

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

State: Colorado

Number of participants who completed part or all of the questionnaire: 572

Number of participants who completed the English version: 416

Number of participants who completed the Spanish version: 156

Table of Contents

Introduction.....	3
Demographic Information	4-5
Milk	6-8
Beverages	9
Fruits and Vegetables	10-12
Grains	13-15

List of Charts

Chart 1. Quantity of Milk Consumed	6
Chart 2. Type of Cow's Milk Consumed	7
Chart 3. Willingness to Drink 2%, 1%, or Skim Milk	8
Chart 4. Frequency of Fruit and Vegetable Consumption	10
Chart 5. Frequency of Corn, Whole-Wheat, and White Flour Tortilla Consumption	14
Chart 6. Frequency of White Bread and Whole-Wheat or Whole Grain 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 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!

Demographic Information

Participant Status

WIC participants reported the following information:

1. 70.2% of 474 participants received WIC foods for themselves in the past 30 days.
2. 50.2% of 476 participants were pregnant.
3. 41.3% of 472 participants had a baby within the last six months.
4. 25.0% of 477 participants were breastfeeding.

5. What is your age?	# of Participants	%
17 or younger	22	5.0
18-23	186	42.5
24-29	131	29.9
30-34	57	13.0
35 or older	42	9.6

n=438

6. What is the highest level of education you have completed?	# of Participants	%
1 st to 6 th grade	30	6.4
7 th to 9 th grade	64	13.7
10 th to 12 th grade	94	20.2
High School graduate / GED	127	27.2
At least some college	151	32.4

n=466

2009 NATFAN Questionnaire (Demographic Information)
Local Agency Report

7. What language is spoken most often at home?	# of Participants	%
English	283	59.7
Both Spanish and English	64	13.5
Spanish	125	26.4
Other	2	0.4

