

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

**State:** Colorado

**Total number of participants who completed the questionnaire:** 639

Number of participants who completed the English version: 500

Number of participants who completed the Spanish version: 139

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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](mailto:rcondie@tamu.edu) or 979-458-2679 or Asha Girimaji at [asha.g@tamu.edu](mailto: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 infants:

1. 72% of 570 participants had an infant in the household who received WIC foods or formula.
2. 69% of 491 participants had an infant who received WIC foods or formula in the past 30 days.
3. 98% of 583 participants were the primary caregiver for the infant.

<b>4. What is your age?</b>	<b># of participants</b>	<b>%</b>
17 or younger	18	3
18-23	222	41
24-29	168	31
30-34	87	16
35 or older	44	8

n=539

<b>5. What is the highest level of education you have completed?</b>	<b># of participants</b>	<b>%</b>
1 <sup>st</sup> to 6 <sup>th</sup> grade	26	5
7 <sup>th</sup> to 9 <sup>th</sup> grade	49	9
10 <sup>th</sup> to 12 <sup>th</sup> grade	117	21
High School graduate / GED	179	32
At least some college	192	34

n=563

2011 NATFAN Questionnaire (Parent/Caregiver Demographic Information)

<b>6. What is your race?</b>	<b># of participants</b>	<b>%</b>
White, non-Hispanic	206	32
White, Hispanic	243	38
Black, non-Hispanic	31	5
Black, Hispanic	15	2
Native American, non-Hispanic	7	1
Native American, Hispanic	27	4
Pacific Islander, non-Hispanic	2	0
Pacific Islander, Hispanic	3	0
Asian, non-Hispanic	12	2
Asian, Hispanic	1	0
Other	24	4
I do not want to answer	18	3

n=639

<b>7. What language is spoken most often at home?</b>	<b># of participants</b>	<b>%</b>
English	348	61
Both Spanish and English	83	15
Spanish	136	24
Other	4	1

n=571

## Infant Information

8. How old is your infant?	# of participants	%
Less than 1 month old	81	14
1 to 2 months old	64	11
3 to 4 months old	109	19
5 months old	35	6
6 months old	84	15
7 to 8 months old	79	14
9 to 10 months old	83	14
11 months old	38	7

n=573

9. 52% of 581 participants have an infant who is a boy.

10. 48% of 581 participants have an infant who is a girl.

## Breastfeeding Status

The percentages of participants who answered questions about their breastfeeding status are shown below:

11. 34% of 596 participants had an infant who was currently breastfed or given breast milk.

12. 79% of 589 participants had an infant who was breastfed at least one time.

<b>13. What was the age of your infant when you stopped breastfeeding?</b>	<b># of participants</b>	<b>%</b>
Less than 1 month old	134	25
1 to 2 months old	104	19
3 to 4 months old	78	14
5 to 6 months old	25	5
7 to 8 months old	19	4
9 to 10 months old	11	2
11 months old	3	1
Still breastfeeding	164	30

n=538

## Formula Feeding

<b>14. At what age did you first feed your infant formula?</b>	<b># of participants</b>	<b>%</b>
My infant does not drink this	137	25
Less than 4 months old	350	64
4 to 5 months old	30	5
6 months old	12	2
7 to 8 months old	7	1
9 to 11 months old	15	3

n=551

<b>15. How many ounces of formula does your infant drink per feeding?</b>	<b># of participants</b>	<b>%</b>
My infant does not drink formula	95	17
1-2 ounces	41	7
3-4 ounces	120	21
5-6 ounces	192	34
7-8 ounces	104	18
9 or more ounces	17	3

n=569

<b>16. When you run out of WIC formula, what do you usually do?</b>	<b># of participants</b>	<b>%</b>
Formula does not usually run out	93	16
I buy or am given additional formula	335	59
I add extra milk to the formula	2	0
I add extra cereal to the formula	9	2
I add extra water to the formula	4	1
I try to give more breast milk	20	3
I breastfeed my infant	13	2
My infant does not drink formula	96	17

n= 572

<b>17. How often does your infant drink formula?</b>	<b># of participants</b>	<b>%</b>
Never or less than once per week	91	16
1 to 2 times per week	8	1
3 to 4 times per week	14	2
5 to 6 times per week	17	3
1 time per day	11	2
2 to 3 times per day	52	9
4 to 5 times per day	128	22
6 to 7 times per day	136	23
8 to 9 times per day	79	13
10 to 11 times per day	26	4
12 to 13 times per day	16	3
14 or more times per day	8	1

