

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

**Total number of participants who completed part or all of the questionnaire: 22,558**

## Table of Contents

Introduction.....	3
Parent/Caregiver Demographic Information .....	4-5
Infant Information.....	6
Breastfeeding Status .....	6-7
Formula Feeding .....	8-10
Milk, Juice, and Sweetened Drinks.....	11-12
Baby Food .....	13-16

## List of Charts

Chart 1: Age of Infant at Breastfeeding Cessation.....	7
Chart 2: Age of Infant at First Formula Feeding.....	8
Chart 3: Frequency of Formula Feeding.....	10
Chart 4: Frequency of Infant Consuming 100% Juice and Other Drinks .....	12
Chart 5: Quantity of Baby Food Fed to Infant Weekly .....	13
Chart 6: Age of Infant at Introduction to Meats, Cereals, and Desserts.....	14
Chart 7: Age of Infant at Introduction to Fruits and Vegetables .....	15

## 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 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 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](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. 77.9% of 20,523 participants had an infant in the household who received WIC foods or formula.
2. 81.0% of 17,888 participants had an infant who received WIC foods or formula in the past 30 days.
3. 97.4% of 19,136 participants were the primary caregiver for the infant.

<b>4. What is your age?</b>	<b># of participants</b>	<b>%</b>
17 or younger	1,619	8.2
18-23	7,530	38.3
24-29	6,092	31.0
30-34	2,632	13.4
35 or older	1,774	9.0

n=19,647

<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	749	3.7
7 <sup>th</sup> to 9 <sup>th</sup> grade	1,507	7.4
10 <sup>th</sup> to 12 <sup>th</sup> grade	3,675	18.1
High School graduate / GED	6,650	32.7
At least some college	7,749	38.1

n=20,330

2009 NATFAN Questionnaire (Parent/Caregiver Demographic Information)

<b>6. What is your race?</b>	<b># of participants</b>	<b>%</b>
White, non-Hispanic	8,733	39.3
White, Hispanic	5,190	24.7
Black, non-Hispanic	3,155	15.1
Black, Hispanic	474	2.3
Native American, non-Hispanic	702	3.4
Native American, Hispanic	504	2.4
Pacific Islander, non-Hispanic	271	1.3
Pacific Islander, Hispanic	132	0.6
Asian, non-Hispanic	498	2.4
Asian, Hispanic	109	0.5
Other	904	4.3
I do not want to answer	585	2.8

<b>7. What language is spoken most often at home?</b>	<b># of participants</b>	<b>%</b>
English	14,390	69.7
Both Spanish and English	2,588	12.5
Spanish	3,320	16.1
Other	348	1.7

n=20,646

## Infant Information

8. How old is your infant?	# of participants	%
Less than 1 month old	2,357	11.9
1 to 2 months old	2,907	14.6
3 to 4 months old	3,642	18.3
5 months old	1,439	7.2
6 months old	2,317	11.7
7 to 8 months old	2,858	14.4
9 to 10 months old	3,162	15.9
11 months old	1,170	5.9

n=19,852

9. 50.2% of 20,086 participants have an infant who is a boy.

10. 49.8% of 20,086 participants have an infant who is a girl.

