



Supporting the Community Voice

Public Health supported the CHAs' involvement in the Community Steering Committee (CSC) and found:

- CHAs continued to raise awareness about the program by:
 - Tabling at different community events
 - Hosting dinners and backyard gatherings with family, friends and neighbors
- Because of what they've learned in this program, CHAs are:
 - Asking family and friends who gift them seafood where it came from before accepting it
 - Eating salmon and changing their fish consumption to a healthier amount per month
- CHAs hope to see lasting impacts of the work they are doing in the community in several ways:
 - All community members know and have in-language information about the contamination and to only consume salmon from the Duwamish
 - Community members know they can reach out to CHAs to share their concerns throughout the Duwamish clean up (relationship building)
 - a younger generation is empowered to use their voice and be at the decision table

1810 CHA hours
spent informing agency
decision-makers

4 Community
Steering Committee

"Before the program, I didn't eat salmon, I didn't like it. Since now we are trying different recipes and we also have the mom's group, I feel that I eat more salmon and now I like it."

- CHA team member



GAL team and Agents of Change at summer event

"If there is anything they [community members] want to talk about regarding [Duwamish project] they can talk to us [CHAs] about that so we can help escalate their voices."

- CORE team member



CHAs at April CSC during team building activity

3 DESC Meetings

Public Health also convened a Duwamish Evaluation Steering Committee (DESC) of CHAs who were identified by their teammates. The DESC consists of 9 members between CHAs, Public Health and EPA. In 2023, DESC members served on the selection committee to select a Cumulative Impact evaluator that will start 2024.

ANNUAL PROGRAM FACT SHEET

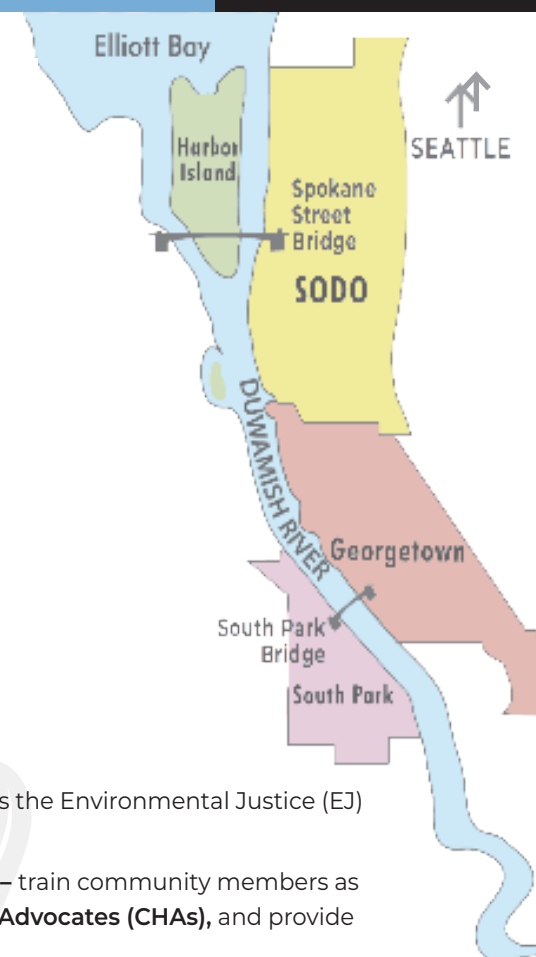
2023

FUN TO CATCH TOXIC TO EAT

THE ONLY DUWAMISH SEAFOOD SAFE TO EAT IS SALMON
Loại hải sản an toàn nhất để ăn từ sông Duwamish là cá hồi
El único pescado del río Duwamish que es seguro para comer es el salmon
មានតែត្រីសាសមុនមួយគត់ដែលមានសុវត្ថិភាពសម្រាប់បរិភោគពីស្ទឹងឌូវ៉ាមីស



Public Health
Seattle & King County



Program Overview

The U.S. Environmental Protection Agency's (EPA) Fun to Catch, Toxic to Eat Program for the Lower Duwamish Waterway (LDW) Superfund Site uses innovative community-based approaches to promote safe seafood consumption. The goal is to promote culturally appropriate healthy actions that protect the health and wellbeing of fishing communities, especially pregnant women, nursing moms and young children, from the contaminated seafood in the LDW Superfund Site throughout the cleanup.

Pollution disproportionately impacts immigrant and refugee fishing communities. The health warning signs have not been effective in reaching fishers with limited English proficiency. Many fishers come from South/West Seattle and South King County.

Public Health - Seattle & King County (Public Health) leads this program on behalf of the EPA. Launched in 2017, this program focuses on developing the EPA's Institutional Controls (IC) for safe seafood consumption as part of the LDW Superfund Cleanup plan.

This program reflects the Environmental Justice (EJ) principles of:

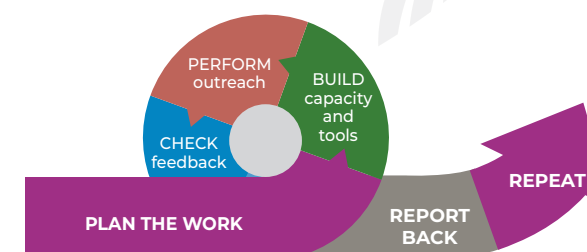
- Capacity Building** – train community members as **Community Health Advocates (CHAs)**, and provide community grants.
- Meaningful Involvement** – design tools and plans with community input.
- Empowerment** – support the community's voice in decision-making.

