



# Health Advisory and Guidelines for Eating Fish from Legg Lake (Los Angeles County)

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## 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
LARWQCB	Los Angeles Regional Water Quality Control Board
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
RWB4	Regional Water Board 4 (Los Angeles)
Se	selenium
SWAMP	Surface Water Ambient Monitoring Program
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 Legg Lake in Los Angeles 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 List of Figures and Tables.

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**Women**  
(18-45 Years)

**Children**  
(1-17 Years)



**Women**  
(46+ Years)


**Men**  
(18+ Years)

## A GUIDE TO EATING FISH *from* LEGG LAKE

INCLUDES NORTH LAKE, CENTER LAKE, AND LEGG LAKE (LOS ANGELES 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.

7	7	 <p>Sunfish Species</p>
OR	OR	 <p>Channel Catfish</p>
5	5	 <p>Black Bass Species <i>♥ high in omega-3s</i></p>
OR	OR	 <p>Carp</p>
1	1	<div style="display: flex; justify-content: space-around;"> <div style="width: 45%;"> <p><b>Serving Size</b></p> <p>A serving of fish is about the size and thickness of your hand. Give children smaller servings.</p> </div> <div style="width: 45%;"> <p>For Adults </p> <p>For Children </p> </div> </div>


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**Eat only the skinless fillet**



**Eat only the meat**



Some chemicals are higher in the skin, fat, and guts.



## INTRODUCTION

This report presents a guideline for eating fish from Legg Lake (Figure 1) in Los Angeles County, located in the city of South El Monte, approximately 14 miles east of Los Angeles, CA.

### *LOCATION*

Legg Lake is comprised of three connected water bodies within the Whittier Narrows Recreation Area, which were constructed in the 1950s and 1960s. The recreation area is owned by the US Army Corps of Engineers and managed by the County of Los Angeles Department of Parks and Recreation. The three water bodies, from north to south, are also referred to individually as “North Lake,” “Center Lake,” and “Legg Lake,” and have surface areas of 22.9, 10.8, and 42.9 acres, respectively.<sup>1</sup> Legg Lake is located in the Los Angeles River Basin and discharges into Rio Hondo via Mission Creek. Although fish evaluated for this advisory were collected only from two of the three water bodies that comprise the larger Legg Lake group (Center Lake and Legg Lake), advice is extended to the third water body (North Lake) due to the connectivity of the three water bodies that allows fish to move between them unrestricted.<sup>2</sup> The California Department of Fish and Wildlife plants Rainbow Trout in the winter and Channel Catfish in the summer in Legg Lake.

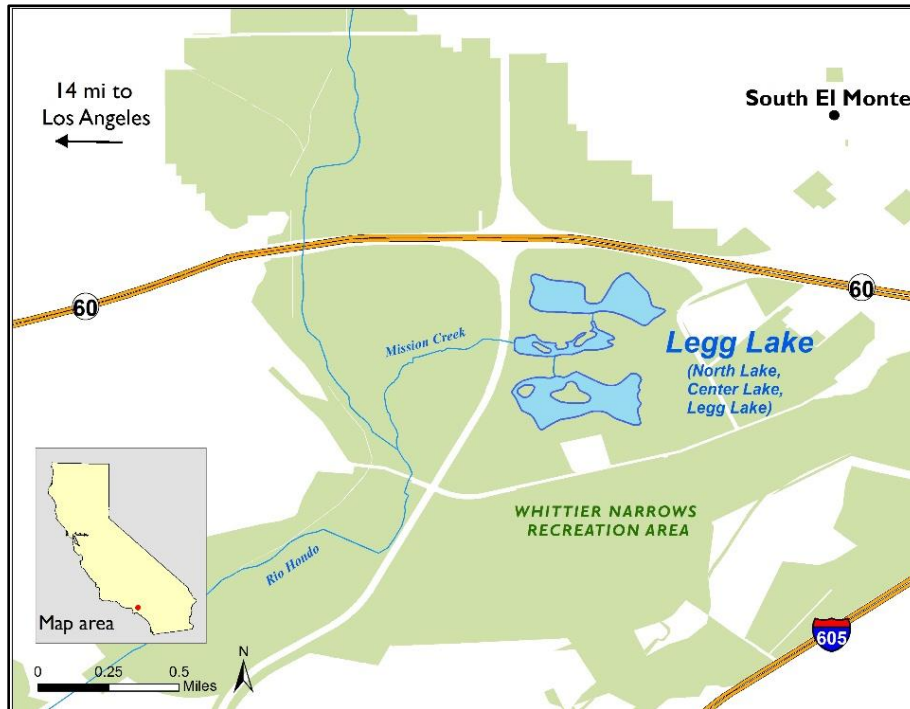
All references to Legg Lake in the remainder of this report are to the group of three lakes.

