

# FISH Project: Follow-up Evaluation Summary



1. Have you used the Brochure since your first FISH visit?

**Yes = 29      No = 16**

2. When you were not at home, did you use the Wallet Card?

**Yes = 4      No = 41**

If yes, where did you use it?

- At a restaurant
- Gave it to my husband
- A friend's house before dinner
- (blank)

3. Can you find information about the recommended amount of fish to eat per week in the Brochure/Wallet Card?

**Yes = 44      No = 1**

4. Can you find which fish are low in mercury in the Brochure/Wallet Card?

**Yes = 44      No = 1**

5. Did you find the fish consumption advice easier to understand the way it was presented in the Brochure or in the Wallet Card?

**Brochure = 23**

**Wallet Card = 16**

**Blank/Missing = 6**

**Blank/Missing Wrote:**

F009, F095 = both

F026, F115 = same

F102 = blank

F305 = NA

6. Was the information below easy to find and to understand in the Brochure?

| <input checked="" type="checkbox"/> Please choose one answer for each row.                 | I saw this and understood it | I saw this but did not understand it | I did not see this in the Brochure | Blank/Missing* |
|--|------------------------------|--------------------------------------|------------------------------------|----------------|
| Benefits of eating fish (omega-3, EPA/DHA)   | 44                           | 0                                    | 0                                  | 1              |
| Risks of eating fish (mercury)   | 43                           | 0                                    | 1                                  | 1              |
| How much fish is in a serving  | 43                           | 0                                    | 1                                  | 1              |
| Avoid eating shark and swordfish   | 42                           | 1                                    | 1                                  | 1              |
| Women who are or may become pregnant and children need to be more careful when eating fish | 44                           | 0                                    | 0                                  | 1              |
| Women who are or may become pregnant should eat fish as part of a healthy diet             | 43                           | 0                                    | 1                                  | 1              |
| How to get more information  | 42                           | 0                                    | 2                                  | 1              |

\* All Blank/Missing responses for Q6 were from F142. F142 answered Q7 and Q8 as "didn't use the card".

7. What did you find most useful about the Brochure or the Wallet Card?

- how many times a day/wk/yr to eat certain fish
- like the handiness of wallet card but haven't used it
- which fish to choose or avoid
- which fish have less mercury (including size)
- information
- omega-3, EPA, DHA info
- Do not carry a wallet. I like sitting down, take my time to read. Everything was clearly understood. I collect brochures. I passed this one on to a friend though.
- Brochure - good visuals, wallet card - portable
- learning about health benefits of eating more fish
- how many servings per week were safe to eat for each species of fish
- Omega 3 and amount per week
- facts overall
- great visuals and quick answers
- best fish to consume
- Simple, easy to read, and easy to give out to people.
- It was interesting about the species and how much is in each species.
- benefits of eating omega-3
- serving recommendations
- didn't use the card
- the advisory on consumption. Awareness.
- The wallet card is on my refrigerator for easy viewing and is so easy to reference quickly for different kinds of fish and how often they should be eaten.
- Brochure more information easier to read - out of wallet cards/gave to husband
- easy to understand
- having all the info in one place
- the size of the fish; how much to eat in a week
- Brochure because it's bigger & I can look at it quick.
- summary info
- clear, basic information (not too much text)
- Easy, simple to read lay-out. Liked the color coding.
- easy to read information, clear & concise
- which kind of fish to avoid & which is good to eat & how often
- mercury info
- All the information in general.
- The charts, colors, and pictures made the info easy to assimilate and recall.
- What to stay away from & serving size if eating fish
- picture - I'm a visual person
- wallet card: "or/and" serving suggestion
- size & layout of the wallet card; wallet card - graph, flow of looking at the recommendations
- Wallet card compact, so convenient to carry
- I liked the detailed information provided in the brochure.
- I thought the wallet card laid out very well how much and what kinds of fish to eat. It is very easy to read and understand.

8. What are your suggestions for improving the Brochure and/or Wallet Card?

- n/a. I really liked both.
- Make information available in like a mini magnet form that could be placed on your refrigerator- kudos on the fish magnets!
- They're great
- I really thought the info was well put together.
- not sure
- I used the brochure for the first few times just to check but then just did my regular eating habits.
- all was good
- I think they're well done and easy to understand!
- didn't use the card
- Some women might benefit from there being more \_ oz. serving per \_ weight person info. Otherwise I think they are well done/written.
- I like the serving size based on palm of hand better than the 8 oz (I always have my hand). I don't always have a scale.
- Suggest participant put wallet card immediately into wallet so it doesn't get misplaced (or taken by children to the Bermuda triangle).
- I would like to see eating guidelines not only [for] women who are or may become pregnant but for women in general to maintain healthy mercury levels.
- Wallet card could be one panel (smaller) with the brochure info abbreviated into real concise bullet points or chart. Then I might fit it into my wallet.
- Adding health benefits of not eating fish
- No, I don't think I have any suggestions
- table/chart for serving size/weight
- Brochures you can put more information on. Wallet cards easier to carry. The two compliment each other.
- Wallet Card: maybe a little smaller? It would be easier to carry. Brochure: different style serving guide chart. It is a little difficult to easily read.

