

## **NEW MOTHERS' NUTRITIONAL AWARENESS SURVEY**

<p>1. Did anyone ever speak to you or did you read about how eating fish or shellfish is <b>good</b> for you? (Please answer yes or no at the right)</p>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">YES</td> <td style="width: 50%;">NO</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	YES	NO	<input type="checkbox"/>	<input type="checkbox"/>
YES	NO				
<input type="checkbox"/>	<input type="checkbox"/>				
<p>2. Who spoke to you or where did you hear or read that eating fish or shellfish is <b>good</b> for you? (CHECK ALL THAT APPLY)</p> <p style="text-align: center;"> <input type="checkbox"/> Nurse or Doctor      <input type="checkbox"/> TV or Radio      <input type="checkbox"/> WIC      <input type="checkbox"/> Nutritionist  <input type="checkbox"/> Internet      <input type="checkbox"/> Family/Friend      <input type="checkbox"/> Childbirth Educator      <input type="checkbox"/> Newspaper/magazine  <input type="checkbox"/> Poster      <input type="checkbox"/> Brochure      <input type="checkbox"/> Did not hear or read any information  <input type="checkbox"/> Other (Give detail) _____         </p>					
<p>3. Did anyone ever speak to you or did you read about how eating fish or shellfish while you were pregnant was <b>good</b> for your baby? (Please answer yes or no at the right)</p>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">YES</td> <td style="width: 50%;">NO</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	YES	NO	<input type="checkbox"/>	<input type="checkbox"/>
YES	NO				
<input type="checkbox"/>	<input type="checkbox"/>				
<p>4. Who spoke to you or where did you hear or read that eating fish or shellfish while you were pregnant was <b>good</b> for your baby? (CHECK ALL THAT APPLY)</p> <p style="text-align: center;"> <input type="checkbox"/> Nurse or Doctor      <input type="checkbox"/> TV or Radio      <input type="checkbox"/> WIC      <input type="checkbox"/> Nutritionist  <input type="checkbox"/> Internet      <input type="checkbox"/> Family/Friend      <input type="checkbox"/> Childbirth Educator      <input type="checkbox"/> Newspaper/magazine  <input type="checkbox"/> Poster      <input type="checkbox"/> Brochure      <input type="checkbox"/> Childcare/Daycare      <input type="checkbox"/> Did not hear or read any information  <input type="checkbox"/> Other (Give detail) _____         </p>					
<p>5. Did anyone ever speak to you or did you read about how eating fish containing mercury while you were pregnant might be <b>bad</b> for your baby? (Please answer yes or no at the right)</p>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">YES</td> <td style="width: 50%;">NO</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	YES	NO	<input type="checkbox"/>	<input type="checkbox"/>
YES	NO				
<input type="checkbox"/>	<input type="checkbox"/>				
<p>6. Who spoke to you or where did you hear or read that eating fish containing mercury while you were pregnant might be <b>bad</b> for your baby? (CHECK ALL THAT APPLY)</p> <p style="text-align: center;"> <input type="checkbox"/> Nurse or Doctor      <input type="checkbox"/> TV or Radio      <input type="checkbox"/> WIC      <input type="checkbox"/> Nutritionist  <input type="checkbox"/> Internet      <input type="checkbox"/> Family/Friend      <input type="checkbox"/> Childbirth Educator      <input type="checkbox"/> Newspaper/magazine  <input type="checkbox"/> Poster      <input type="checkbox"/> Brochure      <input type="checkbox"/> Childcare/Daycare      <input type="checkbox"/> Did not hear or read any information  <input type="checkbox"/> Other (Give detail) _____         </p>					

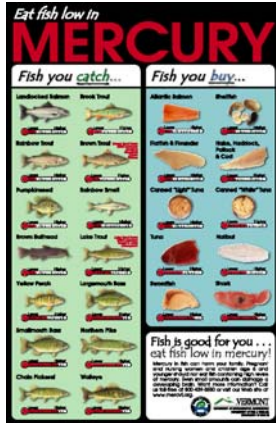
7. Before you received this survey, did you know that Vermont has safe eating guidelines to help you make decisions about how often to eat fish and shellfish?

(Please answer yes or no at the right)

YES

NO

8. Before this survey, did you ever receive a copy or see Vermont's safe eating guidelines for mercury in fish in any of the following documents/ brochures or posters? (Please check all that you have seen or received.)



9. How did you find out about Vermont's safe eating guidelines? (CHECK ALL THAT APPLY)

- I did not know about these guidelines
- Physicians Office
- Newspaper/magazine
- Childcare/Daycare
- Childbirth Educator
- Family/Friend
- Internet
- Poster
- Brochure
- WIC
- Posting at Fishing Area
- Other (Give detail) \_\_\_\_\_

10. Did a doctor, nurse or other health care provider talk to you about the information in the safe eating guidelines for mercury in fish?

