

**NATFAN: Children
State Agency Report
Pre-Food Package Rollout Questionnaire
Fall 2009**

State: Colorado

Total number of participants who completed the questionnaire: 1155

Number of participants who completed the English version: **827**

Number of participants who completed the Spanish version: **328**

Table of Contents

Introduction..... 3

Parent/Caregiver Demographic Information 4-5

Child Information 6

Milk Consumption 6-8

Beverages 9

Fruits and Vegetables..... 10-12

Grains..... 13-15

List of Charts

Chart 1: Willingness to Give Child 2% Milk, 1% Milk, or Skim Milk..... 7

Chart 2: Frequency of Child’s Fruit and Vegetable Consumption 10

Chart 3: Frequency of Child’s Corn, Whole-Wheat, and White Flour Tortilla Consumption..... 14

Chart 4: Frequency of Child’s White Bread and Whole-Wheat or Whole-Grain Bread
Consumption..... 15

Introduction

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

The NATFAN pre-rollout questionnaire was administered to over 71,000 WIC participants in 52 programs representing 39 states, 11 ITOs, Washington DC, and one US Territory. WIC programs distributed this questionnaire between November 2008 and September 2009, prior to the implementation of the new WIC food package.

The results in this report capture a “snapshot” of the consumption and food frequency patterns of WIC participants prior to 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. 90.3% of 988 participants had a child in the household who received WIC foods.
2. 81.9% of 864 participants had a child who received WIC foods in the past 30 days.
3. 97.6% of 1009 participants were the primary caregiver for the child.

4. What is your age?	# of participants	%
17 or younger	8	0.8
18-23	242	25.6
24-29	351	37.2
30-34	181	19.2
35 or older	162	17.2

n=944

5. What is the highest level of education you have completed?	# of participants	%
1 st to 6 th grade	80	8.3
7 th to 9 th grade	92	9.6
10 th to 12 th grade	178	18.5
High School graduate / GED	273	28.4
At least some college	337	35.1

n=960

2009 NATFAN Questionnaire (Parent/Caregiver Information)
Local Agency Report

6. What is your race?	# of participants	%
White, non-Hispanic	282	24.4
White, Hispanic	456	39.5
Black, non-Hispanic	59	5.1
Black, Hispanic	18	1.6
Native American, non-Hispanic	15	1.3
Native American, Hispanic	51	4.4
Pacific Islander, non-Hispanic	2	0.2
Pacific Islander, Hispanic	7	0.6
Asian, non-Hispanic	9	0.8
Asian, Hispanic	9	0.8
Other	63	5.4
I do not want to answer	39	3.4

n=1155

7. What language is spoken most often at home?	# of participants	%
English	554	55.0
Both Spanish and English	167	16.6
Spanish	270	26.8
Other	16	1.6

n=1007

Child Information

8. What is your child's age?	# of participants	%
12 months – 23 months	298	30.8
24 months – 35 months	263	27.2
36 months – 47 months	220	22.8
48 months – 59 months	186	19.2

n=967

9. 51.1% of 1010 participants have a child who is a boy.

10. 48.9% of 1010 participants have a child who is a girl.

