



## LUMMI INDIAN BUSINESS COUNCIL

2616 KWINA ROAD • BELLINGHAM, WASHINGTON 98226 • (360) 384-1489

### Lummi Nation Diet Study 2011

Dear Participant,

The Lummi Natural Resources Department is conducting a survey about the seafood eating habits of the Lummi People. With your help, the survey will play an important role in protecting the health of tribal members and the quality of our waters.

You are among the 150 Lummi tribal members that were chosen at random to be interviewed. We would appreciate your help with this project.

For this study, Frank Lawrence III, Victor Johnson, or Latisha Toby will interview you about your eating habits. Your identity and your answers will be confidential and you will be paid a \$25 honorarium after completion of the interview.

One of the interviewers will contact you within the next couple of weeks to ask you to take part in the study. Interviews will be held at a time and location that is convenient to you. If you have any questions about this survey or the interview, you can contact me or Jeremy Freimund of my staff at:

Lummi Natural Resources Department  
2616 Kwina Road  
Bellingham, WA 98226  
Tel. M. Jefferson: 360 384-2225  
Tel. J. Freimund: 360 384-2212

Your answers are extremely important for your community! Your help is greatly appreciated.

Thank you,

*Merle Jefferson, Sr., Executive Director  
Lummi Natural Resources Department*



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### **What is the survey about?**

Eating fish and shellfish is the Lummi Way of Life. The Lummi People eat a lot more seafood than the general non-Indian population, but how much more is not known. This is important to know for the water quality standards of the Reservation, which are intended to protect the health of tribal members.

The water quality standards regulate how much toxic chemicals are allowed in the river and marine water of the Reservation. Because toxic chemicals in the water can be stored in the fat and meat of fish and shellfish, the more seafood people eat, the more they are in contact with toxic chemicals in the water. As a result, when people eat more fish, the water has to be cleaner.



If we know how much fish and shellfish tribal members eat, we can develop more protective water quality standards.

### **Who conducts the survey?**

The Lummi Natural Resources Department. This survey is done by Lummi for Lummi.

### **What happens with my answers?**

Your answers will be kept confidential as will your identity. They will be combined with the answers of the other interviews and none of your answers will be able to be tracked back to you. Your answers will only be used for this study and no other project.

### **How and why was I chosen?**

We randomly chose male tribal members that are over 45 years old. We know that this is the group of people who eat the most fish. This way, the new water quality standards will protect everybody, no matter how much fish they eat.

### **What happens if I don't want to take part?**

Nothing. Taking part in the survey is voluntary. It is totally up to you. But we sure would appreciate it if you would help the community by taking part in the survey!