Fish Advisory Program

Lori Chumney
Office of Environmental Health Hazard Assessment for Tribal Advisory Committee Meeting 12/13/17
Chemicals of Concern and Health Risks

- Mining, fossil fuels, volcanoes
- Industrial lubricants
- Legacy pesticides
- Discharges into sewer systems and waterways
- Flame retardants

Pictures from California Geological Survey and USGS

Mercury

DDTs, chlordane, dieldrin, toxaphene
How OEHHA Develops Advice

- Based on results of testing fish samples for certain chemicals
- How much fish can be safely eaten using advisory tissue levels (ATLs)
- ATLs based on studies of health effects of fish contaminants
  - If followed, keeps exposure at or below a safe level
- Need adequate sample sizes
What determines how and why testing of fish will occur?

For advisories at a specific water body:
- OEHHA relies on data collected by others (e.g., Water Board) for fish advisories and other purposes
  - E.g., Surface Water Ambient Monitoring Program (SWAMP)
- Suspected health hazard
- Other possible factors
  - Fishing pressure
  - Permit requirements
- Resource availability for sampling and analysis
www.oehha.ca.gov/fish/advisories

Fish Advisories

Safe Eating Guidelines

- How to Follow Advisories
- Statewide Advisory for Eating Fish from California’s Lakes and Reservoirs without site-specific advice
- Statewide Advisory for Eating Fish from California Coastal Locations without site-specific advice
- Advisory for Fish that Migrate
- Women & Children
- General Tips

OEHHA’s Fish Consumption Advisories and Safe Eating Guidelines:

<table>
<thead>
<tr>
<th>Waterbody</th>
<th>County</th>
<th>Species</th>
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<td>Any</td>
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<table>
<thead>
<tr>
<th>Advisory</th>
<th>County</th>
<th>Species</th>
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<tbody>
<tr>
<td>Advisory for Fish that Migrate</td>
<td></td>
<td>American shad</td>
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<tr>
<td></td>
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<td>Chinook (King) Salmon</td>
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Video: How to Follow Advisories
Video: Risks and Benefits of Eating Fish
Women & children
A GUIDE TO EATING FISH from SAN LUIS RESERVOIR (MERCED COUNTY)

**Women (18-45 Years)**
- 2 TOTAL SERVINGS A WEEK
- OR
- 1 TOTAL SERVING A WEEK
- OR
- DO NOT EAT

**Men (18+ Years)**
- 5 TOTAL SERVINGS A WEEK
- OR
- 2 TOTAL SERVINGS A WEEK
- OR
- 1 TOTAL SERVING A WEEK

**Children (1-17 Years)**
- 0 TOTAL SERVINGS A WEEK

**Eat the Good Fish**
Eating fish that are low in chemicals may provide health benefits to children and adults.

**Avoid the Bad Fish**
Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.

**Choose the Right Fish**
Chemicals may be more harmful to unborn babies and children.

- **Tule Perch**
  - High in Omega-3s

- **American Shad**
  - Striped Bass
  - Common Carp
  - Black Bass Species

Serving Size:
A serving of fish is about the size and thickness of your hand. Give children smaller servings.

California Office of Environmental Health Hazard Assessment
- **Web**: [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)
- **Email**: fish@oehha.ca.gov
- **Phone**: (916) 324-7572

Eat only the skinless fillet
Some chemicals are higher in the skin, fat, and guts
How can OEHHA and Tribes collaborate on advisories?

- **Communicating advice**
  - Pictorials are the easiest way to convey information
    - All advisories should have updated pictorials posted on our website by the end of 2018
    - We can assist with printing

- **Advisory development**
  - Open to Tribal input
OEHHA and Tribal Collaboration
Example: Clear Lake
Clear Lake Advisory

A Healthy Guide to Eating Fish and Shellfish from Clear Lake

Women 18-45 years and children 1-17 years

- Inland silverside
- Threadfin shad
- Asian clam
- Winged floater mussel

- Blackfish
- Bluegill or other sunfish
- Bullhead
- Carp
- Catfish
- Crappie
- Crayfish
- Hitch
- Mosquitofish
- Prickly sculpin

Largemouth Bass

3 servings a week OR 7 servings a week—clams or mussels

1 serving a week

Do not eat

What is a serving?

For adults
For children

The recommended serving is the size and thickness of your hand. Give children smaller servings.

Why eat fish?

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

What is the concern?

Some fish have high levels of mercury. Mercury can harm the brain, especially in unborn babies and children. Women over 45 years and men have lower risk and can eat more fish.

Please contact OEHHA with questions and concerns
Questions/Comments?

- We want your input!
- How can we best serve Tribes in developing advisories and providing information to your community?

- For more information, please contact:
  - Susan Klasing: susan.klasing@oehha.ca.gov
  - Lori Chumney: lori.chumney@oehha.ca.gov

www.oehha.ca.gov/fish/advisories