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<sup>1</sup> Information regarding Legg Lake were obtained from the U.S. Environmental Protection Agency’s “Los Angeles Area Lakes TMDLs” report published in March, 2012. Online at: <https://www3.epa.gov/region9/water/tmdl/la-lakes/LALakesTMDLsSection9LeggLakes.pdf>.

<sup>2</sup> Personal communication, David Jallo, Regional Park Superintendent at Whittier Narrows Recreation Area.

FIGURE 1. LOCATION OF LEGG LAKE



#### APPROACH USED

The Office of Environmental Health Hazard Assessment (OEHHA) used the results from five monitoring studies described in this report to develop the Legg 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<sup>3</sup>) 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.

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<sup>3</sup> Means are an arithmetic average of individual values and/or a weighted average of composites. 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, combined.

- 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 considered to be a 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) or some legacy pesticides (pesticides that are no longer used but remain in the environment).

Mercury is a natural element found in some rock and soil. Human activities, such as burning coal and the historic use of mercury to mine gold, also add mercury to the 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 a naturally occurring metalloid 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.

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 water bodies in California. Depending on the exposure level, these chemicals may cause cancer or adverse effects on the nervous system.

Polybrominated diphenyl ethers (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.

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 Legg Lake and used in advisory development were analyzed for mercury (as a measure of methylmercury). Channel Catfish, Common Carp, and Largemouth Bass were also analyzed for the legacy pesticides: chlordanes, dieldrin, DDTs (DDT and its metabolites dichlorodiphenyldichloroethane [DDD] and dichlorodiphenyldichloroethylene [DDE]), PCBs, selenium, and toxaphene. Common Carp and Largemouth Bass were further analyzed for PBDEs.

## DATA SOURCES

The guidelines for eating fish from Legg Lake are based on the chemicals detected in the fish collected for the five monitoring studies described below. These studies met OEHHA’s data quality criteria, including adequate documentation of sample collection, fish preparation method (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 was reported. “Sampling” or “sampled” refers to the act of collecting fish for chemical analysis.

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

The SWAMP (Surface Water Ambient Monitoring Program), operated by the State Water Resources Control Board (SWRCB) in cooperation with the Los Angeles Regional Water Quality Control Board, Region 4 (RWB4) staff, monitors water quality in California’s surface waters. The program collected Bluegill, Largemouth Bass, and Redear Sunfish from Legg Lake in 2014 to analyze mercury, as part of a SWAMP statewide sampling effort to identify and better characterize low-contaminant California lakes and reservoirs (SWRCB, 2014a,b,c).

### *CONTAMINANTS IN FISH FROM CALIFORNIA LAKES AND RESERVOIRS, 2007-2008 (SWAMP)*

SWAMP collected Common Carp and Largemouth Bass from Legg Lake in 2007 to analyze chlordanes, dieldrin, DDTs, mercury, PBDEs, and PCBs (Common Carp were additionally analyzed for selenium), as part of a SWAMP statewide sampling effort to

survey contaminants in sport fish found in California lakes and reservoirs (SWRCB, 2010).

