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WMJ

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A

Learning about your values

We now want to learn more about the values that are important to you.

Please read the following statements and select the one that **best represents** what is most important to you when deciding **how and what you eat**. [Selected statement will branch to that category's list of statements]

- The quality of the food I feed my family matters to me.
- I eat food that keeps me healthy.
- I am connected to my family and friends by our shared enjoyment of eating meals together.
- Following food and nutrition guidelines is important for my health.
- I trust myself to make healthy food choices.

Please read the final list of statements and select the one that **best represents** what is most important to you when deciding **how and what you eat**. Your original choice plus four other statements are available for you to choose from. [Branch to only show the category chosen by the selected first statement]

Category 1 (for those who chose "The quality of the food I feed my family matters to me"):

- The quality of the food I feed my family matters to me.
- Choosing food that is nutritious for my children is important to me.
- It is important to me that my family is healthy.
- The food I feed my children helps keep them healthy.
- My family eats meals that have high nutritional value.

Category 2 (for those who chose "I eat food that keeps me healthy."):

- I eat food that keeps me healthy.
- I care about the quality and taste of the food I eat.
- Eating healthy food makes me feel strong.
- I eat healthy food to prevent getting sick.
- The food I eat is directly related to my health.

Category 3 (for those who chose "I am connected to my family and friends by our shared enjoyment of eating meals together."):

- I am connected to my family and friends by our shared enjoyment of eating meals together.
- Cooking meals at home with my family is important to me.
- Cooking is my creative outlet.
- I go fishing to spend time with family and friends.
- I am connected to my family and friends by our shared tradition of fishing.

Category 4 (for those who chose "Following food and nutrition guidelines is important for my health."):

- Following food and nutrition guidelines is important for my health.
- If I feel unsure of which food to feed my family, I know how to find the answer.
- Learning about the food I eat allows me to make healthy choices.
- I seek out new information about food and nutrition.
- I change my diet if I learn new information about how to eat healthy.

Category 5 (for those who chose "I trust myself to make healthy food choices."):

- I trust myself to make healthy food choices.
- I am capable of choosing healthy food to eat.
- Choosing healthy food gives me the power to control my health.
- I have control over the food my family and I eat.
- I am able to choose healthy food for my family and myself.

Your final chosen statement: [Branch to show final chosen statement]

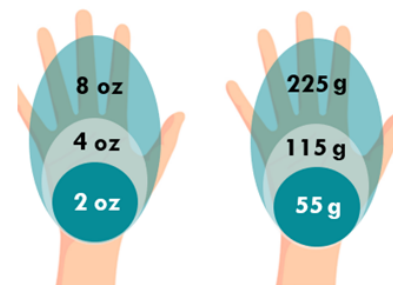
Now that you have selected your final statement, please share in the text box why this statement is important to you. [Include a text box]

B

The U.S. Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) **recommend eating only 1 to 2 meals per week of fish that are known to be safer to eat**. This allows you to still get the benefits of eating fish while avoiding harmful chemicals.

These images of an adult's palm show what different serving sizes of uncooked fish look like on the palm. The images are the same but presented in both ounces (oz) and grams (g).

What Does a Fish Meal Look Like?



Find out by using your hand!

Two adult fish meals: size of an adult's hand (8 ounces/225 grams of uncooked fish)

One adult fish meal: size of an adult's palm (4 ounces/115 grams of uncooked fish)

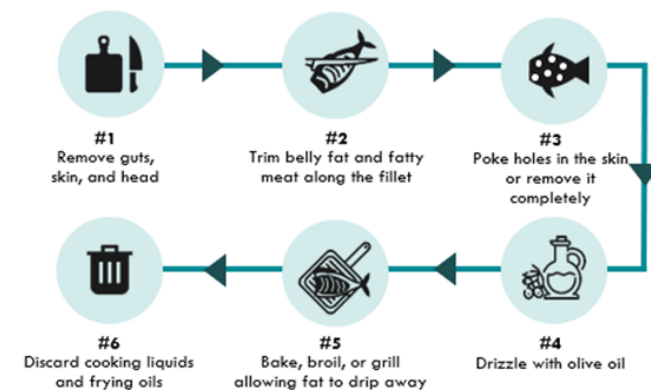
Child fish meal: size of an adult's palm (2 to 4 ounces/55 to 115 grams of uncooked fish)

You can reduce some (not all) chemicals in fish when you prepare it. You can get rid of some chemicals by correctly trimming, skinning, and cooking fish to remove fat in the fish.