Milk Consumption

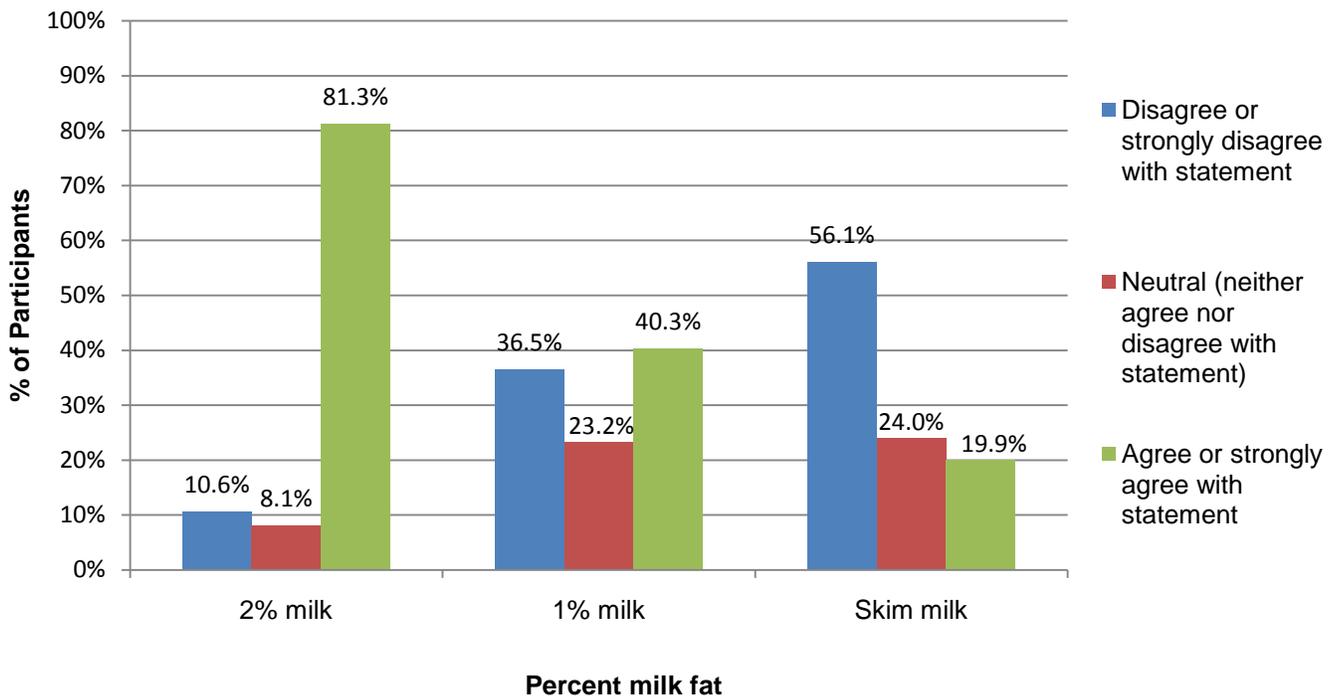
Participants were given the following statements about milk selections and were asked to rank how strongly they agreed or disagreed. The statements and results are shown below:

11. I am willing to give my child who is two years old or older 2% milk.

12. I am willing to give my child who is two years old or older 1% milk.

13. I am willing to give my child who is two years old or older skim milk.

Chart 1. Willingness to Give Child 2% Milk, 1% Milk, or Skim Milk



n = 991 for question 11, n = 967 for question 12, and n = 962 for question 13

2009 NATFAN Questionnaire (Milk Consumption)
Local Agency Report

14. How many cups of milk does your child usually drink in a day?	# of participants	%
My child does not drink milk	27	2.6
Less than 1 cup	18	1.8
1 cup	73	7.2
2 cups	250	24.5
3 cups	389	38.1
4 or more cups	264	25.9

n=1021

15. What kind of milk does your child drink most often?	# of participants	%
My child does not drink milk	27	2.7
Cow's milk	913	92.1
Lactaid or lactose free milk	35	3.5
Soy milk	14	1.4
Goat's milk	1	0.1
Rice milk	1	0.1

n=991

16. What types of cow's milk does your child drink most often?	# of participants	%
My child does not drink cow's milk	33	3.4
Whole milk	354	36.3
2% milk	540	55.3
1% milk	25	2.6
½ % milk	6	0.6
Skim (fat free) milk	14	1.4
I do not know	4	0.4

