

## 4 - Moms and Caregivers Self-Assessment (Multiple Languages)

**OMB Control Number: 2030-0051**

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1. Which language would you prefer to take this survey in?

ប្រើភាសាណាមួយណាដើម្បីបំពេញប្រតិបត្តិការប្រមូលព័ត៌មាននេះ?

¿en qué idioma prefiere tomar esta encuesta?

Bạn muốn hoàn thành bảng khảo sát của mình bằng ngôn ngữ nào? Hãy chọn ngôn ngữ mình muốn.

- English
- ខ្មែរ / Khmer
- Español / Spanish
- Tiếng Việt / Vietnamese

Form Number: 6700-014

## 4 - Moms and Caregivers Self-Assessment (Multiple Languages)

### Moms and Caregivers Self-Assessment Survey (English)

**OMB Control Number: 2030-0051**

**Expiration Date: 05/31/2024**

\* 2. Participant ID:

\* 3. Which team are you with?



GAL Team



Khmer Team



Vietnamese Team



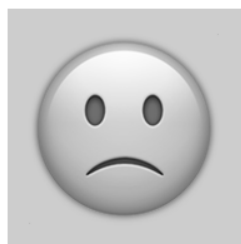
LARC Team

**For the next questions, please use the following scale:**



**None**

Have no knowledge/  
confidence



**Low**

Have very little  
knowledge/  
confidence



**Moderate**

Have basic knowledge/  
confidence; there is  
more to work on



**High**

Consider myself very  
knowledgeable/  
confident

4. BEFORE the workshop, how would you rate your level of knowledge about the pollution in the Duwamish River?



None



Low



Moderate



High

5. Now, AFTER the workshop, how would you rate your level of knowledge about the pollution in the Duwamish River?



None



Low



Moderate



High

6. BEFORE the workshop, how would you rate your level of knowledge about the health information related to the Duwamish Seafood Consumption Advisory?



None



Low



Moderate



High

7. Now, AFTER the workshop, how would you rate your level of knowledge about the health information related to the Duwamish Seafood Consumption Advisory?



None



Low



Moderate



High

8. BEFORE the workshop. How would you rate your level of confidence to decline resident seafood caught in the Duwamish River from your family and neighbors?



None



Low



Moderate



High

9. Now, AFTER the workshop, how would you rate your level of confidence to decline resident seafood caught in the Duwamish River from your family and neighbors?



None



Low



Moderate



High

10. BEFORE the workshop, how would you rate your level of confidence to prepare a skinless healthier salmon meal from the Duwamish River?



None



Low



Moderate



High

11. Now, AFTER the workshop, how would you rate your level of confidence to prepare a skinless healthier salmon meal from the Duwamish River?



None



Low



Moderate



High

\* 12. Please enter today's date

Date / Time

Date

MM/DD/YYYY



Form Number: 6700-014

4 - Moms and Caregivers Self-Assessment (Multiple Languages)

Moms and Caregivers Self-Assessment POST-Survey (Khmer)

OMB Control Number: 2030-0051

\* 13. លេខសម្គាល់អ្នកចូលរួម

Participant ID:

\* 14. លោកអ្នកចូលរួមជាមួយក្រុមណា?

Which team are you with?



GAL Team



Khmer Team



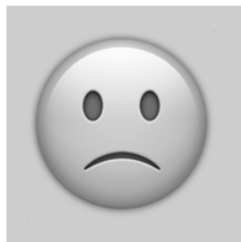
Vietnamese Team

លោកអ្នកត្រូវបញ្ជាក់បន្ថែមអំពីការឆ្លើយរបស់លោកអ្នក ឬបញ្ជាក់បន្ថែមអំពីការឆ្លើយរបស់លោកអ្នក



អត់សោះ

គ្មានចំណេះដឹង/ គ្មានការជឿជាក់



កម្រិតទាប

មានចំណេះដឹងប្រាកដជាក់ តិចតួច



កម្រិតមធ្យម

មានចំណេះដឹងប្រាកដជាក់ជាមូលដ្ឋាន ធានា៖ ត្រូវការរៀនបន្ថែមទៀត



កម្រិតខ្ពស់

ចាត់ទុកថាខ្លួនខ្ញុំមានចំណេះដឹងប្រាកដជាក់ខ្ពស់



15. How would you rate your level of knowledge about the pollution in the Duwamish River before the workshop?

BEFORE the workshop, how would you rate your level of knowledge about the pollution in the Duwamish River?



