

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

Number of participants who completed part or all of the questionnaire: 22,564

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Introduction

The NATFAN pre-rollout questionnaire was administered to over 80,000 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 (please see sample size 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 and to help you plan and provide the best possible nutrition education services for your participants. 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. 72.2% of 21,376 participants received WIC foods for themselves in the past 30 days.
2. 39.6% of 24,154 participants were pregnant.
3. 37.3% of 22,320 participants had a baby within the last six months.
4. 18.3% of 22,372 participants were breastfeeding.

5. What is your age?	# of Participants	%
17 or younger	1,932	8.6
18-23	8,472	37.9
24-29	6,735	30.1
30-34	3,089	13.8
35 or older	2,115	9.5

n=22,343

6. What is the highest level of education you have completed?	# of Participants	%
1 st to 6 th grade	1,043	4.4
7 th to 9 th grade	2,062	8.8
10 th to 12 th grade	4,470	19.0
High School graduate / GED	7,629	32.4
At least some college	8,333	35.4

n=23,537

2009 NATFAN Questionnaire (Demographic Information)

7. What language is spoken most often at home?	# of Participants	%
English	15,599	65.7
Both Spanish and English	3,337	14.1
Spanish	4,435	18.7
Other	359	1.5

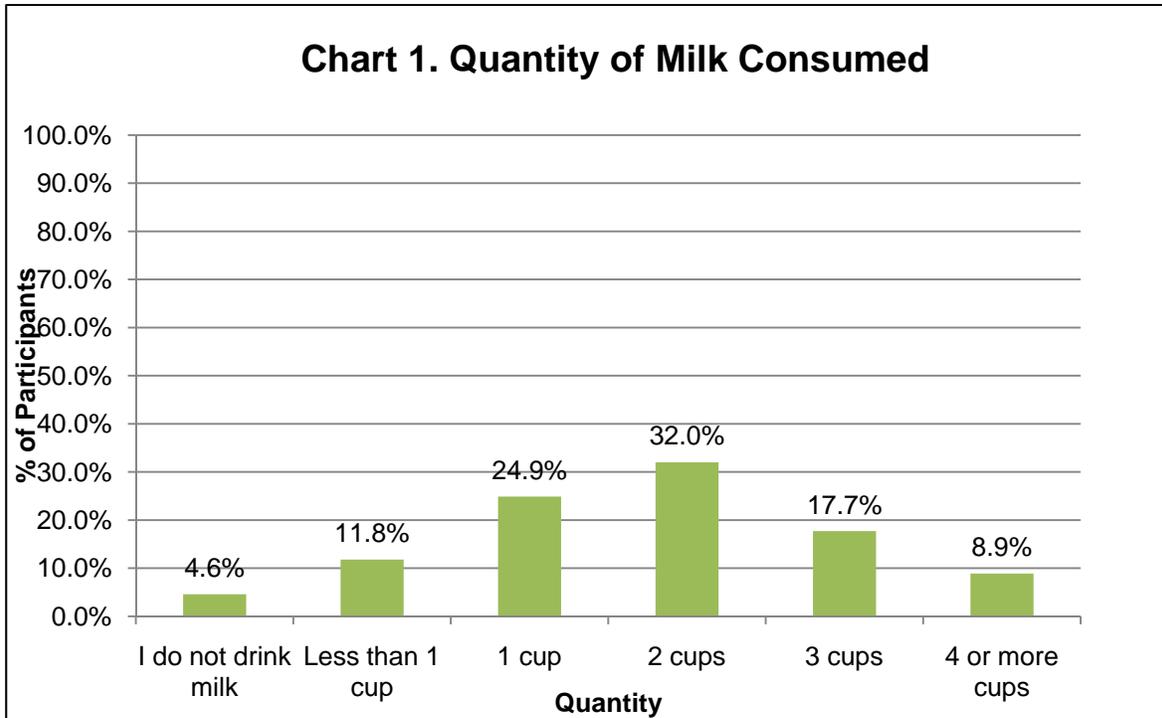
n=23,730

8. What is your race?	# of Participants	%
White, non-Hispanic	9,521	37.7
White, Hispanic	6,922	28.9
Black, non-Hispanic	3,271	13.7
Black, Hispanic	521	2.2
Native American, non-Hispanic	793	3.3
Native American, Hispanic	815	3.4
Pacific Islander, non-Hispanic	309	1.3
Pacific Islander, Hispanic	446	1.9
Asian, non-Hispanic	264	1.1
Asian, Hispanic	366	1.5
Other	1,116	4.7
I do not want to answer	499	2.1

Milk

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?