*LOS ANGELES LAKES SPORTFISH CONTAMINATION STUDY, 2010 (RWB4)*

The RWB4 coordinates ongoing sampling efforts to monitor contaminant levels, including mercury, in sport fish caught from lakes and reservoirs within the region (LARWQCB, 2012). RWB4 collected Largemouth Bass from Legg Lake in 2010. Largemouth Bass were analyzed for chlordanes, dieldrin, DDTs, mercury, PCBs and selenium.

*LOS ANGELES FISH CONTAMINATION STUDY SAN GABRIEL EST, PUDDSTONE, LEGG, 2004-2005 (RWB4)*

RWB4 collected Channel Catfish, Common Carp, and Largemouth Bass from Legg Lake in 2004 and 2005. These species were analyzed for chlordanes, dieldrin, DDTs, mercury, PCBs and toxaphene.

*TOXIC SUBSTANCES MONITORING PROGRAM (TSMP)*

The TSMP (1976-2003) was 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. California Department of Fish and Wildlife (CDFW) staff, then known as the California Department of Fish and Game, collected Channel Catfish and Largemouth Bass from Legg Lake during 1984 - 1992, as part of the program. All fish samples were analyzed for mercury and selenium.

## FISH SAMPLED FROM LEGG 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 THE LEGG LAKE ADVISORY

Common Name	Scientific Name	Number of Samples	Total Number of Fish	Project	Year Collected	Contaminants Analyzed <sup>b</sup>
Bluegill	<i>Lepomis macrochirus</i>	2	10	SWAMP	2014	Hg
Catfish	<i>Ictalurus punctatus</i>	12	12	RWB4	2004-2005	Hg
		4	12	RWB4	2004-2005	Chlordanes, DDTs, Dieldrin, PCBs, Toxaphene
		1	6	TSMP <sup>a</sup>	1988	Hg, Se
Common Carp	<i>Cyprinus carpio</i>	2	10	SWAMP	2007	DDTs, Dieldrin, Hg, PBDEs, PCBs
		1	5	SWAMP	2007	Se
		3	9	RWB4	2004-2005	Chlordanes, DDTs, Dieldrin, PCBs, Toxaphene
		9	9	RWB4	2004-2005	Hg
Largemouth Bass	<i>Micropterus salmoides</i>	8	8	SWAMP	2014	Hg
		2	10	RWB4	2010	Chlordanes, DDTs, Dieldrin, PCBs, Se
		10	10	RWB4	2010	Hg
		1	5	SWAMP	2007	Chlordanes
		2	10	SWAMP	2007	DDTs, Dieldrin, PBDEs, PCBs
		12	12	SWAMP	2007	Hg
		4	12	RWB4	2004	Chlordanes, DDTs, Dieldrin, PCBs, Toxaphene
		12	12	RWB4	2004	Hg
		3	19	TSMP <sup>a</sup>	1984-1992	Hg, Se
Redear sunfish	<i>Lepomis microlophus</i>	2	10	SWAMP	2014	Hg

<sup>a</sup>Study report did not specify whether skin was removed from fillets prior to tissue analysis.

<sup>b</sup>Organic data (chlordanes, DDTs, dieldrin, PCBs or toxaphene) generated prior to 2000 were excluded from analysis because more recent data are considered more reliable due to improved analytical methods.

## CHEMICAL CONCENTRATIONS

As shown in Table 1, samples were analyzed for one or more of the following: chlordanes, DDTs, dieldrin, PBDEs, PCBs (46-55 congeners<sup>4</sup>), total mercury, selenium, and toxaphene. Among the chemicals analyzed in fish tissue samples from Legg Lake, only mercury and PCB levels were sufficiently high to impact consumption advice. For this reason, levels of other contaminants are not shown in this report.

All fish samples were prepared as skinless fillets, except possibly for the TSMP study where the fillet preparation method for Channel Catfish and Largemouth Bass was not recorded. Samples were analyzed as individual fish or composites.