n=976

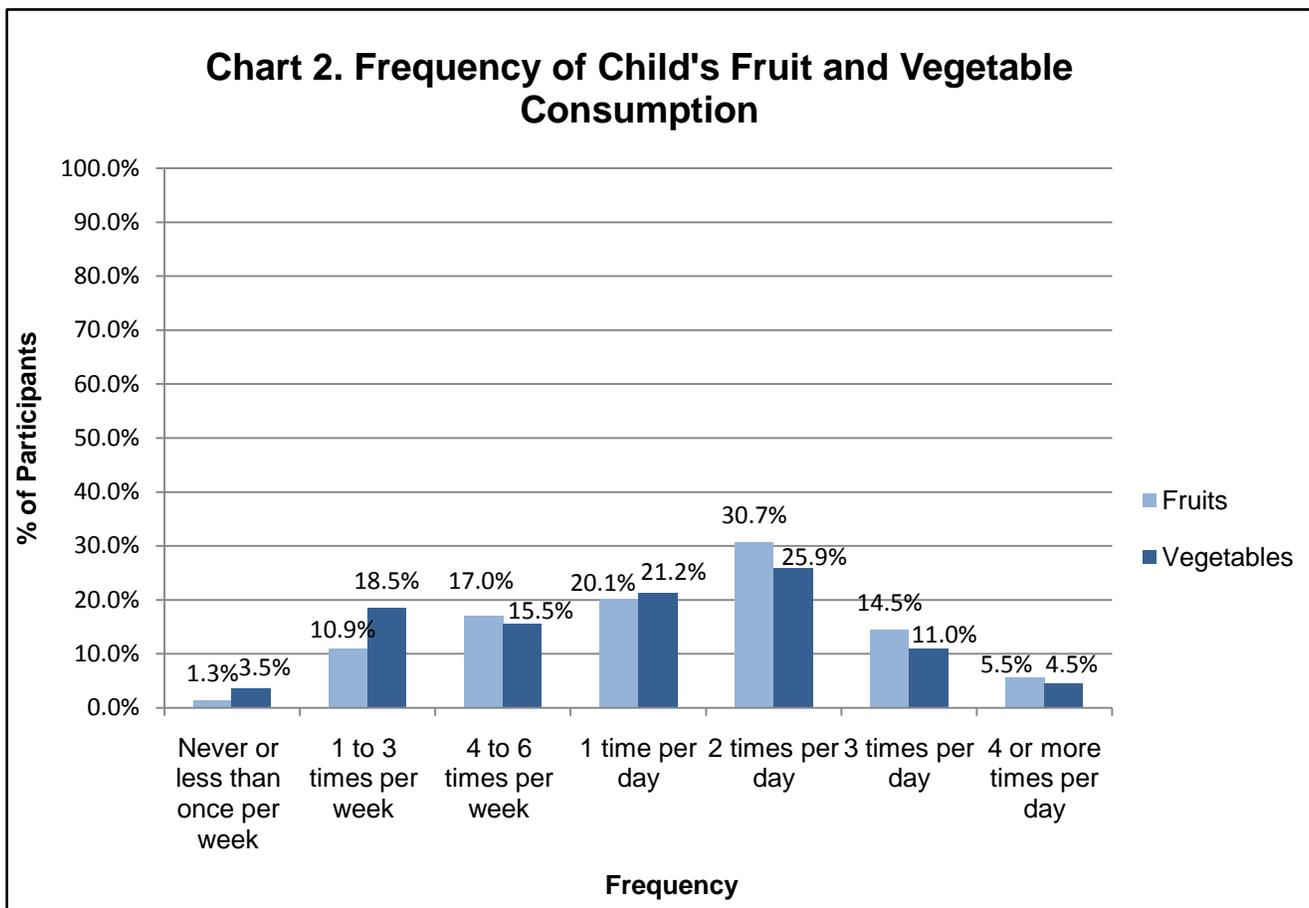
Beverages

17. 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=1016	59 (5.8%)	238 (23.4%)	160 (15.8%)	194 (19.1%)	234 (23.0%)	101 (9.9%)	30 (3.0%)
Drink soy milk. n=969	931 (96.1%)	17 (1.8%)	1 (0.1%)	3 (0.3%)	6 (0.6%)	9 (0.9%)	2 (0.2%)
Drink artificially sweetened drinks such as diet cola, diet soda, or Crystal Light. n=992	757 (76.3%)	173 (17.4%)	22 (2.2%)	27 (2.7%)	9 (0.9%)	4 (0.4%)	0 (0.0%)
Drink sugar sweetened drinks such as Kool-Aid, soda, cola, sport drinks, or sugar sweetened tea. n=1005	481 (47.9%)	356 (35.4%)	49 (4.9%)	78 (7.8%)	31 (3.1%)	7 (0.7%)	3 (0.3%)