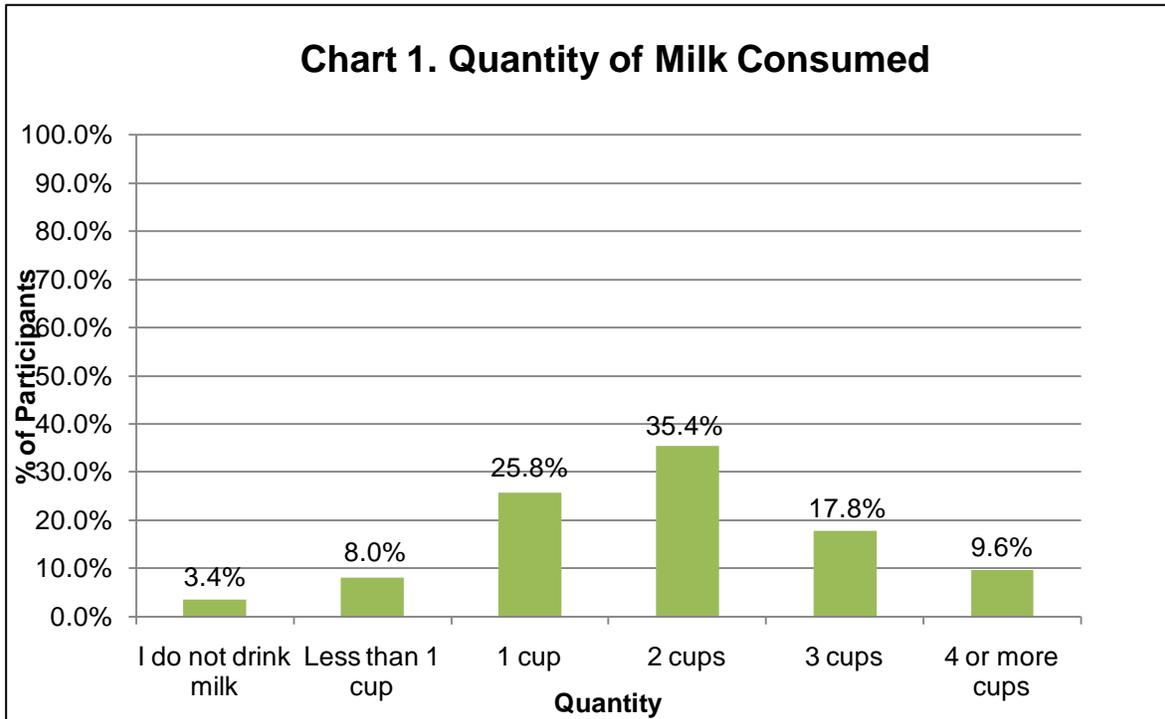
n=474

8. What is your race?	# of Participants	%
White, non-Hispanic	170	29.7
White, Hispanic	177	30.9
Black, non-Hispanic	29	5.1
Black, Hispanic	5	0.9
Native American, non-Hispanic	11	1.9
Native American, Hispanic	37	6.5
Pacific Islander, non-Hispanic	5	0.9
Pacific Islander, Hispanic	7	1.2
Asian, non-Hispanic	3	0.5
Asian, Hispanic	4	0.7
Other	22	3.8
I do not want to answer	12	2.1

n=572

Participants were asked the following question about milk consumption. Their response to this question is displayed in Chart 1.

