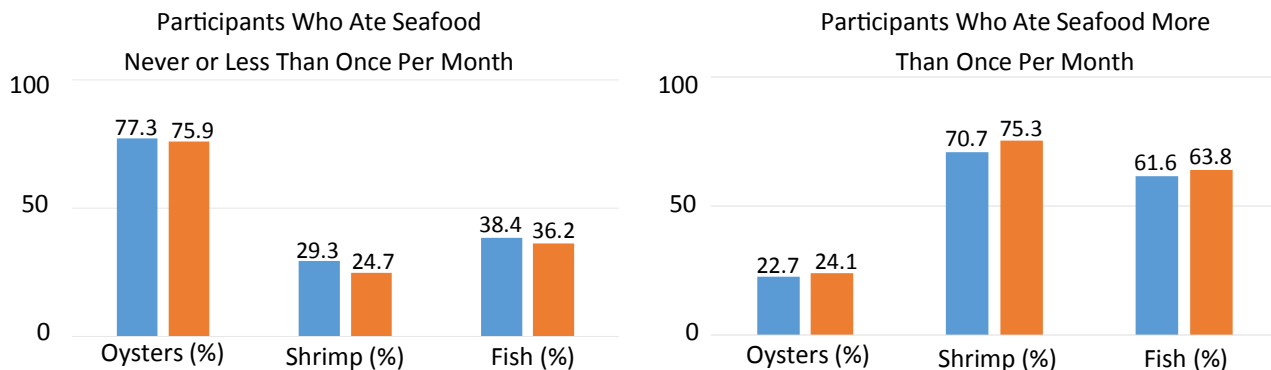
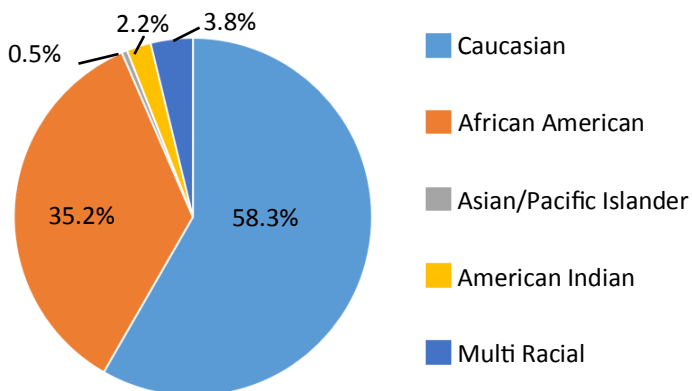


Dear Participant,

Below are some charts that describe the seafood eating habits of WaTCH participants before and after the oil spill. As you can see, there has been little change in how often people report eating different types of seafood since the oil spill.



### Race of WaTCH Participants



**50% of participants said they have Cajun ancestry**

### WAVE 2 Follow Up

The WaTCH study is a long-term women's health study. We began our Wave 2 follow-up phone surveys in September 2014. So far, we have re-interviewed nearly 400 participants out of 2,700. We appreciate your continued support. If you have not yet completed yours, give us a call toll free, 1-855-455-3170.

1. The interview is done over the phone and takes about 45 minutes. We can call any time that is convenient for you.
2. You will be compensated \$40 for your time.
3. Participation is completely voluntary.

We look forward to speaking with you again!

### HAVE YOU USED VIA LINK 2-1-1?

We can't stop singing the praises of Via Link 2-1-1. Their highly trained staff tell you about resources such as discounted medical care, senior services, food aid, mental health services, substance abuse treatment, legal help and much more. The counselors are there to listen and advise. You don't have to give them any personal information if you don't want to.

During emergencies, the governor may say that the "2-1-1 system is being activated." This means that local and state officials are using the 2-1-1 system to pass along information and keep the community informed. When Hurricane Isaac threatened the area, many people counted on 2-1-1 to find evacuation routes, shelters, emergency supplies, and when their streets reopened so they could safely return home.

2-1-1 is available 24 hours a day in Orleans, Jefferson, Plaquemines, St. Bernard, Lafourche, St. Charles, St. John the Baptist, St. Tammany, Tangipahoa, and Washington Parish. If you live in another parish, 211 is also available to you, but it may not be staffed 24 hours a day. If you have AT&T U-verse phone service, then you will need to dial the toll free number 800-749-2673 instead.

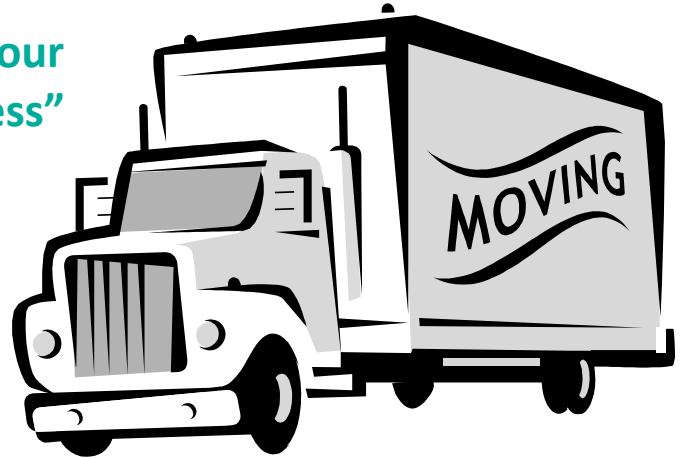
## HAVE YOU MOVED?

Help us stay in touch with you. Go to our website and click on the "Update Address" button. You can also call or email us.

Email: [thewatchstudy@lsuhsc.edu](mailto:thewatchstudy@lsuhsc.edu)

Website: [sph.lsuhschool.edu/watch](http://sph.lsuhschool.edu/watch)

Phone: 1-855-455-3170



WATCH STUDY  
LSUHSC- NEW ORLEANS  
SCHOOL OF PUBLIC HEALTH  
2020 GRAVIER STREET, LEC 330  
NEW ORLEANS, LA 70112

RETURN SERVICE REQUESTED

One in six households in Louisiana is at risk for hunger. Second Harvest Food Bank is the largest anti-hunger network in the state. They provide food to 474 programs across south Louisiana including food banks, community centers and shelters. The WaTCH study staff and friends recently spent some time at the New Orleans Food Bank learning about their process and sorting some of the canned food donated over the holiday season.

Our study participants come from many different backgrounds but they have one thing in common, they all choose to be generous with their time. They choose to help LSU with this very crucial study. Your generosity inspires us to give back to our community.

Thank you!

**We Wish You a Happy and Safe Carnival Season!**

