

**NATFAN: Children
State Agency Report
Post-Food Package Rollout Questionnaire
Spring 2011**

State: Colorado

Total number of participants who completed the questionnaire: 1317

Number of participants who completed the English version: **962**

Number of participants who completed the Spanish version: **355**

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Introduction

Notes for WIC agencies in reading and interpreting the NATFAN Post-Food Package Rollout Questionnaire Results:

The NATFAN post-rollout questionnaire was administered to almost 90,000 participants in 58 programs representing 40 states, 16 ITOs, Washington DC, and one US Territory. WIC programs distributed this questionnaire between May 2010 and February 2011, at least six months after the implementation of the new food package.

The results in this report capture a “snapshot” of the consumption and food frequency patterns of WIC participants *after* the new food package rollout based on a *sample, not every participant*. You may want to compare the questionnaire responses with the most recent certification reports to make sure that the sample group is similar to the overall participant makeup.

These results reflect all of the *completed* questionnaires for your program (please see sample sizes on page 1). Blank or refused surveys were not included in these results.

The totals for each question may not match the number shown on page 1. Not every participant who completed the questionnaire responded to all questions, so the results for each item reflect only those who answered that question. The letter “*n*” denotes the total number of participants who answered the question.

This report is designed to help you evaluate the impact of the new WIC foods on your WIC program and to help you plan and provide the best possible nutrition education services for your participants. You may be interested in comparing your program’s results with the aggregate national data. If you have any questions about this report, please contact Rachel Condie at rcondie@tamu.edu or 979-458-2679 or Asha Girimaji at asha.g@tamu.edu or 979-862-2213.

We appreciate your participation in this project!

Parent/Caregiver Demographic Information

Participant Status

WIC participants reported the following information about their children:

1. 88% of 1210 participants had a child in the household who received WIC foods.
2. 76% of 1151 participants had a child who received WIC foods in the past 30 days.
3. 98% of 1216 participants were the primary caregiver for the child.

4. What is your age?	# of participants	%
17 or younger	11	1
18-23	271	25
24-29	384	36
30-34	203	19
35 or older	198	19

n=1067

5. What is the highest level of education you have completed?	# of participants	%
1 st to 6 th grade	86	7
7 th to 9 th grade	110	10
10 th to 12 th grade	199	17
High School graduate / GED	348	30
At least some college	412	36

n=1155

2011 NATFAN Questionnaire (Parent/Caregiver Information)

6. What is your race?	# of participants	%
White, non-Hispanic	386	29
White, Hispanic	538	41
Black, non-Hispanic	77	6
Black, Hispanic	19	1
Native American, non-Hispanic	19	1
Native American, Hispanic	75	6
Pacific Islander, non-Hispanic	7	1
Pacific Islander, Hispanic	8	1
Asian, non-Hispanic	15	1
Asian, Hispanic	4	0
Other	62	5
I do not want to answer	39	3

n=1317

7. What language is spoken most often at home?	# of participants	%
English	669	57
Both Spanish and English	215	18
Spanish	282	24
Other	10	1

n=1176

Child Information

8. What is your child's age?	# of participants	%
12 months – 23 months	370	33
24 months – 35 months	317	28
36 months – 47 months	264	24
48 months – 59 months	165	15

n=1116

9. 53% of 1198 participants have a child who is a boy.

10. 47% of 1198 participants have a child who is a girl.

Milk Consumption

Participants were given the following statements about milk selections and were asked to rank how strongly they agreed or disagreed.

11. I am willing to give my child who is two years or older...	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	Number (%)				
2% milk. n=1175	133 (11%)	71 (6%)	109 (9%)	459 (39%)	403 (34%)
1% milk. n=1142	211 (18%)	229 (20%)	267 (23%)	304 (27%)	131 (11%)
Skim milk. n=1147	336 (29%)	305 (27%)	248 (22%)	174 (15%)	84 (7%)

2011 NATFAN Questionnaire (Milk Consumption)

12. How many cups of milk does your child usually drink in a day?	# of participants	%
My child does not drink milk	21	2
Less than 1 cup	29	2
1 cup	116	9
2 cups	323	26
3 cups	469	38
4 or more cups	273	22

n=1231

13. What kind of milk does your child drink most often?	# of participants	%
My child does not drink milk	21	2
Cow's milk	1113	92
Lactaid or lactose free milk	47	4
Soy milk	20	2
Goat's milk	2	0
Rice milk	5	0

n=1208

14. What types of cow's milk does your child drink most often?	# of participants	%
My child does not drink cow's milk	43	4
Whole milk	456	39
2% milk	607	52
1% milk	50	4
½ % milk	0	0
Skim (fat free) milk	14	1
I do not know	5	0

n=1175

Beverages

15. How often does your child do the following?	Never or less than once per week	1 to 3 times per week	4 to 6 times per week	1 time per day	2 times per day	3 times per day	4 or more times per day
	Number (%)						
Drink 100% juice such as orange, apple, or tomato. n=1220	105 (9%)	346 (28%)	143 (12%)	247 (20%)	257 (21%)	94 (8%)	28 (2%)
Drink soy milk. n=1162	1098 (94%)	28 (2%)	4 (0%)	10 (1%)	7 (1%)	10 (1%)	5 (0%)
Drink artificially sweetened drinks such as diet cola, diet soda, or Crystal Light. n=1196	869 (73%)	253 (21%)	17 (1%)	42 (4%)	12 (1%)	3 (0%)	0 (0%)
Drink sugar sweetened drinks such as Kool-Aid, soda, cola, sport drinks, or sugar sweetened tea. n=1208	608 (50%)	409 (34%)	56 (5%)	94 (8%)	22 (2%)	15 (1%)	4 (0%)