## Breastfeeding Status

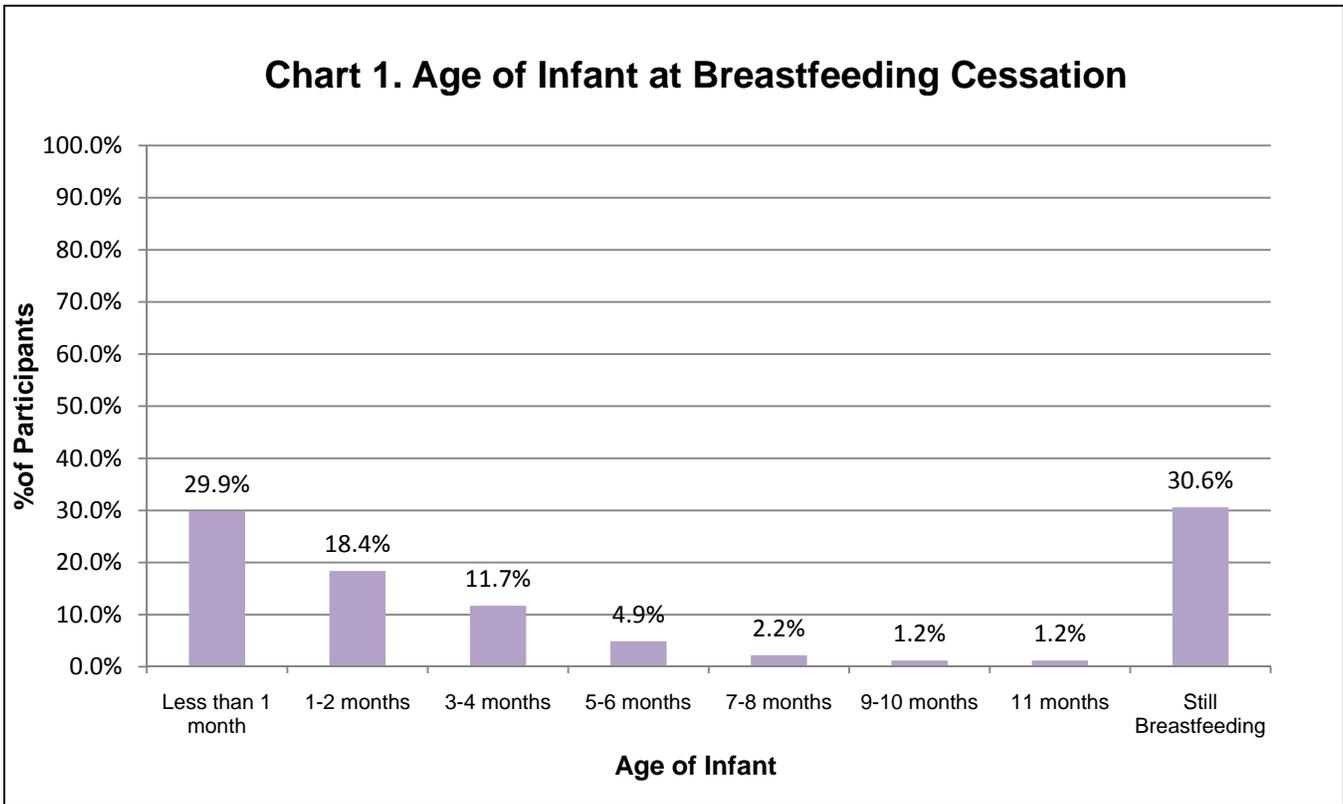
The percentages of participants who answered questions about their breastfeeding status are shown below:

11. 29.8% of 20,416 participants had an infant who was currently breastfed or given breast milk.

12. 68.7% of 20,257 participants had an infant who was breastfed at least one time.

Participants were asked the following question about breastfeeding cessation. The results are shown in Chart 1.

