

CHA ID# _____

Date _____

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Post-Assessment of CHAs-in-Training

Please answer the questions as well as you can. If you do not know an answer, it is **OK to write** "Don't Know". If you don't understand any one question fully, please move on to the next question and come back to it and ask us for clarification.

Knowledge

1. Which of these are true about the Duwamish River as a contaminated site (Superfund Site)? (circle all that apply)
 - a. This site was contaminated by historical pollution from longtime ago.
 - b. The Environmental Protection Agency (EPA) determined that it is one of the most polluted sites in the US to clean up.
 - c. The EPA pays for the cleanup.
 - d. The contamination at this site presents a risk to human health.
 - e. The cleanup site is 5 miles long.
 - f. Don't know.

2. What part of the Duwamish River has most of the harmful PCBs (man-made chemicals) and needs to be cleaned up by the EPA? (circle one answer)
 - a. Water of the river
 - b. Mud of the river
 - c. Plants in the river
 - d. Don't know

3. How does chemical pollution get into the Duwamish River currently? (Circle all that apply).

- a. Storm water runoff
- b. Combined sewer overflows (CSOs)
- c. Erosion

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- d. Oil spills and leaks
- e. Don't know.

4. You cannot see the PCBs in the water, mud or in the seafood.

True

False

Don't Know

5. Eating seafood with PCBs can make you feel sick right away.

True

False

Don't Know

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6. Please write the correct letter (A, B, C...) for the Agency next to their Responsibility:

AGENCY

- A. Public Health Seattle & King County
- B. WA State Department of Health
- C. US EPA
- D. WA State Department of Ecology
- E. WA State Department of Fish & Wildlife (WDFW)

RESPONSIBILITY

- _____ 1. Manages the cleanup of the mud in the Duwamish River Superfund Site.
- _____ 2. Enforces fishing rules to protect the population of the fisheries.
- _____ 3. Responsible for controlling pollution sources from entering the Duwamish River (e.g., storm water pollution).
- _____ 4. Leads this community program to promote healthy seafood consumption on behalf of US EPA.
- _____ 5. Develops the Seafood Consumption Advisory

Using the appropriate outreach materials, please answer the following questions.

7. Can you name three health benefits of eating fish?

- 1. _____
- 2. _____
- 3. _____

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8. **“Resident seafood” in the Duwamish River spend their entire lives in the river so they are the most contaminated with PCBs. Please list three of the resident seafood from the Duwamish River that Public Health Department does not recommend people eating.**



1. _____
2. _____
3. _____

9. **For fishers on the Duwamish River, which is the safest seafood to catch and eat because it only spends a short time in the river and has lower PCBs?**

(Circle all that apply)

- a. English Sole
- b. Salmon
- c. Red Rock Crab
- d. Clams
- e. Don't know

10. **Which group(s) is most vulnerable to health effects from the PCBs in the Duwamish resident seafood? (Circle one answer)**

- a. Pregnant or nursing moms
- b. Older person (65+)
- c. Men and women who will not have kids
- d. Babies and young children (0-5 years old)
- e. Don't know

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11. Name three types of seafood from the supermarket that are healthy choices to eat 2-3 times per week:



1. _____

2. _____

3. _____

**** Which of the following are ways that you can be an informed customer of seafood at supermarkets? [Choose all that apply]**

- a. Call the Health Department hotline
- b. Ask the vendor where it came from
- c. Look for the country of origin on the label
- d. Use the supermarket safety guide
- e. Always buy the most expensive option

12.If you were doing an outreach event about the Duwamish seafood contamination:

a. What would be the activity?

b. Who would be your audience for this event?

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c. What are the three most important messages you would want to convey to that audience?

d. How would you describe the location of the Duwamish River to a community member? (please provide a brief description).

13. Please explain this picture in 1-2 sentences.



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14. Explain why PCBs are most harmful to babies and young children.

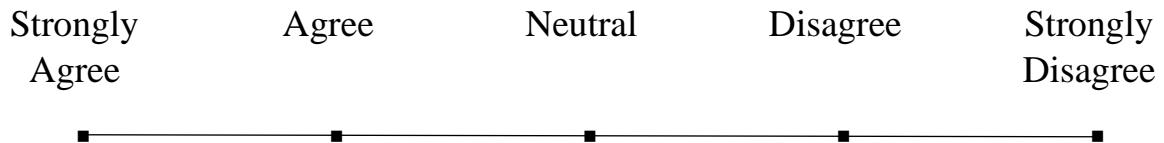
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Compass

Please rate your level of agreement with the following statement.