Fruits and Vegetables

16. How often does your child eat fruit? This does not include juice.	# of participants	%
Never or less than once per week	27	2
1 to 3 times per week	122	10
4 to 6 times per week	224	19
1 time per day	187	15
2 times per day	372	31
3 times per day	192	16
4 or more times per day	86	7

n=1210

17. How often does your child eat vegetables such as salads, carrots, or sweet potatoes? This does not include potatoes, French fries, or potato chips.	# of participants	%
Never or less than once per week	43	3
1 to 3 times per week	218	18
4 to 6 times per week	183	15
1 time per day	262	21
2 times per day	330	27
3 times per day	144	12
4 or more times per day	50	4

n=1230

2011 NATFAN Questionnaire (Fruits and Vegetables)

18. During the past year, which fruits did your child usually eat?	Selected	
	# of participants	%
My child does not eat fruit	6	0
Apples	1130	86
Apricots (fresh)	96	7
Apricots (dried)	155	12
Bananas	1182	90
Berries (blueberries, blackberries, raspberries)	504	38
Melons (cantaloupe, honeydew)	906	69
Cherries	533	40
Dates	20	2
Figs	31	2
Grapefruit	154	12
Grapes	1033	78
Kiwis	286	22
Lemons or Limes	319	24
Mangos	603	46
Nectarines	373	28
Oranges	1028	78
Papaya	217	16
Peaches	823	62
Pears	692	53
Pineapple	681	52
Plums	331	25
Prunes	120	9
Raisins	446	34
Rhubarb	18	1
Strawberries	1023	78
Tangerines	362	27
Watermelon	1014	77
Other	11	1

n=1317

2011 NATFAN Questionnaire (Fruits and Vegetables)

19. During the past year, which vegetables did your child usually eat?	Selected	
	# of participants	%
My child does not eat vegetables	9	1
Asparagus	221	17
Avocados	657	50
Beets	83	6
Broccoli	895	68
Brussels Sprouts	80	6
Cabbage	415	32
Carrots	1070	81
Cauliflower	436	33
Chayote	128	10
Corn	1061	81
Cucumbers	814	62
Eggplant	66	5
Greens (collard, mustard, turnip)	120	9
Green Beans	816	62
Green Peas	620	47
Lettuce (all varieties)	802	61
Mushrooms	308	23
Okra	72	5
Onions	527	40
Peppers (Bell, green, yellow, orange, red)	382	29
Potatoes	1038	79
Spinach	322	24
Summer Squash (yellow, zucchini)	427	32
Sweet Potatoes	452	34
Tomatoes	949	72
Tomatillos	123	9
Winter Squash (acorn, pumpkin)	221	17
Other	18	1

n=1317

Grains

WIC participants reported their child consuming the following whole and refined grains:

20. How many times does your child:	Never or less than once per week	1 to 3 times per week	4 to 6 times per week	1 time per day	2 times per day	3 times per day	4 or more times per day
	Number (%)						
Eat brown rice. n=1194	673 (56%)	355 (30%)	84 (7%)	55 (5%)	20 (2%)	4 (0%)	3 (0%)
Eat oatmeal. n=1198	451 (38%)	438 (37%)	154 (13%)	134 (11%)	9 (1%)	3 (0%)	9 (1%)
Eat white rice. n=1213	372 (31%)	552 (46%)	148 (12%)	98 (8%)	24 (2%)	11 (1%)	8 (1%)

WIC participants reported their child consuming the following types of tortillas:

21. How many times does your child eat:	Never or less than once per week	1 to 3 times per week	4 to 6 times per week	1 time per day	2 times per day	3 times per day	4 or more times per day
	Number (%)						
Corn tortillas. n=1226	395 (32%)	450 (37%)	90 (7%)	163 (13%)	93 (8%)	31 (3%)	4 (0%)
Whole-wheat tortillas. n=1179	752 (64%)	312 (26%)	43 (4%)	52 (4%)	15 (1%)	4 (0%)	1 (0%)
White flour tortillas. n=1192	518 (43%)	469 (39%)	102 (9%)	73 (6%)	24 (2%)	3 (0%)	3 (0%)

Participants also answered questions about the frequency of their child consuming different types of bread.

22. How many times does your child eat white bread?	# of participants	%
Never or less than once per week	519	44
1 to 3 times per week	357	30
4 to 6 times per week	132	11
1 time per day	125	10
2 times per day	39	3
3 times per day	11	1
4 or more times per day	8	1

n=1191

23. How many times does your child eat whole-wheat or whole grain bread?	# of participants	%
Never or less than once per week	157	13
1 to 3 times per week	332	28
4 to 6 times per week	282	24
1 time per day	265	22
2 times per day	124	10
3 times per day	23	2
4 or more times per day	10	1

n=1193