Composites were prepared from equal amounts of tissue from several similarly sized individual fish of a species. Ideally, for composite samples, the total length of the smallest fish in a composite sample is at least 75% of the length of the largest fish in the sample (US EPA, 2000a). This information is not available for samples collected in the TSMP program; however, OEHHA assumes that the data complies with the 75% rule. All composite samples from Legg Lake met this requirement.

For this advisory, OEHHA used the weighted (by the number of individual fish) arithmetic mean (average) 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<sup>5</sup>, as well as mercury concentrations in each fish species. The DMA method detection limit (MDL)<sup>6</sup> and the reporting limit (RL)<sup>7</sup> for total mercury were reported at 4, 9, or 12 (MDL) and 12 or 36 (RL) parts per billion (ppb), respectively. Although mercury was detected at commonly found concentrations in the TSMP study, the MDL and RL for mercury were not reported.

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<sup>4</sup> Congeners are related compounds with similar chemical forms. Of the 209 possible PCB congeners, 54-55 are generally reported.

<sup>5</sup> 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.

<sup>6</sup> The MDL is the lowest quantity of a chemical that can be distinguished (as greater than zero) in a sample.

<sup>7</sup> The RL is the lowest quantity of a chemical that can be accurately quantified in a sample.

*PCBS, PBDES, AND PESTICIDES*

Some composite samples were analyzed for PCBs, PBDEs, and the legacy pesticides (chlordanes, DDTs, dieldrin, and toxaphene). 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. Since the MDLs or RLs were relatively low (most levels  $\leq 5$  ppb with the highest levels reported at 8 and 22, respectively), 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). Table 2 shows the averages and ranges for total length<sup>8</sup>, as well as PCB concentrations in each fish species.

*SELENIUM*

The CDFW MLML analyzed species collected from Legg Lake for selenium, as composite samples, using inductively coupled plasma-mass spectrometry (ICP-MS). The ICP-MS method utilizes desolvation, atomization and ionization with ion separation based on a mass-to-charge ratio to detect the total selenium concentration in a sample. The ICP-MS method detection limit (MDL) and the reporting limit (RL) for total selenium were reported at 100 or 150 and 300 or 400 ppb, respectively. The MDL and RL were not reported for the TSMP study.

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<sup>8</sup> 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.



TABLE 2. MERCURY AND PCB CONCENTRATIONS IN FISH FROM LEGG LAKE

Species from Legg Lake	Number of Samples	Total Number of Fish	Mean* Total Length (mm)	Range of Total Lengths** (mm)	Concentration in fish (ppb)	
					Mercury	
					Mean*	Range**
Channel Catfish	13	18	416	316 - 600	10	0 - 30
Common Carp	11	19	613	470 - 740	8	0 - 18
Largemouth Bass	45	61	392	309 - 570	191	60 - 645
Sunfish	4	20	186	140 - 242	19	11 - 31
Bluegill	2	10	154	140 - 174	27	22 - 31
Redear Sunfish	2	10	219	206 - 242	12	11 - 12
					PCBs	
Channel Catfish	4	12	418	316 - 600	13	5 - 33
Common Carp	5	19	613	470 - 740	99	12 - 256
Largemouth Bass	8	32	424	310 - 570	10	5 - 24

\*Means are an arithmetic average of individual values and/or a weighted average of composites.

\*\*Range of individuals and/or range of the composites.

## DEVELOPMENT OF GUIDELINES FOR EATING FISH FROM LEGG 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, 2017; OEHHA, 2008; Institute of Medicine, 2007; Kris-Etherton et al., 2002). Fish are a significant source of the specific omega-3 fatty acids, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), thought to be associated with these beneficial health effects (USDA/USDHHS, 2015; Weaver et al., 2008).