9. How many cups of milk do you drink in a day?



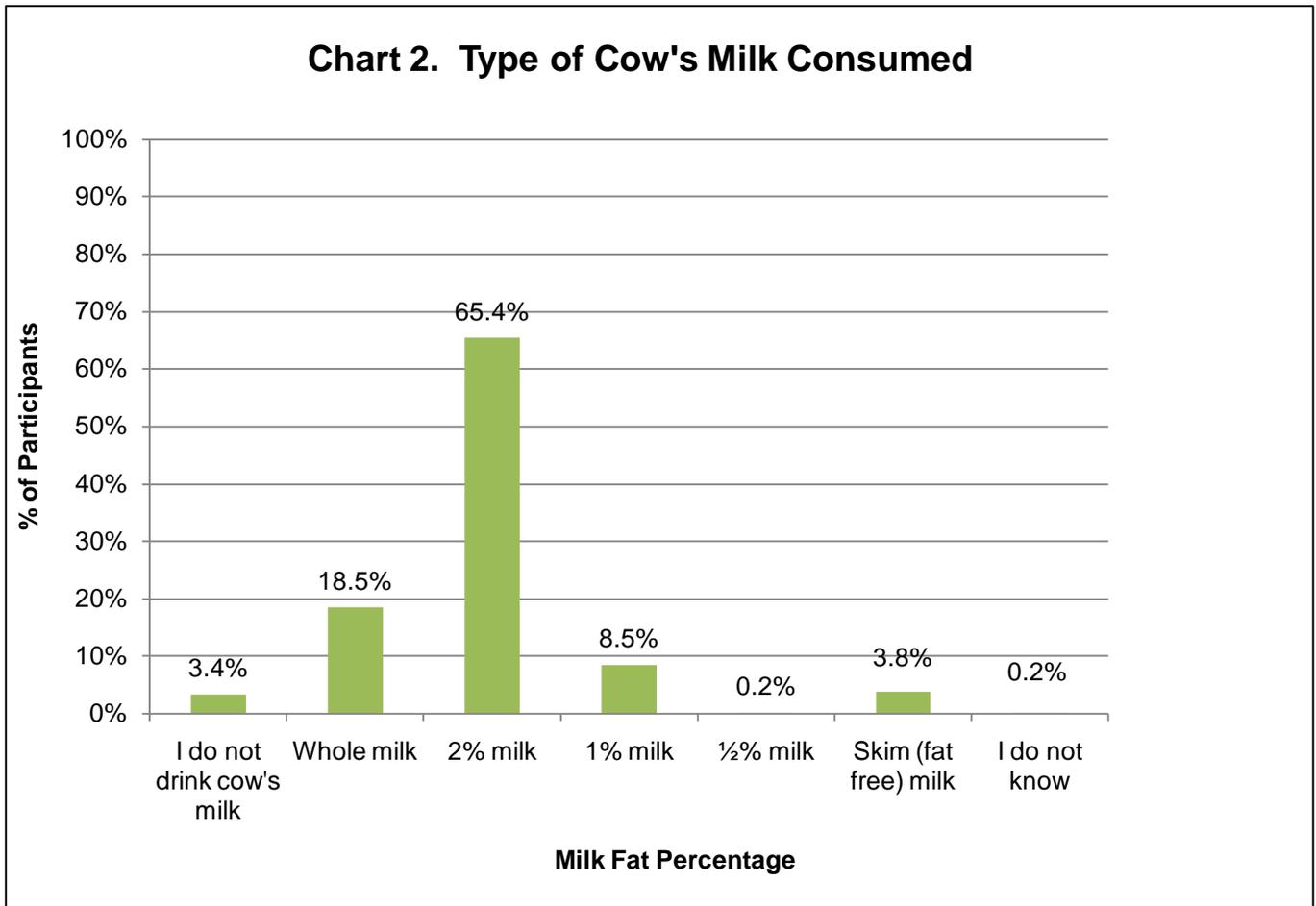
n = 477

10. What kind of milk do you drink most often?	# of Participants	%
I do not drink milk	12	2.6
Cow's milk	429	92.5
Lactaid or lactose free milk	14	3.0
Soy milk	6	1.3
Goat's milk	1	0.2
Rice milk	2	0.4

n=464

Participants were asked about the type of cow's milk consumed. Their response to this question is displayed in Chart 2.

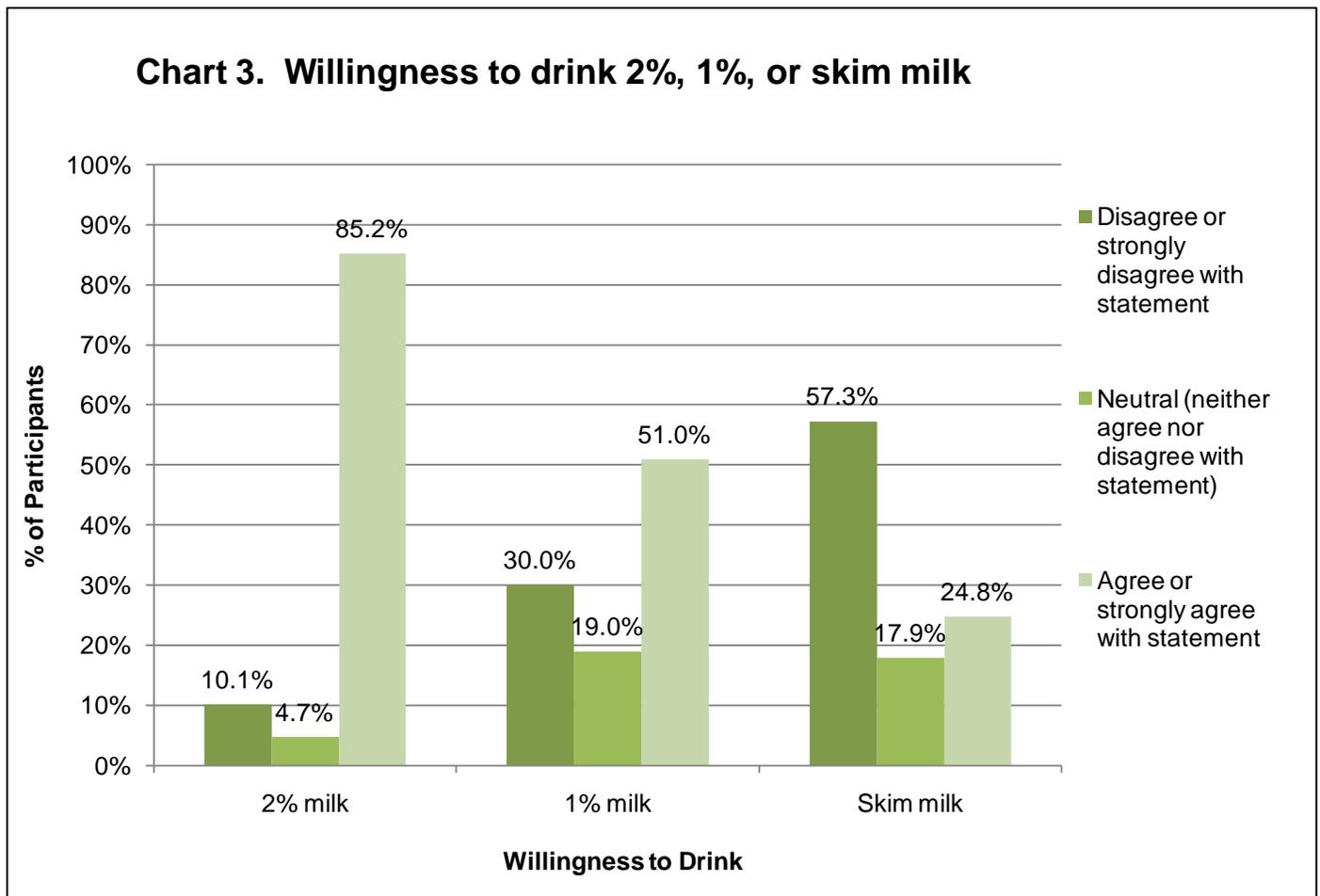
11. What type of cow's milk do you usually drink?



