



INFORMATION ABOUT EATING FISH FROM LITTLE ROCK RESERVOIR

Office of Environmental Health Hazard Assessment (OEHHHA)
California Environmental Protection Agency
March 2014

Why was testing of chemicals in fish done at Little Rock Reservoir?

- In the 2007-2008 statewide survey of mercury levels in fish from lakes throughout California, the State Water Resources Control Board found high mercury levels in largemouth bass and carp from Little Rock Reservoir.
- The Lahontan Regional Water Quality Control Board (Regional Board 6) secured funding to collect and test more bass and several other fish species that people catch and consume from the lake. The data were provided to the Office of Environmental Health Hazard Assessment (OEHHHA) to develop consumption guidelines for people eating fish from this lake.

Which fish were tested in sufficient samples for developing advice?

- Largemouth bass, carp, crappie, sunfish (bluegill or green sunfish), rainbow trout, and white catfish.

What chemicals were found in the fish tested?

- All species were tested for mercury. Some species were tested for polychlorinated biphenyls (PCBs) and pesticides (chlordanes, DDTs, dieldrin).
- Mercury and PCBs were the only chemicals detected at levels of health concern. The sources of these chemicals in the lake are not known.

What are the health concerns from eating fish with mercury or PCBs?

- Mercury—in the form methylmercury, the kind of mercury found in fish – can harm the brain and nervous system of people, especially unborn babies and children.
- PCBs affect many body functions resulting in a variety of health problems, including effects on the nervous system. PCBs have been found to cause cancer in animal studies.

How did OEHHA determine the guidelines for fish from Little Rock Reservoir?

- OEHHA compared chemical levels in fish from Little Rock Reservoir to acceptable levels of human exposure.
- OEHHA's consumption guidelines balance the risks and benefits of fish consumption.

Should I continue eating fish?

Yes! Fish, in general, is:

- An important part of a healthy well-balanced diet. The American Heart Association recommends eating at least two servings of fish each week.
- A good source of protein, vitamins, and heart healthy omega-3 fatty acids. It is important for pregnant women to eat fish because omega-3 fatty acids help the baby's brain develop.

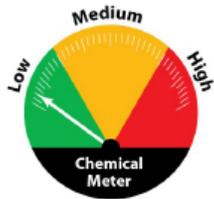
Certain types of fish from Little Rock Reservoir can be eaten more frequently than others. Follow OEHHA's advice in the guides on the next two pages.

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

- Eat a variety of fish, especially those low in chemicals and high in omega-3s.
- Eat smaller (younger) fish of legal size.
- Eat only the skinless fillet or meat portion of fish and shellfish you catch.
- Thoroughly cook the fish, allow the juice to drain away.
- Learn about OEHHA's guidelines for eating fish from other water bodies in California:
 - Visit www.oehha.ca.gov (click on "FISH", then "Fish Advisories"), or call OEHHA at (916) 323-7319 or (510) 622-3170
 - Check the Freshwater or Ocean Sport Fishing Regulations booklets from the California Department of Fish and Wildlife, or www.dfg.ca.gov/regulations

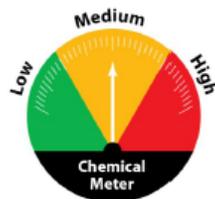
A Healthy Guide to Eating Fish from Little Rock Reservoir

Women 18-45 years and children 1-17 years



No fish in this group

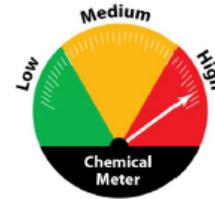
♥ = High in Omega-3s



Bluegill or green sunfish

Crappie

Rainbow trout ♥



Largemouth bass

Catfish

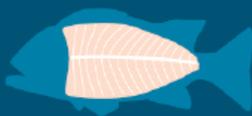
Carp

2 servings a week

1 serving a week

Do not eat

Eat only the skinless fillet. PCBs are in the fat and skin of the fish.



- Remove and throw away the skin before cooking.
- Cook thoroughly and allow the juices to drain away.

What is a serving?



For Adults For Children

The recommended serving is the size and thickness of your hand. 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.

What is the concern?

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

A Healthy Guide to Eating Fish from Little Rock Reservoir

Women over 45 years and men



 = High in Omega-3s

3 servings a week



2 servings a week



1 serving a week

Eat only the skinless fillet.
PCBs are in the fat and skin of the fish.



- Remove and throw away the skin before cooking.
- Cook thoroughly and allow the juices to drain away.

What is a serving?



For Adults For Children

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

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