

# 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  
 មានតែត្រីសាលម៉ុនមួយគត់ដែលមានសុវត្ថិភាពសម្រាប់បរិភោគពីស្ទឹងឌូវ៉ាមីស្ទ



## Program Overview

The US 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:

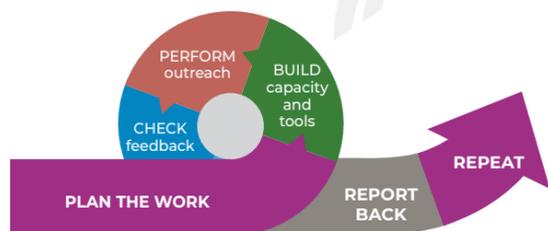
- **Capacity Building** – train community members as **Community Health Advocates (CHAs)** and provide community grants.
- **Meaningful Involvement** – design tools and plans with community input.
- **Empowerment** – support the community's voice in decision-making.

With the global pandemic in 2020, all facets of the Program had to be shifted and adapted to observe social distancing guidelines and protect the health and safety of the CHAs and staff. CHA teams continued to be active in the program and engaged virtually as a team to conduct outreach and engagements through virtual meeting platforms. Collectively, Public Health and CHA teams organized and facilitated Community Steering Committee (CSC) meetings, presented at EPA stakeholder engagements, and developed plans to implement the Fishing Club and Moms' Workshops strategies. CHAs also conducted live radio interviews, virtual salmon cooking demonstrations, and when fishing resumed in the summer of 2020, CHAs went to piers to reach fishers with information while wearing masks and social distancing. While CHAs collaborated with Public Health to find alternatives and creative solutions to barriers experienced in the transition to virtual platforms, it was difficult to find substitutes for the spirit and connection formed through traditional outreach.

*"It's no secret that it has been a hard [year]. Due to COVID, we haven't been able to even meet together."*

—Grupo Asesor Latino (GAL) CHA

## Community Informs All Stages



## Designing strategies and tools with community input

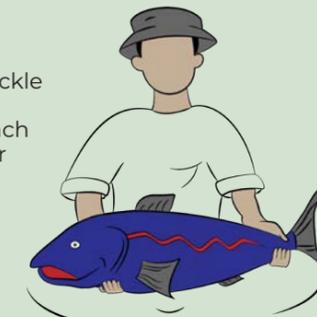
Public Health worked with the CHAs to develop plans and tools to implement the Duwamish Fishing Club and the Mom's Classes strategies. These strategies help promote healthy fishing at alternative sites, fishing only salmon in the Duwamish River, making healthy seafood choices for consumption and preparation. 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.

925 CHA hours

on collaborating with Public Health and other partners on developing tools

### Duwamish Fishing Club Strategy Workgroup

The Fishers' workgroup designed T-shirts, hats, tackle boxes, and a salmon trophy for the fishing competition to promote the program message. Each club member will also complete a pledge card, for example, "I commit to fish only for salmon in the Duwamish River".



### DUWAMISH FISHING CLUB



CHA and her baby with the education and outreach tools to be used in the Moms' workshops.



### Moms' and Caregivers' Strategy Workgroup

CHAs in the Moms' workgroup created a series of 3 workshops to teach participants the various topics of the contamination. They created quizzes, added to the collection of recipe cards, and other tools to promote healthy seafood consumption.

Coloring book designed by CHAs and local artist, Erin Shigaki.

### Sami's Fishing Adventures on the Duwamish River Las aventuras de pesca de Sami en el río Duwamish



Mai's story

GAL CHA facilitating focus group to gather community input on coloring book design.



Roxana's story



Luz Maria's story



## Building community capacity

### 492 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 CBO partners based on their needs

*"I have lost the fear I had about technology. It was hard at the beginning... but now... I feel confident that I know how to do it and now I am teaching other people how to be successful in using technology."*

— GAL CHA

First virtual CSC



*"I feel that I have learned more because I have had the time to study, read, review all the information they have been giving us. I feel more confident when I go talk with someone because I have had more time to review the information."*

—GAL CHA

### Evaluation Findings:



CHA knowledge, skills, and confidence increased because CHAs had more time to study program-related material and, to adapt to the COVID-19 context, developed computer and communication skills.

### Training Curriculum 2.0



Observations and feedback from CHA Team Leads guided Public Health in finalizing version 2.0 of the Curriculum Training Manual.



The Khmer CHA team utilized the Curriculum version 2.0 to successfully trained 4 new CHAs to add to their team.



## Supporting the Community Voice

Each CHA team took turns leading the CSC meetings with planning facilitation support from Public Health and the core team. CHAs continued to present and participate in local and national webinars, in many Lower Duwamish Waterway stakeholder engagements, and trainings held by EPA to give community a better understanding of the cleanup.

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



CSC members feel supported and respected to speak in meetings. Members also feel heard and valued.

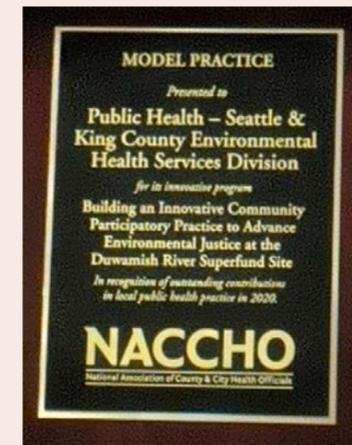
### 577 CHA hours

spent informing agency decision-makers

### 4 Community Steering Committee Meetings



Khmer CHA team leading team building exercises at the October CSC meeting.



Due to all the amazing work done in this program, Public Health and CHAs were selected for a National Association of County & City Health (NACCHO) Model Practice award.

*"HIGH PRAISES about your CHA Stakeholder Presentation! Glowing remarks... An air of happiness, lightness, positivity, and a sense of 'we are doing great work together' was pervasive in everyone's comments about the overall meeting and specifically about the IC Program. Thank You! ..."-EPA*

*"Not only were we given a seat at the table but were also part of the steering committee and will be receiving a training to better understand the clean-up process this makes us feel included and heard." —CHA*

*"Having a seat at the Roundtable gave us more empowerment. It was a whole other level...We have the opportunity to be part of that Roundtable and decision-making."—Team Lead*



## Raising community awareness

*"We adapted to this new situation. We haven't been doing outreach with the community, but we have been doing it individually. We recently started doing the radio and I feel that was a success for us as a team." — GAL CHA*

Khmer CHAs conducting outreach at local piers.



*"Most people don't know how to use Zoom, so we have to call... And the amount of information you can convey over the phone is limited."*

—Vietnamese CHA



Khmer CHA team raising community awareness through a backyard chat.

### 38 outreach activities

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

### 419 community members reached

### 209 CHA hours

spent planning and conducting outreach



GAL CHA team conducted over a live radio event on Facebook, reaching almost 300 viewers.

### In 2020, Public Health Partnered with:



### PROGRAM CONTACTS



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