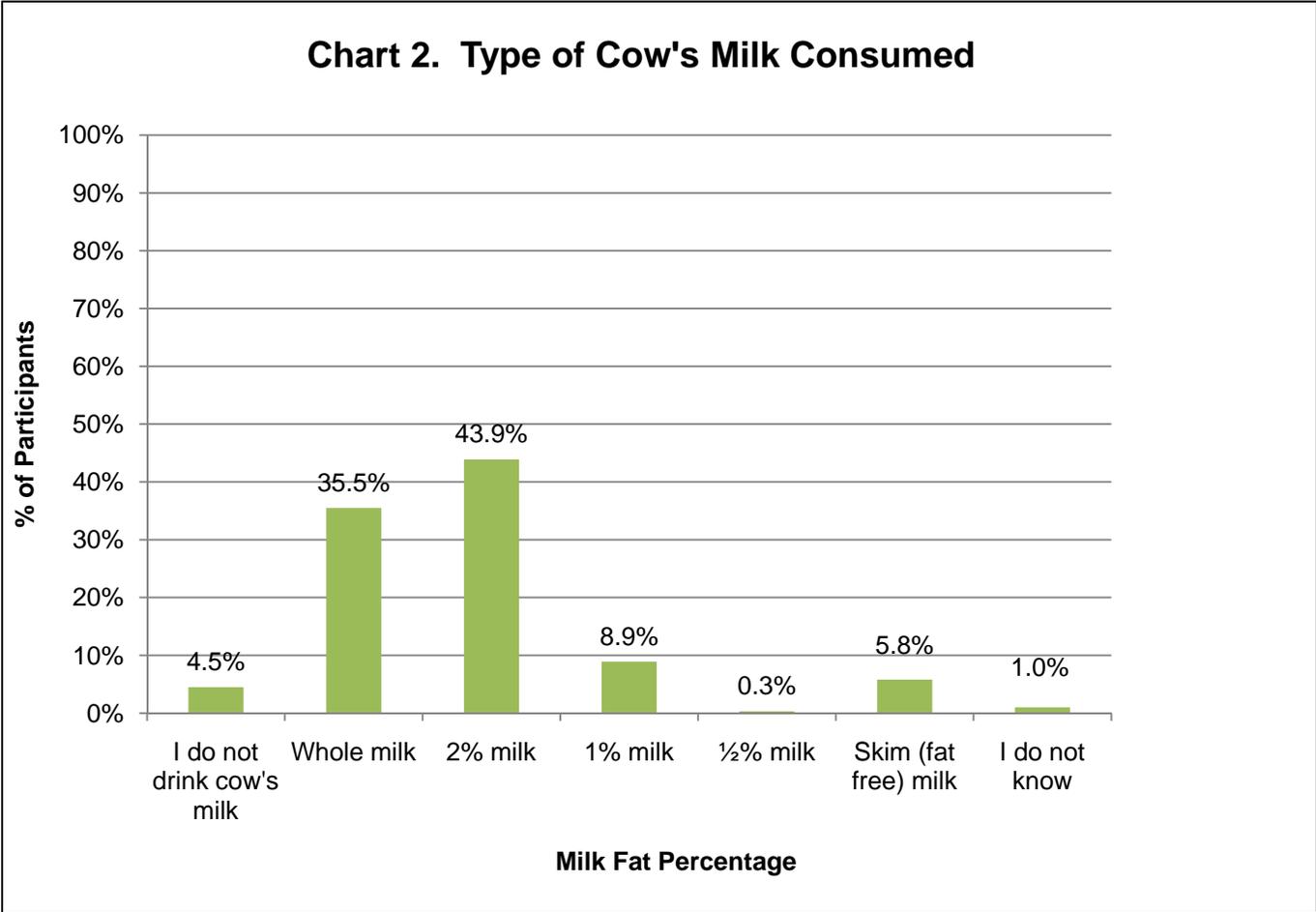
n = 24,176

10. What kind of milk do you drink most often?	# of Participants	%
I do not drink milk	938	4.0
Cow's milk	20,860	89.2
Lactaid or lactose free milk	944	4.0
Soy milk	489	2.1
Goat's milk	41	0.2
Rice milk	103	0.4