None / None



Low / Low



Moderate / Moderate



High / High

16. How would you rate your level of knowledge about the pollution in the Duwamish River after the workshop?

AFTER the workshop, how would you rate your level of knowledge about the pollution in the Duwamish River?



None / None



Low / Low

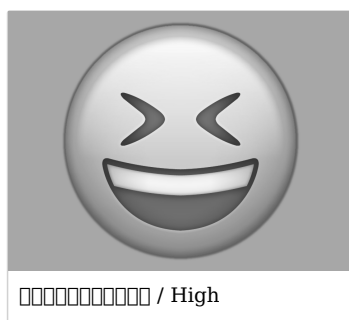
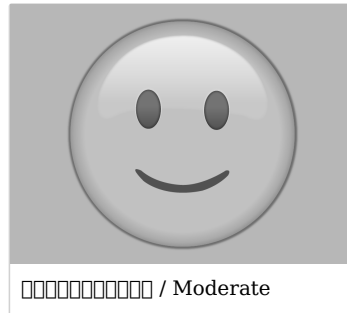
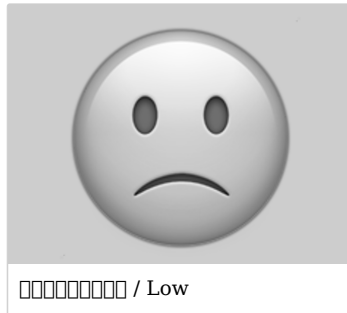
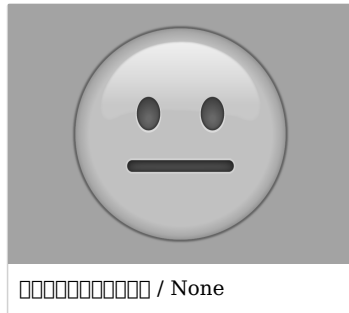


Moderate / Moderate

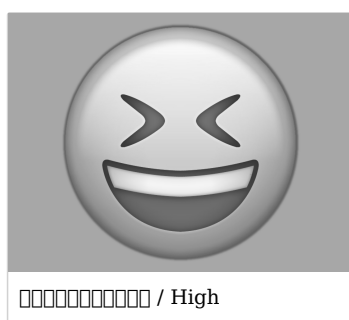
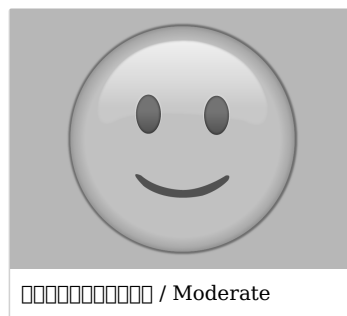
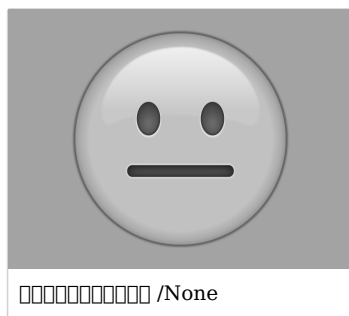


High / High

17. Before the workshop, how would you rate your level of knowledge about the health information related to the Duwamish Seafood Consumption Advisory?



18. After the workshop, how would you rate your level of knowledge about the health information related to the Duwamish Seafood Consumption Advisory?



19. 請在下列圖示中選擇一個最能代表你對避免食用杜瓦米什河居民海產的信心程度。

請在下列圖示中選擇一個最能代表你對避免食用杜瓦米什河居民海產的信心程度。請在下列圖示中選擇一個最能代表你對避免食用杜瓦米什河居民海產的信心程度。

BEFORE the workshop, how would you rate your level of confidence to avoid resident seafood caught in the Duwamish River if someone offers it to you?



None / None



Low / Low



Moderate / Moderate



High / High

20. 請在下列圖示中選擇一個最能代表你對避免食用杜瓦米什河居民海產的信心程度。

請在下列圖示中選擇一個最能代表你對避免食用杜瓦米什河居民海產的信心程度。請在下列圖示中選擇一個最能代表你對避免食用杜瓦米什河居民海產的信心程度。

AFTER the workshop, how would you rate your level of confidence to avoid resident seafood caught in the Duwamish River if someone offers it to you?



None / None



Low / Low



Moderate / Moderate



High / High

21. 請在下列的圖表內，選擇一個最能代表你對以下問題的自信程度。

在參加工作坊前，你對從杜瓦米什河準備一份無皮的健康三文魚餐的自信程度如何？

BEFORE the workshop, how would you rate your level of confidence to prepare a skinless healthier salmon meal from the Duwamish River?



