

Protecting Public Health in Oregon via Fish Consumption Advisories

David Farrer

Oregon Health Authority

for

Oregon Public Health Association

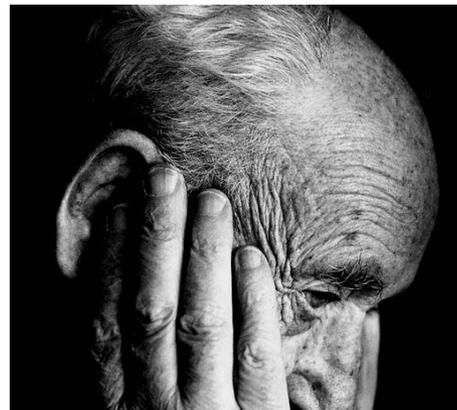
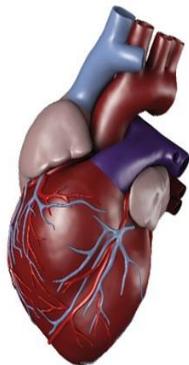
October 15, 2013



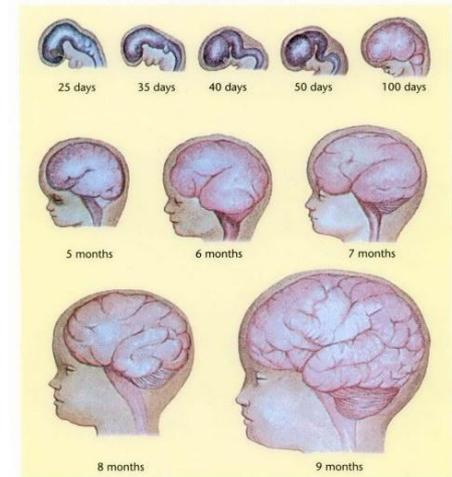
Oregon
Health
Authority

Fish is Good For You

- High protein
- Low fat
- Vitamins and Minerals
- Omega 3 Fatty Acids
 - EPA (eicosapentaenoic acid)
 - DHA (docosahexaenoic acid)