Fruits and Vegetables

Participants were given the following 2 questions about their child's fruit and vegetable consumption. The chart displays their response:

18. How often does your child eat fruit? This does NOT include juice.
19. How often does your child eat vegetables such as salad, carrots, or sweet potatoes? This does not include potatoes, French fries, or potato chips.



n = 996 for question 18 and n = 1013 for question 19

2009 NATFAN Questionnaire (Fruits and Vegetables)
Local Agency Report

20. During the past year, which fruits did your child usually eat?	Selected	
	# of participants	%
My child does not eat fruit	9	0.8
Apples	926	80.2
Apricots (fresh)	104	9.0
Apricots (dried)	33	2.9
Bananas	973	84.2
Berries (blueberries, blackberries, raspberries)	330	28.6
Melons (cantaloupe, honeydew)	521	45.1
Cherries	265	22.9
Dates	24	2.1
Figs	57	4.9
Grapefruit	353	30.6
Grapes	676	58.5
Kiwis	266	23.0
Lemons or Limes	341	29.5
Mangos	409	35.4
Nectarines	246	21.3
Oranges	879	76.1
Papaya	153	13.2
Peaches	629	54.5
Pears	580	50.2
Pineapple	540	46.8
Plums	212	18.4
Prunes	106	9.2
Raisins	387	33.5
Rhubarb	11	1.0
Strawberries	789	68.3
Tangerines	356	30.8
Watermelon	713	61.7
Other	25	2.2

n=1155

2009 NATFAN Questionnaire (Fruits and Vegetables)
Local Agency Report

21. During the past year, which vegetables did your child usually eat?	Selected	
	# of participants	%
My child does not eat vegetables	9	0.8
Asparagus	167	14.5
Avocados	517	44.8
Beets	58	5.0
Broccoli	708	61.3
Brussels Sprouts	50	4.3
Cabbage	348	30.1
Carrots	913	79.0
Cauliflower	319	27.6
Chayote	88	7.6
Corn	842	72.9
Cucumbers	595	51.5
Eggplant	53	4.6
Greens (collard, mustard, turnip)	80	6.9
Green Beans	653	56.5
Green Peas	528	45.7
Lettuce (all varieties)	618	53.5
Mushrooms	233	20.2
Okra	56	4.8
Onions	359	31.1
Peppers (Bell, green, yellow, orange, red)	284	24.6
Potatoes	858	74.3
Spinach	253	21.9
Summer Squash (yellow, zucchini)	331	28.7
Sweet Potatoes	370	32.0
Tomatoes	729	63.1
Tomatillos	95	8.2
Winter Squash (acorn, pumpkin)	184	15.9
Other	18	1.6

n=1155

Grains

WIC participants reported consuming the following whole and refined grains:

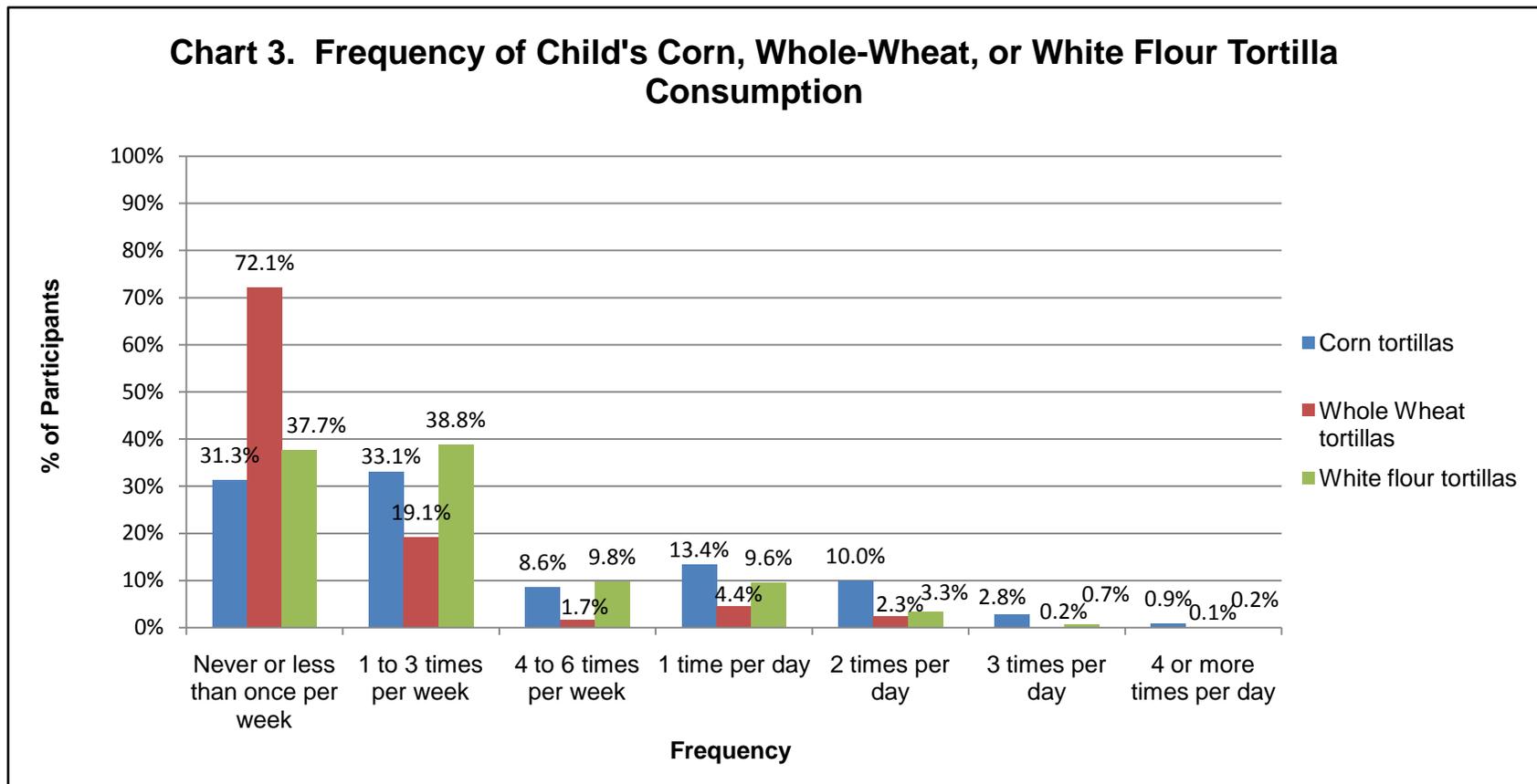
22. How many times does your child:	Never or less than once per week	1 to 3 times per week	4 to 6 times per week	1 time per day	2 times per day	3 times per day	4 or more times per day
	Number (%)						
Eat brown rice. n=975	595 (61%)	264 (27.1%)	50 (5.1%)	47 (4.8%)	8 (0.8%)	9 (0.9%)	2 (0.2%)
Eat oatmeal. n=1003	319 (31.8%)	386 (38.5%)	141 (14.1%)	129 (12.9%)	20 (2.0%)	4 (0.4%)	4 (0.4%)
Eat white rice. n=997	249 (25%)	498 (50%)	121 (12.1%)	71 (7.1%)	39 (3.9%)	11 (1.1%)	8 (0.8%)

Participants were asked the following three questions about their child's tortilla consumption. The results are displayed in Chart 3.

