

APA Family Support Services

“API SF Bay Fish Education and Engagement Project”



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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

(a) bilingual educational workshop (b) case management (c) and community forums

Community Forum: 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. Invited Public Health Nurses to consult with clients/community members.



Engagement: Case Management.

We had continued to follow-up and assess the 38 participants situation. 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.)

Bay Fish Consumption Educational Workshop

We served 1515 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 1515 signed in, we only received 1076 complete pre and post-tests.



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.

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.

SURVEY FINDINGS and What's next....

178 collected questionnaire tell us the participants that eat SF Bay Fish are low income;
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.

