

Updated Advisory and Safe Eating Guidelines for San Francisco Bay Fish and Shellfish

Margy Gassel, Ph.D.

OEHHA

Office of Environmental Health Hazard Assessment

Presentation for SAG

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Why an Updated Advisory?

- Fish sampled every three years since 1994
- More information for core species and for more species
= more choices
- Results indicate mercury and PCBs continue to pose potential health concerns

What are the Potential Health Concerns?

- Mercury can affect the brain as it develops in the fetus and children
 - Learning ability, language, attention, and memory
 - Subtle effects: hard to detect, not in individual child
- Pregnant mothers can pass mercury to their baby

What are the Potential Health Concerns?

- PCBs , a mixture of chemicals, can cause a variety of health problems
 - Learning ability, immune response (fighting disease)
- Some studies suggest co-exposure to mercury and PCBs may increase effects on the developing nervous system

Why Eat Fish?

- Eating fish provides numerous health benefits
 - Fish provide protein, vitamins, and important fats “omega-3s”
 - Omega-3s support
 - Brain development in babies and children
 - Heart health
 - Vision
- Alternate sources of protein may *not* be good for your heart

How is the New Advisory Different?

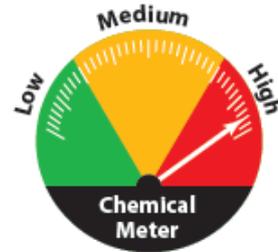
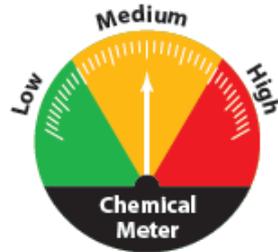
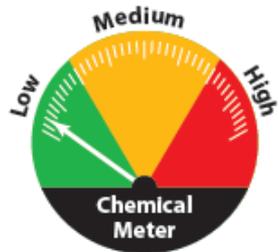
- Interim advisory issued general advice for most fish
 - Excluding salmon, anchovies, herring, and smelt
 - Specific advice for striped bass, sturgeon, and shark
- OEHHA evaluated each species for the updated advice
- No longer recommend eating fish once or twice a month
- OEHHA considered effects from co-exposure to mercury and PCBs
 - Applies to sensitive population only

Why Two Sets of Advice?

- Mercury and PCBs can affect the brain and nervous system *during development*
- Lower chemical levels can affect the developing nervous system (they are more sensitive)
- Guidelines are more cautious for women 18-45 (to protect fetus during pregnancy) and children
- Women over 45 and men are less susceptible and can benefit from eating more fish with heart-healthy omega-3s

A guide to eating San Francisco Bay fish and shellfish

Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17



Brown rockfish



Jacksmelt



Red rock crab



Chinook (king) salmon ♥

♥ = High in Omega-3s



California halibut



White croaker



Shiner perch or other surfperches



Leopard or smoothhound shark



Striped Bass



White sturgeon

What is a serving?



For Adults For Children

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

- **Eat only the skinless fillet.** PCBs are in the fat and skin of the fish.
- Cook thoroughly and allow the juices to drain away.
- For crab, eat only the meat.

♥ 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 PCBs and mercury. PCBs might cause cancer. Mercury can negatively affect how the brain develops in unborn babies and children. It is especially important for women who are pregnant or breastfeeding to follow these guidelines.

Safe to eat
2 servings a week

OR

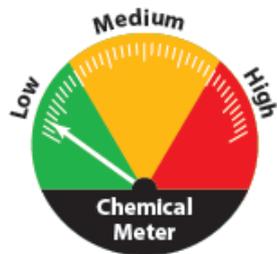
Safe to eat
1 serving per week

Do not eat

AND do not eat any fish from the
Lauritzen Channel in Richmond
Inner Harbor

A guide to eating San Francisco Bay fish and shellfish

Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17



Brown rockfish



Jacksmelt

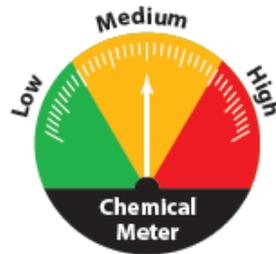


Red rock crab



Chinook (king) salmon ♥

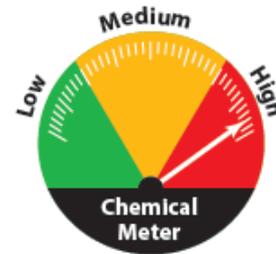
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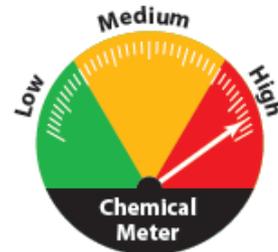
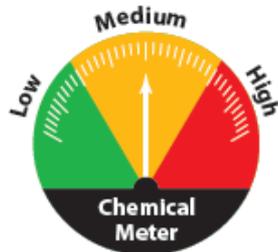
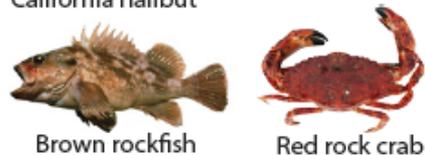
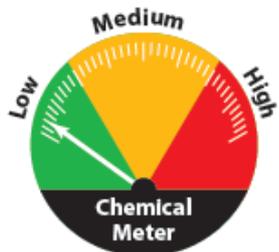
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Men over 17 and women over 45



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Safe to eat
2 servings a week

OR

Safe to eat
1 serving a week

Brown rockfish OR red rock crab
5 servings per week OR
Salmon – 7 servings per week

Do not eat

**Do not eat any fish from the
Lauritzen Channel in the
Richmond Inner Harbor**

A guide to eating San Francisco Bay fish and shellfish

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Questions?

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margy.gassel@oehha.ca.gov

(510) 622-3166