n = 448

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:

- 12. I am willing to drink 2% milk.
- 13. I am willing to drink 1% milk.
- 14. I am willing to drink skim milk.



n = 466 for question 12, n = 463 for question 13, and n = 464 for question 14

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 = 476	34 (7.1%)	142 (29.8%)	67 (14.1%)	82 (17.2%)	83 (17.4%)	36 (7.6%)	32 (6.7%)
Drink soy milk. n = 465	431 (92.7%)	12 (2.6%)	3 (0.6%)	9 (1.9%)	4 (0.9%)	4 (0.9%)	2 (0.4%)
Drink artificially sweetened drinks such as diet cola, diet soda, or Crystal Light. n = 472	263 (55.7%)	121 (25.6%)	23 (4.9%)	37 (7.8%)	16 (3.4%)	4 (0.8%)	8 (1.7%)
Drink sugar sweetened drinks such as Kool-Aid, soda, cola, sport drinks, or sugar sweetened tea. n = 469	124 (26.4%)	171 (36.5%)	52 (11.1%)	67 (14.3%)	28 (6.0%)	19 (4.0%)	8 (1.7%)

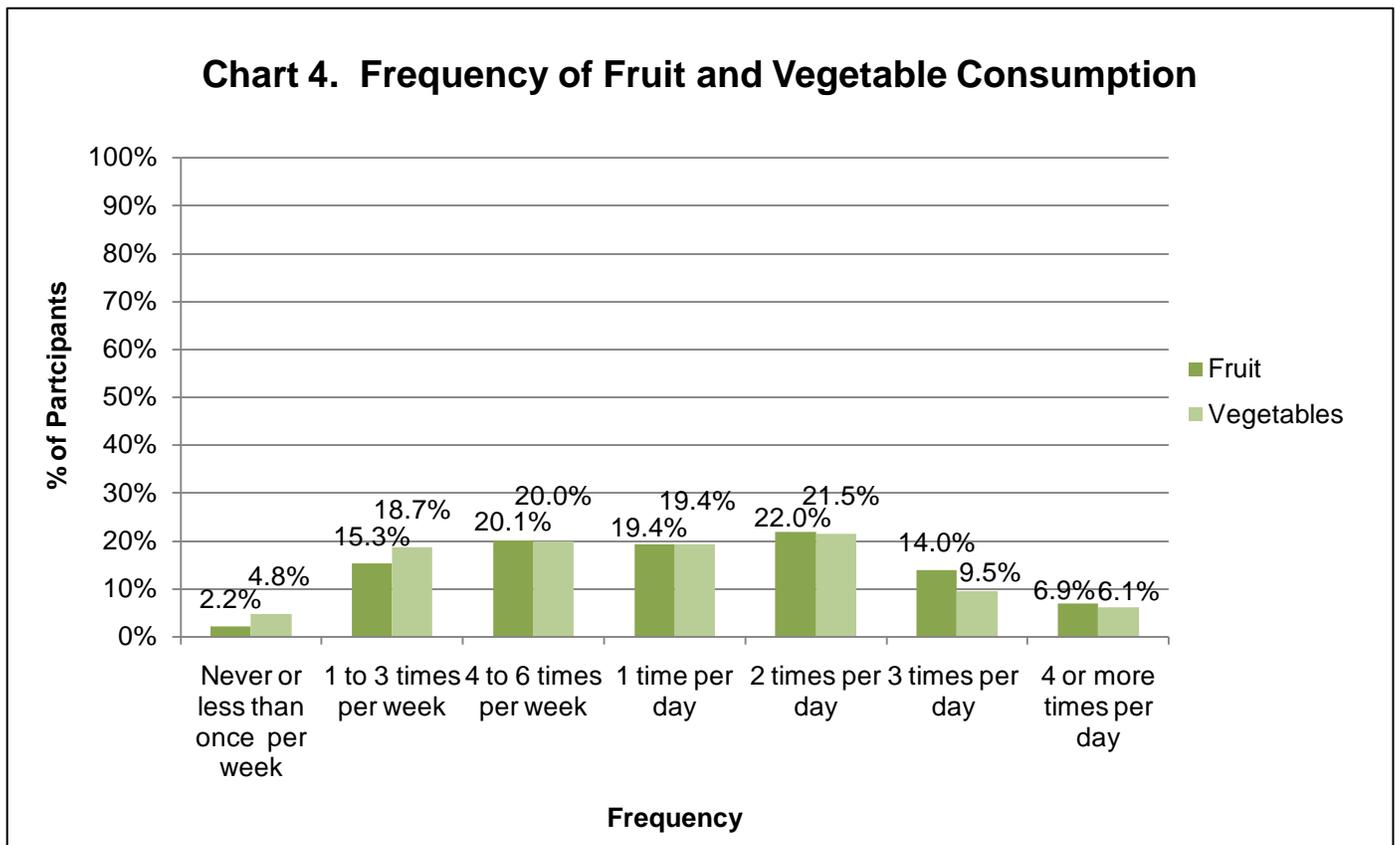
(Note: Percentages taken from total number of participants who responded to each choice.)