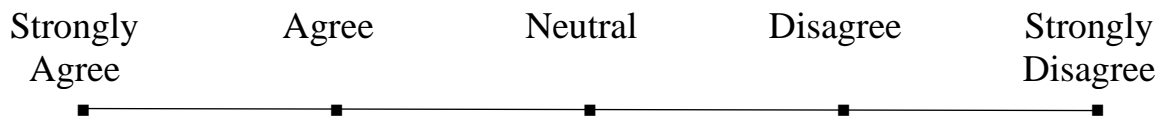
15. I feel confident that I can influence my community through this work.



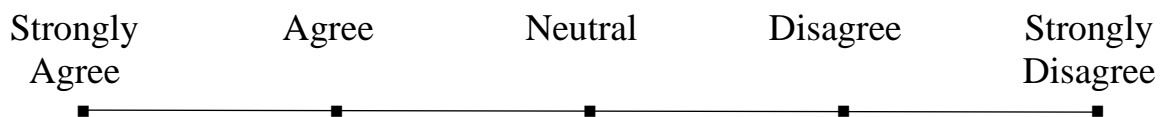
Confidence and Skills

Please rate your level of agreement with the following statements.

16. I feel confident that I have the knowledge to conduct outreach in my community.



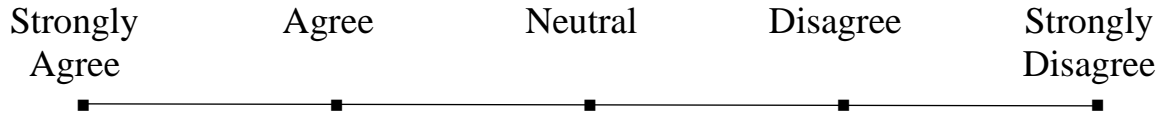
17. I feel confident that I have the skills to conduct outreach in my community.



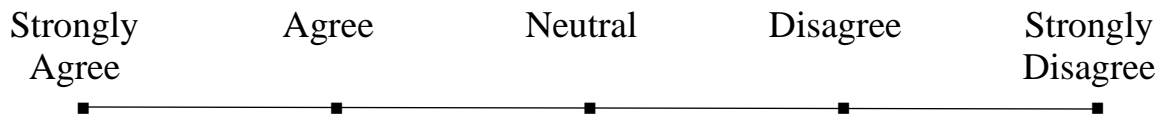
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18. I feel like I can bring the voices of other community members back to decision makers.

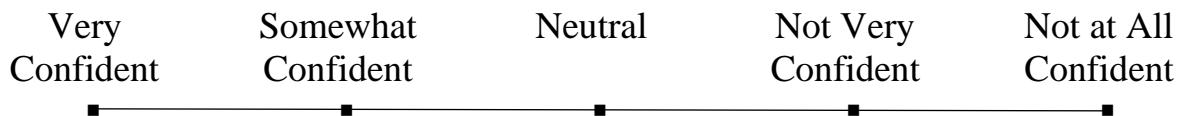


19. I have confidence that my (voice) ideas and recommendations are considered and responded to by Public Health.

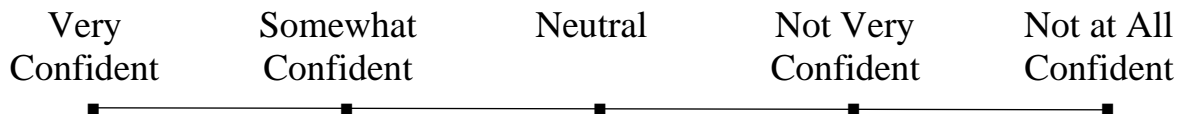


How confident are you in your ability to...

20. Present information to audiences **in your own words.**



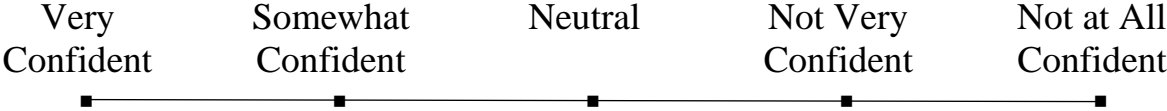
21. Organize an outreach activity.



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22. Facilitate a discussion and collect feedback from your community.



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Empowerment

Please answer the questions related to your team's definition of community empowerment.