13. What was the age of your infant when you stopped breastfeeding?

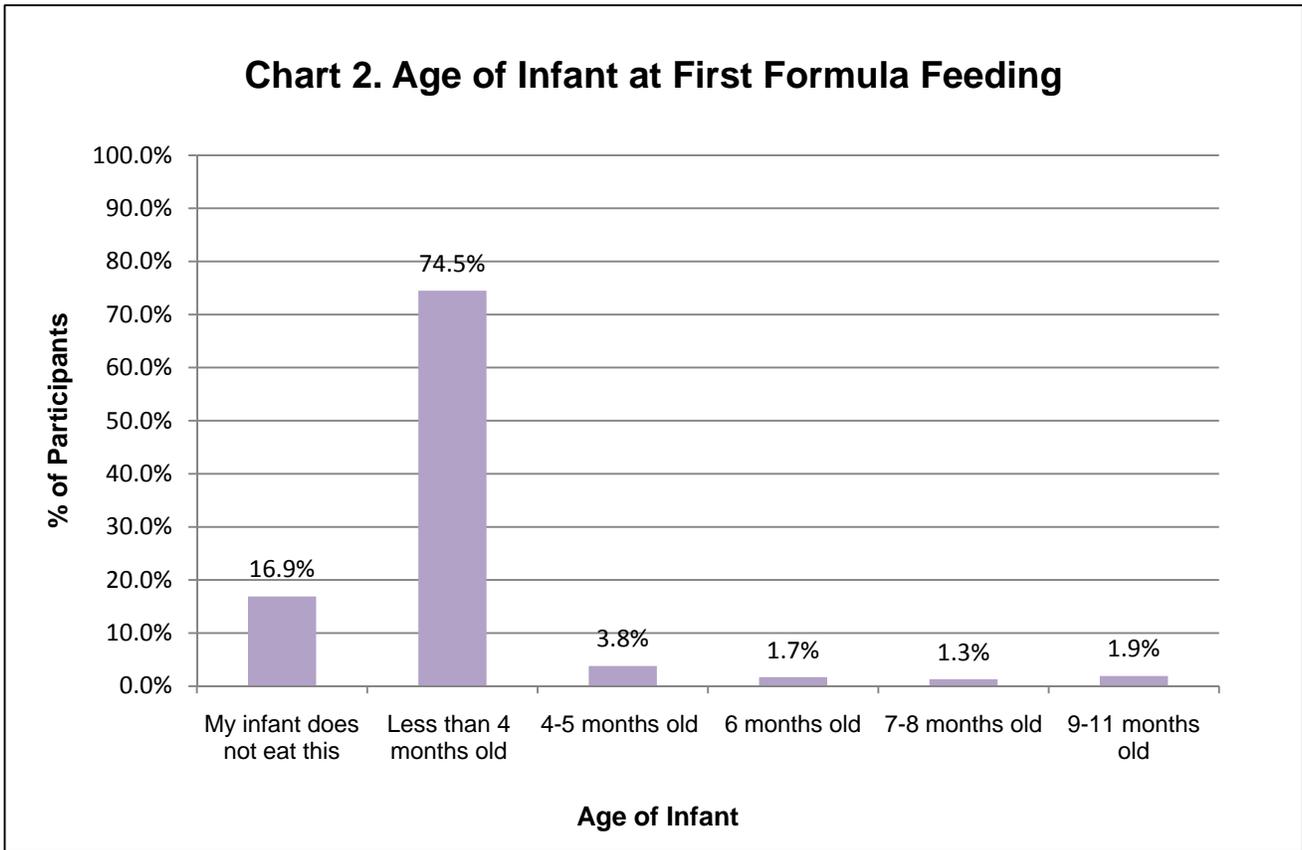


n = 16,005

## Formula Feeding

Participants were asked about formula feeding. One of the questions is listed below with the results in Chart 2.

14. At what age did you first feed your infant formula?



n = 19,089

<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	1,714	8.9
1-2 ounces	1,102	5.7
3-4 ounces	4,798	24.8
5-6 ounces	6,482	33.5
7-8 ounces	4,646	24.0
9 or more ounces	579	3.0