None / None



Low / Low



Moderate / Moderate



High / High

22. 請在下列的圖表內，選擇一個最能代表你對以下問題的自信程度。

在參加工作坊後，你對從杜瓦米什河準備一份無皮的健康三文魚餐的自信程度如何？

AFTER the workshop, how would you rate your level of confidence to prepare a skinless healthier salmon meal from the Duwamish River?



None / None



Low / Low



Moderate / Moderate



High / High

\* 23. □□□□□□□□□□

Today's date:

□□□□ □□ □□□□ / Date

Date

MM/DD/YYYY



Form Number: 6700-014

4 - Moms and Caregivers Self-Assessment (Multiple Languages)

Moms and Caregivers Self-Assessment POST-Survey (Spanish)

OMB Control Number: 2030-0051

\* 24. #ID del participante:

Participant ID:

\* 25. Which team are you with?

En que equipo estas?



GAL  
GRUPO  
ASESOR  
LATINO

GAL Team



អ្នកគាំទ្រសុខភាពសហគមន៍ខ្មែរ  
ខ្មែរ CHA  
Khmer Community Health Advocate

Khmer Team



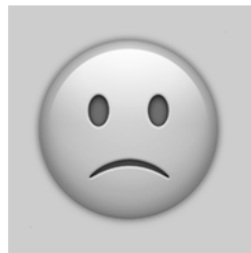
Vietnamese Team

Para la siguiente pregunta, use la siguiente escala:



**Ninguno**

No se nada/no estoy seguro



**Bajo**

Tengo algo de conocimiento/  
confianza



**Moderado**

Tengo conocimientos básicos/confianza;  
puedo aprender más



**Alto**

Me considero muy bien informado/  
seguro

26. ANTES del taller, póngale un índice a su conocimiento de la contaminación del río Duwamish

BEFORE the workshop, how would you rate your level of knowledge about the pollution in the Duwamish River?



ninguno / None



bajo / Low



mediando / Moderate



alto / High

27. DESPUES del taller, póngale un índice a su conocimiento de la contaminación del río Duwamish

Now AFTER the workshop, how would you rate your level of knowledge about the pollution in the Duwamish River?



ninguno / None



bajo / Low



mediando / Moderate



alto / High

28. ANTES del taller, como calificaría su nivel de conocimiento sobre la información de salud relacionada a las Advertencias de Consumo de Mariscos del Duwamish?

BEFORE the workshop, how would you rate your level of knowledge about the health information related to the Duwamish Seafood Consumption Advisory?



ninguno /None



bajo / Low



mediando / Moderate



alto / High

29. DESPUES del taller, como calificaría su nivel de conocimiento sobre la información de salud relacionada a las Advertencias de Consumo de Mariscos del Duwamish?

Now AFTER the workshop, how would you rate your level of knowledge about the health information related to the Duwamish Seafood Consumption Advisory?



ninguno / None



bajo / Low



mediando / Moderate



alto / High



30. ANTES del taller, como calificaría su nivel de confianza para rechazar el pescado y mariscos residentes capturados en el río Duwamish si alguien se lo ofrece?

BEFORE the workshop, how would you rate your level of confidence to avoid resident seafood caught in the Duwamish River if someone offers it to you?



ninguno / None



bajo / Low



mediando / Moderate



alto / High

31. DESPUES del taller, como calificaría su nivel de confianza para rechazar el pescado y mariscos residentes capturados en el río Duwamish si alguien se lo ofrece?

Now AFTER you attended the workshop, how would you rate your level of confidence to avoid resident seafood caught in the Duwamish River if someone offers it to you?



ninguno / None



bajo / Low



mediando / Moderate



alto / High

32. ANTES del taller, cómo calificaría su nivel de confianza para preparar una comida más saludable de salmón sin piel del río Duwamish?

BEFORE the workshop, how would you rate your level of confidence to prepare a skinless healthier salmon meal from the Duwamish River?



ninguno / None



bajo / Low



mediando / Moderate



alto / High

33. DESPUES del taller, cómo calificaría su nivel de confianza para preparar una comida más saludable de salmón sin piel del río Duwamish?

Now, AFTER the workshop, how would you rate your level of confidence to prepare a skinless healthier salmon meal from the Duwamish River?



ninguno / None



bajo / Low



mediando / Moderate



alto / High

\* 34. Today's date

Fecha

Fecha / Date

Date

MM/DD/YYYY



Form Number: 6700-014

4 - Moms and Caregivers Self-Assessment (Multiple Languages)

Moms and Caregivers Self-Assessment POST-Survey (Vietnamese)

OMB Control Number: 2030-0051

\* 35. số ID của quý vị

PARTICIPANT ID #

\* 36. Bạn đang ở với đội nào?