Bake, broil, or grill the fish on a rack, so the fat drips away. Don't use the drippings to make sauce or gravy.

Mercury is one chemical that you cannot reduce in fish by cooking or cleaning. To avoid mercury, eat smaller fish, choose types of fish known to have lower amounts of mercury, and do not eat fish from lakes with high amounts of mercury.

How Should I Clean and Cook My Fish?



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Baseline Survey (Groups 1-3)



Introduction

The Wisconsin Department of Health Services invites you to take a survey for women who eat fish caught from lakes, rivers, or streams in Wisconsin. The project is supported by the International Institute of Wisconsin.

Your participation in the survey is your choice, and all your information will be kept private. The survey will take 15 minutes to complete and will ask you things like where you live, your current eating practices with fish, and your future goals.

You will receive a \$30 gift card if you complete this survey. In one month, we will email you a link to complete a 10-minute follow-up survey. If you complete the follow-up survey, you will receive an additional \$20 gift card.

- Please answer questions 1 to 21 to complete the survey.
- Do not click “Submit” until you reach the end of question 21.

I. Do you agree to participate in the survey?

- Yes – [skip to ****2****]
- No – [skip to ****Not eligible****]

[Not eligible**]**

We appreciate your time and interest.

Based on your answer you do not qualify for this survey. Please exit the survey and let us know if you have any questions!

Thank you!

DHSFishStudy@dhs.wisconsin.gov

2. Provide your contact information so you can receive your gift card. Please make sure all information is correct before continuing to the next question. Gift cards can only be mailed to a valid Wisconsin mailing address in Milwaukee, Waukesha, Washington, or Ozaukee counties. **[Note: Pipe in answers from screening form]**

First name:
Last name:
Address (line 1):
Address (line 2):
City:
Zip code:
Email:
Best phone number:

Demographics

3. **Including** yourself, how many people currently live in your household?

- ☐ Total number: _____
- ☐ Prefer not to answer

4. How many children under the age of 15 live with you?

- ☐ Number under 15 years: _____
- ☐ Prefer not to answer

5. How long have you lived in the United States? If less than one year, please type "0."

- ☐ Number of years: _____
- ☐ Prefer not to answer

6. What is the highest level of school you have completed?

- ☐ 8th grade or less
- ☐ Some high school, no diploma or GED
- ☐ High school diploma or GED
- ☐ Some college, no diploma
- ☐ Associate degree
- ☐ Bachelor's degree
- ☐ Postgraduate, professional, or doctoral degree
- ☐ Prefer not to answer

Eating fish

We will now ask you about the fish you ate that were bought from a store, fish vendor, or restaurant.

7a. Over the **last month**, did you eat fish that were bought from a store, fish vendor, or restaurant?

- ☐ Yes – [skip to **7b**]
- ☐ No – [skip to **7c**]

7b. Over the **last month**, how often did you eat fish that were bought from a store, fish vendor, or restaurant?

- ☐ 1 time in the last month
- ☐ 2 or 3 times in the last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3 or 4 times per week
- ☐ 5 or 6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

7c. We will now ask you about 5 types of fish that could have been purchased over the **last year**.

Over the **last year**, how often did you eat each of the following fish that were bought from a store, fish vendor, or restaurant?

[illegible]

 Tilefish	○	○	○	○	○	○
---	---	---	---	---	---	---

We will now ask you about the fish you ate that you or someone you know caught from lakes, rivers, or streams in Wisconsin.

