OFFICE OF ENVIRONMENTAL HEALTH HAZARD ASSESSMENT

GOOD CATCH CALIFORNIA
Your Fish Advisor

Health Advisory and Guidelines for Eating Fish from Prado Lake (San Bernardino County)

March 2022

Fish, Ecotoxicology, and Water Section
Pesticide and Environmental Toxicology Branch
Office of Environmental Health Hazard Assessment
California Environmental Protection Agency

LIST OF CONTRIBUTORS

Office of Environmental Health Hazard Assessment

Project Leads

Huyen Tran Pham, M.P.H.
Susan A. Klasing, Ph.D., Section Chief

Primary Reviewers

Lori Chumney, M.S.
Wesley Smith, Ph.D.
Shannon R. Murphy, Ph.D.

Final Reviewers

David Siegel, Ph.D., Assistant to the Deputy Director
Vincent Cogliano, Ph.D., Deputy Director for Scientific Programs

Director

Lauren Zeise, Ph.D.

ACKNOWLEDGMENTS

Developing fish consumption advisories depends on sampling and analysis of fish. The Office of Environmental Health Hazard Assessment acknowledges the contribution of information from the following entities: the State Water Resources Control Board, the California Department of Fish and Wildlife and its analytical resources, the Moss Landing Marine Laboratories and the Water Pollution Control Laboratory. Data were obtained from the California Environmental Data Exchange Network (http://ceden.waterboards.ca.gov/AdvancedQueryTool). The map was created using ArcMap (10.6) from Environmental Systems Resource Institute (ESRI, Redlands, California).

For further information, contact:

Pesticide and Environmental Toxicology Branch
Office of Environmental Health Hazard Assessment
California Environmental Protection Agency

1001 I Street, P.O. Box 4010
Sacramento, CA 95812-4010
Telephone: (916) 324-7572
Email address: fish@oehha.ca.gov

1515 Clay Street, 16th Floor
Oakland, California 94612
Telephone: (510) 622-3170

LIST OF ACRONYMS AND ABBREVIATIONS

ATL	Advisory Tissue Level
CDFW	California Department of Fish and Wildlife
DDT(s)	dichlorodiphenyltrichloroethane (DDT) and its metabolites dichlorodiphenyldichloroethane (DDD) and dichlorodiphenyldichloroethylene (DDE)
DHA	docosahexaenoic acid
EPA	eicosapentaenoic acid
FDA	Food and Drug Administration
Hg	mercury
MDL	method detection limit
MLML	Moss Landing Marine Laboratories
mm	millimeters
OEHHA	Office of Environmental Health Hazard Assessment
PBDEs	polybrominated diphenyl ethers
PCBs	polychlorinated biphenyls
ppb	parts per billion
RL	reporting limit
Se	selenium
SWAMP	Surface Water Ambient Monitoring Program
SWRCB	State Water Resources Control Board
TSMP	Toxic Substances Monitoring Program
USDA	United States Department of Agriculture
USDHHS	United States Department of Health and Human Services
US EPA	United States Environmental Protection Agency

PREFACE

The Office of Environmental Health Hazard Assessment (OEHHA), a department in the California Environmental Protection Agency, is responsible for evaluating potential public health risks from chemical contamination of sport fish. This includes issuing fish consumption advisories, when appropriate, for the State of California. OEHHA's authorities to conduct these activities are based on mandates in the:

- California Health and Safety Code
  - Section 59009, to protect public health
  - Section 59011, to advise local health authorities
- California Water Code
  - Section 13177.5, to issue health advisories

The health advisories are published in the California Department of Fish and Wildlife Sport Fishing Regulations in the section on public health advisories.

This report presents guidelines for eating fish from Prado Lake in San Bernardino County. The report provides background information and a technical description of how the guidelines were developed. The resulting advice is summarized in the illustrations after the Table of Contents and the List of Figures and Tables.

