




Fish Advisories

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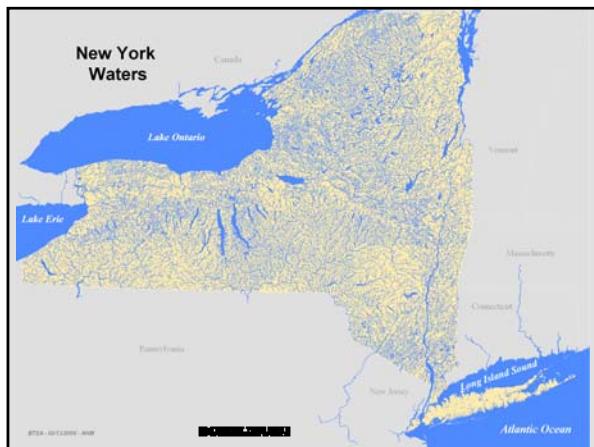
www.t2b2.org

Advisories - Recreational Fisheries

- Fish can be a significant source of exposure
- Fish from market - regulated by FDA
- Recreational fisheries - advisories issued by state, federal government for contaminated fish

New York State Anglers

- 1.2 million licensed anglers (DEC 2005)
- 400,000 anglers in marine waters (no license required) (USFWS 2005)
- 20% of minors fish (USFWS 2005)



New York State Waters

- 52,000 miles of rivers and streams
- 2,700,000 acres of Great Lakes
- 7,800 lakes, ponds, reservoirs covering 790,000 acres
- 1,200,000 acres of marine waters

Stakeholders

- | | |
|--|--|
| <ul style="list-style-type: none">• Environmental Groups• Charter Boat Captains• Recreational Anglers• Commercial Anglers• EPA | <ul style="list-style-type: none">• Chambers of Commerce• Tourism-related Business• NY Seafood Council• Industry• Restaurant Trade Association |
|--|--|

Contaminants in NYS Fish

- | | |
|--|---|
| <ul style="list-style-type: none">• PCBs• Dioxins• Chlordane• Mirex• DDT• Dieldrin• Unknown/Emerging | <ul style="list-style-type: none">• Mercury• Cadmium |
|--|---|

PCBs Health Effects

- Developmental effects
 - birth weight
 - short-term memory, learning
- Reproductive effects
- Nervous system
- Cancer
- Half-life - years

DOH 11/12/09, 4/08

Methylmercury Health Effects

- Nervous system
 - memory
 - attention
 - language development
- Half-life - 70 days

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Federal Standards Fish from Market

PCBs	2 ppm
Mercury	1 ppm
Mirex	0.1 ppm

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Eating Fish - Health Benefits

- Protein
- Low in saturated fats
- High in omega-3 fatty acids
- Lower plasma cholesterol and triglyceride levels
- Reduce risk of coronary heart disease

DOH 11/12/09, 4/08

DOH Advisory

1. **General advisory** - one meal per week
2. **Specific water bodies**
 - a. One meal per month
 - b. Eat none
 - c. Women and children eat none
3. **Regional advisories** - Adirondack, Catskill area

DOH 11/12/09, 4/08



8/18 10/12/09, 4/08

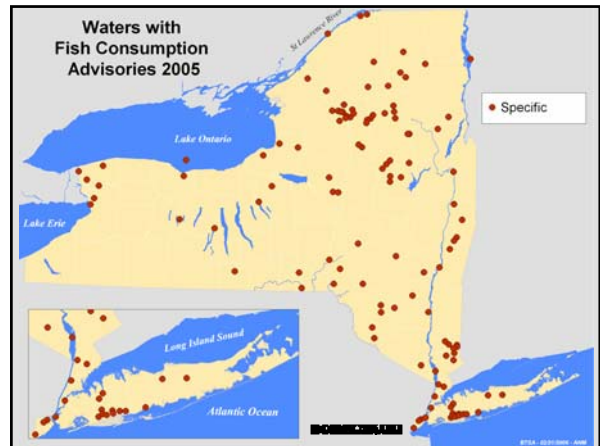
DOH 11/12/09, 4/08

DOH Advisory

2. Specific water bodies

- a. One meal per month
- b. Eat none
- c. Women and children eat none

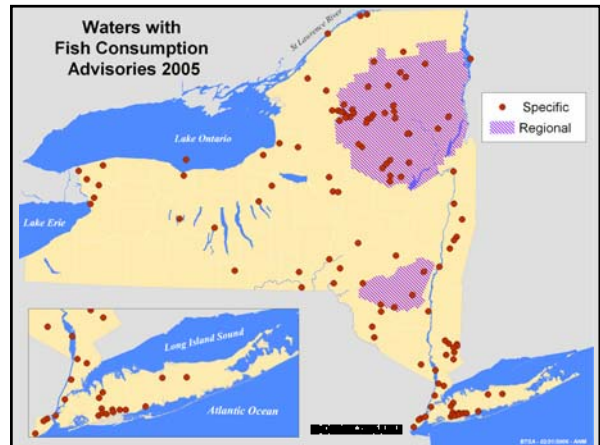
DOH



DOH Advisory

Regional advisories - Adirondack, Catskill area

DOH



Fish Advisories – Key Factors

- Health risks
- FDA levels
- General patterns
- Communication
- Health benefits

DOH

Judging Fish Data

- Contaminant data limited
- Concentrations vary by
 - Location
 - Species, lipid content, length (age)
 - Sex
 - Season
 - Year

