

**Bay Area Clean Water Agencies (BACWA)
Mercury/PCB Watershed Permit Risk Reduction Compliance Grant 2018-2019**

APA Family Support Services/ APIFRN FINAL REPORT
“API SF Bay Fish Education and Engagement Project”

Date: September 30, 2019

Final Report: Description of the work performed

(Re: 03/1/2019-08/31/2019)

The “*API SF Bay Fish Education & Engagement Project*” has been significant in supporting our efforts to 1) promote awareness and understanding of fish consumption advisories, contamination issues, or health risks and benefits associated with eating San Francisco Bay fish; 2) and engage the community to reduce human exposure to mercury and PCBs from eating San Francisco Bay fish. The project involves educating consumers about the risks and benefits of SF Bay fish consumption and engaging them to take on a responsive attitude and action in addressing health effects; through (a) bilingual educational workshop (b) case management (c) and community forums.

Community Forums & Project Assessment; Staff Meetings, Project Reporting.

We held three community forums to highlight SF Bay Fish Education in conjunction with our agency’s CBOs collaborative event for the community. The first forum was held during the Children’s Day event on April 19, 2019, where we brought awareness to child abuse prevention month and resources that promote children’s health. The second forum was held in collaboration with Sutter Health’s California Pacific Medical Center and San Francisco Recreation and Park for our annual Community Family Day on June 7th, 2019 and most recently, our Back to School Health and Wellness Event on August 9th, 2019 with Dr. Jennifer Hsu from Chinese Community Health Care Association to facilitate a “Pediatrician Health Talk” with pregnant and new moms that included the discussion on nutrition and maintaining family’s health. Participants received bilingual information, including the SF Bay Fish Consumption Advisory Guide. These forums allow us to gather feedback on the results of the community workshops’ pre and post-tests from the first half of the project.

We also had two meetings with community partners and our eight community liaisons, assisting in-kindly on the project. We decided we wanted to gather more info from the community forum participants. One of the themes that raise more questions about our case management participants choices and the project’s community forum discussion topic was the linkage, if any, between healthy food choices- including consumption of “potentially” contaminated fish or high consumption of accessible fish and food security. The other concern

we want to explore was what we could do to help families connect to resources, like CalFresh, Food Pantries, and other Food voucher programs. We develop a health and wellness population screening tool that included the workshops' pre and post-test questions as well as some demographic inquiries to help us understand who are the population at risk, in need, and how we can better align our work with existing resources to build healthy families and children.

Our findings from the 178 collected questionnaire tell us the participants that eat SF Bay Fish are low income; for example, families of five with at least two adults in the household would have a household income that falls between \$13,521-\$43,100. We find that many families would and could qualify for CalFresh but prefer to not apply because of their housing situation and residency status (due to sponsorship status or someone in the family is in the process of applying for citizenship, and they don't want to jeopardize it by reporting their "public charge"). Only 50% of the participants that reported Bay fish consumers, and are pregnant or have someone in their household pregnant are receiving WIC or CalFresh or receiving another type of food voucher or participate in other community food program. We find that 50% of the participants reported they worried about their food running out and 73% of the participants reported that the food they bought didn't last.

Engagement: Case Management.

We had continued to follow-up and assess the 28 out of the 35 participants that were recruited in the first half of the project for engagement-case management. Seven of the initially recruited participants had moved out of the San Francisco Bay Area, including 3 participants left-back to China and 2 of the participants left to the Philippines. We also enrolled and follow-up with three new Thai participants this reporting period. In total, we served 38 participants for engagement case management services. In summary, all 38 participants selected for case management indicated moderate to high amount of SF Bay Fish consumption. (Eating more servings of SF Bay Fish per week and the type of fish more contaminated as indicated in the SF Bay Fish Consumption Guide.) Including the three new participants, our case manager help, 29 out of 38 of the participants/families sign up for WIC, CalFresh, or food pantry and another food program. We also connected the participants to our ongoing case management services to assist the families in continuing to work on their service plans for family self-sufficiency. Our case manager will maintain and continue supporting 12 of the participants in this project internally as case management using another source of funding. Our case manager is helping these 12 participants and their families with other needs including housing application, employment assistance support, naturalization, and postpartum support, including accompanying participants to doctor appointments. Twenty of the participants are connected to our food pantry and hygiene pantry program (provided by SF Food Bank and Mothers against Poverty) and to our Diaper Bank (provided by Help a Mother Out and SF Human Services Agency/CalWorks).

Bay Fish Consumption Educational Workshop

We served 661 community members in our workshops. We were able to integrate SF Bay Fish Advisory Guide information and learning activity to our Healthy Living Support Groups, Prenatal Workshops, and Child Development Classes. Although 661 signed in, we only received 415 complete pre and post-tests. The results are reflected below. For this project, we enrolled a total of 1515 participants for our workshops.