n= 586

## Milk, Juice, and Sweetened Drinks

18. How often does your infant 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 milk other than breast milk or formula. n=579	483 (83%)	18 (3%)	4 (1%)	6 (1%)	7 (1%)	13 (2%)	48 (8%)
Drink soy milk. n=575	557 (97%)	1 (0%)	0 (0%)	0 (0%)	3 (1%)	2 (0%)	12 (2%)
Drink 100% juice such as apple, orange, or tomato. n=578	392 (68%)	95 (16%)	25 (4%)	41 (7%)	13 (2%)	9 (2%)	3 (1%)
Drink other drinks such as Kool-Aid, sugar water, soda, cola, sports drinks, or sweet tea n=573	535 (93%)	21 (4%)	1 (0%)	6 (1%)	7 (1%)	2 (0%)	1 (0%)

2011 NATFAN Questionnaire (Milk, Juice, Sweetened Beverages)

19. The age at which the following fluids were first fed to your infant:	My infant does not drink this	Less than 4 months old	4 to 5 months old	6 months old	7 to 8 months old	9 to 11 months old
	Number (%)					
100% juice such as apple, orange or tomato n=562	344 (61%)	32 (6%)	59 (10%)	81 (14%)	33 (6%)	13 (2%)
Regular milk. n=561	502 (89%)	3 (1%)	4 (1%)	8 (1%)	7 (1%)	37 (7%)
All other drinks such as Kool-Aid, soda, cola, sport drinks, tea, sugar water, or diet drinks. n=563	514 (91%)	9 (2%)	1 (0%)	13 (2%)	11 (2%)	15 (3%)

**Baby Food**

20. What kinds of baby food do you feed your infant?	# of participants	%
I do not feed my infant jars/containers of baby food	242	38
Fruits	301	47
Vegetables	295	46
Cereal	274	43
Meats	130	20
Dinners	97	15
Dessert	45	7
Others	16	3

n=639

<b>21. How many jars/containers of baby food do you feed your infant in an average week?</b>	<b># of participants</b>	<b>%</b>
0 jars per week	140	37
1 to 7 jars per week	103	27
8 to 14 jars per week	72	19
15 to 21 jars per week	41	11
22 to 28 jars per week	11	3
29 or more jars per week	14	4

n=381

<b>22. At what age did you first feed your infant meats?</b>	<b># of participants</b>	<b>%</b>
My infant does not eat this	373	67
Less than 4 months old	3	1
4 to 5 months old	27	5
6 months old	58	10
7 to 8 months old	64	12
9 to 11 months old	31	6

n=556

<b>23. At what age did you first feed your infant cereal?</b>	<b># of participants</b>	<b>%</b>
My infant does not eat this	249	43
Less than 4 months old	61	11
4 to 5 months old	164	29
6 months old	82	14
7 to 8 months old	12	2
9 to 11 months old	6	1

n=574

<b>24. At what age did you first feed your infant desserts?</b>	<b># of participants</b>	<b>%</b>
My infant does not eat this	419	77
Less than 4 months old	9	2
4 to 5 months old	20	4
6 months old	38	7
7 to 8 months old	41	7
9 to 11 months old	20	4

n=547

<b>25. At what age did you first feed your infant fruit?</b>	<b># of participants</b>	<b>%</b>
My infant does not eat this	253	45
Less than 4 months old	27	5
4 to 5 months old	154	27
6 months old	105	19
7 to 8 months old	23	4
9 to 11 months old	3	1

n=565

<b>26. At what age did you first feed your infant vegetables?</b>	<b># of participants</b>	<b>%</b>
My infant does not eat this	260	46
Less than 4 months old	22	4
4 to 5 months old	145	25
6 months old	117	21
7 to 8 months old	20	4
9 to 11 months old	5	1

n=569

2011 NATFAN Questionnaire (Baby Food)

27. How often does your infant 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 (%)						
Eat cereal. n=577	277 (48%)	87 (15%)	47 (8%)	109 (19%)	42 (7%)	11 (2%)	4 (1%)
Eat fruits. n=582	277 (48%)	56 (10%)	64 (11%)	63 (11%)	73 (13%)	35 (6%)	14 (2%)
Eat vegetables. n=580	285 (49%)	50 (9%)	54 (9%)	78 (13%)	77 (13%)	28 (5%)	8 (1%)
Eat meat. n=572	415 (73%)	53 (9%)	20 (3%)	55 (10%)	19 (3%)	8 (1%)	2 (0%)
Eat desserts. n=570	466 (82%)	52 (9%)	9 (2%)	30 (5%)	6 (1%)	7 (1%)	0 (0%)