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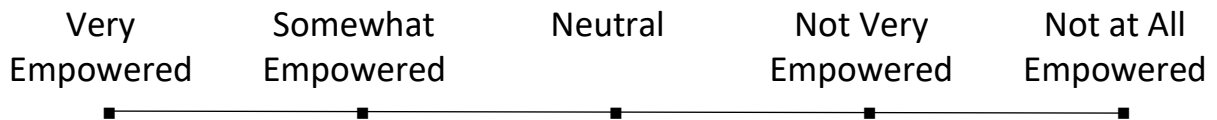
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GAL Team

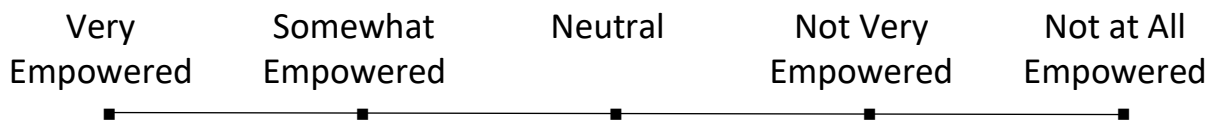
Juntar a la comunidad para crear conocimiento y transmitir información y herramientas para tomar acción para lograr un objetivo en común.

Community Empowerment: Gather the community together to create awareness, transmit information, knowledge, and tools to take action to obtain an objective in common.

- a. How empowered do you feel to gather the community together to create awareness, transmit information, knowledge, and tools to take action to obtain an objective in common?



- b. How empowered did you feel before this training with Public Health?



- c. Did your feelings of empowerment change? Why or why not?

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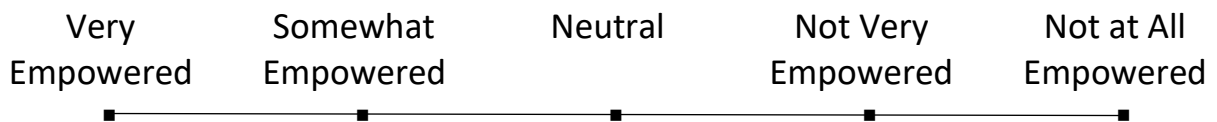
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Vietnamese Team

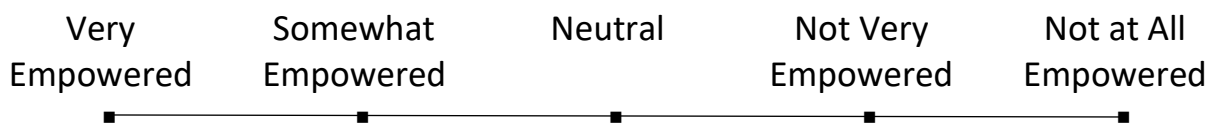
một nhóm người có cùng ý kiến để tạo nên sức mạnh đoàn kết, bảo vệ quyền lợi về cuộc sống của họ.

Community Empowerment: The capacity of a group of people to have a common idea to build common strength and collaboration to protect the rights and benefits in their lives.

- a. How empowered do you feel to unite people to build common strength and collaboration to protect the rights and benefits in their lives?



- d. How empowered did you feel before this training with Public Health?



- e. Did your feelings of empowerment change? Why or why not?

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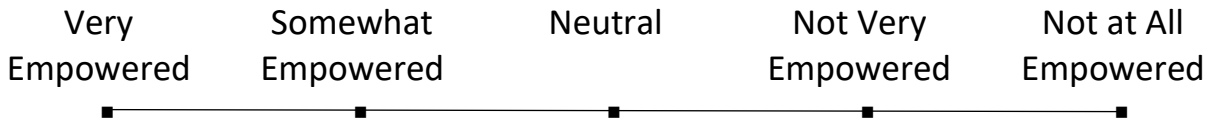
Cambodian Team

“បង្កើនអំណាចសហគមន៍”:

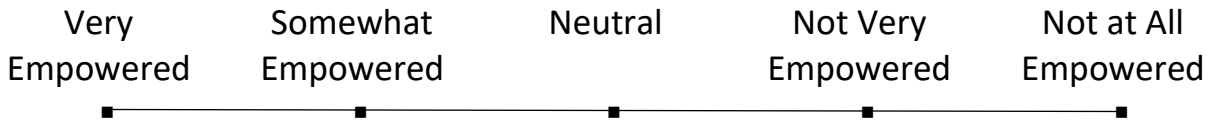
ប្រមូលផ្តុំសមាជិកសហគមន៍បង្កើតសំឡេងតែមួយដើម្បីរក្សាការឈរឈ្នះប្រឆាំងនឹងភាពអយុត្តិធម៌ទីមគ្គុទ្ទេសក៍នោះដែរយើងក៏ត្រូវសហការជាមួយនិងរដ្ឋាភិបាលក្នុងការស្វែងរកយុត្តិធម៌ប្រចាំថ្ងៃ

Community Empowerment: Bring our community together, to create one strong voice, and fight for our right and stand up to injustice. We must work with the government and other organizations to find the solution.

a. How empowered do you feel to bring your community and organizations together to create one strong voice and fight for our right and stand up to injustice?



b. How empowered did you feel before this training with Public Health?



c. Did your feelings of empowerment change? Why or why not?