Workshops Pre-test and Post-test Results: N= 1076 SURVEYS

- 1) **PRE-TEST:** 28% of participants know which type of fish that women age 18-45y/o and children 1-17 y/o can eat 2 servings per week. **POST-TEST:** 90% of participants learn/know which type of fish that women age 18-45y/o and children 1-17 y/o can eat 2 servings per week.
- 2) **PRE-TEST:** 79% of participants know that developing fetus is sensitive to the harmful effects of mercury and PCBs. **POST-TEST:** 98% of participants learn/know that developing fetus is sensitive to the harmful effects of mercury and PCBs.
- 3) **PRE-TEST:** 25% of participants know the correct servings amount that women over 45 and men over 17 can safely eat from San Francisco Bay. **POST-TEST:** 87% of participants learn/know the correct servings amount that women over 45 and men over 17 can safely eat from San Francisco Bay.
- 4) **PRE-TEST:** 27% of participants know the type of fish that has low levels of contaminants, high levels of omega-3, and can be eaten 2 times per week. **POST-TEST:** 89% of participants learn/know the type of fish that has low levels of contaminants, high levels of omega-3, and can be eaten 2 times per week.
- 5) **PRE-TEST:** 25% of participants know the type of fish that shouldn't be eaten by anyone from SF Bay. **POSTTEST:** 89% of participants learn/know the type of fish that shouldn't be eaten by anyone from SF Bay.
- 6) **PRE-TEST:** 34% of participants know how to prepare fish to reduce the amount of PCBS. **POST-TEST:** 95% of participants learn/know how to prepare fish to reduce the amount of PCBS.
- 7) **PRE-TEST:** 70% of participants know how to protect children by choosing less toxic products, eating the right foods, and keeping the air free of pollutants. **POST-TEST:** 98% of participants learn/know how to protect children by choosing less toxic products, eating the right foods, and keeping the air free of pollutants.
- 8) **PRE-TEST:** 43% of participants know the effect of lead poison to health, learning ability and behavior. **POSTTEST:** 97% of participants learn/know the effect of lead poison to health, learning ability and behavior.

9) **PRE-TEST:** 59% of participants know where lead can be found in the environment and where people may have daily contact. **POST-TEST:** 99% of participants learn/know where lead can be found in the environment and where people may have daily contact.

Participants in our health education and fish workshops, show improvement in their knowledge and understanding comparing their post-test results with their pretest results. Participants share they learn how to make better choices in preparing, portioning (servings), and consuming not only fish but also other food; which improve their health overall for their family.

The results from the assessment show that participants have increased knowledge on how to reduce their exposure to chemicals from eating SF Bay fish as well as identify the practices recommended as safer choices. We believe that consistent cultural education, follow-ups, discussion, and supportive options (identify other fish substitutes (instead of perch...substitute with salmon), assist in application of food vouchers and food pantries, linkages to health resources) will promote better attitude and a change in practice.

Services	Grant Target	Progress Report (9/1/18-2/28/19) Numbers	Final Report (3/1/19-8/31/19) Numbers	Total (Year to Date)
Workshops	1,500 participants	854 participants	661 participants	1515 participants (1076 consumers completed pre and post-assessment)
Case Management	40 at-risk or high-risk API SF Bay fish consumers	35 API SF Bay fish consumers	3 API SF Bay fish consumers	38 API SF Bay fish consumers. (31 consumers completed final assessment)
Community Forums	12	10 Community Forum	3 Community Forum	13 Forum
Quarterly Meetings	4	2 Meetings	2 Meetings	4 Meetings

Summary of Accomplishments

We reached 1515 participants for workshops and collected 1076 pre and post-tests. Although, we wish we could have received/collected 1515 pre and post-test. We are still content with 71% or 1,076 of the surveys received. We had 193 surveys that we did not include the results in the pre and post summary results because it was only a pre-test or a post-test that we

received and not both. From the 193 surveys, 131 of the survey had two or more of the questions not answered by participants.

For Case Management, we served 38 API SF Bay Consumers. Thirty of these participants were new or pregnant moms when they were enrolled in case management services. These participants were visited in their homes or at one of our centers in San Francisco to inquire about their consumption habits and behavior after participating in one of our workshops. These participants were also invited to take part in our community forums. Thirty-one of the participants were able to complete the final assessment. The final assessment tells us that change requires family and community support, consistent routine and resources or options (i.e. food bag and food vouchers) to make healthy choices. The final assessment also indicates that the consumption of SF Bay fish reduces. However, participants commented various factors that influence reduction: Some comments include: “Husbands reduce fishing activities, less fish caught in the Bay, concerns with unclean Bay water, Safety concerns in going out fishing, and high cost of fish to buy and to eat.” Some participants reported their living situation change, and are living in SRO (Single Room Occupancy), or shelter, or with other relatives that prevent them from have the flexibility to cook and prepare fish as they wanted.

Community forums allow us to explore and inquire about more info from our workshop participants. Meetings allow providers and us to do a roundtable discussion on community needs, trends and how we can continue to advocate for families. Through this project, we learn how to better engage the community and advocate on issues for the community is by involving them in the planning and implementation of service activities. We plan to seek out future funding opportunities to continue our efforts but will continue to incorporate the topic in our service activities. Thank you for your support on behalf of our agency, community and the participants served through this funding project.