n=23,375

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

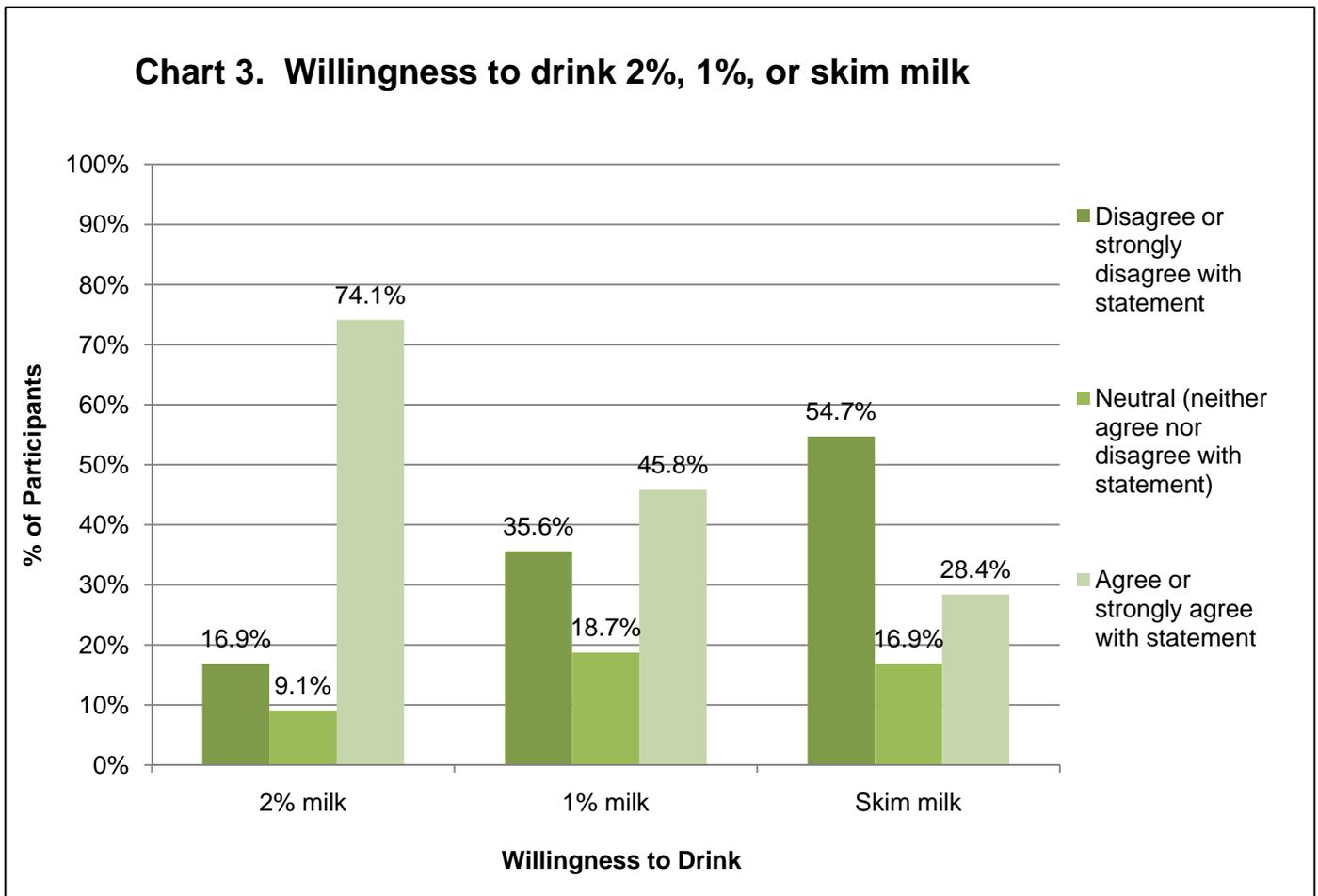
11. What type of cow's milk do you usually drink?