8a. Over the **last month**, did you eat fish that you or someone you know caught from any lakes, rivers, or streams in Wisconsin?

- Yes – [skip to ****8b****]
- No – [skip to ****8c****]

8b. Over the **last month**, how often did you eat fish that you or someone you know caught from lakes, rivers, or streams in Wisconsin?

- 1 time in the last month
- 2 or 3 times in the last month
- 1 time per week
- 2 times per week
- 3 or 4 times per week
- 5 or 6 times per week
- 1 time per day
- 2 or more times per day

8c. We will now ask you about 5 types of fish that could have been caught over the **last year**.

Over the **last year**, how often did you eat each of the following fish that you or someone you know caught from lakes, rivers, or streams in Wisconsin?

APPENDIX 2

[illegible]

 Channel Catfish	○	○	○	○	○	○
--	---	---	---	---	---	---

Advisory awareness

The following questions are about health advisories written to protect you from harmful chemicals in fish. These advisories are recommendations from the government about which fish are safe to eat.

9. Have you ever heard about, read, or seen the health advisories for fish caught in lakes, rivers, or streams in Wisconsin?

- ☐ Yes
- ☐ No
- ☐ Unsure

10. Have you ever heard about, read, or seen the health advisories on eating fish bought from stores, fish vendors, or restaurants?

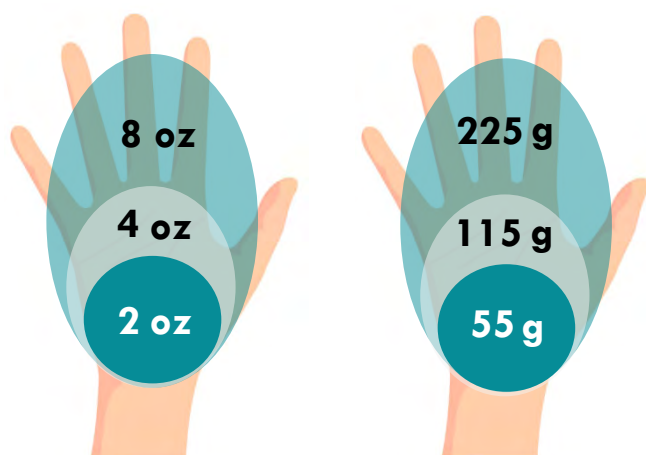
- ☐ Yes
- ☐ No
- ☐ Unsure

Eating behaviors

11. Have you ever made any of the following changes to your eating habits to avoid chemicals, such as mercury?

	Yes	No
Eaten fewer fish meals	☐	☐
Eaten different types or species of fish	☐	☐
Avoided eating certain parts of fish (head, fat, belly, skin)	☐	☐
Avoided eating fish from some fishing locations	☐	☐

12. Please look at the images of an adult's palm, which show what different serving sizes of uncooked fish look like on the palm. The images are the same but presented in both ounces (oz) and grams (g).



Based on the images, what is the typical serving size of fish you eat in one meal?

- ☐ More than 8 ounces / More than 225 grams
- ☐ 8 ounces / 225 grams
- ☐ 4 ounces / 115 grams
- ☐ 2 ounces / 55 grams
- ☐ Less than 2 ounces / Less than 55 grams

13. How often do you or the person who prepares your fish use:

	Never	Rarely	Sometimes	Very often	Always
The skin of the fish	☐	☐	☐	☐	☐
The head of the fish	☐	☐	☐	☐	☐
The guts, organs, or other innards of the fish	☐	☐	☐	☐	☐
The belly fat of the fish	☐	☐	☐	☐	☐