Fruits and Vegetables

Participants were given the following two questions about fruit and vegetable consumption. The responses are displayed in Chart 4.

16. How often do you eat fruit? This does not include juice.

17. How often do you eat vegetables such as salad, carrots, or sweet potatoes? This does not include potatoes, French fries, or potato chips.



n = 463 for question 16 and n = 475 for question 17

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Local Agency Report

18. During the past year, which fruits did you usually eat?	Selected	
	# of participants	%
I do not eat fruit	1	0.2
Apples	430	75.2
Apricots (fresh)	47	8.2
Apricots (dried)	29	5.1
Bananas	438	76.6
Berries (blueberries, blackberries, raspberries)	168	29.4
Melons (cantaloupe, honeydew)	302	52.8
Cherries	209	36.5
Dates	12	2.1
Figs	18	3.2
Grapefruit	124	21.7
Grapes	397	69.4
Kiwis	141	24.6
Lemons or Limes	219	38.3
Mangos	239	41.8
Nectarines	200	35.0
Oranges	341	59.6
Papaya	90	15.7
Peaches	279	48.8
Pears	240	42.0
Pineapple	301	52.6
Plums	156	27.3
Prunes	44	7.7
Raisins	125	21.8
Rhubarb	9	1.6
Strawberries	405	70.8
Tangerines	161	28.2
Watermelon	333	58.2
Other	12	2.1

2009 NATFAN Questionnaire (Fruits and Vegetables)
Local Agency Report

19. During the past year, which vegetables did you usually eat?	Selected	
	# of participants	%
I do not eat vegetables	2	0.4
Asparagus	142	24.8
Avocados	341	59.6
Beets	37	6.5
Broccoli	370	64.7
Brussels Sprouts	56	9.8
Cabbage	230	40.2
Carrots	402	70.3
Cauliflower	209	36.5
Chayote	52	9.1
Corn	422	73.8
Cucumbers	368	64.3
Eggplant	34	5.9
Greens (collard, mustard, turnip)	52	9.1
Green Beans	303	53.0
Green Peas	205	35.8
Lettuce (all varieties)	395	69.1
Mushrooms	167	29.2
Okra	52	9.1
Onions	325	56.8
Peppers (Bell, green, yellow, orange, red)	244	42.7
Potatoes	420	73.4
Spinach	159	27.8
Summer Squash (yellow, zucchini)	155	27.1
Sweet Potatoes	148	25.9
Tomatoes	378	66.1
Tomatillos	104	18.2
Winter Squash (acorn, pumpkin)	92	16.1
Other	4	0.7