n = 23,114

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 = 22,053 for question 12, n = 21,592 for question 13, and n= 21,675 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 = 24,172	1,907 (7.9%)	6,789 (28.1%)	3,659 (15.1%)	3,428 (14.2%)	3,960 (16.4%)	2,561 (10.6%)	1,868 (7.7%)
Drink soy milk. n = 23,610	21,187 (89.7%)	929 (3.9%)	258 (1.1%)	456 (1.9%)	391 (1.7%)	221 (0.9%)	168 (0.7%)
Drink artificially sweetened drinks such as diet cola, diet soda, or Crystal Light. n = 23,940	11,866 (49.6%)	5,835 (24.4%)	1,624 (6.8%)	2,093 (8.7%)	1,362 (5.7%)	639 (2.7%)	521 (2.2%)
Drink sugar sweetened drinks such as Kool-Aid, soda, cola, sport drinks, or sugar sweetened tea. n = 23,872	5,955 (24.9%)	7,524 (31.5%)	2,857 (12.0%)	2,762 (11.6%)	2,165 (9.1%)	1,290 (5.4%)	1,319 (5.5%)

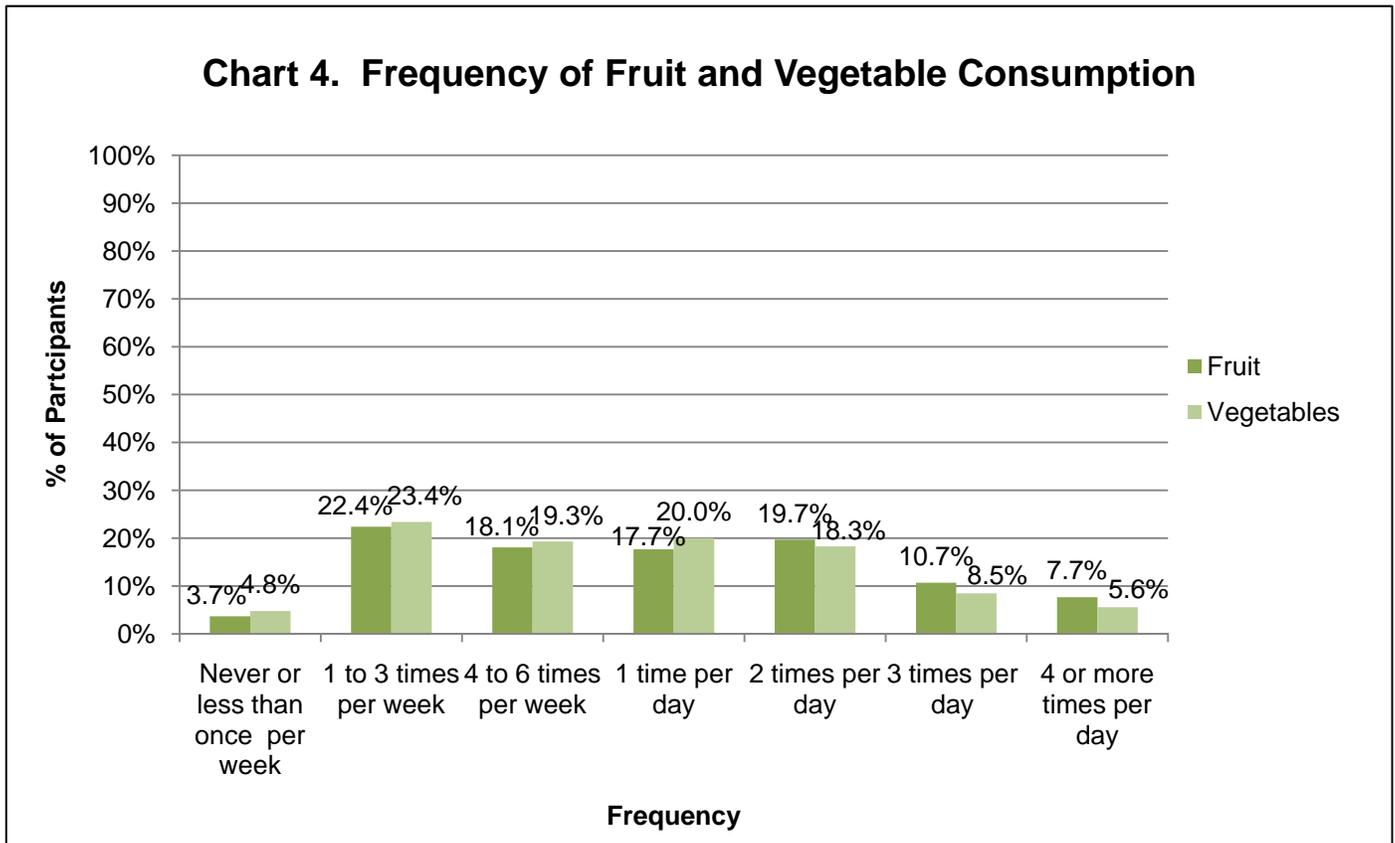
(Note: Percentages taken from total number of participants who responded to each choice.)