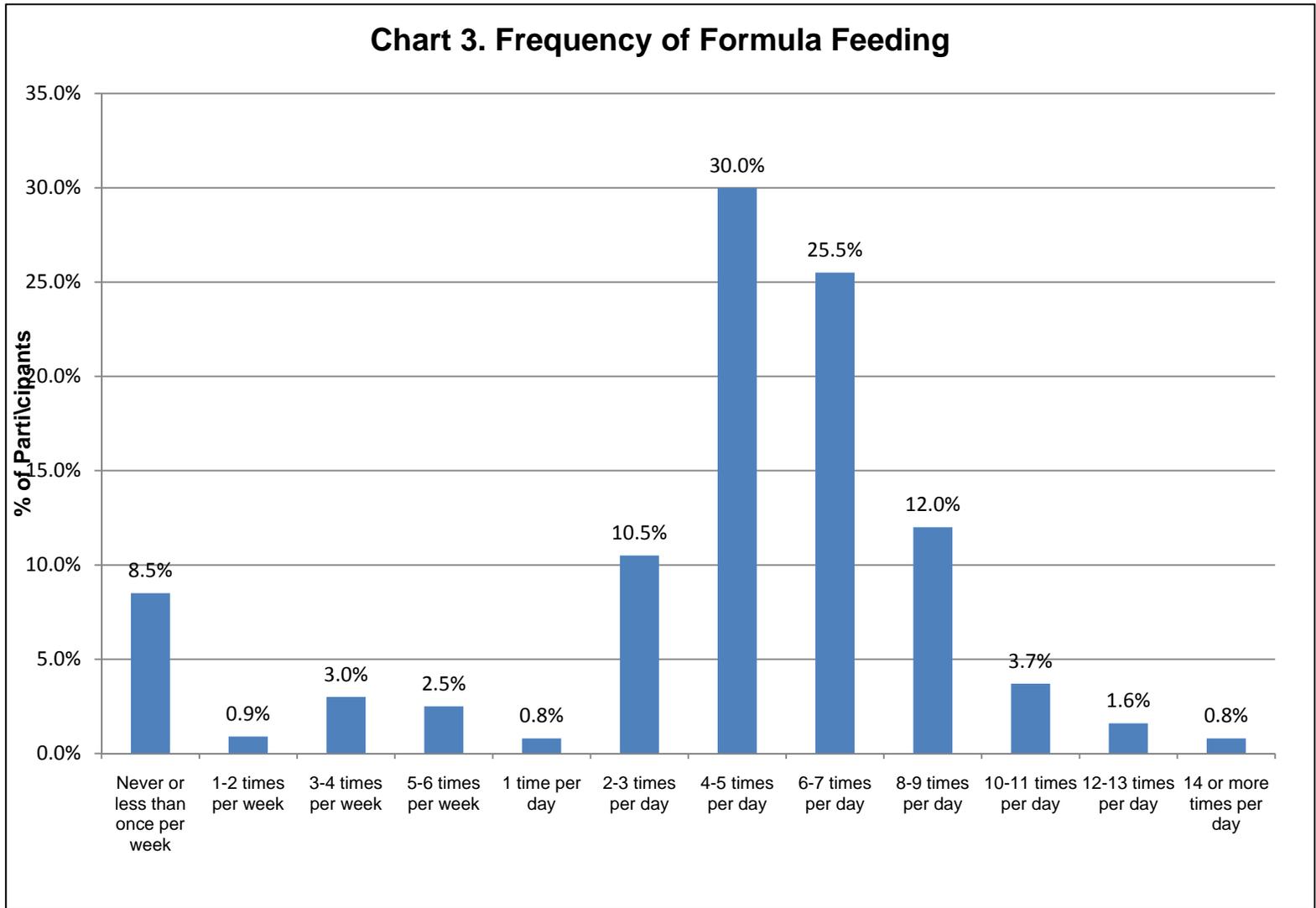
n=19,321

<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	4,300	22.0
I buy or am given additional formula	11,212	57.5
I add extra milk to the formula	91	0.5
I add extra cereal to the formula	521	2.7
I add extra water to the formula	149	0.8
I try to give more breast milk	721	3.7
I breastfeed my infant	770	3.9
My infant does not drink formula	1,750	9.0

n=19,514

Participants were asked about the frequency of formula feeding with the question below. The results are shown in Chart 3.

17. How often does your infant drink formula?



n = 19,159

**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=19,520	16,214 (83.1%)	587 (3.0%)	306 (1.6%)	209 (1.1%)	249 (1.3%)	374 (1.9%)	1,581 (8.1%)
Drink soy milk. n=19,262	18,212 (94.5%)	111 (0.6%)	81 (0.4%)	51 (0.3%)	47 (0.2%)	83 (0.4%)	677 (3.5%)

