



INFORMATION ABOUT EATING FISH FROM SHADOW CLIFFS LAKE

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

OEHHA's advisory for Shadow Cliffs Lake is based on findings of mercury and polychlorinated biphenyl (PCBs) in fish. The lake is located in Alameda County, between Livermore and Pleasanton. This advisory is part of an ongoing effort by OEHHA to provide safe-eating advice for fish in different California water bodies. OEHHA used information from three studies to develop the guidelines for eating fish from Shadow Cliffs Lake.

Why should I eat fish?

- Fish is an important part of a healthy, well-balanced diet. The American Heart Association recommends eating at least two servings of fish each week.
- Fish provides a good source of protein, vitamins, and is 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 Shadow Cliffs Lake?

- Mercury
 - Mercury is a metal that comes from natural sources, mining, and air fallout from burning coal and other fuels.
 - Too much methylmercury, the form of mercury in fish, can harm the brain, especially in babies and children. Mothers can pass methylmercury to their babies during pregnancy.
- PCBs
 - PCBs are man-made industrial chemicals. While banned in the 1970s, they are still found in the air and water from spills, leaks, and improper disposal.
 - High levels of PCBs can cause health problems in everyone. Some forms of PCBs caused cancer in animal studies.
 - PCBs can build up to very high levels in the skin, fat, and organs of fish. That is why OEHHA recommends eating only skinless fillet (meat) of fish.

How did OEHHA determine the guidelines for fish from Shadow Cliffs Lake?

- OEHHA compared chemical levels in fish from Shadow Cliffs Lake to acceptable levels of human exposure.
- OEHHA's consumption guidelines balance the risks and benefits of fish consumption.

How much mercury and PCBs were found in fish from Shadow Cliffs Lake?

- Black bass species (e.g., largemouth bass) had high levels of mercury.
- Carp had medium levels of mercury and PCBs.
- Catfish had low levels of mercury and PCBs.
- Sunfish species, (e.g., bluegill) had low levels of mercury and PCBs.

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

- Women 18-45 years and children 1-17 years
 - Should not eat black bass species
 - Can eat:
 - 1 serving per week of carp, or
 - 2 servings per week of catfish, or
 - 2 servings per week of sunfish species, such as bluegill
- Women over 45 years and men age 18 and older
 - Can eat:
 - 1 serving per week of black bass species, or
 - 1 serving per week of carp, or
 - 6 servings per week of catfish, or
 - 6 servings per week of 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 and shellfish you catch.
- 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) 323-7319 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 Shadow Cliffs Lake

Women 18 - 45 years and Children 1 - 17 years



Catfish



Sunfish species



Carp



Black bass species

2 servings a week

OR

1 serving a week

Do not eat

Women 46 years and older and Men 18 years and older



Catfish



Sunfish species



Black bass species ♥



Carp

No fish in this group

6 servings a week

OR

1 serving a week

Do not eat

What is a serving?



For Adults For Children

A 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.

♥ = 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.