INFORMATION ABOUT EATING FISH FROM LAKE EVANS

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 Lake Evans?

OEHHA developed an advisory for Lake Evans because of mercury and PCBs found in the fish caught from this water body. Lake Evans is located in the city of Riverside just east of the Santa Ana River and north of downtown Riverside. 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 Lake Evans?

- Mercury
    - 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 typically 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.

- Polychlorinated Biphenyls (PCBs)
    - PCBs are industrial chemicals. While banned in the 1970s, they persist for many years in the environment and are still found in the air and water from spills, leaks, and improper disposal.
    - High levels of PCBs can cause health problems. Some forms of PCBs can cause cancer.
    - PCBs can build up to very high levels in the skin, fat, and some internal organs of fish. That is why OEHHA recommends eating only skinless fillet (meat) of fish.

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

- OEHHA compared chemical levels in fish caught from Lake Evans 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 Lake Evans?

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

- OEHHA recommends the same advice for both the sensitive population (women 18-45 years and children 1-17 years) and general population (women 46 years and older and men age 18 years and older) such that any individual:
    - Should not eat Channel Catfish
    - May eat:
        - 7 total servings per week of carp, or
        - 4 total servings per week of black bass species or sunfish 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 Lake Evans

Men, Women, and Children 1 - 17 years

Carp

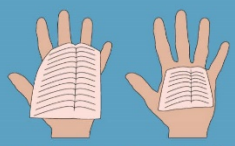
♥ Black Bass species

Sunfish species

Channel Catfish

7 total servings a week	OR 4 total servings a week	Do not eat

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 and 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