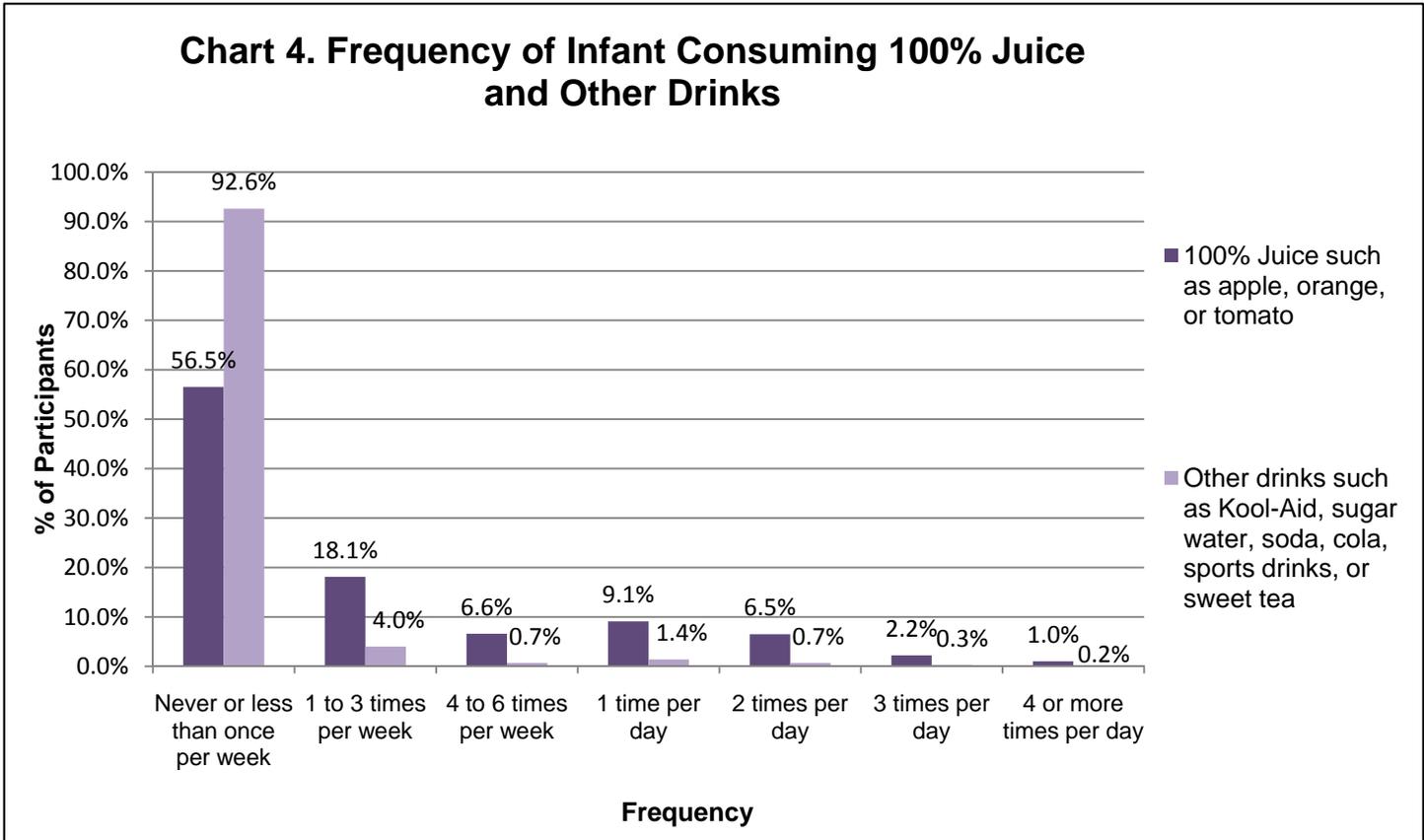
19. The age at which the following fluids were first fed to your infant:	My infant does not eat this	Less than 4 months old	4 to 5 months old	6 months old	7 to 8 months old	9 to 11 months old
	Number (%)					
100% juice such as apple, orange, or tomato. n=19,153	9,856 (51.5%)	1,480 (7.7%)	3,022 (15.8%)	3,038 (15.9%)	1,311 (6.8%)	446 (2.3%)
Regular milk. n=18,896	16,897 (89.4%)	259 (1.4%)	127 (0.7%)	169 (0.9%)	279 (1.5%)	1,165 (6.2%)
All other drinks such as Kool-Aid, soda, cola, sport drinks, tea, sugar water, or diet drinks. n=19,168	17,382 (90.7%)	231 (1.2%)	211 (1.1%)	285 (1.5%)	405 (2.1%)	654 (3.4%)

**Baby Food**

Participants were asked the following two questions about the frequency of their infant consuming different beverages. The results are shown in Chart 4.