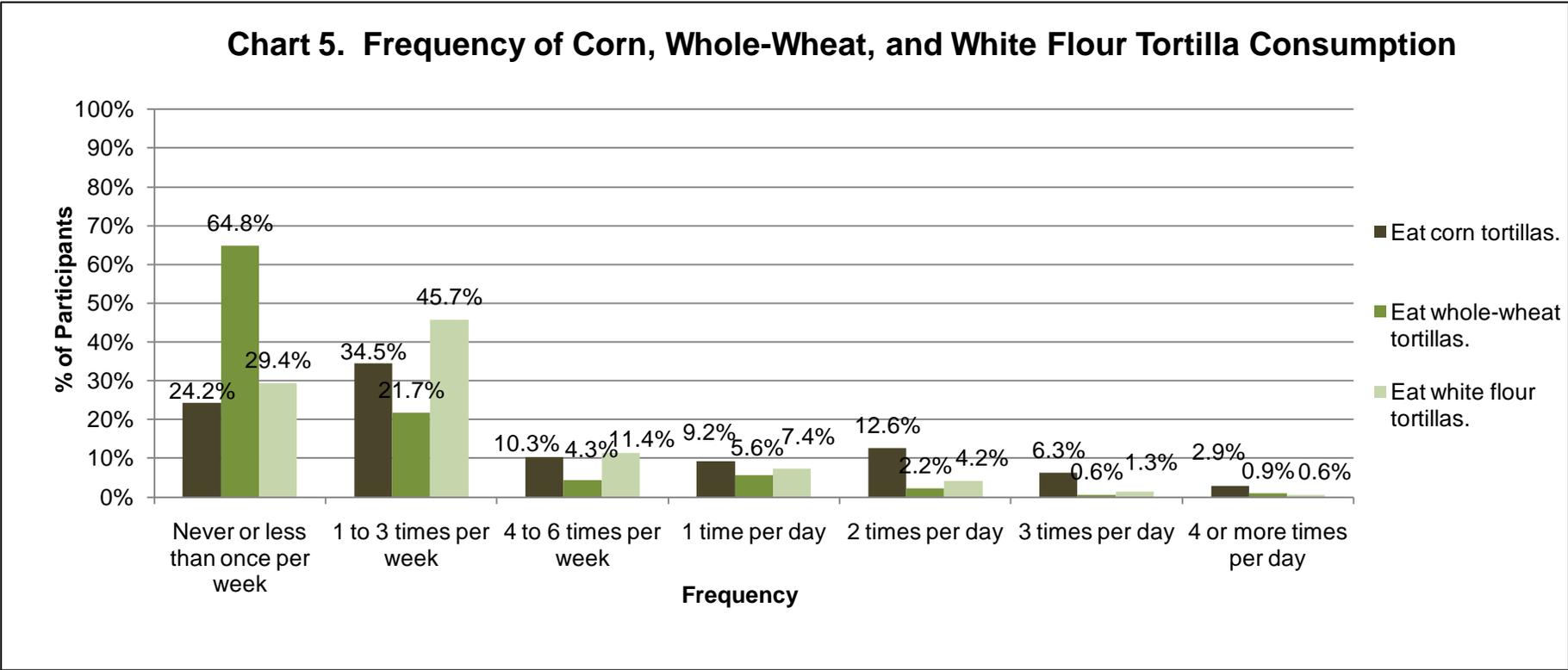
Grains

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 = 464	296 (63.8%)	113 (24.4%)	28 (6.0%)	15 (3.2%)	7 (1.5%)	3 (0.6%)	2 (0.4%)
Eat oatmeal. n = 474	168 (35.4%)	174 (36.7%)	50 (10.6%)	53 (11.2%)	18 (3.8%)	7 (1.5%)	4 (0.8%)
Eat white rice. n = 475	127 (26.7%)	233 (49.0%)	47 (9.9%)	39 (8.2%)	17 (3.6%)	7 (1.5%)	5 (1.0%)

Participants were asked three questions about tortilla consumption. The questions are listed below, and participant responses are displayed in Chart 5.

- 21. How many times do you eat corn tortillas?
- 22. How many times do you eat whole-wheat tortillas?
- 23. How many times do you eat white flour tortillas?

