INFORMATION ABOUT EATING FISH FROM JENKINSON LAKE

Office of Environmental Health Hazard Assessment (OEHHA)
California Environmental Protection Agency
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Why did OEHHA develop an advisory for eating fish from Jenkinson Lake?

OEHHA developed an advisory for Jenkinson Lake because of mercury found in the fish caught from this water body. Jenkinson Lake, also known as Sly Park Lake, is located in El Dorado County, south of Pollock Pines. This advisory is part of an ongoing effort by OEHHA to provide safe-eating advice for fish in different California water bodies.

Why should I eat fish?

- Low-contaminant fish are an important part of a healthy, well-balanced diet. The American Heart Association recommends eating at least two servings of fish each week.
- Fish are a good source of protein, vitamins, and are a primary dietary source of heart-healthy omega-3 fatty acids. Eating low-contaminant fish while pregnant may help the baby's brain develop.

Which chemicals are of concern for people eating fish from Jenkinson Lake?

- Mercury is the chemical of concern for this lake.
    - Mercury is a metal that comes from natural sources, mining, and air fallout from burning coal and other fuels. It is the most commonly found contaminant in fish.
    - Too much methylmercury, the form of mercury found in fish, can harm the brain, especially in fetuses, babies, and children. Mothers can pass methylmercury to their babies during pregnancy.
    - Because fetuses, babies, and children are especially sensitive to mercury, OEHHA has one set of advice for the amount of mercury-containing fish that women age 18-45 years and children should eat, and another set of advice for women 46 years and older and men 18 years and older.

How did OEHHA determine the consumption guidelines for fish from Jenkinson Lake?

- OEHHA compared chemical levels in fish caught from Jenkinson Lake to levels that are considered safe for human consumption.
- OEHHA's consumption guidelines balance the risks and benefits of fish consumption.

What does OEHHA recommend for people who want to eat fish from Jenkinson Lake?

- OEHHA recommends the amount and type of fish that may be eaten each week as "servings." A serving is about the size and thickness of your hand for fish fillets. Give children smaller servings.

- Women 18-45 years and children 1-17 years
  - May eat:
    - 7 total servings per week of Rainbow Trout, or
    - 3 total servings per week of sunfish species, or
    - 1 total serving per week of black bass species

- Women 46 years and older and men age 18 years and older
  - May eat:
    - 7 total servings per week of Rainbow Trout or sunfish species, or
    - 2 total servings per week of black bass species

What else can I do to protect my health and my family's?

- Eat a variety of fish.
- Eat smaller (younger) fish of legal size.
- Eat only the skinless fillet or meat portion of fish.
- Thoroughly cook the fish, allow the juice to drain away.
- Learn about OEHHA's guidelines for eating sport fish in California:
  - Visit www.oehha.ca.gov (click on "FISH", then "Fish Advisories"), or call OEHHA at (916) 324-7572 or (510) 622-3170
  - Check the Freshwater or Ocean Sport Fishing Regulations booklets from the California Department of Fish and Wildlife, or visit https://www.wildlife.ca.gov/Regulations

A Guide to Eating Fish from Jenkinson Lake

Women 18 - 45 years and Children 1 - 17 years

Rainbow Trout

Sunfish Species

Black Bass Species

7 total servings a week OR **3 total servings a week** OR **1 total serving a week**

Women 46 years and older and Men 18 years and older

Rainbow Trout

Sunfish Species

Black Bass Species

7 total servings a week OR **2 total servings a week**

What is a serving?

For Adults **For Children**

A serving is about the size and thickness of your hand for fish fillets. 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.

= Fish high in omega-3s

What is the concern?

Some fish have high levels of mercury or PCBs. Mercury can harm the brain, especially in unborn babies and children. PCBs can cause cancer.

California Office of Environmental Health Hazard Assessment • www.oehha.ca.gov/fish • (916) 324-7572 • fish@oehha.ca.gov