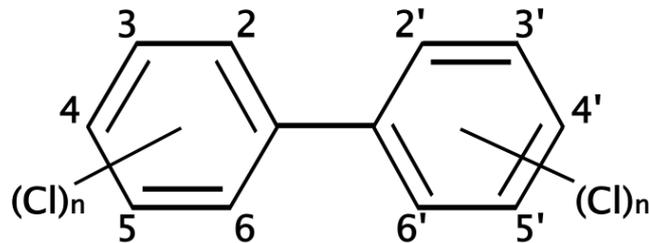


Fetal Brain Development
Source: Restak, 1984

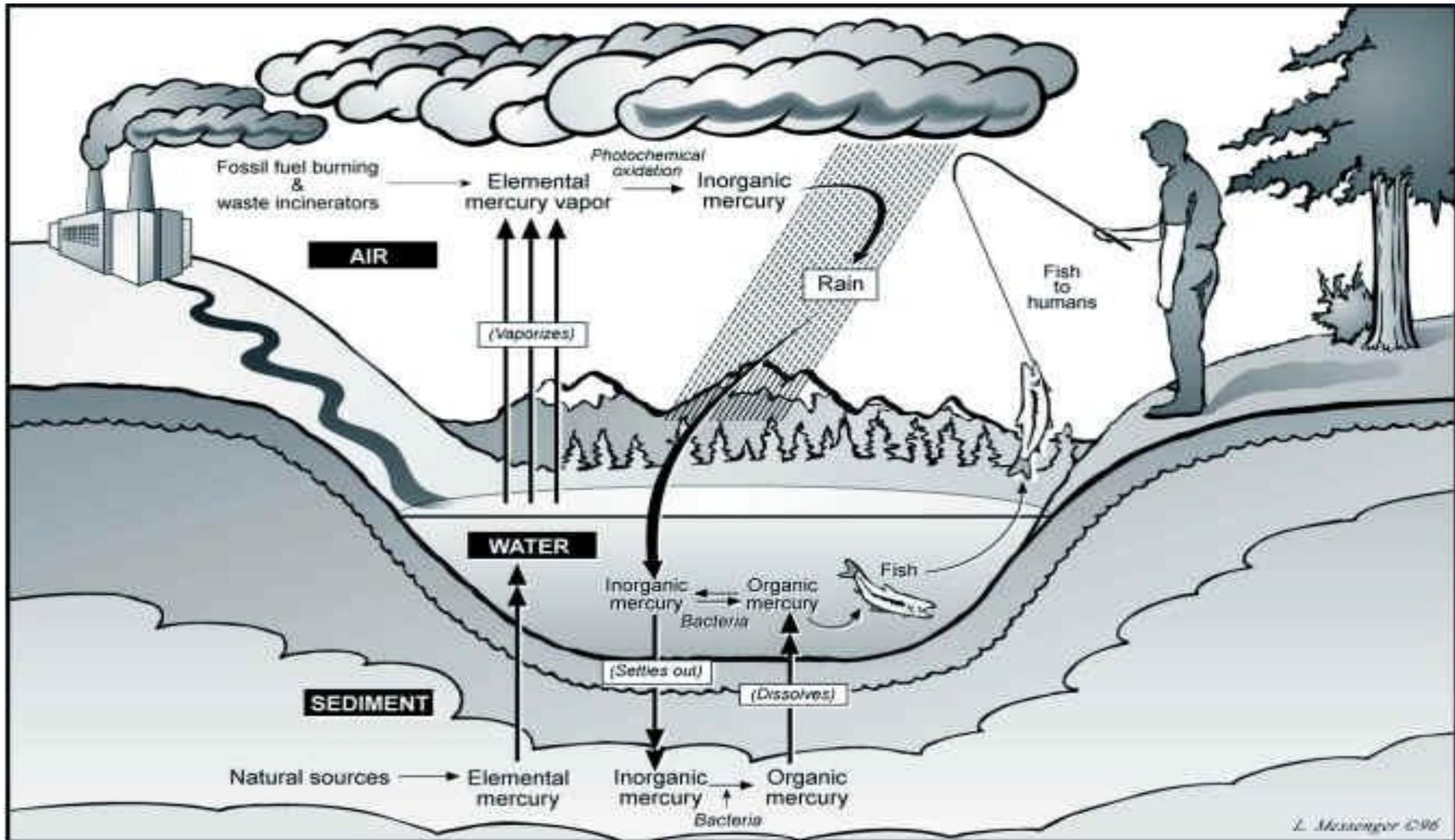


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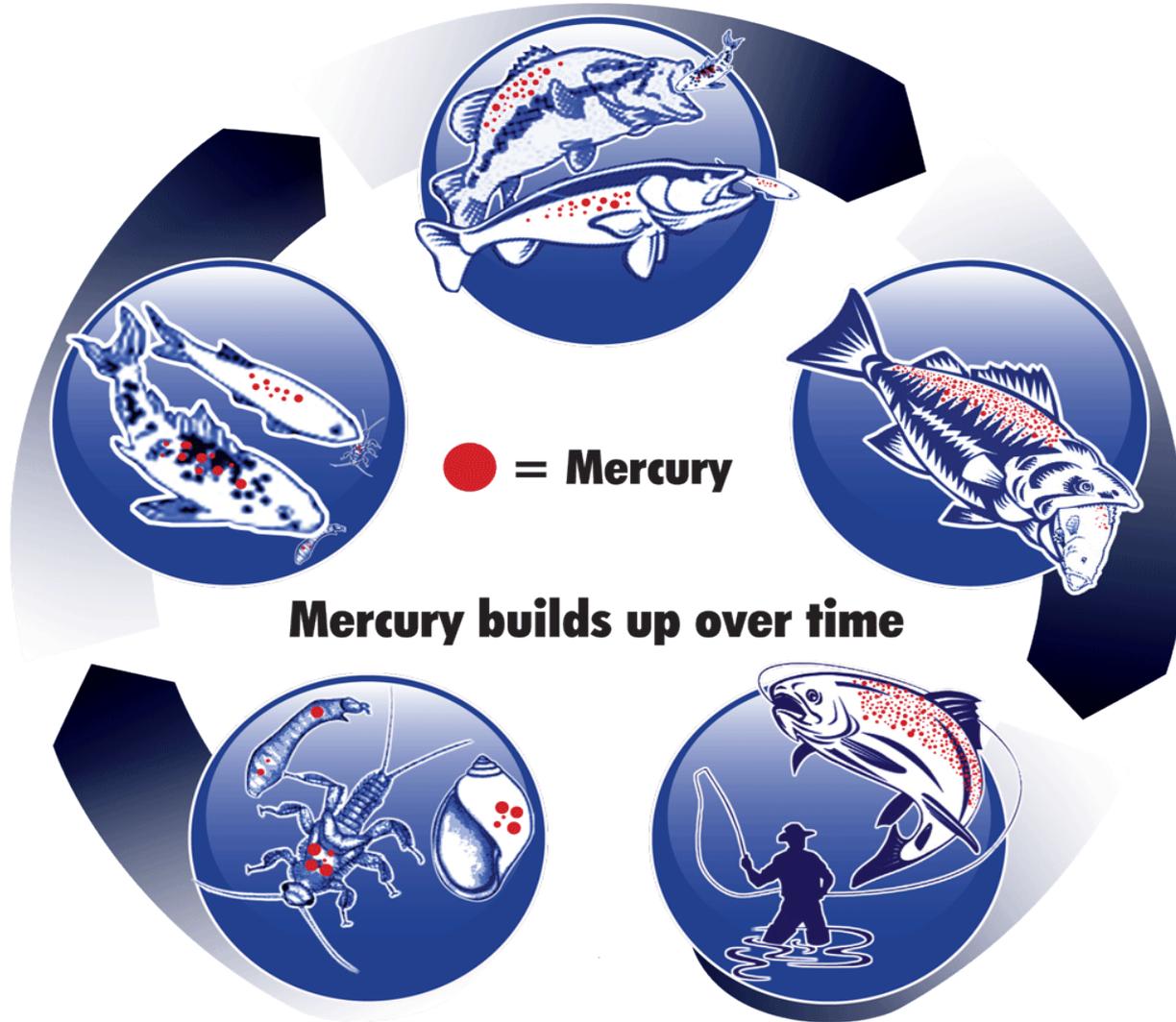
