

**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.)

<input type="checkbox"/> Eat more fruits and vegetables	<input type="checkbox"/> Wean child from bottle
<input type="checkbox"/> Eat more whole grains	<input type="checkbox"/> Breastfeed longer
<input type="checkbox"/> Eat more iron-rich foods	<input type="checkbox"/> Smoke less or quit smoking
<input type="checkbox"/> Eat more dairy foods	<input type="checkbox"/> Exercise more
<input type="checkbox"/> Eat less fast food	<input type="checkbox"/> Cook more meals
<input type="checkbox"/> Drink more water	<input type="checkbox"/> Try new foods
<input type="checkbox"/> Drink fewer sugary drinks	<input type="checkbox"/> Drink less juice
<input type="checkbox"/> Eat more meals together as a family	
<input type="checkbox"/> Other (Please specify.) _____	
  
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.)
- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Facebook  | <input type="checkbox"/> LinkedIn                     |
| <input type="checkbox"/> Pinterest | <input type="checkbox"/> Google Plus                  |
| <input type="checkbox"/> Twitter   | <input type="checkbox"/> YouTube                      |
| <input type="checkbox"/> Snapchat  | <input type="checkbox"/> Other (Please specify.)_____ |
| <input type="checkbox"/> Instagram | <input type="checkbox"/> I do not use social media    |
| <input type="checkbox"/> Tumblr    |   |
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