

## 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 salmón  
 មានតែត្រីសាស្ត្រមួយគត់ដែលមានសុវត្ថិភាពសម្រាប់បរិភោគពីស្ទឹងឌូវ៉ាមីស្ទ



### 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:

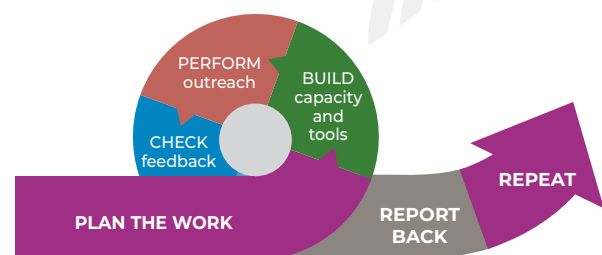
- **Capacity Building** – train community members as **Community Health Advocates (CHAs)** and provide community grants.
- **Meaningful Involvement** – design tools and plans with community input.
- **Empowerment** – support the community's voice in decision-making.

2021 marks the fifth year of the first 5-year Cooperative Agreement with EPA, paid for by the LDW responsible parties. Public Health drafted a workplan and budget proposal for a new agreement with ideas and inputs from the Community Steering Committee (CSC). EPA approved the proposal for a new 7-year Cooperative Agreement for the program.

Public Health launched a Request for Proposal process to select a new partner organization to create and implement the Community-Centered/Faith-based strategy. The CHAs and Public Health selector committee identified the Lao Community Service Office as the new partner organization focusing on the Laotian, Mien, Hmong and Khmu communities.

As more in-person events resumed in the summer months, CHA teams successfully implemented both Fishing Club and Moms'/ Caretakers' strategies, completed curriculum trainings of new CHA teammates, collaborations with stakeholders and reinvigorated outreach in community spaces.

### Community Informs All Stages



## Designing strategies and tools with community input

**Public Health worked with the CHAs** to pilot the Duwamish Fishing Club and the Mom's Workshops strategies. These strategies help promote healthy fishing at alternative sites, fishing only salmon in the Duwamish River, making healthy seafood choices for consumption and preparation. Each workgroup designed the plans to outline the structure of the workshops to meet the objectives of each strategy, as well as the evaluation, education, and outreach tools.

**1412 CHA hours**

on collaborating with Public Health and other partners on developing tools

*"The final day was the best one that all the participants loved. They enjoyed the interaction with the other fishers and loved the set up plus the trophies. They felt that was a great way to connect with fishers."*

—Grupo Asesor Latino (GAL) Fishing Club member

### Duwamish Fishing Club

The Duwamish Fishing Club members learned different setups and tips for salmon fishing on the Duwamish River and other ways of fishing at alternative sites.



The Fishing Club competition was fun and attracted a lot of other fishers who were at the Spokane Street bridge fishing.



*"I learned how to successfully catch fish and I love going with a group of fishers who are now friends I go fishing with."*

—Vietnamese (VN) Fishing Club member



Winners of the competition were the first fisher to catch a salmon of the day and the fisher who caught the biggest salmon.

### Moms' and Caregivers' Workshops



New salmon recipes inspired by participants



*"We increase our knowledge and can confidently convey healthy seafood consumption information to everyone."*

—Khmer workshop participant



Participants learned how to prepare and cook salmon in their cultural dishes.



Participants completed the self-assessments before and after workshops, evaluation findings showed that their knowledge about the seafood advisory and pollution in the Duwamish River, as well as their confidence to prepare a skinless healthier salmon meal or decline resident seafood caught in the River from a family member or neighbor improved after the workshop.





## Building community capacity

### 4339 CHA hours

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

Public Health staff continued to provide training and technical assistance to the CHA teams and community partners based on their needs



CHA Team Leads utilized the Curriculum Training Manual to successfully train 3 Khmer (left), 3 GAL (middle), 2 VN (right), and CHAs to add to their teams.



### Evaluation Findings:



Three rounds of CHA curriculum trainings supported further growth in knowledge, skills, confidence, and empowerment.



CHA Team Leads and Public Health worked with each CHA to build capacity to successfully utilize virtual interpretation channels.

*"Bringing in the Lao community offers hopes of reaching more communities."*

— Khmer CHA

*"Main goal is to recruit/outreach from the Vietnamese community so listening to us is not easy, so by today's evaluation, I feel empowered and more motivated to do more outreach because over this past year, outreach has been postponed and slow."*

— VN CHA



## Raising community awareness

*"The participants enjoy the outreach because they benefit from the information for themselves and their family. It is interesting to have the materials that is clear to protect our health."*

— VN CHA

*"Like to see CHAs doing more, taking more initiative to lead and organize outreach, and community events, especially moms and fishers."*

—Khmer CHA

VN CHAs preparing gear for a nighttime outreach and fishing excursion.



Khmer CHAs conducted outreach at a community street fair at 16th Ave SW.



All CHA teams tabling at the 2021 Duwamish River Festival.



### 37 outreach activities

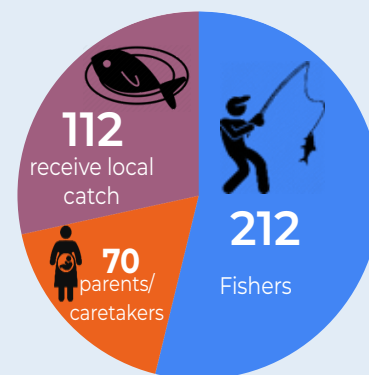
at fishing piers, virtual gatherings, one-on-one phone calls and backyard small groups

### 625 community members reached

VN CHAs participated in a health fair event hosted by the Vietnam Health Clinic at a local temple.

### 1077 CHA hours

spent planning and conducting outreach



## Supporting the Community Voice

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



Meeting via Zoom has allowed for more CHA participation – members feel that meetings are more productive now that they have "worked through interpretations kinks." CHAs acknowledge that presenters have worked over the years to provide information in a simpler way and in other languages.



CSC members served on the selection committee to review the proposals in Public Health's competitive process to bring on a community partner to lead the community and faith-based strategy. They shared that being included in the process made them feel empowered.

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, and are planning to contract with an evaluation consultant in the coming years.

*"Having opportunity to have a follow up where it was a lot more simplified – a lot more intimate – was really helpful because the CHAs felt more comfortable to ask questions and we had more time to ask questions and to ask for clarifications. Versus it being the whole presentation and mainly agencies asking."*

– CSC member

### 4 Community Steering Committee Meetings

### 5 DESC Meetings

### 1487 CHA hours

spent informing agency decision-makers



### In 2021, Public Health Partnered with:



In loving memory of our dear community partner, **Kay Morrison**

509 TOWING



### PROGRAM CONTACTS

EPA Region 10  
Piper Peterson, (206) 553-4951, [peter.piper@epa.gov](mailto:peter.piper@epa.gov)

Public Health-Seattle & King County  
Khanh Ho, (206) 263-0903, [khho@kingcounty.gov](mailto:khho@kingcounty.gov)

[Duwamish@kingcounty.gov](mailto:Duwamish@kingcounty.gov)  
[www.kingcounty.gov/duwamish-fishing](http://www.kingcounty.gov/duwamish-fishing)



Public Health  
Seattle & King County