Some Fish Can Have Polychlorinated Biphenyls (PCBs)



Some Fish Can Also Have Methylmercury



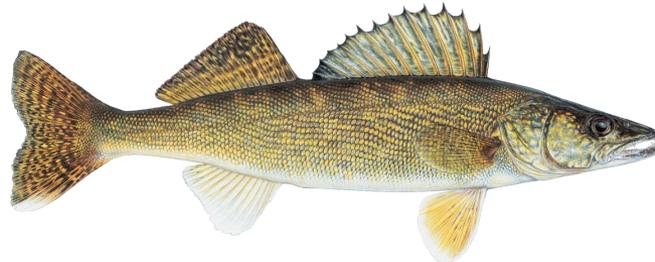
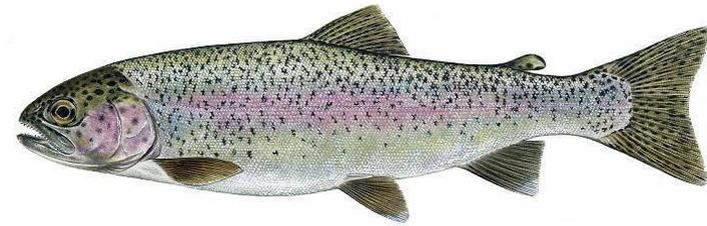
Biomagnification



