

**Title of Project:** WIC Internet Classes  
**Agency Name:** Mohave County WIC  
**State:** Arizona  
**Key Word Descriptors:** One on one education

**Project:**

This program was developed to meet the changing needs of our clinics and participants. Arizona is converting to an automation system. In order to ensure each participant received quality nutrition education during this time of conversion, interactive WEB based nutrition classes were developed. The participant logged in the client number. The participants benefit by being able to complete their education without having to be concerned with time constraints, transportation and child care issues. WIC benefits by being able to provide an alternative form for nutrition classes.

**Results of Project:**

Mohave WIC was able to continue providing quality nutrition education as they piloted the new automative system. 16 % of the participants (two months after project initiation, which represents 1 client contact about website) participated in the Internet classes countywide. 96% of the participants who took the class preferred WIC facilitate education classes on the Internet rather than a classroom setting in the clinic. 74% of the participants own their own computer.

The reasons the participants choose the classes on the Internet were:

Could complete the class on own time	45%
Child care issues	22%
More nutrition topics to choose from	10%
Other	8%
I didn't have transportation	7%
I felt uncomfortable in the classroom	5%

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