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 = 23,685 for question 16 and n = 24,042 for question 17

2009 NATFAN Questionnaire (Fruits and Vegetables)

18. During the past year, which fruits did you usually eat?	Selected	
	# of participants	%
I do not eat fruit	180	0.8
Apples	21,748	85.6
Apricots (fresh)	2,367	9.8
Apricots (dried)	1,315	5.5
Bananas	21,740	85.6
Berries (blueberries, blackberries, raspberries)	7,792	31.3
Melons (cantaloupe, honeydew)	14,809	59.4
Cherries	9,215	37.4
Dates	724	3.0
Figs	1,139	4.8
Grapefruit	6,453	26.5
Grapes	20,797	82.1
Kiwis	7,862	32.0
Lemons or Limes	9,944	40.7
Mangos	10,374	42.7
Nectarines	6,198	25.5
Oranges	19,765	78.2
Papaya	4,549	19.0
Peaches	15,280	60.9
Pears	12,095	48.6
Pineapple	15,592	62.3
Plums	7,577	31.1
Prunes	2,399	10.0
Raisins	7,408	30.0
Rhubarb	778	3.2
Strawberries	19,700	77.7
Tangerines	7,854	32.4
Watermelon	17,759	70.5
Other	487	2.0

2009 NATFAN Questionnaire (Fruits and Vegetables)

19. During the past year, which vegetables did you usually eat?	Selected	
	# of participants	%
I do not eat vegetables	143	0.6
Asparagus	5,655	23.0
Avocados	11,800	47.6
Beets	2,614	10.8
Broccoli	19,198	76.0
Brussels Sprouts	2,690	11.2
Cabbage	13,031	53.1
Carrots	19,704	77.6
Cauliflower	10,282	41.4
Chayote	2,784	11.6
Corn	21,458	84.5
Cucumbers	16,417	65.3
Eggplant	2,363	9.9
Greens (collard, mustard, turnip)	5,130	21.4
Green Beans	17,123	67.8
Green Peas	11,376	45.5
Lettuce (all varieties)	19,915	78.5
Mushrooms	9,140	36.8
Okra	4,175	17.4
Onions	16,284	64.7
Peppers (Bell, green, yellow, orange, red)	12,956	51.7
Potatoes	21,289	83.7
Spinach	8,777	35.5
Summer Squash (yellow, zucchini)	8,053	32.7
Sweet Potatoes	8,752	35.7
Tomatoes	18,786	74.4
Tomatillos	3,939	16.4
Winter Squash (acorn, pumpkin)	4,482	18.4
Other	313	1.3

Grains

Participants who answered questions about grain consumption reported the following:

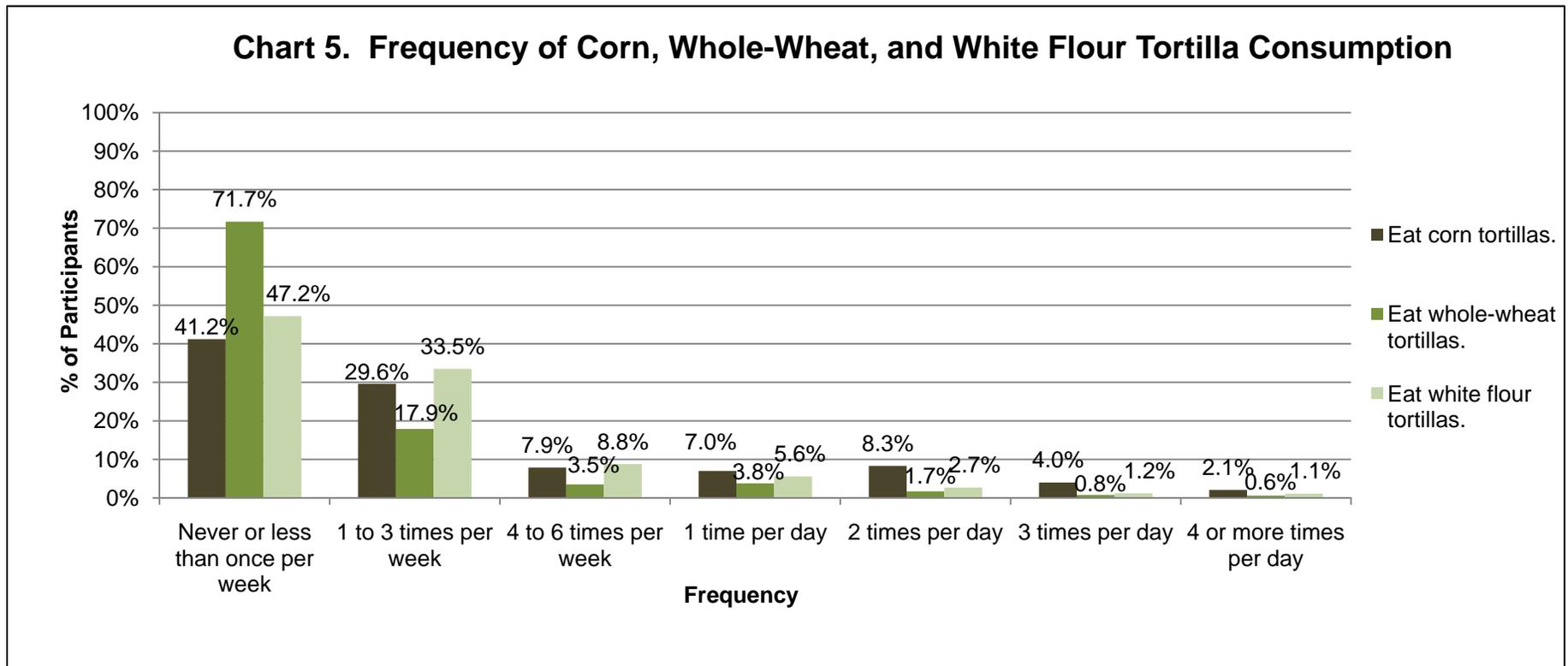
20. How many times do you:	Less than once per week	1 to 3 times per week	4 to 6 times per week	1 time per day	2 times per day	3 times per day	4 or more times per day
	Number (%)						
Eat brown rice. n = 23,743	15,574 (65.6%)	5,093 (21.5%)	1,282 (5.4%)	1,066 (4.5%)	383 (1.6%)	168 (0.7%)	177 (0.7%)
Eat oatmeal. n = 23,962	9,429 (39.3%)	8,391 (35.0%)	2,518 (10.5%)	2,466 (10.3%)	613 (2.6%)	245 (1.0%)	300 (1.3%)
Eat white rice. n = 24,072	6,921 (28.8%)	10,202 (42.4%)	3,138 (13.0%)	1,900 (7.9%)	885 (3.7%)	502 (2.1%)	524 (2.2%)

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?

