybe	Yes, Please	N/R
Stress management	247	163	470	90
Exercise during of after pregnancy	202	140	532	96
Stretching	223	211	420	116
Exercising more myself	174	165	537	94
Getting my children to exercise more	225	162	475	108
Back health	195	177	507	91

# FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 007

## ENGLISH

What type of food should I offer my baby now apart from the milk, cereal and breastmilk.

Jobs

no

Knowing more about how to breastfeed.

none

How to deal with a child's appetite changes during a growth spurt

Parents and children Exercising together!

more information about the outcome or process if you want to breastfeed and combine suppliment.

none

breast feading

when newborns are ready to to take in any foods other than formula.

no

any learning activities or videos

tips on savings, healthy eating

Help (More) for Grandparents-Transportation-Care-\*on a limited income SSI- more enter-acting w/children her age

instead of issuing video maybe jump ropes for kids to be more active/healthy

3

none

2

getting baby to start table food

Breastfeeding

## SPANISH

una dieta nutritiva, pero nose cuando un nino esta gordito pero tan solo toma leche materna.

Letilio Nava

cidados de piel del Bebe (como proteger los mejor)

3

Todo eta Ulen

ninguno

Disciplina, motivacion al ingresai a la escuela. (Relacion de Padres e hijos)

Todes los temas son muy importantes teracias

como poder que ellos coman mas vegetales y que no les llame la atencion play station

no

Prepared by: DCS, PHS, SDAK  
Los temas de salud para los bebes ademas de la comida rapida

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 007

Como cuidar el peso de mi nina.



## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 009

**Total Responses:** 87

1. Check one that describes you:	Yes	No	N/R
Pregnant	28	57	2
A parent/caretaker of a baby under 6 months	23	60	4
A parent/caretaker of a baby 6 months to 1 year	19	62	6
Breastfeeding (at least 1 time in 24 hours)	10	72	5
A parent/caretaker of a child over 1 year old	50	32	5
The dad, grandparent, caretaker of a child on WIC	13	67	7
The mom of a child on WIC	68	18	1
I am 18 years or younger	17	64	6

2. Check one topic you want for WIC classes or videos:	No Thanks	Maybe	Yes, Please	N/R
Reading food labels	12	22	49	4
Getting children to eat healthy foods	7	16	63	1
Quick healthy meals	6	17	62	2
Eating a healthy diet after pregnancy	17	11	54	5
Saving money at the grocery store	6	15	62	4

3. How do you like your WIC classes to be presented?	Do Not Like	Like a Little	Like a Lot	N/R
Video with discussion	13	29	42	3
Discussion only	28	35	13	11
Food demonstration/taste test	13	31	38	5
On the internet	44	22	13	8
Reading on my own	21	23	36	7
Learning activities	13	13	56	5

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 009

4. What is the highest level of school you completed?	Total
6th grade or less	5
7th to 9th grade	11
10th to 12th grade	25
High School graduate	23
Some College / Current Student	21
College Graduate	2
No response	0

5. Which of these do you have at home?	Yes	No	N/R
Computer with internet access	34	50	3
A video game console (X-box, Playstation, Game Cube, Nintendo)	41	41	5
Cable TV	65	17	5

6. How many times a week does your 1 to 5 year old child play outdoors or at a playscape?	Total
1 time a week	6
2 times a week	6
3 times a week	19
4 or more times a week	36
No response	20

7. Do you want information on the topics below?	No thanks	Maybe	Yes, Please	N/R
Stress management	11	19	53	4
Exercise during of after pregnancy	18	13	51	5
Stretching	12	24	42	9
Exercising more myself	12	20	51	4
Getting my children to exercise more	8	22	55	2
Back health	19	17	46	5

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 009

### ENGLISH

How to take care after delivery

### SPANISH

Informes mas - presisos de loas porciones que tienen que comer los niños

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 010

**Total Responses:** 99

1. Check one that describes you:	Yes	No	N/R
Pregnant	33	60	6
A parent/caretaker of a baby under 6 months	40	56	3
A parent/caretaker of a baby 6 months to 1 year	26	65	8
Breastfeeding (at least 1 time in 24 hours)	19	74	6
A parent/caretaker of a child over 1 year old	59	36	4
The dad, grandparent, caretaker of a child on WIC	10	77	12
The mom of a child on WIC	78	19	2
I am 18 years or younger	22	70	7

2. Check one topic you want for WIC classes or videos:	No Thanks	Maybe	Yes, Please	N/R
Reading food labels	40	25	24	10
Getting children to eat healthy foods	22	11	62	4
Quick healthy meals	17	7	68	7
Eating a healthy diet after pregnancy	25	13	53	8
Saving money at the grocery store	16	18	59	6

3. How do you like your WIC classes to be presented?	Do Not Like	Like a Little	Like a Lot	N/R
Video with discussion	17	39	36	7
Discussion only	23	38	21	17
Food demonstration/taste test	26	26	37	10
On the internet	40	19	20	20
Reading on my own	17	20	44	18
Learning activities	17	23	45	14

## FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 010

4. What is the highest level of school you completed?	Total
6th grade or less	4
7th to 9th grade	21
10th to 12th grade	21
High School graduate	31
Some College / Current Student	15
College Graduate	7
No response	0

5. Which of these do you have at home?	Yes	No	N/R
Computer with internet access	34	55	10
A video game console (X-box, Playstation, Game Cube, Nintendo)	41	46	12
Cable TV	70	28	1

6. How many times a week does your 1 to 5 year old child play outdoors or at a playscape?	Total
1 time a week	9
2 times a week	11
3 times a week	11
4 or more times a week	39
No response	29

7. Do you want information on the topics below?	No thanks	Maybe	Yes, Please	N/R
Stress management	35	16	40	8
Exercise during of after pregnancy	30	12	49	8
Stretching	28	25	32	14
Exercising more myself	24	17	49	9
Getting my children to exercise more	33	24	37	5
Back health	37	10	43	9

# FY 2007 Nutrition Education and Breastfeeding Participation Survey for LA 010

## ENGLISH

reading good labels