(Please answer yes or no at the right)

YES

NO

11. Did you take home a brochure and read the safe eating guidelines for mercury in fish?

(Please answer yes or no at the right)

YES

NO

12. When did you FIRST learn about the safe eating guidelines for mercury in fish?

- I did not know about the safe eating guidelines for mercury.
- Prior to my pregnancy
- During my pregnancy
- After my pregnancy

13. If you knew about safe eating guidelines for mercury in fish during your pregnancy, what did you do?

(CHECK ANY THAT APPLY)

- I did not know
- I do not eat fish
- I did not change the amount of fish I ate
- I limited how much fish I ate with high levels of mercury
- I stopped eating fish altogether

<p>14. Prior to this survey did you know that mercury could affect your growing baby:</p> <p style="text-align: center;"><b>(Please answer yes or no at the right of each listed below)</b></p>		
<p>a.) Through breast milk?</p>	<p>YES <input type="checkbox"/></p>	<p>NO <input type="checkbox"/></p>
<p>b.) Up to the age of 6 until the nervous system is developed?</p>	<p>YES <input type="checkbox"/></p>	<p>NO <input type="checkbox"/></p>
<p>15. Before this survey, did you know that the federal Environmental Protection Agency (EPA) and the Food and Drug Administration (FDA) had issued guidelines to help pregnant women make wise decisions about eating fish and shellfish that are sold in the grocery store? <b>(Please answer yes or no at the right)</b></p>		
	<p>YES <input type="checkbox"/></p>	<p>NO <input type="checkbox"/></p>
<p>16. Do you know what the EPA and FDA safe eating guidelines are for amounts of fish high in mercury (certain fish and shellfish that are sold in grocery stores?) <b>(Please answer yes or no at the right)</b></p>		
	<p>YES <input type="checkbox"/></p>	<p>NO <input type="checkbox"/></p>
<p>17. Before this survey, did you know that Vermont provides safe eating guidelines for mercury in fish to pregnant women and children for canned tuna? <b>(Please answer yes or no at the right)</b></p>		
	<p>YES <input type="checkbox"/></p>	<p>NO <input type="checkbox"/></p>
<p>18. Does canned <b>white tuna</b> have higher levels of mercury than canned <b>light tuna</b>. <b>(Please answer at the right)</b></p>		
	<p><input type="checkbox"/> YES</p>	<p><input type="checkbox"/> NO</p>
	<p><input type="checkbox"/> DON'T KNOW</p>	
<p>19. Which of the following statements do you agree with? <b>(CHECK ONLY ONE)</b></p> <p><input type="checkbox"/> No fish or shellfish have mercury in them.      <input type="checkbox"/> Some fish or shellfish have mercury in them</p> <p><input type="checkbox"/> Most fish or shellfish have mercury in them.    <input type="checkbox"/> All fish or shellfish have mercury in them.</p> <p><input type="checkbox"/> Don't know</p>		
<p>20. You can remove the mercury from fish by properly cleaning and cooking the fish. <b>(Please answer at the right)</b></p>		
	<p><input type="checkbox"/> TRUE      <input type="checkbox"/> FALSE</p>	
	<p><input type="checkbox"/> DON'T KNOW</p>	
<p>21. The human body can get rid of mercury over time. <b>(Please answer at the right)</b></p>		
	<p><input type="checkbox"/> TRUE      <input type="checkbox"/> FALSE</p>	
	<p><input type="checkbox"/> DON'T KNOW</p>	

22. **During your pregnancy** how many meals did you eat of EACH of the following types of fish during a typical month?

**Canned Tuna**

- None
- 1-2 meals
- 3-5 meals
- Over 5 meals

**Vermont Caught Fish**

- None
- 1-2 meals
- 3-5 meals
- Over 5 meals

**Shellfish**

- None
- 1-2 meals
- 3-5 meals
- Over 5 meals

**Fish Sticks**

- None
- 1-2 meals
- 3-5 meals
- Over 5 meals

**Swordfish, Shark, King Mackerel  
or Tilefish (sometimes sold as Ocean  
Whitefish, Golden Bass or Golden  
Snapper)**

- None
- 1-2 meals
- 3-5 meals
- Over 5 meals

**All Other Fish Purchased in a Store  
or Restaurant**

- None
- 1-2 meals
- 3-5 meals
- Over 5 meals

**THANK YOU FOR COMPLETING THIS SURVEY!**

Please return the survey in the enclosed, self addressed envelope addressed to:

**Vermont Department of Environmental Conservation  
Environmental Assistance Office  
103 South Main Street, Laundry Building  
Waterbury, VT 05671-0004**

If you would like additional health information regarding mercury in fish, contact the Vermont Department of Health at **1-800-439-8550**.

If you have any survey-related questions, please contact the Environmental Assistance Office Hotline at- **1-800-974-9559**.