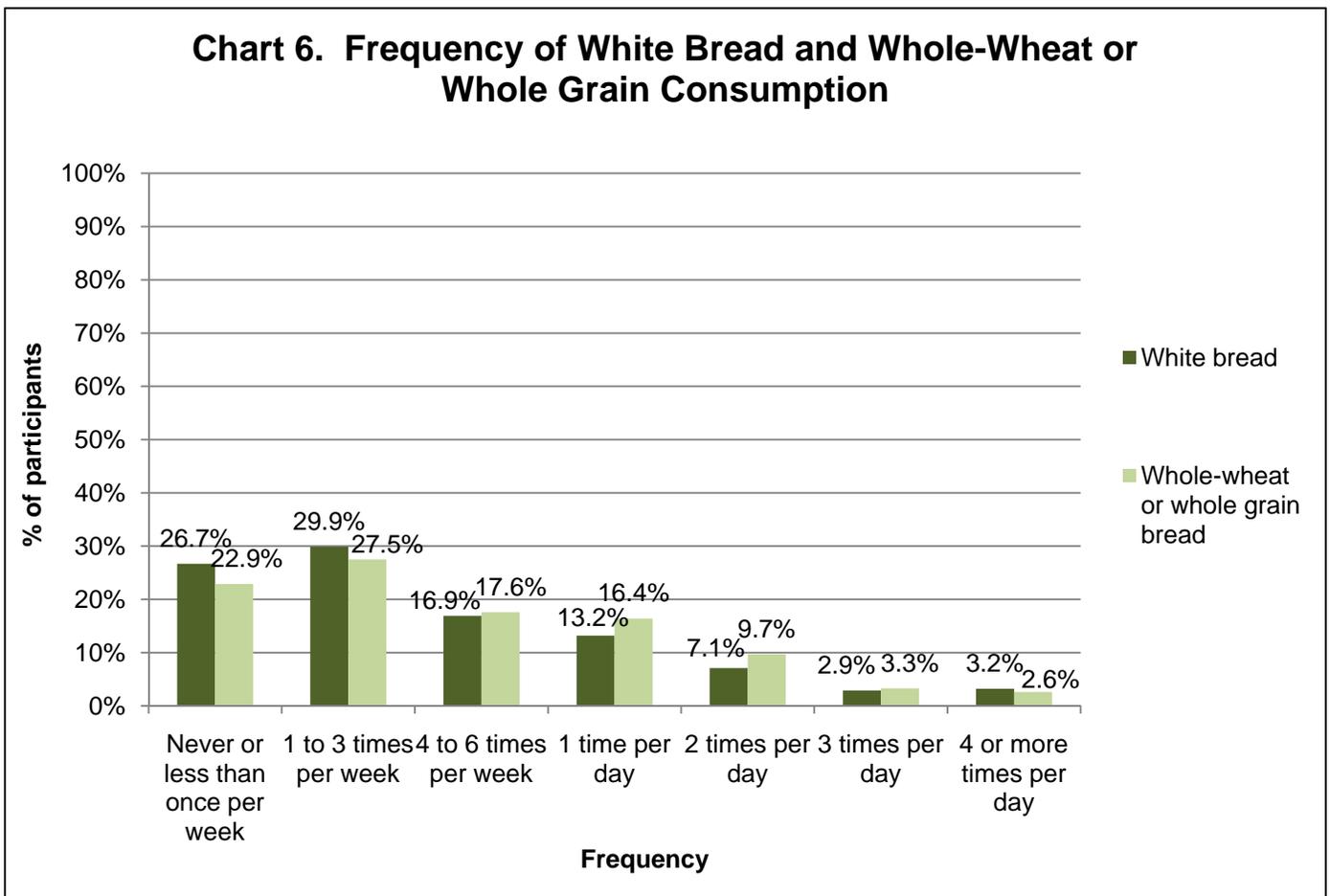


n = 24,087 for question 21, n = 23,558 for question 22, and n= 23,762 for question 23

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 = 24,001 for question 24 and n = 23,852 for question 25