14. How often do you or the person who cooks your fish use the following cooking methods:

	Never	Rarely	Sometimes	Very often	Always
Smoke or dry fish	☐	☐	☐	☐	☐
Pickle fish	☐	☐	☐	☐	☐
Use fish to make fish paste	☐	☐	☐	☐	☐
Pan fry	☐	☐	☐	☐	☐
Grill, or roast fish	☐	☐	☐	☐	☐
Deep fry fish	☐	☐	☐	☐	☐
Boil or poach fish	☐	☐	☐	☐	☐
Braise fish (lightly fry and then simmer)	☐	☐	☐	☐	☐
Use fish or fish parts to make broth/stock, curry, or soup	☐	☐	☐	☐	☐

Self-Affirmation Intervention Component (Group 3)

Learning about your values

We now want to learn more about the values that are important to you.

15. Please read the following statements and select the one that **best represents** what is most important to you when **deciding how and what you eat**. **[Selected statement will branch to that category's list of statements]**

- The quality of the food I feed my family matters to me.
- I eat food that keeps me healthy.
- I am connected to my family and friends by our shared enjoyment of eating meals together.
- Following food and nutrition guidelines is important for my health.
- I trust myself to make healthy food choices.

Please read the final list of statements and select the one that **best represents** what is most important to you when **deciding how and what you eat**. Your original choice plus four other statements are available for you to choose from. **[Branch to only show the category chosen by the selected first statement]**

Category 1:

- The quality of the food I feed my family matters to me.
- Choosing food that is nutritious for my children is important to me.
- It is important to me that my family is healthy.
- The food I feed my children helps keep them healthy.
- My family eats meals that have high nutritional value.

Category 2:

- I eat food that keeps me healthy.
- I care about the quality and taste of the food I eat.
- Eating healthy food makes me feel strong.
- I eat healthy food to prevent getting sick.
- The food I eat is directly related to my health.

Category 3:

- I am connected to my family and friends by our shared enjoyment of eating meals together.
- Cooking meals at home with my family is important to me.
- Cooking is my creative outlet.
- I go fishing to spend time with family and friends.
- I am connected to my family and friends by our shared tradition of fishing.

Category 4:

- Following food and nutrition guidelines is important for my health.
- If I feel unsure of which food to feed my family, I know how to find the answer.
- Learning about the food I eat allows me to make healthy choices.
- I seek out new information about food and nutrition.
- I change my diet if I learn new information about how to eat healthy.

Category 5:

- I trust myself to make healthy food choices.
- I am capable of choosing healthy food to eat.
- Choosing healthy food gives me the power to control my health.
- I have control over the food my family and I eat.
- I am able to choose healthy food for my family and myself.

Your final chosen statement: **[Branch to show final chosen statement]**

Now that you have selected your final statement, please share in the text box why this statement is important to you. **[Include a text box]**

Educational Intervention Component (Groups 2 and 3)

Health messages

Please read the following messages to learn more about how you can safely eat fish.

Eating fish is part of a healthy, well-balanced diet. Fish are a great source of protein and other nutrients, especially for women and babies since eating fish during pregnancy has been shown to help with a baby's brain development.

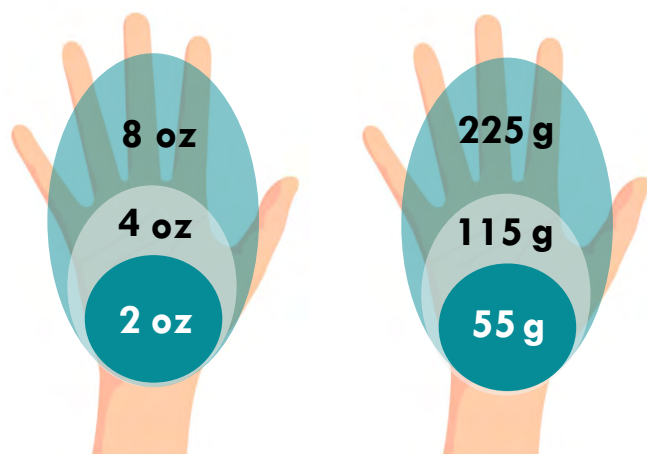
Though fish have many health benefits, some contain chemicals, like mercury, that can harm your health. Women who are pregnant or breastfeeding should include fish that are low in mercury in their diets.

