

FISH Project Summary Results for Screening Questions about Fish Consumption



As part of the FISH Project, participants were asked 3 questions about the fish they had eaten in the last 2-3 months. These screening questions were one way we asked about how much and which fish participants ate. All 499 women (age 16-50) answered the 3 screening questions. The responses are summarized below.

Question 1: In the last 2-3 months, how many times a week did you eat any kind of fish?

| Number of Times Per Week | Number of Participants | Percent of Participants |
|--------------------------|------------------------|-------------------------|
| 0 | 29 | 6% |
| <1 | 212 | 42% |
| 1 | 145 | 29% |
| 2 | 68 | 14% |
| 3 | 27 | 5% |
| 4 or more | 18 | 4% |

On average, participants reported eating fish about 1 time per week. The maximum number of times participants reported eating fish was 11 times per week.

Question 2: In the last 2-3 months, how many times a month did you eat any of these fish – Walleye, Northern Pike, Bass, or Lake Trout from Lake Superior?

| Number of Times | Number of Participants | Percent of Participants |
|-----------------|------------------------|-------------------------|
| 0 | 136 | 27% |
| <1 | 86 | 17% |
| 1 | 116 | 23% |
| 2 | 70 | 14% |
| 3 | 43 | 9% |
| 4 or more | 48 | 10% |

On average, participants reported eating these specific fish about 1.5 times per month. The maximum number of times participants reported eating walleye, northern pike, bass, or Lake Superior lake trout was 16 times per month.

Question 3: In the last 2-3 months, how many times per month have you eaten canned tuna?

| Number of Times | Number of Participants | Percent of Participants |
|-----------------|------------------------|-------------------------|
| 0 | 53 | 36% |
| <1 | 16 | 11% |
| 1 | 29 | 19% |
| 2 | 21 | 14% |
| 3 | 7 | 5% |
| 4 or more | 22 | 15% |

On average, participants reported eating canned tuna about 1.5 times per month. The maximum number of times participants reported eating canned tuna was 10 times per month.

Question 3 changed partway through the project. Only 2 out of 351 participants had answered “Yes” to the original Question 3 of eating shark or swordfish in the last 2-3 months. Question 3 was changed to ask about canned tuna instead. The revised Question 3 about tuna was answered by 148 participants.