In 2023, Public Health marked the 2nd year of its 7-year Cooperative Agreement with EPA to continue the implementation of the Fun to Catch, Toxic to Eat Program. Public Health collaborated with the CHA groups to provide training and capacity building for new team members and partners. The introduction of new teams has brought reinvigorating energy to all the CHA groups. In addition, ECOSS conducted a pilot for a youth/school-based strategy.



Laos team conducting fishing excursion in Luther Burbank Park with youth program participants

Community Informs All Stages



In 2023, Public Health Partnered with:



PROGRAM CONTACTS

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www.kingcounty.gov/duwamish-fishing



PHOTO CREDITS: Public Health



Building community capacity

Public Health staff continued to provide training and technical assistance to the CHA teams and community partners based on their needs. With four multicultural teams going strong, CHAs continue growing their knowledge, confidence, skills, and empowerment.

2793 CHA hours

spent on team building and continued training with Team Leads and Public Health

"The program was meaningful because I live next to the river, I learned about the history of the river, how it became a superfund site, and what is safe to eat. I have been able to share this information with close family members and even my peers."

-Youth program participant

Youth Strategy



Fun to Catch, Toxic to Eat piloted its first-ever youth strategy alongside ECOS May – July of 2023. Lessons learned and feedback from youth will be gathered and analyzed to solidify a youth strategy in 2024-2025.



Agents of Change (Youth Pilot Program participants) showing off their certification of completion



New Vietnamese CHAs during Curriculum training



GAL and Laos CHAs role playing outreach at training



Raising community awareness



Various teams conducting outreach activities

84 outreach activities

at homes, fishing piers, community kitchens, farms, festivals, and health fairs

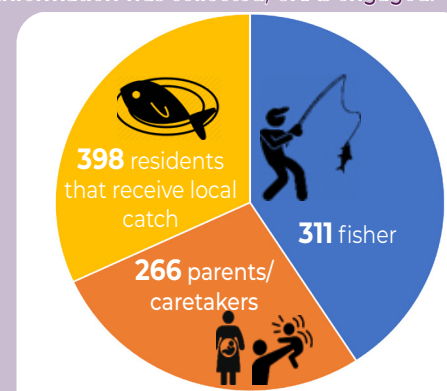
850

community members reached

2440

CHA hours spent planning and conducting outreach

Of the 67 events where demographic information was collected, CHAs engaged:



"We appreciated the information about the Fun to Catch, Toxic to Eat Program. We love the Duwamish River because we have been fishing and harvesting seafood from this region for over 25 years. I'm glad you are talking about health and eating fish to our Laotian families."

-Laotian Community member



Designing IC strategies and tools with community

Public Health worked with the CHAs to implement the Duwamish Fishing Club and the Mom's Workshops strategies. With the other teams' help, the Laos team conducted their first Duwamish Fishing Club and Mom's Workshops activities. These strategies help promote healthy fishing at alternative sites, fishing only salmon in the Duwamish River, and making healthy seafood choices for consumption and preparation. Each team designed the structure of the workshops to meet their objectives for education (including deciding on outreach tools) and evaluation.

928 CHA hours

on collaborating with Public Health and other partners on developing tools and implementing IC strategies



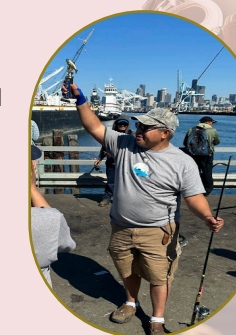
Duwamish Fishing Club

The Duwamish Fishing Club recruited 18 fishers and expanded the strategy to include alternative fishing practices like squidding and clamming. Additionally, 2023 had the biggest fishing competition the program has seen!

DUWAMISH FISHING CLUB



2023 Fishing Competition



2023 Fishing Competition Winners!



Fishing Club members enjoying fishing



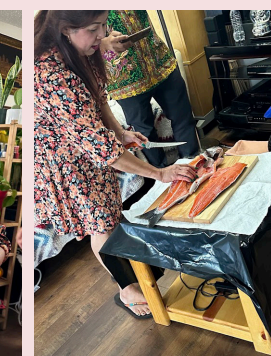
Laos team conducting sugar and saltwater activity to demonstrate how contamination works in the Duwamish

Mom's Workshop

The Vietnamese, Khmer, Laos and GAL team hosted a total of 9 workshops reaching more than 38 moms and caregivers of young children.



Khmer Team CHA in Mom's Workshop showing how to file a fish and showing off delicious recipe



Vietnamese Team conducting Mom's Workshop

"Although it is far, I feel safer eating the clam here (alternative fishing site) than in the city with a lot of people and contamination."

- Fishing Club participant

IC Strategies Evaluation Findings:



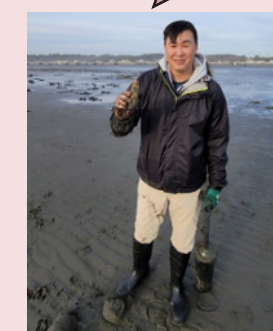
Most moms/caregivers and fishers eat fish or shellfish caught by someone they know 1-6 meals a month.



Through the Mom's Workshops, 87% or more of moms and caregivers got most of the knowledge questions correct.



After the Fishing Club Workshops, most fishers correctly identified everything they need to go fishing.



Vietnamese fisher proud to show off his first clam!