- Click for the first health message

16a. The U.S. Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) **recommend eating only 1 to 2 meals per week of fish that are known to be safer to eat.** This allows you to still get the benefits of eating fish while avoiding harmful chemicals.

These images of an adult's palm show what different serving sizes of uncooked fish look like on the palm. The images are the same but presented in both ounces (oz) and grams (g).

What Does a Fish Meal Look Like?



Find out by using your hand!

Two adult fish meals: size of an adult's hand
(8 ounces/225 grams of uncooked fish)

One adult fish meal: size of an adult's palm
(4 ounces/115 grams of uncooked fish)

Child fish meal: size of an adult's palm
(2 to 4 ounces/55 to 115 grams of uncooked fish)

- Click for the next health message

I6b. This picture shows the number of meals of fish you can eat for certain types of fish. Safer fish can be eaten up to two meals per week. Some fish should only be eaten once a month or never eaten. Eating a variety of fish is better for you than eating the same type of fish every time.

Which Fish Should I Eat?

Up to 2 Meals Per Week	Up to 1 Meal Per Week	Up to 1 Meal Per Month	Do Not Eat
■ Atlantic or Pacific Salmon (not Great Lakes)  ■ Farm-raised Catfish  ■ Pollock  ■ Shrimp  ■ Other purchased fish low in mercury	■ Bluegill  ■ Bullheads  ■ Canned Light Tuna  ■ Crappies  ■ Inland Trout  ■ Sunfish  ■ Yellow Perch 	■ Bass  ■ Canned White (Albacore) Tuna  ■ Catfish  ■ Halibut  ■ Pike  ■ Tuna Steaks  ■ Walleye  ■ All other species	■ Muskies  ■ King Mackerel  ■ Shark  ■ Swordfish  ■ Tilefish  ! These fish all have very high levels of mercury

- Click to see each individual section of the table [Branch to show picture of “Up to 2 meals per week” section]
- Click for the next section [Branch to show picture of “Up to 1 meal per week” section]
- Click for the next section [Branch to show picture of “Up to 1 meal per month” section]
- Click for the next section [Branch to show picture of “Do Not Eat” section]
- Click for the next health message [skip to **I6c**]

I6c. You can reduce some (not all) chemicals in fish when you prepare it. You can get rid of some chemicals by correctly trimming, skinning, and cooking fish to remove fat in the fish.

Bake, broil, or grill the fish on a rack, so the fat drips away. Don't use the drippings to make sauce or gravy.

Mercury is one chemical that you cannot reduce in fish by cooking or cleaning. To avoid mercury, eat smaller fish, choose types of fish known to have lower amounts of mercury, and do not eat fish from lakes with high amounts of mercury.

How Should I Clean and Cook My Fish?



- Click for the final health message

I6d. Keep you and your family healthy by making safe choices when choosing which fish to eat.

Before You Fish, Keep in Mind:



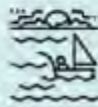
Size

Choose smaller, younger fish. Larger, older fish are more likely to have higher levels of chemicals.



Species

Eat a variety of fish. Fish that eat other fish tend to build up more chemicals.



Source

Know where your fish come from. Fish from some lakes and rivers have more chemicals than others.



What do you know about eating fish?

