

## FY 2007 Nutrition Education and Breastfeeding Participation Survey

**Total Responses: 9,438**

1. Check one that describes you:	Yes	No	N/R
Pregnant	2,225	6,121	1,092
A parent/caretaker of a baby under 6 months	3,153	5,161	1,124
A parent/caretaker of a baby 6 months to 1 year	2,808	5,265	1,365
Breastfeeding (at least 1 time in 24 hours)	1,753	6,366	1,319
A parent/caretaker of a child over 1 year old	5,187	3,110	1,141
The dad, grandparent, caretaker of a child on WIC	1,331	6,304	1,803
The mom of a child on WIC	7,219	1,389	830
I am 18 years or younger	1,711	6,203	1,524

2. Check one topic you want for WIC classes or videos:	No Thanks	Maybe	Yes, Please	N/R
Reading food labels	2,735	2,491	3,456	756
Getting children to eat healthy foods	1,076	1,167	6,821	374
Quick healthy meals	817	1,121	7,072	428
Eating a healthy diet after pregnancy	2,087	1,370	5,262	719
Saving money at the grocery store	1,179	1,394	6,425	440

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	1,156	3,278	4,602	402
Discussion only	2,533	3,846	1,898	1,161
Food demonstration/taste test	1,730	2,913	3,984	811
On the internet	3,401	2,165	2,687	1,185
Reading on my own	1,675	2,979	3,891	893
Learning activities	892	2,677	5,044	825

4. What is the highest level of school you completed?	Total
6th grade or less	678
7th to 9th grade	1,389
10th to 12th grade	2,214
High School graduate	2,703
Some College / Current Student	1,855
College Graduate	453
No response	146

5. Which of these do you have at home?	Yes	No	N/R
Computer with internet access	3,710	5,237	491
A video game console (X-box, Playstation, Game Cube, Nintendo)	3,806	4,968	664
Cable TV	5,849	3,189	400

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	681
2 times a week	1,001
3 times a week	1,528
4 or more times a week	3,467
No response	2,761

7. Do you want information on the topics below?	No thanks	Maybe	Yes, Please	N/R
Stress management	2,276	1,847	4,718	597
Exercise during of after pregnancy	2,516	1,409	4,775	738
Stretching	2,360	2,120	4,096	862
Exercising more myself	1,596	1,771	5,476	595
Getting my children to exercise more	2,211	1,965	4,566	696
Back health	2,057	1,993	4,638	750

## ENGLISH

examples of menus

What to do when toddler don't eat.

changing diet to avoid putting child on drugs (AdAD)

Exercising inside

what my baby should be eating and how much

none

doesn't matter

reading good labels

when and how to stop breast feeding

getting children to drink milk or get enough calcium and picky eaters

Raising children to eat healthy; trans-fats and hydrogenated oils

making babyfood

postpartam

to be more ineteresting

organic foods (fruits and vegetables)

making own baby food

teaching only children to interact w/other children

none

How to keep my baby healthy

2

childcare options, how to choose a baby sitter. Etc...

none

Breastfeeding

child allergies, ways to deal with gas, stomach problems in children

proper times a child should eat

helping with breastfeeding difficulty such as biting

How to deal with picki eaters.

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

Daycare safety, prevent child violance at home or school

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.

How to get child off of bottle or pasifier

child's development activities.

breastfeeding

need to try to get fruits and veggies also jarred baby food

food allergies  
no class  
breastfeeding  
Eating a health diet while pregnant  
How to deal with stress do to having a new born and older kids  
fun recipes for children to make  
Get my 2 year old 2 talk and tell me what he want and need and 2 be nice 2 his little sister  
How to switch formula to cup  
child developments  
growth spurts with breastfeeding infant  
Real Life BF issues  
internet  
CPR Class  
diabetic-carb counting  
3  
2  
Eating healthy during pregnancy  
Health Problems caused by improper dieting  
keeping children healthy from illness  
programs for single parents  
What to eat while breastfeeding/How to shed the baby weight.  
Importance of breastfeeding, accomodating diet for pregnancy/breastfeeding, how foods affect taste of breastmilk.  
food allergies. When it's ok to give them certain foods like eggs, chocolate, peanuts, strawberries etc.  
lose weight....lose weight  
definitely saving \$ @ the grocery store +++ quick healthy meals  
sample menus for specific ages with common kept foods easy to prepare and inexpensive  
How to get of weight after baby is born  
I think if you have teenage children or more than two kids you should be able to skip the video.  
How to dicepline  
What age to fee certain foods to my child  
Reading to my daughter  
controlling kids at the age 2  
Immunization shots  
teething  
breastfeeding benefits.

Getting children to like healthy foods

not at this time

How to get a good insurance for the baby and how to plan his/her education.

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

What is best to feed your 1yr old when not at home

What how kids change when they are toddlers.

keeping children active and eating healthy

feeding of the baby under 1 y.o.

learning, education

to not gain wt- I am heavy BIG

healthy foods

make nice colorful meals, recipes and get children to like what they eat

when to do semi solid and solid foods

Please bring back honey bunches of oats

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.