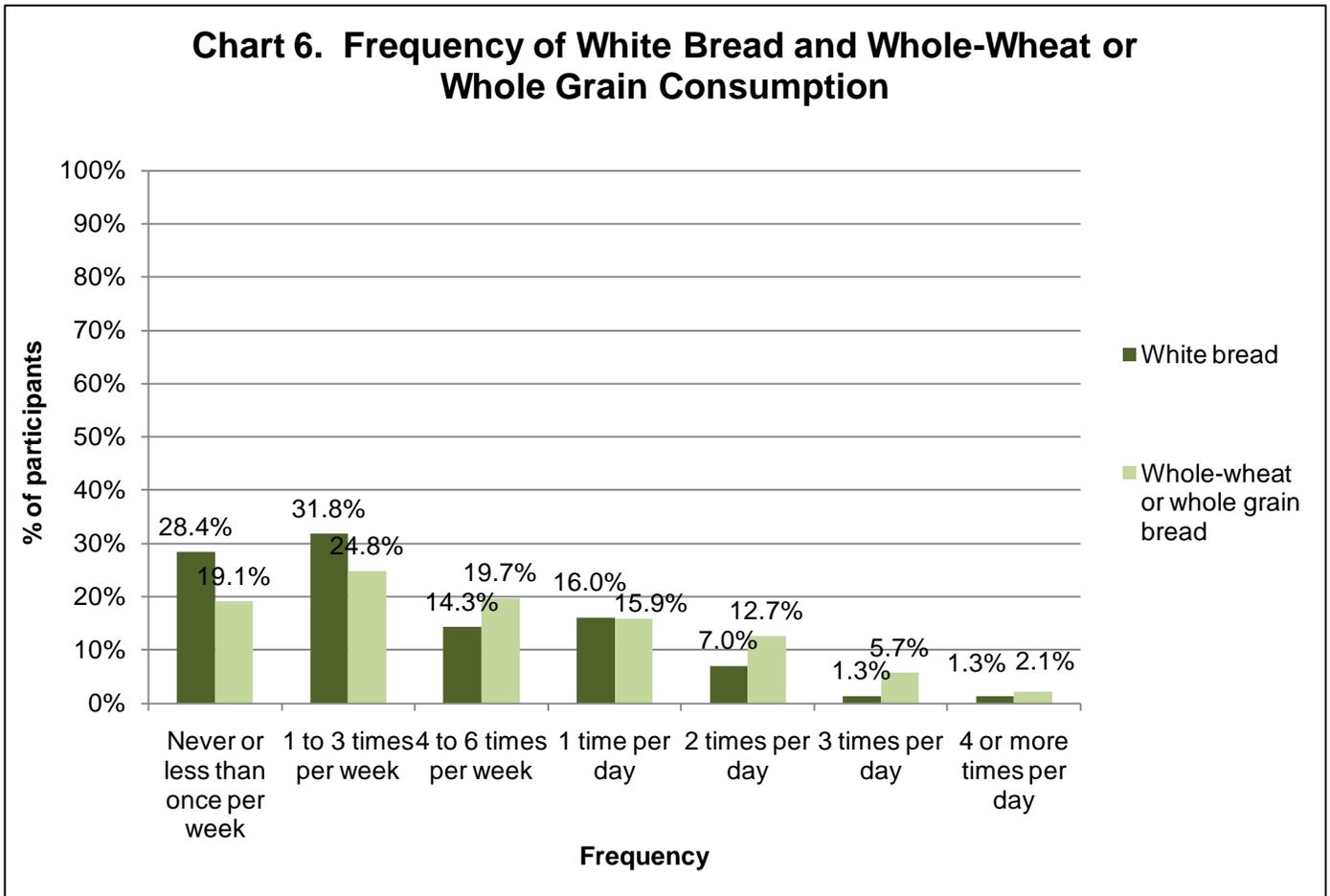


n = 476 for question 21, n = 466 for question 22, and n= 473 for question 23

WIC participants were asked the following two questions about consuming bread. Participants' responses are displayed in Chart 6.

24. How many times do you eat white bread?

25. How many times do you eat whole-wheat or whole grain bread?



n = 475 for question 24 and n = 472 for question 25