20. How often does your infant drink 100% juice such as apple, orange, or tomato juice?

21. How often does your infant drink other drinks such as Kool-Aid, sugar water, soda, cola, sports drinks, or sweet tea?



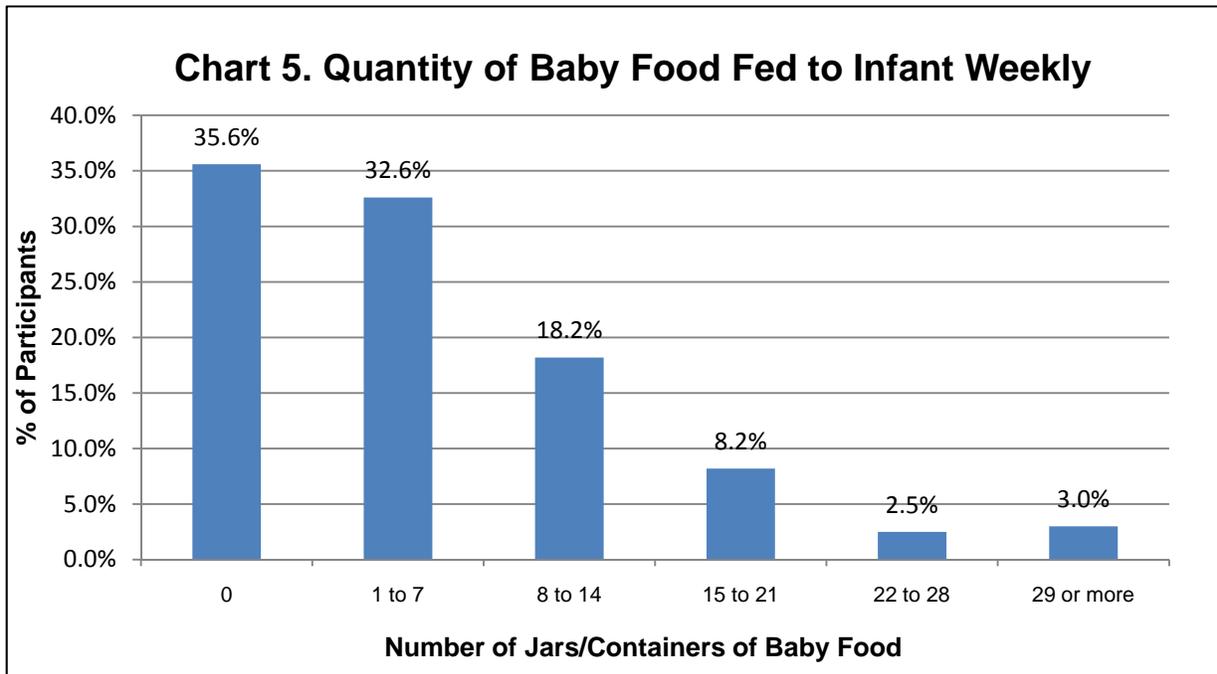
n = 19,568 for question 20 and n = 19,331 for question 21

22. What kinds of baby food do you feed your infant?	# of participants	%
I do not feed my infant jars/containers of baby food	7,674	36.3
Fruits	9,981	47.0
Vegetables	9,506	44.7
Cereal	10,168	47.8
Meats	3,838	18.2
Dinners	3,995	19.0
Dessert	3,065	14.6
Others	867	4.2

n=20,839

Participants were asked about the amount of baby food fed to their infant weekly. The question is stated below. The results are shown in Chart 5.

