

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

**State:** Colorado

**Number of participants who completed part or all of the questionnaire:** 660

Number of participants who completed the English version: 514

Number of participants who completed the Spanish version: 146

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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!

## Demographic Information

### Participant Status

WIC participants reported the following information:

1. 65% of 613 participants received WIC foods for themselves in the past 30 days.
2. 52% of 616 participants were pregnant.
3. 38% of 613 participants had a baby within the last six months.
4. 23% of 610 participants were breastfeeding.

<b>5. What is your age?</b>	<b># of Participants</b>	<b>%</b>
17 or younger	33	6
18-23	214	40
24-29	146	28
30-34	92	17
35 or older	44	8

n=529

<b>6. 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	30	5
7 <sup>th</sup> to 9 <sup>th</sup> grade	53	9
10 <sup>th</sup> to 12 <sup>th</sup> grade	133	22
High School graduate / GED	173	29
At least some college	212	35

n=601

2011 NATFAN Questionnaire (Demographic Information)

<b>7. What language is spoken most often at home?</b>	<b># of Participants</b>	<b>%</b>
English	388	63
Both Spanish and English	88	14
Spanish	132	21
Other	6	1

n=614

<b>8. What is your race?</b>	<b># of Participants</b>	<b>%</b>
White, non-Hispanic	227	34
White, Hispanic	241	37
Black, non-Hispanic	32	5
Black, Hispanic	11	2
Native American, non-Hispanic	12	2
Native American, Hispanic	35	5
Pacific Islander, non-Hispanic	1	0
Pacific Islander, Hispanic	3	0
Asian, non-Hispanic	10	2
Asian, Hispanic	3	0
Other	32	5
I do not want to answer	13	2

n=660

<b>9. How many cups of milk do you drink in a day?</b>	<b># of Participants</b>	<b>%</b>
I do not drink milk	25	4
Less than 1 cup	90	15
1 cup	156	25
2 cups	182	30
3 cups	101	16
4 or more cups	59	10

n = 613

<b>10. What kind of milk do you drink most often?</b>	<b># of Participants</b>	<b>%</b>
I do not drink milk	21	3
Cow's milk	555	92
Lactaid or lactose free milk	10	2
Soy milk	16	3
Goat's milk	1	0
Rice milk	2	0

n=605

<b>11. What type of cow's milk do you usually drink?</b>	<b># of Participants</b>	<b>%</b>
I do not drink cow's milk	24	4
Whole milk	113	19
2% milk	356	61
1% milk	58	10
½ % milk	0	0
Skim (fat free) milk	28	5
I do not know	2	0

n = 581

12-14. I am willing to drink...	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	Number (%)				
2% milk. n=601	58 (10%)	23 (4%)	49 (8%)	210 (35%)	261 (43%)
1% milk. n=586	109 (19%)	92 (16%)	106 (18%)	167 (28%)	112 (19%)
Skim milk. n=592	226 (38%)	100 (17%)	95 (16%)	95 (16%)	76 (13%)

## Beverages

Participants who answered questions about beverage consumption reported the following:

15. How often do you 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 = 618	70 (11%)	226 (37%)	88 (14%)	81 (13%)	86 (14%)	39 (6%)	28 (5%)
Drink soy milk. n = 609	563 (92%)	23 (4%)	3 (0%)	9 (1%)	8 (1%)	2 (0%)	1 (0%)
Drink artificially sweetened drinks such as diet cola, diet soda, or Crystal Light. n = 612	321 (52%)	179 (29%)	33 (5%)	41 (7%)	27 (4%)	8 (1%)	3 (0%)
Drink sugar sweetened drinks such as Kool-Aid, soda, cola, sport drinks, or sugar sweetened tea. n = 611	181 (30%)	239 (39%)	72 (12%)	58 (9%)	40 (7%)	12 (2%)	9 (1%)

(Note: Percentages taken from total number of participants who responded to each choice.)