DOH

**PCB Concentration (ppm)
by Waterbody
Largemouth bass**

Waterbody	PCB
Hudson River	6.8
Nassau Lake	4.9
Mohawk River	0.54
Seneca Lake	0.08

**PCB Concentration (ppm)
by Species**

Species	PCB (range) ppm
Smallmouth bass	3.4 (0.82 - 9.9)
Pumpkinseed	5.7 (2.3 - 9.0)
Red-breasted sunfish	19 (7.7 - 29)

**PCB Concentration (ppm)
by Lipid - Carp**

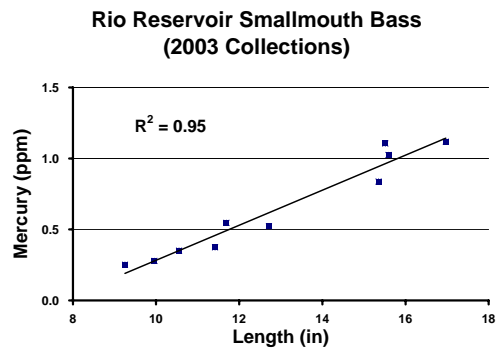
Percent Lipid	PCB (ppm)
2.2	4.4
7.9	6.3
15	10
23	29
40	44
Average - 15	Average - 13

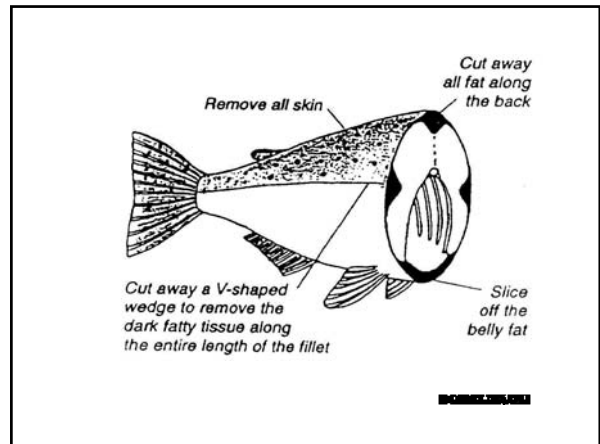
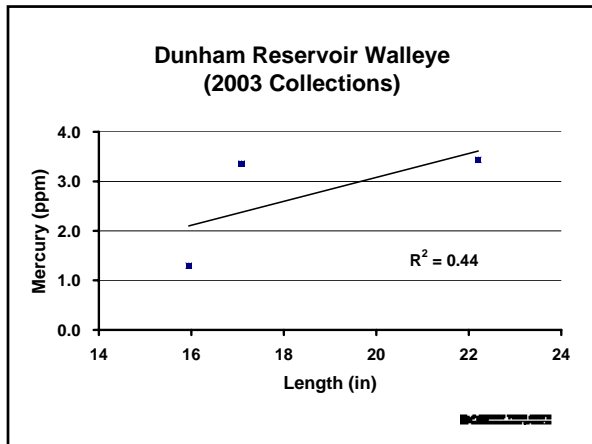
**PCB Concentration (ppm)
by Sex - Striped Bass**

Year	Males PCB (ppm)	Females PCB (ppm)
1999	1.3	0.77
2000	1.1	0.88
2001	1.0	0.57
2002	0.89	0.46

**PCB Concentration (ppm)
by Season - Coho**

Season	PCB (ppm)
Spring	0.17
Summer	0.67





- ### Cooking Guidance
- Broil, grill or bake on a rack
 - Do not use drippings
 - Avoid fat
 - Discard cooking liquid

- ### FDA/EPA Advice
- For women and young children
- Do not eat
 - Shark
 - King Mackerel
 - Swordfish
 - Tilefish
 - Eat 12 ounces of fish low in mercury
 - Shrimp
 - Catfish
 - Pollock
 - Salmon
 - Canned light tuna

- ### Game/Shellfish
- Waterfowl
 - Mergansers
 - More contaminated
 - Wood ducks, Canada geese
 - Less contaminated
 - Snapping turtles
 - Crabs and lobsters - hepatopancreas (green substance)

- ### Outreach
- DEC's fishing regulation guide
 - Booklet
 - Area specific brochures
 - Posting
 - Radio spots
 - Collaboration

Easy Tips

- Know your geography
 - PCBs
 - Mercury
- Choose smaller fish
- Choose less contaminated fish
- Eat smaller portions
- Follow trimming, cooking guidance

Contact

Environmental Health Infoline

Phone: 1-800-458-1158

Email: ceheduc@health.state.ny.us

Further Information - Websites

www.nyhealth.gov/nysdoh/fish/fish.htm

www.cfsan.fda.gov/~dms/admehg3.html

Evaluations

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Thank you!

April 20, 2006

Recreational Water Safety

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