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

meal planning

baby weight management

can you mail my pouches to me

Breastfeeding

3

breast feading

1

picky eaters-how to introduce new foods

breastfeeding

cooking from whole foods (instead of pre packaged)

Knowing more about how to breastfeed.

appropriate foods for age

Jobs

no

Ages to start different foods

how to stop thumb sucking

healthy snacks to choose from

healthy weight loss after childbirth and during breastfeeding

3

stress management

Getting baby to drink water and how to home make baby foods from fresh fruits and vegetables

more information about babies growth after born

none

Amount of food a baby should have and times

how to keep children fit and active

3

When to wean baby from bottle and patty train. List or chart for healty foods and snacks

How to feed a child with no top 2 front teeth and bottle 2 teeth

minding ways for siblings to interact

breastfeeding

Getting my daughter to finish all her food

behave issues!

How to lose weight after pregnancy. How much to give my infant on infant cereal and gerber's and formula.

fruit and vegetable stands need to be more convinient w/flexible hours, as well as wic stores.

and anything else that mght be helpful for a new mom

weaning

amounts on food servings for infant

how to add extra calories to food for under weight children

they are already very helpful

How to deal with children with A.D.D.?

your cereals all have too much sugar and other unneeded ingredients. Grape nuts was the best but now that has been discontinued. Why?

recipes for WIC foods

Juice that are real fruit

don't discuss thing we already know especially if we already had kids

information on how to take care of a baby when they are sick with common things like a cold to new moms

How to take care after delivery

any learning activities or videos

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

getting children to interact better with other children

tips on savings, healthy eating

no

breastfeeding/positioning

Help (More) for Grandparents-Transportation-Care-\*on a limited income SSI- more enter-acting w/children her age  
exercise  
breastfeeding  
instead of issuing video maybe jump ropes for kids to be more active/healthy  
getting baby to start table food

## **SPANISH**

clases en espanol  
que comidas no son mas saludables para los bebes ademas de la comida rapida  
Como cuidar a nuestros hijos y como alimentarlos  
Letilio Nava  
Que tipo de erercicios se pueden realizar durante el embarazo  
Todes los temas son muy importantes teracias  
como poder que ellos coman mas vegetales y que no les llame la atencion play station  
no  
cidos de piel del Bebe (como proteger los mejor)  
3  
no  
nunguno  
Todo eta Ulen  
Como cuidar el peso de mi nina.  
Hablar de las vitaminas que tienen las frutas y para a ayuda. Por ejem. Zanahoria-tiene vitamina x y ayuda a esto  
Sustituir las chucherias por alimentos Sanos.  
como cuidar a los ninos  
no  
una dieta nutritiva, pero nose cuando un nino esta gordito pero tan solo toma leche materna.  
Disciplina, motivacion al ingresai a la escuela. (Relacion de Padres e hijos)  
How to get children off candies and get them to eat more healthy foods  
recetas nutritivas  
E. Tip para la educacion y entendimiento de tus hijos edad entre 5 y 10 anos  
Como euitar que los bebes, padescan aleglas  
que alimentos euitar  
como mantener el cuidado de los ninos  
exercise  
breastfeeding/positioning/como contolar los ninos

como controlar a los ninos imperactivos  
Que clase de jugos deve tomar y cuanto  
Que clase de jugos deve tomar y cuanto  
How to keep healthy baby into toddlers.  
How to keep healthy baby into toddlers  
cuanta es la parcion de leche que deben tamar  
todos estas temas estan muy bien pata el cuidado de la madre y del babe  
esta muy bien  
sobre dar pecho  
Diet for mother how to lose weight  
como saber cuantos calorias debemos consumit al dia  
healthy foods  
Como aser que los ninos les guste comer frutas y verduras  
todas estan bien  
como entretener a los ninos en gitas de wic a parte de leer  
Canciones y suegos con bebes menores de Lano  
ejercicios para ninos menores lano  
como conunar ejercicios y alimentos  
un video para que los ninos lo puedan ber  
talk with the mother the importance of good nutrition  
3  
Informes mas - presisos de loas porciones que tienen que comer los ninos  
ejercicio  
problemas comonnes de un bebe menor de 2 anos.  
ninguno mas  
ninguno  
Continue with this program thank you  
Como acercarnos en las tareas, Saber y Comprender  
comidas sanas y rapidas para ninos el alergias a alimentos  
Como tratar con ninos reveldes, a comer comida sana.  
culdado de ninos adolescentes  
Saber que noles deve uno de dar aun bebe  
Economia, como elevar su autoestima y las consecuencias de una mala alimentacion  
Como sobre poner se despues del parto  
como hacer que el nino se coma lo saludable



temas lo pue no deben comer los ninos  
como mantener ocupados a los ninos  
Como prevenir la violencia y agresividad a los jorenes y prevenir las drogas.  
dieta sana durante el embarazo  
como enseñar a los ninos a cepillarse los dientes (tips)  
como acer para que dejen de usar panal  
como hacer para que coma mas mi bebe (Gerber)  
ejercicios para bajar el estomago  
como dar pecho, cuando y como dejar de darlo.  
como amamantarlos

2

Ejercicios y nutricion despues del parto  
como lograr que los ninos coman verduras  
Como hacer que los ninos coman la comida nutritiro que no les gusto  
para bajar de peso  
Como selecciona las comidas mas saludables