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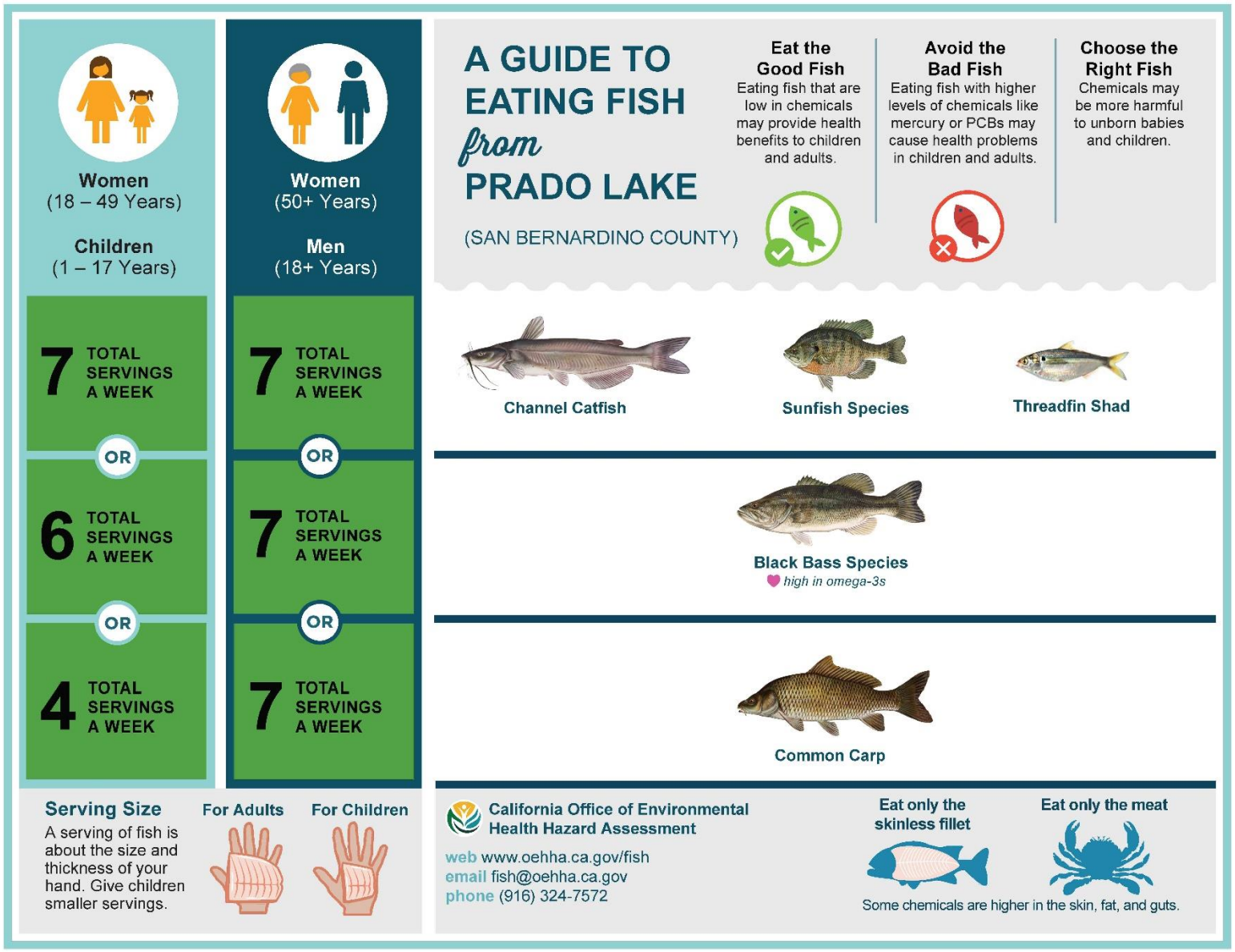

A GUIDE TO EATING FISH from PRADO LAKE
(SAN BERNARDINO COUNTY)
Eat the Good Fish
Eating fish that are low in chemicals may provide health benefits to children and adults.
Avoid the Bad Fish
Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.
Choose the Right Fish
Chemicals may be more harmful to unborn babies and children.
Women (18 – 49 Years)
Children (1 – 17 Years)
7 TOTAL SERVINGS A WEEK
OR
6 TOTAL SERVINGS A WEEK
OR
4 TOTAL SERVINGS A WEEK
Women (50+ Years)
Men (18+ Years)
7 TOTAL SERVINGS A WEEK
OR
7 TOTAL SERVINGS A WEEK
OR
7 TOTAL SERVINGS A WEEK
Channel Catfish
Sunfish Species
Threadfin Shad
Black Bass Species
high in omega-3s
Common Carp
Serving Size
A serving of fish is about the size and thickness of your hand. Give children smaller servings.
For Adults
For Children
California Office of Environmental Health Hazard Assessment
web www.oehha.ca.gov/fish
email fish@oehha.ca.gov
phone (916) 324-7572
Eat only the skinless fillet
Eat only the meat
Some chemicals are higher in the skin, fat, and guts.

