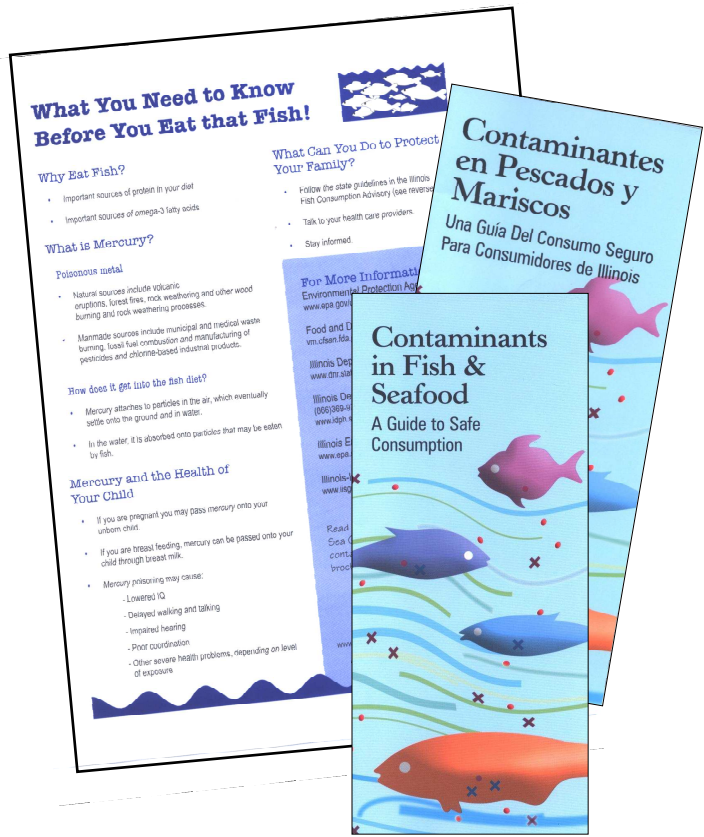


# Fish Consumption Education for At-Risk Populations: Eating Fish Safely, while Minimizing Health Risks

## Resources



### BACKGROUND

Consumption of fish is a strong part of many cultures in our society. As such, potential health risks associated with consuming fish are not being adequately communicated to the communities whose health, livelihood, and culture depend on consumption of seafood.

Strategies must be developed that target these populations in ways that appeal to their cultural practices. Messages conveyed must spark people's interest in why certain fish may be detrimental to their health.

### PROJECT GOAL

To reduce the incidence of profound negative health effects from consuming contaminated fish.

### AUDIENCE

Immigrant and other underserved populations in urban areas of southern Lake Michigan, particularly women who are pregnant, nursing, or of childbearing age.

## Fish School



This school based project promotes actions people can take for safe fish preparation and consumption. Our approach is to train educators who will then teach their students about these public health issues. Students serve as educators in their communities by presenting health-based information at school and other community-based events.

## EFNEP

### Eating Fish Wisely

- Eat a variety of fish.
- Choose safer fish.
- Prepare and cook fish wisely.
- Know how often to eat fish. [the recommended number of times/week.]
- Make sure fish are a part of your healthy diet.



Extension nutrition educators and program assistants deliver health-related programs using Extension Sea Grant's fish consumption flip chart to teach limited-resource and high-risk audiences about prenatal and childhood nutrition.