9. Did you change your fish eating habits as a result of participating in the FISH study?

**Yes = 25      No = 18      Blank/Missing = 2**

10. What changes did you make? (check all that apply)

- Eat more fish overall = 9\* (includes F138, F142)
- Eat more of some species = 6\* (includes F103)
- Eat less fish overall = 2
- Eat less of some species = 10
- Eat smaller fish = 12
- Other changes = 9\* (includes F268)

#### Q10 - Description of Other Changes:

- habits changed only by default - really it's only because we don't have any fish on hand
- eating tuna more
- trim belly fat better
- Mostly I am just more mindful about what kind of fish I'm eating and how often.
- watched portions [F268]
- Switched to chunk light tuna from albacore for most of my/family's canned tuna.
- choosing different canned meat
- now buy lite tuna instead of the Albacore
- Now I pay attention to what I eat.

#### Notes on Q9 and Q10

- F094 said Yes to Q9 but did not answer Yes to any changes in Q10
- \*F103, F138, F268, F142 said No to Q9 but answered Yes to one change in Q10
- F094, F095 completed the old eval form; Q9 & Q10 were not asked on this version so Q9 = blank/missing

#### 11. Please share your comments and thoughts on participating in the FISH project:

- I think it's a great idea, especially in Grand Marais. I liked the amount of information provided on the types of fish and how much is recommended to eat.
- I hope more people sign up! I have been trying to recruit!
- Fun and easy! It's a great project and a good reminder for me to still be careful which types of fish I eat, even though I don't intend to get pregnant again.
- Since my blood was drawn at two different times and I eat different
- great project - good information
- Eating less Saganaga Lake Trout - previously ate larger trout (6-8 lbs). Eating more salmon - Lake Superior/Alaska (4-8 lbs). Eating smaller fish of all species. Still eating large pike-Saganaga. Eating lots of canned tuna. Less Birch Lake rainbows. More Moss Lake, Lake Trout - ave. size 2-3 lbs. "In my diet, I believe the Saganaga Lake, Lake Trout are the culprits for my high mercury levels. I have eaten less meals of Lake Trout since my last blood draw."
- The project brought awareness to facts as well as information to women who were unaware. I learnt that eating smaller fishes are better as well as fishes rich in omega 3's fatty acids.
- Glad to help! Great project!
- Good opportunity to learn more about the health benefits of eating fish.
- Thank you for allowing me to be a part of your project. Women's health is very important to me, and I feel that this project will help shed light on our local mercury levels.
- I think it is so important to know how to eat healthy and incorporate fish into your diet... I eat some fish, but not a lot, and I should do a better job of eating more.
- I think this is very interesting how much fish I like to eat and how my level of mercury is in my body. I probably won't change my eating habits on fish too much - maybe just watch what species more. [HIGH ppt]
- educational
- Very interesting to be a part of the study - mercury in fish is not something I really thought about before, so it's good to be more aware and have resources about it.
- Interesting study. Helpful to understanding a fisherman's choices and health awareness.

- It is neat to be participating in the FISH project and even though I don't like needles it is worth the information learned.
- Made her a little more mindful and aware. She has 2 daughters (note by Joyce)
- I am not a big fan of ice fishing so having the 6 month period over the summer would be a more accurate representation of the local fish (caught in the summer).
- Thank you for working on this Project.
- I feel the program has value, although I don't keep it top of mind because I don't eat a lot of fish or plan to be pregnant.
- I am so glad I have an opportunity to check my mercury level or else I didn't know about it that I have high mercury in my body. Thanks for the FISH Project.
- My levels were high, but I wasn't concerned because I'm not planning to have more kids. If I were younger, I'd probably pay more attention to my levels.
- Thanks for caring!
- This has been easy to participate in. I hadn't expected to learn anything since I'm a generally health eater, but learning about canned tuna was a (helpful) surprise. I appreciate the gift cards & likely would not have participated otherwise.
- beneficial information
- Thought it was easy & straight forward. My only suggestion would be to have women think about what kind of fish & how often they consumed it PRIOR to coming in. Some heads up about the specificity of the fish consumption questions so it's not so overwhelming. I really liked the breakdown for frequency of fish consumption (weekly, monthly, seasonally, yearly) in 1st visit questionnaire. Made it much easier to give accurate answers.
- Thanks for this! Very helpful
- Glad to help with info for help to inform women about fish mercury & omega 3
- It was easy to participate in. Not a big time commitment but feel good that I'm helping out.
- Very enjoyable and informative. I'm glad for the increased awareness and encouragement.
- Really cool project, really helpful information.
- Interesting project
- It has made me more aware of my fish consumption
- Really easy, good study. You made it easy to participate in the project.
- Thank you for the learning opportunity!
- Really helpful. I enjoyed participating in the project.
- This was great! Thank you for the information provided.
- It made me think and actively choose to eat more of certain kinds of fish and really work on getting more DHA in ways other than fish.

**Thank you for your participation!**