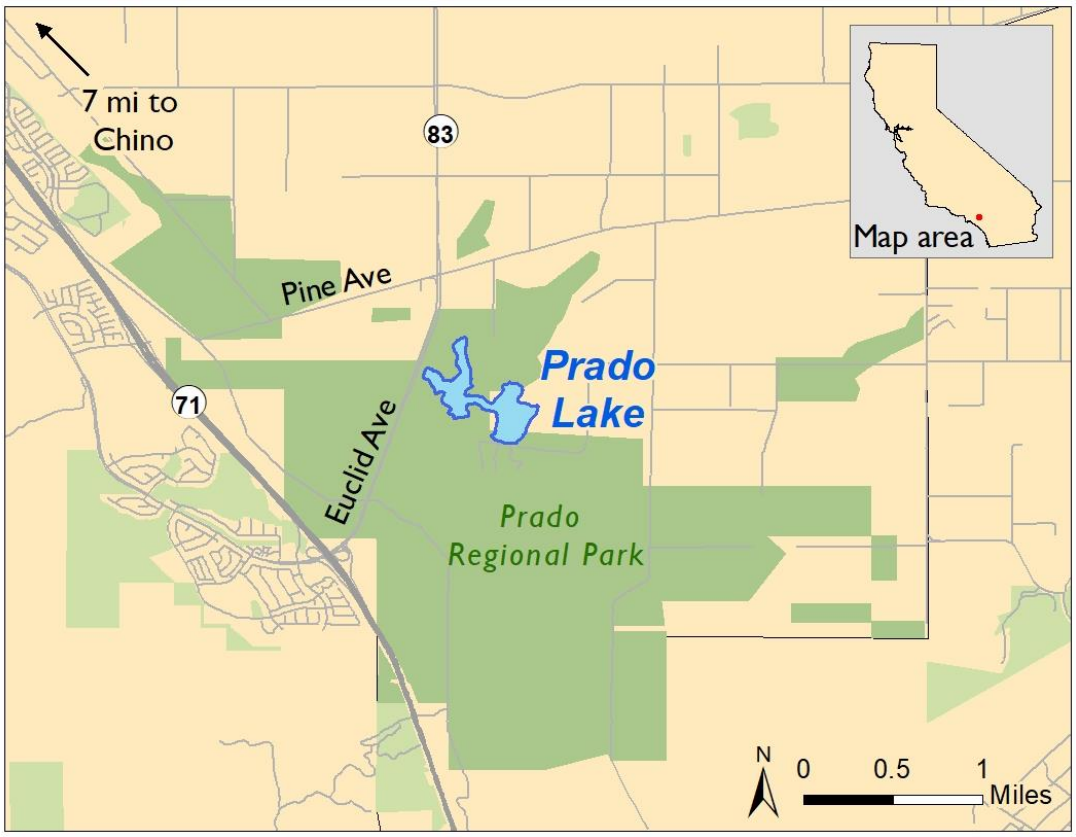
INTRODUCTION

This report presents guidelines for eating black bass species, Channel Catfish, Common Carp, sunfish species, and Threadfin Shad from Prado Lake (Figure 1). Consumption advice is based on levels of mercury and PCBs found in these species.

LOCATION

Prado Lake is located about 7 miles southeast of Chino, CA. The 60-acre lake is part of Prado Regional Park, which is managed by San Bernardino County Regional Parks.[1] The California Department of Fish and Wildlife plants trout[2] in the lake from fall through spring and catfish in summer.

FIGURE 1. LOCATION OF PRADO LAKE



[1] Information regarding Prado Lake was obtained from San Bernardino County Regional Parks at: https://parks.sbcounty.gov/park/prado-regional-park/

[2] Sufficient data were not available to provide advice for trout at Prado Lake. Follow the statewide advisory for lakes and reservoirs that do not have site-specific advice for this species.

APPROACH USED

The Office of Environmental Health Hazard Assessment (OEHHA) used the results from three monitoring studies described in this report to develop the Prado Lake Advisory. OEHHA uses the following general process in developing consumption advice for sport fish:

1) Evaluation of all fish contaminant data available from a water body and selection of appropriate data that meet data quality criteria and sampling plan guidelines.
2) Determination of fish species for which adequate data are available to issue fish consumption advice.
3) Calculation of an appropriate measure of central tendency (often a weighted arithmetic mean[3]) and other descriptive statistics of the contaminant data, as appropriate, for a chemical of potential concern for the selected fish species.
4) Comparison of the chemical concentrations with the OEHHA Advisory Tissue Levels (ATLs) for each chemical of potential concern.
5) Development of final advice based on a thorough review of the data and best professional judgment relating to the benefits and risks of consuming a particular fish species.

The ATLs (discussed further in a subsequent section of this report) are chemical levels in fish tissue that are considered acceptable, based on chemical toxicity, for a range of consumption rates. Development of the ATLs also included consideration of health benefits associated with including fish in the diet (OEHHA, 2008). The ATLs should not be interpreted as static "bright lines," but one component of a complex process of data evaluation and interpretation used by OEHHA in the assessment and communication of the benefits and risks of consuming sport fish.

CHEMICALS OF POTENTIAL CONCERN

Certain chemicals are of potential concern for people who eat fish because of their toxicity and their ability to accumulate in fish tissue. The majority of fish consumption advisories in California are issued because of mercury (Hg), followed by polychlorinated biphenyls (PCBs) and, in a few cases, selenium (Se), polybrominated diphenyl ethers (PBDEs), or some legacy pesticides (pesticides that are no longer used but remain in the environment).

Mercury is an element found in some rock and soil. Human activities, such as burning coal and the historical use of mercury to mine gold, also add mercury to the

[3] Means are an arithmetic average of individual values and/or composites weighted by number of fish. A weighted average of composites is calculated by multiplying the chemical concentration in each composite by the number of fish in that composite for each species. Products are then summed and divided by the total number of fish in all composites for that species.

environment. If mercury enters waterways, it can be converted to a more toxic form known as methylmercury – which can pass into and build up in fish. High levels of methylmercury can harm the brain, especially in fetuses and children.