23. How many jars/containers of baby food do you feed your infant in an average week?



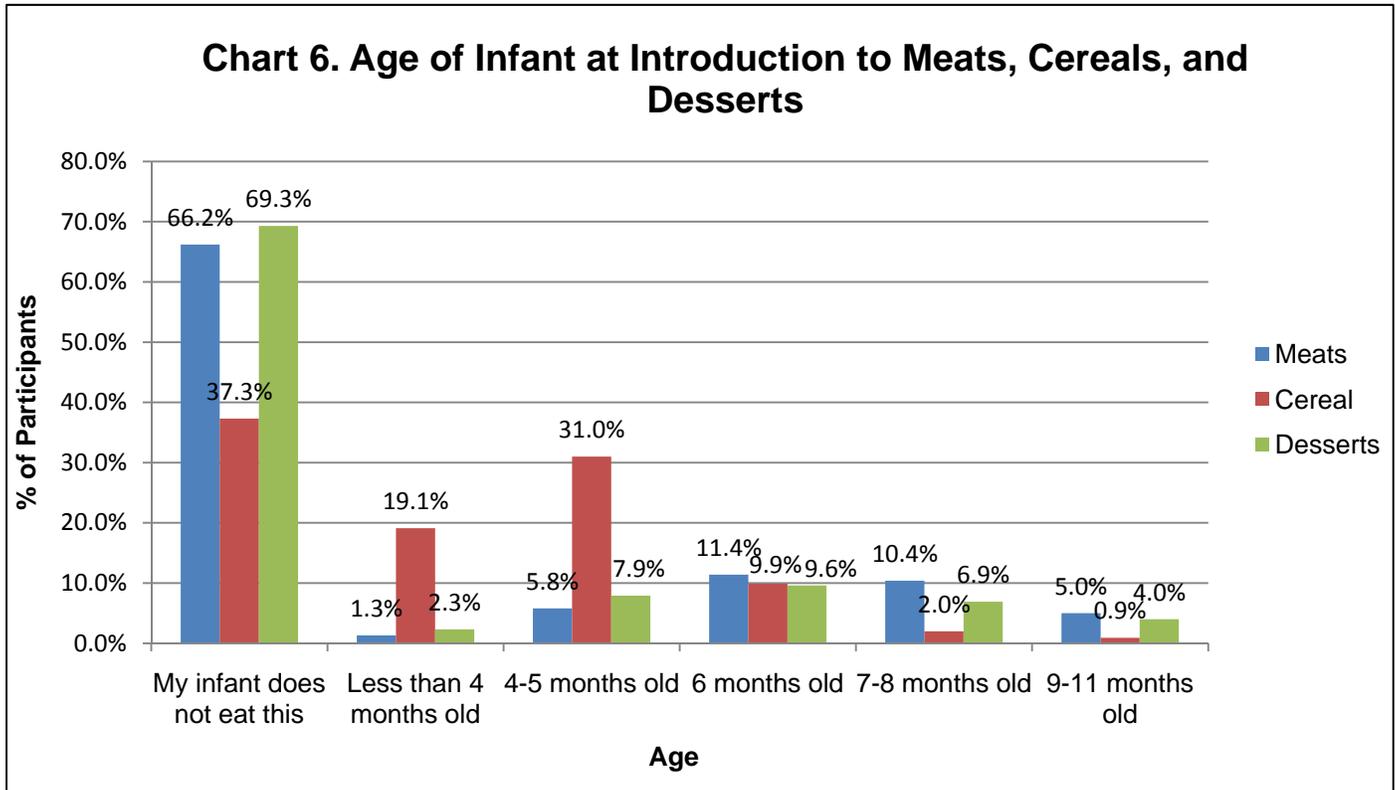
n = 14,739

Participants were asked about the age at which they first fed their infant certain types of food. The questions are stated above Chart 6 and Chart 7.