Which team are you with?



GAL  
GRUPO  
ASESOR  
LATINO

GAL Team



អ្នកគាំទ្រសុខភាពសហគមន៍ខ្មែរ  
ខ្មែរ CHA  
Khmer Community Health Advocate

Khmer Team



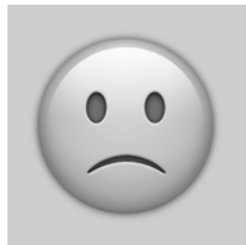
Vietnamese Team

Đối với các câu hỏi tiếp theo, vui lòng sử dụng thang điểm sau



**Không có**

Không có kiến thức  
/ tự tin



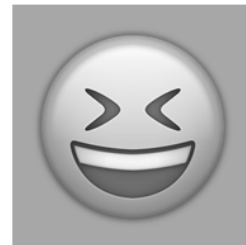
**Thấp**

Có rất ít kiến thức /  
sự tự tin



**Trung bình**

Có kiến thức cơ  
bản / tự tin



**Cao**

Tự nhận mình là  
người rất hiểu biết

37. TRƯỚC hội thảo, bạn đánh giá mức độ hiểu biết của mình về tình trạng ô nhiễm ở sông Duwamish như thế nào?

BEFORE the workshop, how would you rate your level of knowledge about the pollution in the Duwamish River?



Không / None



Thấp / Low



Trung Bình / Moderate



Cao / High

38. Bây giờ, SAU hội thảo, bạn đánh giá mức độ hiểu biết của mình về tình trạng ô nhiễm ở sông Duwamish như thế nào?

Now AFTER the workshop, how would you rate your level of knowledge about the pollution in the Duwamish River?



Không / None



Thấp / Low



Trung Bình / Moderate



Cao / High

39. TRƯỚC hội thảo, quý vị đánh giá mức độ hiểu biết của mình như thế nào về thông tin sức khỏe liên quan đến Lời khuyên Tiêu thụ Hải sản Duwamish?

BEFORE the workshop, how would you rate your level of knowledge about the health information related to the Duwamish Seafood Consumption Advisory?



Không / None



Thấp / Low



Trung Bình / Moderate



Cao / High

40. Bây giờ, SAU hội thảo, quý vị đánh giá mức độ hiểu biết của mình như thế nào về thông tin sức khỏe liên quan đến Lời khuyên Tiêu thụ Hải sản Duwamish?

Now, AFTER the workshop, how would you rate your level of knowledge about the health information related to the Duwamish Seafood Consumption Advisory?



Không / None



Thấp / Low



Trung Bình / Moderate



Cao / High

41. TRƯỚC hội thảo, bạn đánh giá mức độ tin cậy của mình như thế nào khi từ chối hải sản của ngư dân Duwamish từ gia đình và hàng xóm?

BEFORE the workshop, how would you rate your level of confidence to decline resident seafood caught in the Duwamish River from your family and neighbors?



Không / None



Thấp / Low



Trung Bình / Moderate



Cao / High

42. Bây giờ, SAU hội thảo, bạn đánh giá mức độ tin cậy của mình như thế nào khi từ chối hải sản của ngư dân Duwamish từ gia đình và hàng xóm?

Now, AFTER the workshop, how would you rate your level of confidence to decline resident seafood caught in the Duwamish River from your family and neighbors?



Không / None



Thấp / Low



Trung Bình / Moderate



Cao / High

43. TRƯỚC hội thảo, bạn đánh giá mức độ tự tin của mình như thế nào khi chuẩn bị bữa ăn cá hồi không da lành mạnh hơn từ sông Duwamish?

BEFORE the workshop, how would you rate your level of confidence to prepare a skinless healthier salmon meal from the Duwamish River?



Không / None



Thấp / Low



Trung Bình / Moderate



Cao / High

44. Bây giờ, SAU hội thảo, bạn đánh giá mức độ tự tin của mình như thế nào khi chuẩn bị bữa ăn cá hồi không da lành mạnh hơn từ sông Duwamish?

Now, AFTER the workshop, how would you rate your level of confidence to prepare a skinless healthier salmon meal from the Duwamish River?



Không / None



Thấp / Low



Trung Bình / Moderate



Cao / High



\* 45. Ngày hôm nay

Today's date

Ngày / Date

Date

MM/DD/YYYY



Form Number: 6700-014