Size Matters



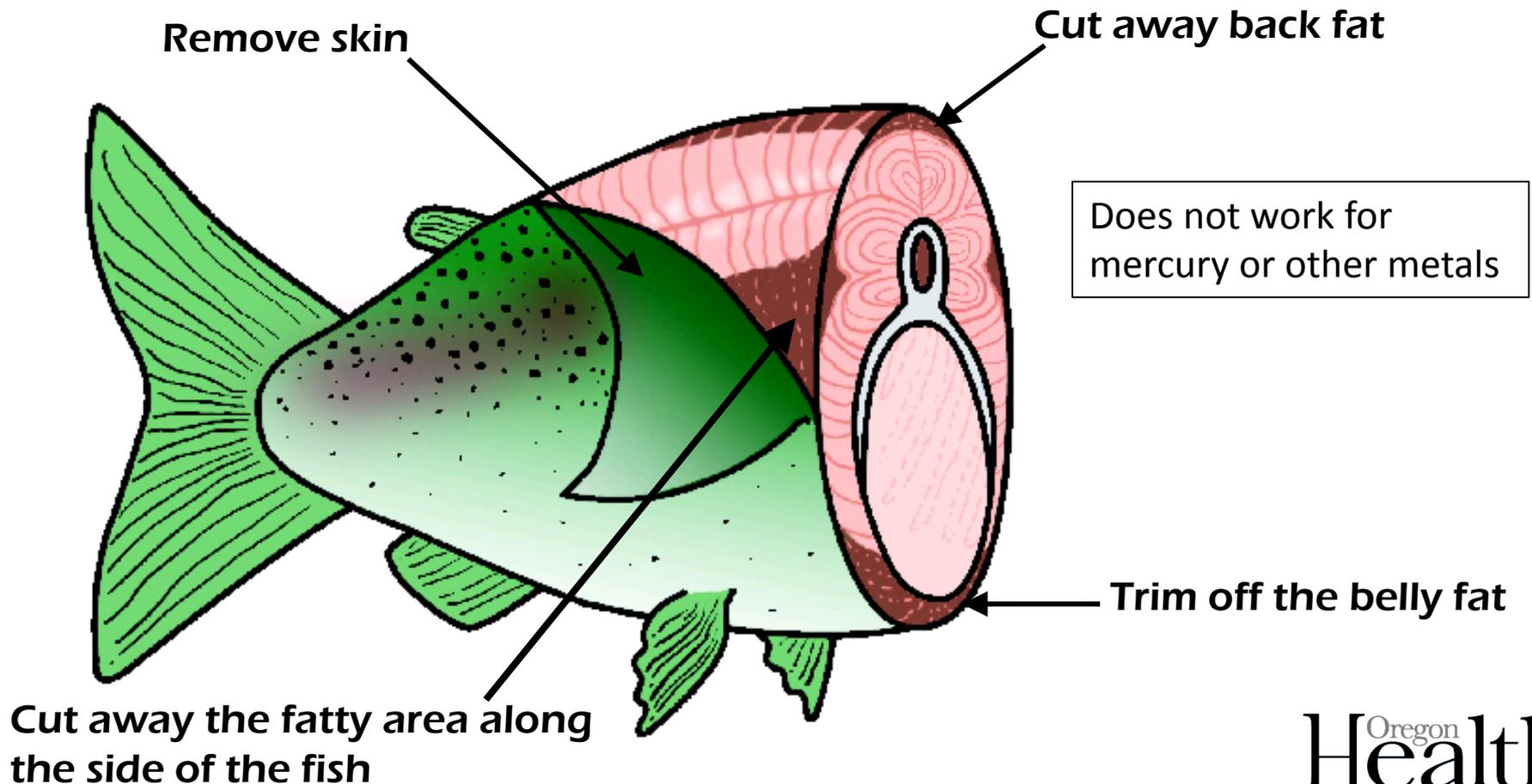
Species Matters



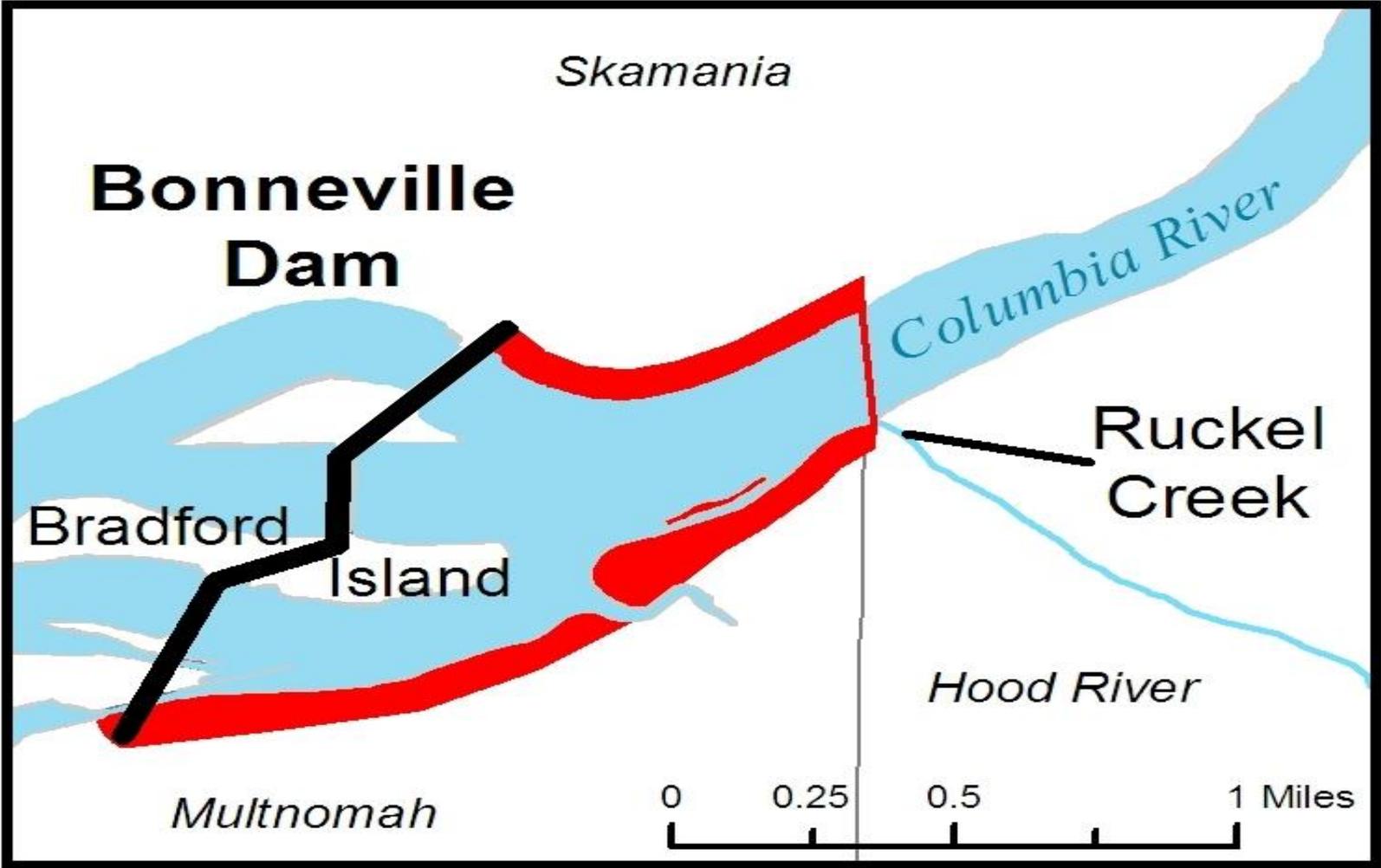
Who You are Matters



Preparation Methods Reduce Fat Soluble Contaminants Like PCBs



Bonneville Dam Fish Advisory at Bradford Island



BONNEVILLE DAM FISH ADVISORY AT BRADFORD ISLAND

| DO NOT EAT | | HEALTHY TO EAT | |
|------------------|---|----------------|--|
| Carp |  | Salmon |  |
| Bluegill |  | Steelhead |  |
| Sucker |  | American Shad |  |
| Small mouth bass |  | Lamprey |  |
| Large mouth bass |  | | |
| Sturgeon |  | | |
| Yellow Perch |  | | |
| Crappie |  | | |
| Walleye |  | | |
| Catfish |  | | |

