



Staff Survey

Dear WIC Staff: Thank you for taking the time to fill out this survey. We are interested in your opinions, so please answer this survey based on your own experience working with WIC parents at your WIC site (there are no right or wrong answers). All information will be confidential, please do not write your name on this survey. Nothing you say in this survey will in any way affect your job at WIC.

1. In general, what nutrition and health education topics do you talk about most often with WIC families? ***Please describe.***

2. What do you think is the biggest nutrition problem for WIC children? ***Please check only one.***
 - ¹Anemia
 - ²Overweight
 - ³Underweight
 - ⁴Lead poisoning
 - ⁵ Nutrient deficiencies
 - ⁶ Tooth decay
 - ⁹⁹Other (describe):

3. How comfortable are you talking about weight issues with parents of overweight WIC children? ***Please check only one.***
 - ¹ Not comfortable
 - ² Somewhat comfortable
 - ³ Comfortable
 - ⁴ Very comfortable

4. How confident are you that you can help WIC children maintain a healthy body weight? ***Please check only one.***
 - ¹ Not confident
 - ² Somewhat confident
 - ³ Confident
 - ⁴ Very confident

5. What do you personally do to deal with overweight children in your job at WIC?
Check all that apply.

¹ Nothing

² Give parents general information on eating a healthy diet

³ Recommend low-fat foods

⁴ Give parents information about physical activity

⁵ Refer families to physical activity programs

⁶ Recommend weaning from bottle

⁷ Tell parents to talk with a doctor about weight control

⁸ Give parents a diet plan for their child

⁹⁹Other (please describe): _____

6. If a child is overweight, do you usually tell the child's parents this?

¹ Yes

² No

7. Some parents of overweight children may not acknowledge that their child is overweight. Can you still help them deal with their child's weight issues?

¹Yes

²No

8. In the past year, have you changed the way you talk with parents about weight issues?

¹ Yes

² No

If yes, please describe the changes you have made:

9. Have you had any success helping WIC parents with their overweight children?

¹ Yes

² No

If yes, please describe the success you have had and what made you successful:

10. How old should children be when WIC begins teaching parents about promoting healthy body weight? **Please check only one.**

- | | |
|--------------------------------|---|
| ¹ Before birth | ⁵ 24 to 35 months |
| ² Birth to 6 months | ⁶ 36 to 47 months |
| ³ 7 to 11 months | ⁷ 48 to 59 months |
| ⁴ 12 to 23 months | ⁸ WIC children are too young to talk to parents about this |

11. How often do you talk with parents of WIC children about physical activity? **Please check only one.**

- ¹ Never
- ² Sometimes
- ³ Often
- ⁴ Always

12. How comfortable do you feel encouraging WIC parents to do physical activities with their children? **Please check only one.**

- ¹ Not comfortable
- ² Somewhat comfortable
- ³ Comfortable
- ⁴ Very comfortable

13. Has teaching parents about physical activity become a higher priority at your WIC site in the past year?

- ¹ No
- ² Yes

If yes, please describe how:

14. Please describe the types of physical activity or physical play that WIC parents should encourage their children to do at the following ages:

Age	Types of physical activity or play
0 to 11 months	
12 to 23 months	
24 to 35 months	
36 months to 5 years	

15. How comfortable do you feel using facilitated group discussion? **Please check only one.**

- ¹Very comfortable
- ²Comfortable
- ³Somewhat uncomfortable
- ⁴Very uncomfortable

16. Over the past year, have you noticed a change in the types of foods served during staff meetings and snacks at your site?

- ¹Yes
- ²No

If yes, please describe the changes made and the types of foods served:

17. What do you think WIC can do to help prevent children from becoming overweight? **Check all that apply.**

- ¹ Educate WIC participants
- ² Refer to community programs
- ³ Provide parents with incentives to increase physical activity
- ⁴ Change WIC vouchers
- ⁵ Partner with community programs to promote healthier environments
- ⁹⁹Other describe): _____

18. Do you regularly (at least once per week) do physical activity?

- ¹ Yes
- ² No

If yes, please describe the activity and the amount of time you spend doing it during an average week.

