Protecting Public Health in Oregon via Fish Consumption Advisories

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Oregon Health Authority
for
Oregon Public Health Association
October 15, 2013
Fish is Good For You

• High protein
• Low fat
• Vitamins and Minerals
• Omega 3 Fatty Acids
  – EPA (eicosapentaenoic acid)
  – DHA (docosahexaenoic acid)
Some Fish Can Have Polychlorinated Biphenyls (PCBs)
Some Fish Can Also Have Methylmercury
Biomagnification

Mercury builds up over time

= Mercury
Size Matters
Species Matters
Who You are Matters
Preparation Methods Reduce Fat Soluble Contaminants Like PCBs

- Cut away back fat
- Trim off the belly fat
- Remove skin
- Cut away the fatty area along the side of the fish

Does not work for mercury or other metals
Bonneville Dam Fish Advisory at Bradford Island
### Bonneville Dam Fish Advisory at Bradford Island

<table>
<thead>
<tr>
<th>Resident Fish</th>
<th>Migratory Fish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carp</td>
<td>Salmon</td>
</tr>
<tr>
<td>Bluegill</td>
<td>Steelhead</td>
</tr>
<tr>
<td>Sucker</td>
<td>American Shad</td>
</tr>
<tr>
<td>Small mouth bass</td>
<td>Lamprey</td>
</tr>
<tr>
<td>Large mouth bass</td>
<td></td>
</tr>
<tr>
<td>Sturgeon</td>
<td></td>
</tr>
<tr>
<td>Yellow Perch</td>
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<tr>
<td>Crappie</td>
<td></td>
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<tr>
<td>Walleye</td>
<td></td>
</tr>
<tr>
<td>Catfish</td>
<td></td>
</tr>
</tbody>
</table>

PCBs

Resident Fish vs. Migratory Fish
Middle Columbia Boundary

Middle Columbia River Fish Advisory

- Consume no more than one meal per week of resident fish

Key Locations:
- Bonneville Dam
- McNary Dam
- Klickitat
- John Day Dam
- The Dalles Dam

Map includes Washington and Oregon states with specific areas highlighted for the fish advisory.
## Middle Columbia River Fish Advisory

### Mercury and PCBs

<table>
<thead>
<tr>
<th>LIMIT</th>
<th>Meals Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bass</td>
<td><strong>Eat only 1 meal per week</strong> of any combination of these species: bass, bluegill, carp, catfish, crappie, sucker, sturgeon, walleye, or yellow perch.</td>
</tr>
<tr>
<td>Bluegill</td>
<td></td>
</tr>
<tr>
<td>Carp</td>
<td></td>
</tr>
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</table>

### HEALTHY CHOICE

- **Salmon**
  - **Enjoy these fish**
  - Salmon, steelhead, lamprey, and shad are low in contaminants.

- **Steelhead**
- **Lamprey**
- **Shad**

### DO NOT EAT

- **Northern Pikeminnow**
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
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