PCBs

**Resident Fish
vs.
Migratory Fish**

Middle Columbia Boundary

Middle Columbia River Fish Advisory



Middle Columbia River Fish Advisory

Mercury and PCBs

| LIMIT | OR | Meals Per Week |
|--------------|---|---|
| Bass |  | <p>Eat only 1 meal per week of any combination of these species: bass, bluegill, carp, catfish, crappie, sucker, sturgeon, walleye, or yellow perch.</p> <p>If you eat the recommended amount no other fish should be eaten that week.</p> |
| Bluegill |  | |
| Carp |  | |
| Catfish |  | |
| Crappie |  | |
| Sucker |  | |
| Sturgeon |  | |
| Walleye |  | |
| Yellow Perch |  | |

| HEALTHY CHOICE | | |
|----------------|---|---|
| Salmon |  | <p>Enjoy these fish</p> <p>Salmon, steelhead, lamprey, and shad are low in contaminants.</p> |
| Steelhead |  | |
| Lamprey |  | |
| Shad |  | |

| DO NOT EAT | | |
|---------------------|---|------------|
| Northern Pikeminnow |  | DO NOT EAT |

Communication and Outreach

- Conversations with:
 - Washington DOH
 - Other state and federal partners
 - Tribal representatives
 - Oregon Bass and Panfish Club
- Press release
- Website
- Fact sheet distribution
- Angler school

NOTICE!

BONNEVILLE DAM FISH ADVISORY AT BRADFORD ISLAND

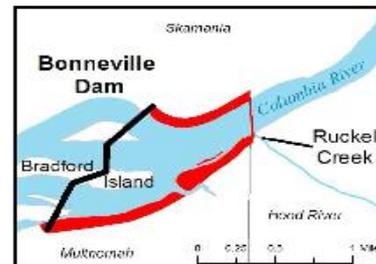
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| Walleye |  | | |
| Catfish |  | | |

Fish Illustrations Credit: USFWS, Sturgeon: Joseph R. Tomelleri

When fishing between Bradford Island and Ruckel Creek eat only salmon, steelhead, shad & lamprey. Due to chemical contamination, all other fish living in this area are not safe to eat.



It is especially important for babies, children, women who are pregnant, plan to become pregnant and/or are nursing to follow this advisory. Health effects of eating contaminated fish can include lifelong learning problems and cancer.



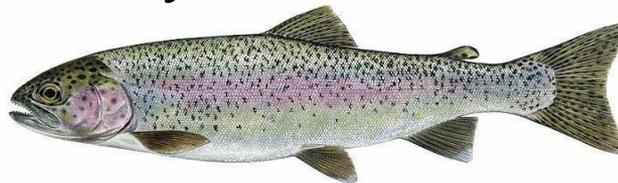
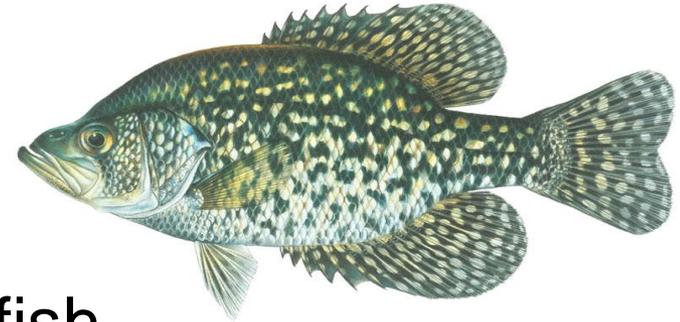
For more information, call: 1-877-290-6767 or visit: www.healthoregon.org/fishadv



Summary



- Eat fish, be smart, choose wisely
- Smaller fish are cleaner than big fish
- Migratory and first year hatchery raised fish are cleaner than resident fish
- Eat a variety of fish species from a variety of sources (2 meals/week)
- Follow local fish advisory recommendations
- Spread the word



Questions/Discussion

www.healthoregon.org/fishadv

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