Activity	# Days each week	# Minutes each day
<i>Example: walk</i>	2	30

19. Does your workplace support your efforts to be physically active?

- ¹Yes
- ²No

If yes, please describe how your site supports your efforts to be physically active:

20. How supportive is your workplace in helping you to make healthy food choices?

Please check only one.

- ¹ Very supportive
- ²Supportive
- ³Somewhat unsupportive
- ⁴ Very unsupportive

21. Do you think that your eating and physical activity habits set an example for WIC participants?

- ¹ Yes
- ² No

22. Do you think that your own eating and physical activity habits influence the way you talk to WIC participants?

- ¹ Yes
- ² No

23. What is your staff position at WIC?

- ¹Agency administrator
- ²Site supervisor
- ³Registered dietitian
- ⁴ WNA
- ⁵ NA/NPA
- ⁹⁹Other describe): _____

24. How many years have you worked at WIC? _____

25. About how many WIC families do you interact with in an average day?

¹ 5 or fewer

³ 11 to 20

² 6 to 11

⁴ 21 or more

26. As part of your job at WIC, do you individually counsel and/or teach group classes to WIC families about health and nutrition?

¹ Yes

² No

27. Comparing the past year to previous years, how many referrals did you make to WIC families about community physical activity resources?

¹ Fewer referrals

² The same number of referrals

³ More referrals

28. Are you: ¹ Female

² Male

29. How old are you?

¹ 24 or younger

⁴ 45 to 54

² 25 to 34

⁵ 55 to 64

³ 35 to 44

⁶ 65 or older

30. How do you identify your race/ethnicity? **Please check all that apply.**

¹ Hispanic/Latino

⁵ African American/Black (not Hispanic)

² Asian

⁶ American Indian or Alaskan Native

³ Pacific Islander

⁹⁹ Other

(describe): _____

⁴ White (not Hispanic)

31. What is your level of education? **Please check only one.**

¹ Some high school or less

⁶ MA/MS/MPH

² High school graduate/GED

⁷ Ph.D/MD/JD

³ Some college
assistant)

⁸ Certification program (eg LVN, dental

⁴ AA (Associate's degree)

⁹⁹ Other (describe): _____

⁵BA/BS (Bachelor's degree)

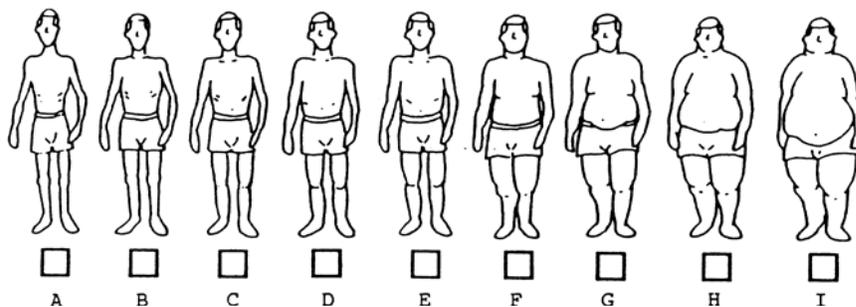
32. How do you describe your own weight? **Please check only one.**

- ¹ Very underweight
- ² Underweight
- ³ Average weight
- ⁴ Somewhat overweight
- ⁵ Very overweight or obese

33. Please check the box of the picture you think is most like your own body shape.

Female:

Male:



34. In the past year, have you tried to do any of the following? **Please check all that apply.**

- ¹ Do regular physical activity
- ² Watch less TV
- ⁴ Eat more fruits and vegetables
- ⁹⁹ Other

(describe): _____

³ Eat more low fat foods

Thank you very much for helping with this project!!