PCBs are industrial chemicals previously used in electrical transformers, plastics, and lubricating oils, often as flame retardants or electrical insulators. Their use was banned in the 1970s, but they persist in the environment because they do not break down easily and can accumulate in fish. Depending on the exposure level, PCBs may cause cancer or other health effects, including neurotoxicity, in humans.

Selenium is an element and at low doses is an essential nutrient for many important human health processes, including thyroid regulation and vitamin C metabolism. Higher doses cause selenium toxicity, which can include symptoms ranging from hair loss and gastrointestinal distress to dizziness and tremors.

PBDEs are a class of flame retardants historically used in a variety of consumer products, including furniture, textiles, automotive parts, and electronics. The use of PBDEs in new products was largely phased out by 2013 but, due to their wide usage and persistence in the environment, they are still being detected in fish tissues. PBDEs may affect hormone levels or learning and behavior in children.

Chlordanes, dichlorodiphenyltrichloroethane (DDT), dieldrin, and toxaphene are pesticides that were banned from use in 1973 (DDT), the late 1980s (chlordanes and dieldrin) and 1990 (toxaphene), but are still found in some fish in certain California water bodies. Depending on the exposure level, these chemicals may cause cancer or adverse effects on the nervous system.

Detailed discussion of the toxicity of these chemicals and references are presented in "Development of Fish Contaminant Goals and Advisory Tissue Levels for Common Contaminants in California Sport Fish: Chlordane, DDTs, Dieldrin, Methylmercury, PCBs, Selenium, and Toxaphene" (OEHHA, 2008) and "Development of Fish Contaminant Goals and Advisory Tissue Levels for Common Contaminants in California Sport Fish: Polybrominated Diphenyl Ethers (PBDEs)" (OEHHA, 2011).

All fish species collected from Prado Lake and used in advisory development were analyzed for mercury. Some fish were analyzed for PCBs, PBDEs, selenium, and legacy pesticides as indicated in Table 1. Fish species that do not typically accumulate PCBs or other organic chemicals were not analyzed for these contaminants.

DATA SOURCES

The guidelines for eating fish from Prado Lake are based on the chemicals detected in the fish collected for the three monitoring studies described below. These studies met OEHHA's data quality criteria, including adequate documentation of sample collection, fish preparation methods (e.g., skinning or filleting), chemical analyses, quality assurance, and sufficiently low detection limits. "Sample," as used in this report, refers

to an individual fish or a composite of multiple fish for which contaminant data were reported. "Sampling" or "sampled" refers to the act of collecting fish for chemical analysis.

CONTAMINANTS IN FISH FROM CALIFORNIA LAKES AND RESERVOIRS, 2007 – 2008 (SWAMP)

The Surface Water Ambient Monitoring Program (SWAMP), operated by the State Water Resources Control Board (SWRCB) in cooperation with the Santa Ana Regional Water Quality Control Board, monitors water quality in California's surface waters. This survey of inland water bodies was the State's largest survey of chemical contaminants in sport fish. The survey sampled popular fishing sites at 272 lakes and reservoirs from 2007 to 2008 (SWRCB, 2010). The SWRCB used the data from this survey to characterize statewide water quality conditions. The program collected Common Carp and Largemouth Bass from Prado Lake in 2007, which were analyzed for mercury as part of a SWAMP statewide sampling effort to survey contaminants in sport fish found in California lakes and reservoirs (SWRCB, 2010). Common Carp were additionally analyzed for chlordanes, DDTs, dieldrin, PBDEs, PCBs, and selenium.

SURVEY OF LAKES AND RESERVOIRS WITH LOW CONCENTRATIONS OF CONTAMINANTS IN SPORT FISH, 2014 (SWAMP)

The purpose of this study was to identify and characterize lakes with low concentrations of mercury and other contaminants in fish tissue in order to improve understanding of the conditions and factors that contribute to these lower concentrations (Davis, 2018). The program collected Bluegill, Channel Catfish, Largemouth Bass, and Threadfin Shad from Prado Lake in 2014 to analyze mercury. Channel Catfish were additionally analyzed for PCBs.

TOXIC SUBSTANCES MONITORING PROGRAM (TSMP)

The TSMP operated from 1976 to 2003 as a state water quality-monitoring program managed by SWRCB (SWRCB, 2007 and 2013). Its objective was to provide statewide information on the occurrence of toxic substances by monitoring water bodies with known or suspected water quality impairment. Staff from the California Department of Fish and Wildlife (CDFW), then known as the California Department of Fish and Game, collected Common Carp from Prado Lake in 1989 as part of the program. Fish samples were analyzed for mercury and selenium.