17. For each statement below, please answer to the best of your knowledge.

	True	False
Women who are pregnant or breastfeeding should include fish that are low in mercury in their diets.	☐	☐
Older and larger fish have more chemicals than younger, smaller fish.	☐	☐
Mercury in fish can be reduced by using cleaning techniques.	☐	☐

Goals

18. In the next 30 days, do you plan to do any of the following?

	Yes	No
Eat 1 to 2 servings (but not more) of fish every week	☐	☐
Choose to eat types (species) of fish that are	☐	☐

lower in chemicals, like mercury		
Clean or cook fish using ways that may lower the amount of chemicals	○	○

Baseline Survey (Continued, Groups 1-3)**Educational information**

19. What information on how to safely eat fish would you find helpful? **Please check all that apply.**

- ☐ Types of fish that are safe to eat
- ☐ How to safely prepare and cook fish
- ☐ Information on where to catch fish that are safe to eat
- ☐ Other: _____

20. How would you prefer to receive educational information? **Please check all that apply.**

- ☐ Interactive games, like trivia questions or flashcards
- ☐ Printed materials, like brochures or flyers
- ☐ Radio / Podcast
- ☐ Videos
- ☐ Visual graphics
- ☐ Other: _____

21. If you have a question about something, where do you usually go for information? **Please check all that apply.**

- ☐ Books (Paper, Electronic, and/or Audio)
- ☐ Church
- ☐ Conferences / Seminars / Symposiums / Workshops
- ☐ Documentaries / Films
- ☐ Internet
- ☐ Journals (Paper or Electronic)
- ☐ Library
- ☐ Newspaper / Magazines (Paper or Electronic)
- ☐ Radio
- ☐ Relatives, friends, associates, co-workers
- ☐ School, classroom, instructors
- ☐ Social media
- ☐ Websites
- ☐ Other: _____

You have reached the end of the survey. Please click “Submit.”

Completion message [Displayed on screen after first survey is submitted]

Thank you for completing our first survey!

We will review your answers.

Please check your email for a message from us on next steps.

If you have any questions or concerns, please email us at DHSFishStudy@dhs.wisconsin.gov.

Sincerely,

Wisconsin Department of Health Services' Fish Program

Completion email [Automatically emailed to participant after first survey is submitted along with their survey answers]

From: Wisconsin Department of Health Services; DHSFishStudy@dhs.wisconsin.gov

Subject: Thank you for completing Fish Survey #1

[firstname_screen],

Thank you for taking the time to complete our first survey! We will use this information to help create materials for your community on how to safely eat fish.

Next steps:

1. We will mail you a **\$30 Walmart gift card** to the address you provided.
2. In **one month**, we will email you a link to complete a short follow-up survey. You will receive **an additional \$20 gift card** for completing this survey.
3. Share our screening form with friends who may qualify for the surveys and **earn a \$10 gift card for each person who participates!**

Link to screening form: <https://redcap.link/fish>

Who can participate?

Females, 18–50 years old, who:

- Identify as Chinese, Filipino, Hmong, or Karen (ethnic group from Myanmar).
- Live in Milwaukee, Waukesha, Washington, or Ozaukee County.
- Ate at least one meal Sixof fish caught from a Wisconsin waterbody in the last 12 months.
- Did not participate in our 2022 phone survey on eating fish.

Thank you again for participating!

Wisconsin Department of Health Services' Fish Program

Email: DHSFISHSTUDY@dhs.wisconsin.gov

One-month Follow-up Survey (Groups 1-3)



Introduction

The Wisconsin Department of Health Services invites you to take the final survey for women who eat fish caught from lakes, rivers, or streams in Wisconsin. The project is supported by the International Institute of Wisconsin

Your participation in the survey is your choice, and all your information will be kept private. The survey will take 10 minutes to complete and will ask you things like your current eating practices with fish and your future goals.

You will receive a \$20 gift card if you complete this survey.

- Please answer questions 1 to [9 or 11] to complete the survey.
- Do not click “**Submit**” until you reach the end of question [9 or 11].

I. Do you agree to participate in the survey?

- Yes – **[skip to **2**]**
- No – **[skip to **Not eligible**]**

[Not eligible**]**

We appreciate your time and interest.

Based on your answer you do not qualify for this survey. Please exit the survey and let us know if you have any questions!

Thank you!

