Pennsylvania WIC Program
2018 Nutrition Education Satisfaction Survey for WIC Participants

Thank you for completing our survey. Your feedback is important to us.

1. Please select your current age group:
   □ 18 or under
   □ 19-24
   □ 25-30
   □ 31 and over

2. How long (in total) have you and your children participated in the WIC Program?
   □ Less than 6 months
   □ 6 months – 1 year
   □ 1-2 years
   □ 2-4 years
   □ Over 4 years

3. Which of the following WIC services is most important to you? (Select two.)
   □ Breastfeeding support
   □ Nutrition education
   □ Infant formula
   □ WIC foods
   □ Referrals

4. During your recent WIC visits, what nutrition information did you receive? (Check all that apply.)
   □ Answers to your questions
   □ Topics of your choice or interest
   □ Topics that did not interest you
   □ I did not receive nutrition information.

5. How helpful is the nutrition information you receive at WIC?
   □ Very helpful
   □ Somewhat helpful
   □ Not helpful
   □ I did not receive nutrition information.

6. What changes has WIC helped you make? (Check all that apply.)
   □ Eat more fruits and vegetables
   □ Eat more whole grains
   □ Eat more iron-rich foods
   □ Eat more dairy foods
   □ Eat less fast food
   □ Drink more water
   □ Drink fewer sugary drinks
   □ Eat more meals together as a family
   □ Other (Please specify.)
   □ Wean child from bottle
   □ Breastfeed longer
   □ Smoke less or quit smoking
   □ Exercise more
   □ Cook more meals
   □ Try new foods
   □ Drink less juice

7. How do you prefer to learn about nutrition from WIC? (Check all that apply.)
   □ Conversation with WIC staff
   □ Group class
   □ Short lesson on computer at the WIC office
   □ Short lesson on computer or phone from home
   □ Food demonstration or cooking class
   □ Bulletin boards and displays
   □ Flyer or pamphlet
   □ Text messaging
8. Where are you most likely to try to get answers to questions about feeding your family?
   - [ ] WIC
   - [ ] Doctor’s office
   - [ ] Internet (Social Media)
   - [ ] Friends
   - [ ] Family
   - [ ] Other (Please specify.)

9. Is the nutrition advice you get from your doctor consistent with the advice you get from WIC?
   - [ ] Yes, it is always consistent.
   - [ ] Yes, it is sometimes consistent.
   - [ ] No, it is not consistent.
   - [ ] I do not get nutrition advice from my doctor.

10. Which social media sites do you use regularly? (Check all that apply.)
    - [ ] Facebook
    - [ ] Pinterest
    - [ ] Twitter
    - [ ] Snapchat
    - [ ] Instagram
    - [ ] LinkedIn
    - [ ] Google Plus
    - [ ] YouTube
    - [ ] Other (Please specify.)
    - [ ] I do not use social media

11. Which internet websites do you use to get information about feeding your family? (Check all that apply.)
    - [ ] WebMD
    - [ ] Eatright.org
    - [ ] BabyCenter
    - [ ] American Academy of Pediatrics
    - [ ] KidsHealth.org
    - [ ] Mayo Clinic
    - [ ] Cleveland Clinic
    - [ ] Other (Please specify.)
    - [ ] I do not use the internet to get information about feeding my family