FISH SAMPLED FROM PRADO LAKE

The fish sampling data used in this advisory were retrieved from the California Environmental Data Exchange Network (CEDEN), the state's repository for environmental data. Samples were excluded when the fish were not legal size to take or did not meet OEHHA's criteria for minimum "edible" size, based on species size at maturity and professional judgment (as described in OEHHA, 2005). A summary of all

fish species evaluated for this advisory is shown in Table 1, including the name of the species, number of samples collected, total number of fish, project name, year sampled, and contaminants analyzed.

TABLE 1. FISH SAMPLES EVALUATED FOR PRADO LAKE

Common Name	Scientific Name	Number of Samples	Total Number of Fish	Project	Year Collected	Contaminants Analyzed
Bluegill	*Lepomis macrochirus*	1	10	SWAMP	2014	Hg
Channel Catfish	*Ictalurus punctatus*	1	10	SWAMP	2014	PCBs
		2	10	SWAMP	2014	Hg
Common Carp	*Cyprinus carpio*	1	5	SWAMP	2007	Chlordanes, DDTs, Dieldrin, PBDEs, PCBs, Se
		2	10	SWAMP	2007	Hg
		1	6	TSMP[a,b]	1989	Hg, Se
Largemouth Bass	*Micropterus salmoides*	8	8	SWAMP	2007	Hg
		7	7	SWAMP	2014	Hg
Threadfin Shad[c]	*Dorosoma petenense*	1	20	SWAMP	2014	Hg

Samples were analyzed as skinless fillets, with the following exception:
[a]Study report did not specify whether skin was removed from fillets prior to tissue analysis.
[b]Organic data (chlordanes, DDTs, dieldrin, PCBs or toxaphene) generated prior to 2000 were excluded from the analysis because data that are more recent are considered more reliable due to improved analytical methods and are likely to be more representative of fish caught today.
[c] Samples were analyzed as whole organisms, including head, skin, internal organs, muscle, and bones.

CHEMICAL CONCENTRATIONS

As shown in Table 1, samples were analyzed for one or more of the following: total mercury, selenium, chlordanes, DDTs, dieldrin, PBDEs (7 congeners), and PCBs (54–55 congeners)[4]. Among the chemicals analyzed in fish tissue samples from Prado Lake, only mercury and PCB levels impacted consumption advice.

[4] Congeners are related compounds with similar chemical forms. Of the 209 possible PBDE and PCB congeners, 6–7 and 48–54 are generally analyzed, respectively.

All fish samples were prepared as skinless fillets, except for the TSMP study where the fillet preparation method for Common Carp was not recorded. Samples were analyzed as individual fish or composites.

For this advisory, OEHHA used the weighted (by the number of individual fish) average (arithmetic mean) of the chemical concentrations (in wet weight) for each fish species to estimate average human exposure.

Mercury

Samples were analyzed for total mercury, as either individual fish or composite samples, using a direct mercury analyzer (DMA) at the CDFW Moss Landing Marine Laboratories (MLML). The DMA method utilizes thermal decomposition and atomic absorption. OEHHA assumed all mercury detected was methylmercury, which is the most common form found in fish and is also the more toxic form (Bloom, 1992). Table 2 shows the averages and ranges for total length[5], as well as mercury concentrations in each fish species. The DMA method detection limits (MDL)[6] for total mercury were reported at 4 or 12 parts per billion (ppb), depending on the study. The reporting limit (RL)[7] was 12 ppb. Although mercury was detected at commonly found concentrations in the TSMP study, the MDL and RL for mercury were not reported.

PCBs, PBDEs, and Pesticides

Pesticides, PBDEs, and PCBs were analyzed by gas chromatography at the CDFW Water Pollution Control Laboratory. For chlordanes, DDTs, PCBs, and PBDEs, each of the concentrations presented was the sum of the detected parent compound, congeners, or metabolites, where applicable. Because the MDLs or RLs were relatively low (≤ 5 ppb), individual congeners or metabolites with concentrations reported as non-detects were assumed to be zero. This is a standard method of handling non-detect values for PCBs and other chemicals with multiple congeners or metabolites in a given sample when detection levels are adequate (US EPA, 2000a). Tables 3 and 4 show the averages and ranges for total length[8], as well as PCB and DDT concentrations, respectively in each fish species.

Selenium

The CDFW MLML analyzed species collected from Prado Lake for selenium as composite samples, using inductively coupled plasma-mass spectrometry (ICP-MS). The ICP-MS method uses desolvation, atomization, and ionization with ion separation

[5] Total length is the maximum length of the fish, measured from the tip of the closed mouth to the tip of the pinched tail fin.
[6] The MDL is the lowest quantity of a chemical that can be distinguished (as greater than zero) in a sample.
[7] The RL is the lowest quantity of a chemical that can be accurately quantified in a sample.
[8] Total length is the maximum length of the fish, measured from the tip of the closed mouth to the tip of the pinched tail fin.

based on a mass-to-charge ratio to detect the total selenium concentration in a sample. The MDL and the RL for total selenium were reported at 100 and 300 ppb, respectively, depending on the study.