DHSFishStudy@dhs.wisconsin.gov

2. Provide your contact information so you can receive your gift card. Please make sure all information is correct before continuing to the next question. Gift cards can only be mailed to a valid Wisconsin mailing address in Milwaukee, Waukesha, Washington, or Ozaukee counties. **[Note: Pipe in answers from survey #1]**

First name:
Last name:
Address (line 1):
Address (line 2):
City:
Zip code:
Email:
Best phone number:

Eating fish

We will now ask you about the fish you ate that were bought from a store, fish vendor, or restaurant.

3a. Over the **last month**, did you eat fish that were bought from a store, fish vendor, or restaurant?

- ☐ Yes – **[skip to **3b**]**
- ☐ No – **[skip to **4a**]**

3b. Over the **last month**, how often did you eat fish that were bought from a store, fish vendor, or restaurant?

- ☐ 1 time in the last month
- ☐ 2 or 3 times in the last month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3 or 4 times per week
- ☐ 5 or 6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

3c. Over the **last month**, how often did you eat each of the following fish that were bought from a store, fish vendor, or restaurant?

	Did not eat	1 time in last month	2 to 3 times in last month	1 time per week	2 or more times per week
 Canned "White" Tuna (Albacore)	☐	☐	☐	☐	☐
 Fresh/Frozen Tuna	☐	☐	☐	☐	☐
 Halibut	☐	☐	☐	☐	☐
 Swordfish	☐	☐	☐	☐	☐
 Tilefish	☐	☐	☐	☐	☐

We will now ask you about the fish you ate that you or someone you know caught from lakes, rivers, or streams in Wisconsin.

4a. Over the **last month**, did you eat fish that you or someone you know caught from any lakes, rivers, or streams in Wisconsin?

- Yes – [skip to ****4b****]
- No – [skip to ****5****]

4b. Over the **last month**, how often did you eat fish that you or someone you know caught from lakes, rivers, or streams in Wisconsin?

- 1 time in the last month
- 2 or 3 times in the last month
- 1 time per week
- 2 times per week
- 3 or 4 times per week
- 5 or 6 times per week
- 1 time per day
- 2 or more times per day

4c. Over the **last month**, how often did you eat each of the following fish that you or someone you know caught from lakes, rivers, or streams in Wisconsin?

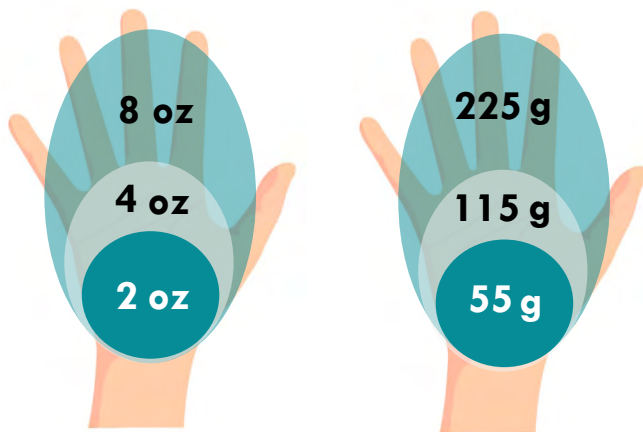
	Did not eat	1 time in last month	2 to 3 times in last month	1 time per week	2 or more times per week
 White Bass	☐	☐	☐	☐	☐
 Buffalo	☐	☐	☐	☐	☐
 Carp	☐	☐	☐	☐	☐
 Lake Whitefish	☐	☐	☐	☐	☐
 Channel Catfish	☐	☐	☐	☐	☐

Eating behaviors

5. Over the **last month**, have you made any of the following changes to your eating habits to avoid chemicals, such as mercury?

	Yes	No
Eaten fewer fish meals	☐	☐
Eaten different types or species of fish	☐	☐
Avoided eating certain parts of fish (head, fat, belly, skin)	☐	☐
Avoided eating fish from some fishing locations	☐	☐

6. Please look at the images of an adult's palm, which show what different serving sizes of uncooked fish look like on the palm. The images are the same but presented in both ounces (oz) and grams (g).