23. How many times does your child eat corn tortillas?

24. How many times does your child eat whole-wheat tortillas?

25. How many times does your child eat white flour tortillas?

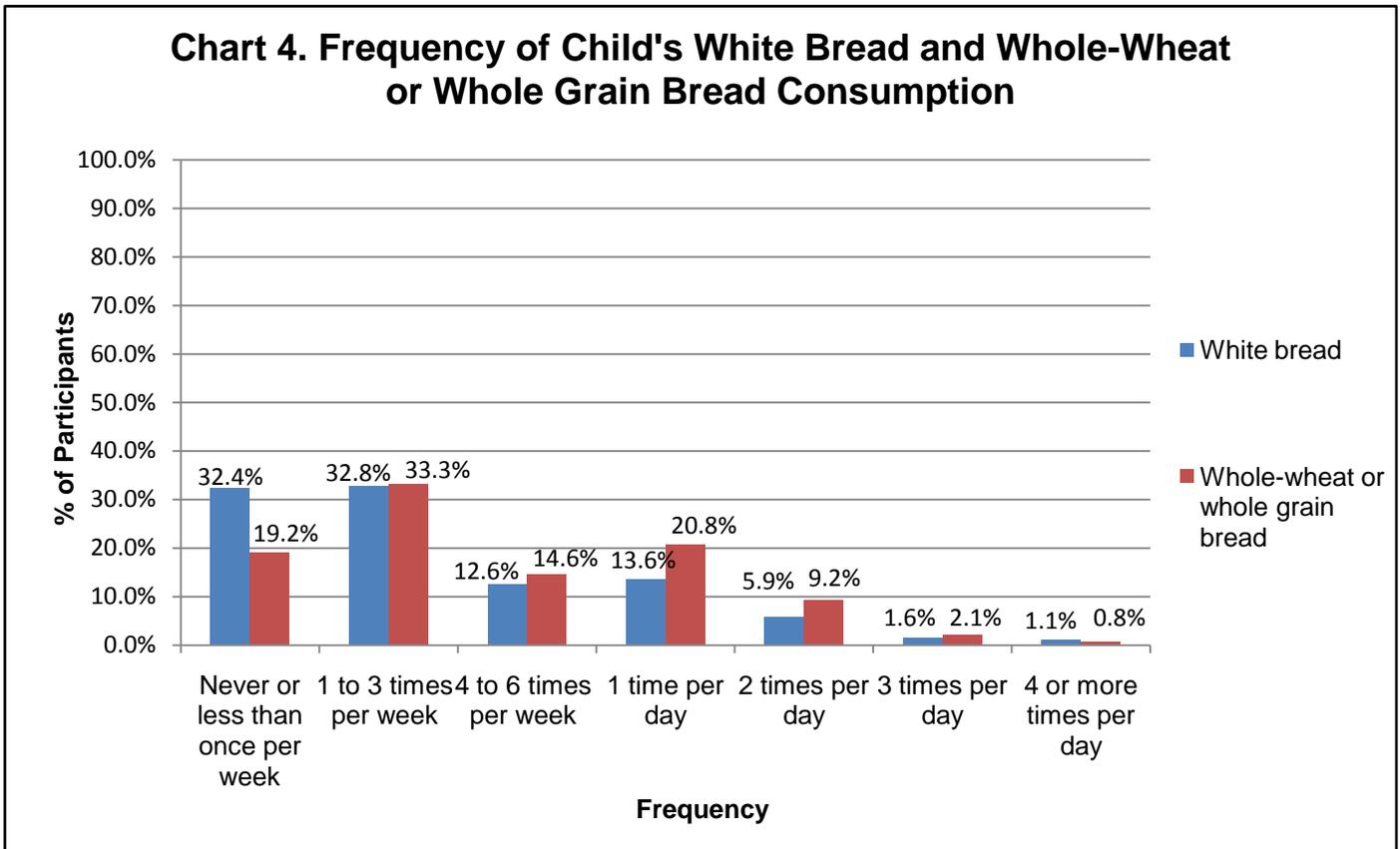


n = 1010 for question 23, n = 990 for question 24, and n = 984 for question 25

Participants also answered questions about the frequency of their child consuming different types of bread. These questions are listed below and the results are displayed in Chart 4.

26. How many times does your child eat white bread?

27. How many times does your child eat whole-wheat or whole grain bread?



n = 991 for question 26 and n = 996 for question 27