Concentrations of chlordanes, dieldrin, DDTs, PBDEs, PCBs, and selenium were lower than the corresponding ATL threshold values for daily consumption (OEHHA, 2008 and 2011). Only mercury, PCBs and DDTs were considered for multiple chemical exposure analysis. The remaining chemicals were not considered further for developing consumption advice and are not shown in this report.

TABLE 2. MERCURY CONCENTRATIONS IN FISH FROM PRADO LAKE

Species from Prado Lake	Number of Samples[a]	Total Number of Fish	Mean[b] Total Length (mm)	Range of Total Lengths[c] (mm)	Mercury (ppb)	
					Mean[b]	Range[c]
Bluegill	1	10	153	136 – 168	6	n/a
Channel Catfish	2	10	498	439 – 548	9	8 – 10
Common Carp	3	16	449	359 – 520	31	17 – 50
Largemouth Bass	15	15	367	320 – 482	33	7 – 73
Threadfin Shad	1	20	91	84 – 98	2	n/a

[a]Samples were prepared as skinless fillets, except as noted in the footnotes to Table 1.
[b]Means are an arithmetic average of individual values and/or a weighted average of composites.
[c]Range of individuals and/or range of the composites.
n/a = not applicable due to a single sample

TABLE 3. PCB CONCENTRATIONS IN FISH FROM PRADO LAKE

Species from Prado Lake	Number of Samples	Total Number of Fish	Mean Total Length (mm)	Range of Total Lengths[a] (mm)	PCB (ppb)	
					Mean	Range
Channel Catfish	1	10	498	439 – 548	4	n/a
Common Carp	1	5	503	475 – 515	7	n/a

[a]Range of individuals within a composite sample.
n/a = not applicable due to a single sample

TABLE 4. DDT CONCENTRATIONS IN FISH FROM PRADO LAKE

Species from Prado Lake	Number of Samples	Total Number of Fish	Mean Total Length (mm)	Range of Total Lengths[a] (mm)	DDT (ppb)	
					Mean	Range
Common Carp	1	5	503	475 – 515	7	n/a

[a]Range of individuals within a composite sample.
n/a = not applicable due to a single sample

DEVELOPMENT OF GUIDELINES FOR EATING FISH FROM PRADO LAKE

The OEHHA fish advisory process considers the health benefits of fish consumption as well as the risk from exposure to the chemical contaminants found in fish. Benefits are included in the advisory process because there is considerable evidence and scientific consensus that fish should be part of a healthy well-balanced diet. Fish contain many nutrients that are important for general health and, in particular, help promote optimal growth and development of babies and young children, and may reduce the incidence of heart disease in adults (FDA/US EPA, 2017; American Heart Association, 2016; OEHHA, 2008; Institute of Medicine, 2007; Kris-Etherton et al., 2002). Fish are a significant source of the beneficial omega-3 fatty acids, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) (USDA/USDHHS, 2020; Weaver et al., 2008).

The US Department of Agriculture (USDA) recommends "including at least 8 ounces of cooked seafood[9] per week. Young children need less, depending on their age and calorie needs" (MyPlate.gov). According to the 2020–2025 Dietary Guidelines, "women who are pregnant or lactating should consume at least 8 and up to 12 ounces of a variety of seafood per week from choices that are lower in methylmercury" (USDA/USDHHS, 2020). Additionally, "based on FDA and EPA's advice, depending on body weight, some women should choose seafood lowest in methylmercury or eat less seafood than the amounts in the Healthy U.S.-Style Dietary Pattern" (USDA/USDHHS, 2020). For more detailed information, see USDA/USDHHS (2020) and other USDA MyPlate.gov materials. The particular fish that people eat is an important factor in determining the net beneficial effects of fish consumption. For example, studies have shown that children of mothers who ate low-mercury fish during pregnancy scored better on cognitive tests compared to children of mothers who did not eat fish or ate high-mercury fish (Oken et al., 2005 and 2008). Accordingly, because of the high mercury content of certain fish species, the US Food and Drug Administration (FDA) and the US Environmental Protection Agency recommend that women who are pregnant (or might become pregnant) or breastfeeding, and young children avoid

[9] Seafood as used here refers to fish and shellfish from freshwater and marine environments.

consuming shark, swordfish, tilefish (Gulf of Mexico), bigeye tuna, marlin, orange roughy, and king mackerel (FDA/US EPA, 2017).

To address the potential health concerns associated with exposure to contaminants in sport fish, OEHHA has established ATLs for chemicals that are known to accumulate in the edible tissues of fish. ATLs consider both the toxicity of the chemical and potential benefits of eating fish. OEHHA uses the ATLs to determine the maximum number of servings per week that consumers should eat, for each species and at each location, to limit their exposure to these contaminants. Consumers can use OEHHA's guidance when choosing which fish and how much to eat as part of an overall healthy diet.