24. At what age did you first feed your infant meats?

25. At what age did you first feed your infant cereal?

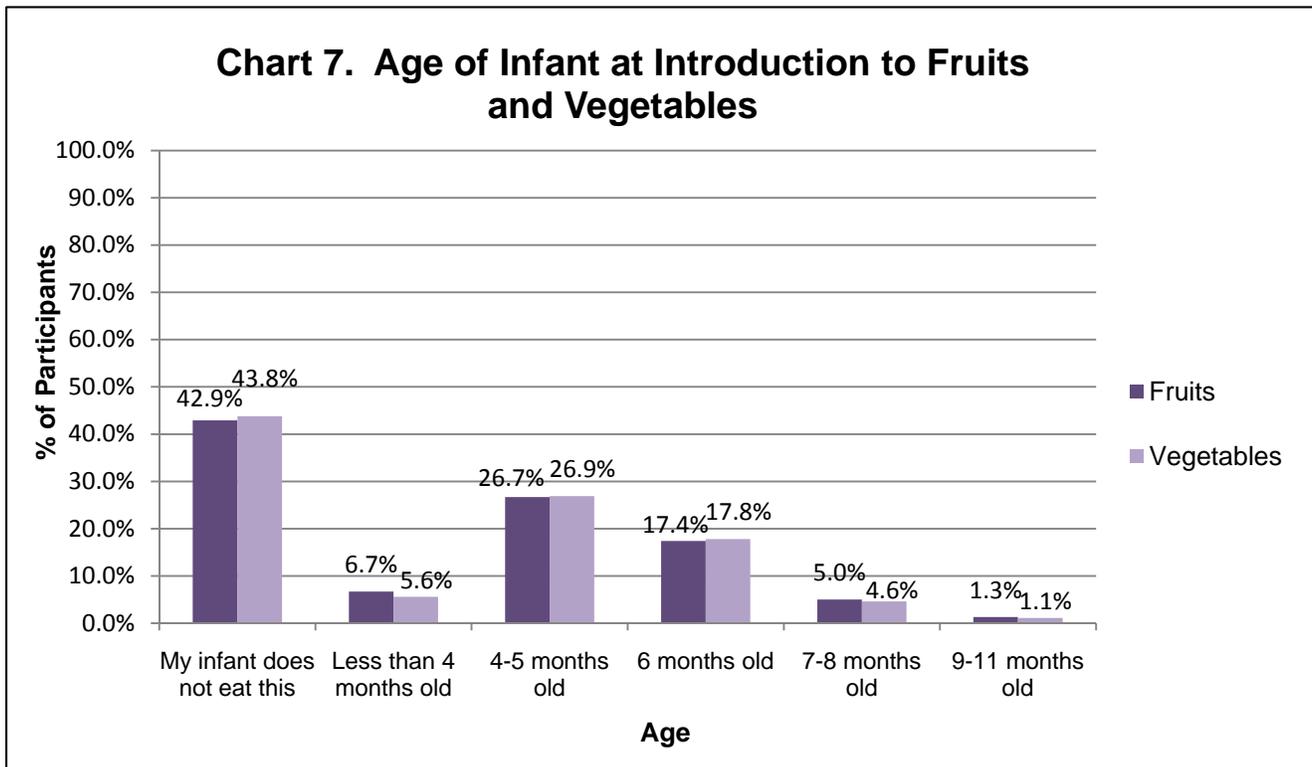
26. At what age did you first feed your infant desserts?



n = 18,987 for question 24, n = 19,449 for question 25, and n = 18,787 for question 26.

27. At what age did you first feed your infant fruit?

28. At what age did you first feed your infant vegetables?



n = 19,329 for question 27 and n = 19,414 for question 28

2009 NATFAN Questionnaire (Baby Food)

29. 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=19,519	8,326 (42.7%)	2,564 (13.1%)	1,828 (9.4%)	3,296 (16.9%)	2,200 (11.3%)	692 (3.5%)	613 (3.1%)
Eat fruits. n=19,492	9,141 (46.9%)	2,181 (11.2%)	1,691 (8.7%)	2,776 (14.2%)	2,539 (13.0%)	825 (4.2%)	339 (1.7%)
Eat vegetables. n=19,503	9,409 (48.2%)	1,982 (10.2%)	1,714 (8.8%)	2,871 (14.7%)	2,480 (12.7%)	735 (3.8%)	312 (1.6%)
Eat meat. n=19,225	13,640 (70.9%)	1,712 (8.9%)	808 (4.2%)	1,809 (9.4%)	903 (4.7%)	226 (1.2%)	127 (0.7%)
Eat desserts. n=19,265	14,436 (74.9%)	2,094 (10.9%)	683 (3.5%)	1,331 (6.9%)	465 (2.4%)	145 (0.8%)	111 (0.6%)