Based on the images, what is the typical serving size of fish you eat in one meal?

- ☐ More than 8 ounces / More than 225 grams
- ☐ 8 ounces / 225 grams
- ☐ 4 ounces / 115 grams
- ☐ 2 ounces / 55 grams
- ☐ Less than 2 ounces / Less than 55 grams

[if **3a and **4a** were both answered “No,” skip to **9**]**

7. When preparing fish in the **last month**, how often did you or the person who prepared your fish use:

	Never	Rarely	Sometimes	Very often	Always
The skin of the fish	☐	☐	☐	☐	☐
The head of the fish	☐	☐	☐	☐	☐
The guts, organs, or other innards of the fish	☐	☐	☐	☐	☐
The belly fat of the fish	☐	☐	☐	☐	☐

8. When cooking fish in the **last month**, how often did you or the person who cooked your fish use the following cooking methods:

	Never	Rarely	Sometimes	Very often	Always
Smoke or dry fish	☐	☐	☐	☐	☐
Pickle fish	☐	☐	☐	☐	☐
Use fish to make fish paste	☐	☐	☐	☐	☐
Pan fry	☐	☐	☐	☐	☐
Grill, or roast fish	☐	☐	☐	☐	☐
Deep fry fish	☐	☐	☐	☐	☐
Boil or poach fish	☐	☐	☐	☐	☐
Braise fish (lightly fry and then simmer)	☐	☐	☐	☐	☐
Use fish or fish parts to make broth/stock, curry, or soup	☐	☐	☐	☐	☐

What do you know about eating fish?

9. For each statement below, please answer to the best of your knowledge.

	True	False
Women who are pregnant or breastfeeding should include fish that are low in mercury in their diets.	☐	☐
Older and larger fish have more chemicals than younger, smaller fish.	☐	☐
Mercury in fish can be reduced by using cleaning techniques.	☐	☐

Goals [NOT included with Group 1: No Messages]

10. In the **last month**, have you done any of the following?

	Yes	No
Eaten 1 to 2 servings (but not more) of fish every week	☐	☐
Chosen to eat types (species) of fish that are lower in chemicals, like mercury	☐	☐
Cleaned or cooked fish using ways that may lower the amount of chemicals	☐	☐

11. We gave you information in the first survey on how to safely eat fish. How often are you planning to follow these health messages going forward?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Very often
- ☐ Always

You have reached the end of the final survey. Please click “Submit.”

Completion message [Displayed on screen after final survey is submitted]

Thank you for completing our final survey!
 We will review your answers.
 Please check your email for a message from us on next steps.

If you have any questions or concerns, please email us at DHSFishStudy@dhs.wisconsin.gov.

Sincerely,
 Wisconsin Department of Health Services' Fish Program

Completion email [Automatically emailed to participant after final survey is submitted along with their survey answers]

From: Wisconsin Department of Health Services; DHSFishStudy@dhs.wisconsin.gov
 Subject: Thank you for completing Fish Survey #2

[firstname_baseline],

Thank you for taking the time to complete our final survey! We will use this information to help create materials for your community on how to safely eat fish.

Next steps:

1. We will mail you a **\$20 Walmart gift card** to the address you provided.
2. Share our screening form with friends who may qualify for the surveys and **earn a \$10 gift card for each person who participates!**
 Link to screening form: <https://redcap.link/fish>

Who can participate?

Females, 18–50 years old, who:

- Identify as Chinese, Filipino, Hmong, or Karen (ethnic group from Myanmar).
- Live in Milwaukee, Waukesha, Washington, or Ozaukee County.
- Ate at least one meal of fish caught from a Wisconsin waterbody in the last 12 months.
- Did not participate in our 2022 phone survey on eating fish.

Thank you again for participating!

Wisconsin Department of Health Services' Fish Program
 Email: DHSFISHSTUDY@dhs.wisconsin.gov