There are two sets of ATLs for methylmercury in fish because of the age-related toxicity of this chemical (OEHHA, 2008). The fetus and children are more sensitive to the toxic effects of methylmercury. Thus, the ATLs for the sensitive population, including women who might become pregnant (typically 18 to 49 years of age) and children 1–17 years, are lower than those for women 50 years and older and men 18 years and older. The lower ATL values for the sensitive population provide additional protection to allow for normal growth and development of the brain and nervous system of unborn babies and children. Detailed discussion about the toxicity of common fish contaminants and health benefits of fish consumption, as well as derivation of the ATLs, are provided in "Development of Fish Contaminant Goals and Advisory Tissue Levels for Common Contaminants in California Sport Fish: Chlordane, DDTs, Dieldrin, Methylmercury, PCBs, Selenium, and Toxaphene" (OEHHA, 2008) and "Development of Fish Contaminant Goals and Advisory Tissue Levels for Common Contaminants in California Sport Fish: Polybrominated Diphenyl Ethers (PBDEs)" (OEHHA, 2011). A list of the ATLs used in this report is presented in the Appendix.

For each fish species in this advisory, OEHHA compared the mean chemical concentrations detected in the fillet to the corresponding ATLs to establish the maximum number of servings per week that could be consumed (see Appendix). For fish fillets, a serving size is considered to be 8 ounces, prior to cooking, or about the size and thickness of a hand. Children should be given smaller servings. For smaller fish species, several individual fish may be required to yield a serving.

The consumption advice for a fish species is initially based on the chemical with the lowest allowable number of servings per week. Because some chemicals, such as mercury and PCBs, are known to have similar adverse effects, additivity of toxicity is assumed in such cases and may be assessed using multiple chemical exposure methodology (US EPA, 1989 and 2000b). If two or more chemicals with similar adverse effects are present in fish tissue, multiple-chemical-exposure methodology is employed. This may result in advising fewer servings per week than would be the case for the presence of one chemical alone, in a similar concentration. The potential effect of multiple chemical exposures was assessed in Channel Catfish (mercury and PCBs) and Common Carp (mercury, PCBs, DDTs) but only affected advice for Common Carp. Advice for other species in this advisory was based solely on mercury or PCBs.

OEHHA recommends that individuals strive to meet the US Dietary Guidelines' seafood consumption recommendations, while also adhering to federal and OEHHA recommendations to limit the consumption of fish with higher contaminant levels. The advice discussed in the following section represents the maximum recommended number of servings per week for different fish species. People should eat no more than the recommended number of servings for each fish species or species group. When noted, OEHHA's consumption advice for a particular fish species can be extended to other closely related fish species[10] known to accumulate similar levels of contaminants.

Consumption advice should not be combined. That is, if a person chooses to eat a serving of fish from the "one-serving-a-week'' category, then they should not eat any other fish from any source (including commercial) until the next week. If a person chooses to eat a serving of fish from the "two-servings-per-week" category, they can combine fish species from that category, or eat one serving of fish from that category and one from a category that recommends more than two servings per week (if available), for a total of two servings in that week. Then they should not eat any other fish from any source (including commercial) until the following week.

CONSUMPTION ADVICE FOR FISH FROM PRADO LAKE

OEHHA's advisory protocol requires at least nine fish of a species to be collected from a water body before an advisory can be developed for the primary contaminant of concern. This is to ensure the sample dataset is representative of the fish species population in the water body. In some cases, an exception is made to develop advice for species that are commonly caught and consumed from a given water body but where available data may be limited. Generally, this practice applies when the advice supports no consumption of that species. For Prado Lake, the sample size criterion was met for the following species: Bluegill, Channel Catfish, Common Carp, Largemouth Bass, and Threadfin Shad. There were not sufficient data to evaluate other species that may be found in this water body. For fish species found in Prado Lake that are not included in this advisory, OEHHA recommends following the statewide advisory for lakes and reservoirs without site-specific advice.

The sensitive population is defined as women 18 to 49 years and children 1 to 17 years, and the general population is defined as women 50 years and older and men 18 years and older.

BLACK BASS SPECIES (LARGEMOUTH BASS)

Black bass species are one of the most targeted species of freshwater game fish in California. OEHHA groups black bass species because they have similar predatory diets which suggests a comparable chemical uptake (Long and Fisher, 2000). They are also known to hybridize (Pierce and Van Den Avyle, 1997), largely due to species

[10] Fish species within the same genus are most closely related, and family is the next level of relationship.

introductions for angling purposes and weak genetic barriers between members of the genus (Thongda et al., 2020). OEHHA has also evaluated mercury concentrations in black bass species in many water bodies in California and has found a similar range of mercury concentrations when two or more of these species were caught from the same water body. Therefore, OEHHA extends the consumption advice for Largemouth Bass to other black bass species, including Redeye, Smallmouth, and Spotted Bass.

Based on the mean mercury concentration of 33 ppb in Largemouth Bass, OEHHA recommends a maximum of 6 total servings a week of black bass species from Prado Lake for the sensitive population, and a maximum of seven servings a week for the general population.