## Fruits and Vegetables

<b>16. How often do you eat fruit? This does not include juice.</b>	<b># of Participants</b>	<b>%</b>
Never or less than once per week	19	3
1 to 3 times per week	87	14
4 to 6 times per week	131	21
1 time per day	114	19
2 times per day	138	23
3 times per day	68	11
4 or more times per day	56	9

n = 613

<b>17. How often do you eat vegetables such as salad, carrots, or sweet potatoes? This does not include potatoes, French fries, or potato chips.</b>	<b># of Participants</b>	<b>%</b>
Never or less than once per week	24	4
1 to 3 times per week	139	23
4 to 6 times per week	120	19
1 time per day	117	19
2 times per day	126	20
3 times per day	52	8
4 or more times per day	38	6

n = 616

2011 NATFAN Questionnaire (Fruits and Vegetables)

18. During the past year, which fruits did you usually eat?	Selected	
	# of participants	%
I do not eat fruit	1	0
Apples	566	86
Apricots (fresh)	82	12
Apricots (dried)	38	6
Bananas	554	84
Berries (blueberries, blackberries, raspberries)	241	37
Melons (cantaloupe, honeydew)	416	63
Cherries	310	47
Dates	14	2
Figs	12	2
Grapefruit	126	19
Grapes	512	78
Kiwis	193	29
Lemons or Limes	268	41
Mangos	309	47
Nectarines	163	25
Oranges	510	77
Papaya	96	15
Peaches	421	64
Pears	256	39
Pineapple	380	58
Plums	189	29
Prunes	47	7
Raisins	135	20
Rhubarb	15	2
Strawberries	536	81
Tangerines	155	23
Watermelon	489	74
Other	11	2

19. During the past year, which vegetables did you usually eat?	Selected	
	# of participants	%
I do not eat vegetables	2	0
Asparagus	181	27
Avocados	430	65
Beets	62	9
Broccoli	481	73
Brussels Sprouts	73	11
Cabbage	272	41
Carrots	506	77
Cauliflower	250	38
Chayote	64	10
Corn	555	84
Cucumbers	468	71
Eggplant	48	7
Greens (collard, mustard, turnip)	80	12
Green Beans	394	60
Green Peas	243	37
Lettuce (all varieties)	534	81
Mushrooms	224	34
Okra	55	8
Onions	397	60
Peppers (Bell, green, yellow, orange, red)	323	49
Potatoes	525	80
Spinach	223	34
Summer Squash (yellow, zucchini)	231	35
Sweet Potatoes	189	29
Tomatoes	501	76
Tomatillos	141	21
Winter Squash (acorn, pumpkin)	114	17
Other	6	1

## Grains

Participants who answered questions about grain consumption reported the following:

20. How many times do you:	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 = 614	407 (66%)	153 (25%)	23 (4%)	22 (4%)	6 (1%)	0 (0%)	3 (0%)
Eat oatmeal. n = 611	283 (46%)	193 (32%)	60 (10%)	58 (9%)	9 (1%)	3 (0%)	5 (1%)
Eat white rice. n = 619	196 (32%)	260 (42%)	76 (12%)	56 (9%)	11 (2%)	10 (2%)	10 (2%)

Participants who answered questions about tortilla consumption reported the following:

21. How many times do you:	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 corn tortillas. n = 616	212 (34%)	192 (31%)	63 (10%)	51 (8%)	62 (10%)	23 (4%)	13 (2%)
Eat whole-wheat tortillas. n = 613	421 (69%)	124 (20%)	27 (4%)	29 (5%)	5 (1%)	5 (1%)	2 (0%)
Eat white flour tortillas. n = 612	231 (38%)	240 (39%)	76 (12%)	46 (8%)	9 (1%)	4 (1%)	6 (1%)

<b>22. How many times do you eat white bread?</b>	<b># of Participants</b>	<b>%</b>
Never or less than once per week	229	37
1 to 3 times per week	196	32
4 to 6 times per week	78	13
1 time per day	71	12
2 times per day	21	3
3 times per day	13	2
4 or more times per day	9	1

n = 617

<b>23. How many times do you eat whole-wheat or whole grain bread?</b>	<b># of Participants</b>	<b>%</b>
Never or less than once per week	85	14
1 to 3 times per week	161	26
4 to 6 times per week	138	22
1 time per day	133	22
2 times per day	65	11
3 times per day	17	3
4 or more times per day	18	3

n = 617