CHANNEL CATFISH

The mean mercury and PCB concentrations in Channel Catfish from Prado Lake were 9 and 4 ppb, respectively. OEHHA recommends a maximum of 7 servings a week of Channel Catfish for both the sensitive population and general population based on PCBs.

COMMON CARP

The mean mercury, DDT, and PCB concentrations in Common Carp were 31, 7, and 7 ppb, respectively. OEHHA recommends a maximum of 4 servings a week for the sensitive population based on multiple chemical exposure analysis of mercury and PCBs, and seven servings a week for the general population based on PCBs. DDTs did not impact advice in multiple chemical analysis.

SUNFISH SPECIES (BLUEGILL)

OEHHA groups sunfish species due to extensive diet overlap (Kirby, 1982), which suggests a similar contaminant uptake, and a known ability to hybridize (Avise and Smith, 1974). OEHHA has evaluated mercury concentrations in sunfish species in many water bodies in California and has found a similar range of mercury concentrations when two or more of these species were caught from the same water body. Therefore, OEHHA extends the consumption advice for Bluegill to other sunfish species, including Green Sunfish, Redear Sunfish, and Pumpkinseed.

Based on the mean mercury concentration of 6 ppb in Bluegill, OEHHA recommends a maximum of seven servings a week of sunfish species for both the sensitive population and general population.

THREADFIN SHAD

The mean mercury concentration in Threadfin Shad from Prado Lake was 2 ppb. OEHHA recommends a maximum of seven servings a week for both the sensitive population and general population.

RECOMMENDED MAXIMUM NUMBER OF SERVINGS

The recommended maximum numbers of servings per week for fish from Prado Lake are shown in Table 5.

TABLE 5. RECOMMENDED MAXIMUM NUMBER OF SERVINGS PER WEEK FOR FISH FROM PRADO LAKE

Fish Species	Women 18–49 years and Children 1–17 years	Women 50 years and older and Men 18 years and older
Black Bass species	6	7
Channel Catfish	7	7
Common Carp	4	7
Sunfish species	7	7
Threadfin Shad	7	7

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APPENDIX. ADVISORY TISSUE LEVELS

Advisory Tissue Levels (ATLs; OEHHA, 2008 and 2011) guide the development of advice for people eating sport fish. ATLs are levels of contaminants found in fish that correspond to the maximum numbers of recommended fish servings. OEHHA uses ATLs to provide advice to prevent consumers from being exposed to:

- More than the reference dose[11] on an average daily basis for chemicals not known to cause cancer, such as methylmercury, or
- For cancer-causing chemicals, a risk level greater than one additional cancer case in a population of 10,000 people consuming fish at the given consumption rate over a lifetime. This cancer endpoint is the maximum acceptable risk level recommended by the US EPA (2000b) for fish advisories.

For each chemical, ATLs were determined for both cancer and non-cancer risk, if appropriate, for one to seven eight-ounce servings per week. The most health-protective ATLs for each chemical, selected from either cancer or non-cancer based risk, are shown in the table below for zero to seven servings per week. When the guidelines for eating fish are followed, exposure to chemicals in fish would be at or below the average daily reference dose or the cancer risk probability of one in 10,000.

ADVISORY TISSUE LEVELS FOR SELECTED ANALYTES

Contaminant	Consumption Frequency Categories (8-ounce servings/week)[a] and ATLs (in ppb)							
	7	6	5	4	3	2	1	0
Chlordanes	≤ 80	>80–90	>90–110	>110–140	>140–190	>190–280	>280–560	>560
DDTs	≤ 220	>220–260	>260–310	>310–390	>390–520	>520–1,000	>1,000–2,100	>2,100
Dieldrin	≤ 7	>7–8	>8–9	>9–11	>11–15	>15–23	>23–46	>46
MeHg (Women 18–49 and children 1–17)	≤ 31	>31–36	>36–44	>44–55	>55–70	>70–150	>150–440	>440
MeHg (Women ≥ 50 and men ≥ 18)	≤ 94	>94–109	>109–130	>130–160	>160–220	>220–440	>440–1,310	>1,310
PBDEs	≤ 45	>45–52	>52–63	>63–78	>78–100	>100–210	>210–630	>630
PCBs	≤ 9	>9–10	>10–13	>13–16	>16–21	>21–42	>42–120	>120
Selenium	≤ 1000	>1,000–1200	>1,200–1,400	>1,400–1,800	>1,800–2,500	>2,500–4,900	>4,900–15,000	>15,000
Toxaphene	≤ 87	>87–100	>100–120	>120–150	>150–200	>200–300	>300–610	>610

[a] Serving sizes (prior to cooking, wet weight) are based on an average 160-pound person. Individuals weighing less than 160 pounds should eat proportionately smaller amounts.

[11] The reference dose is an estimate of the maximum daily exposure to a chemical likely to be without significant risk of harmful health effects over a lifetime.