The 2015-2020 U.S. Dietary Guidelines recommend that 1) the general population “consume eight or more ounces per week (less for young children)” of a variety of seafood<sup>9</sup> “for the total package of nutrients that seafood provides, including its EPA and DHA content” and 2) “women who are pregnant or breastfeeding should consume at least eight and up to twelve ounces of a variety of seafood per week from choices that

<sup>9</sup> “Marine animals that live in the sea and in freshwater lakes and rivers. Seafood includes fish, such as salmon, tuna, trout, and tilapia, and shellfish, such as shrimp, crab, and oysters” (USDHHS/USDA, 2015).

are lower in methylmercury” (USDA/USDHHS, 2015). 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 (US EPA) recommend that women who are pregnant (or might become pregnant) or breastfeeding, and young children avoid consuming shark, swordfish, tilefish (Gulf of Mexico), bigeye tuna, marlin, orange roughy, and king mackerel (FDA/US EPA, 2017).

In order 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 can 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 45 years of age) and children 1-17 years, are lower than those for women 46 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 Appendix I.

For each fish species in this advisory, OEHHA compared the mean mercury and PCB concentrations detected in the fillet to the corresponding ATLs to establish the maximum number of servings per week that could be consumed (see Appendix I).

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 at levels above the corresponding ATL values for daily

consumption, multiple chemical exposure methodology is employed. This may result in advising the sensitive population to consume fewer meals 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 (mercury and PCBs) was assessed in Channel Catfish, Common Carp, and Largemouth Bass and did not affect advice for these species. Advice for all species in this advisory was based solely on mercury or PCB concentrations.

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. OEHHA's consumption advice for a particular fish species can be extended to other closely related fish species<sup>10</sup> known to accumulate similar levels of contaminants.

Consumption advice should not be combined. That is, if a person chooses to eat a 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 fish from the "two-servings-per-week" category, they can combine fish species from that category, or eat one 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 LEGG 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 for species that are commonly caught and consumed from a given water body but where available data may be limited. For Legg Lake, the sample size criterion was met for the following species: Channel Catfish, Common Carp, Largemouth Bass, and sunfish species. There were not sufficient data to evaluate other species that may be found in this water body.

### *BLACK BASS SPECIES (LARGEMOUTH BASS)*

The mean mercury and PCB concentrations in black bass species from Legg Lake were 191 and 10 ppb, respectively. OEHHA recommends a maximum of one serving a week of black bass species for the sensitive population (women 18 to 45 years and children 1

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<sup>10</sup> Fish species within the same genus are most closely related, and Family is the next level of relationship.

to 17 years), and a maximum of three servings a week for the general population (women 46 years and older, and men 18 years and older), based on mercury.

OEHHA has 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.

#### *CHANNEL CATFISH*

The mean mercury and PCB concentrations in Channel Catfish from Legg Lake were 10 and 13 ppb, respectively. OEHHA recommends a maximum of five servings a week of Channel Catfish for both the sensitive population (women 18 to 45 years and children 1 to 17 years) and the general population (women 46 years and older, and men 18 years and older), based on PCBs.

#### *COMMON CARP*

The mean mercury and PCB concentrations in Common Carp from Legg Lake were 8 and 99 ppb, respectively. OEHHA recommends a maximum of one serving a week of Common Carp for both the sensitive population (women 18 to 45 years and children 1 to 17 years) and the general population (women 46 years and older, and men 18 years and older), based on PCBs.

#### *SUNFISH SPECIES (BLUEGILL, REDEAR SUNFISH)*

The mean mercury concentrations in sunfish species from Legg Lake was 19 ppb. Mercury concentrations in Bluegill and Redear sunfish were 27 and 12 ppb, respectively. Based on the concentration of mercury in these sunfish species, OEHHA recommends a maximum of seven servings a week of sunfish species for both the sensitive population (women 18 to 45 years and children 1 to 17 years) and the general population (women 46 years and older, and men 18 years and older). PCBs were not analyzed in sunfish species.

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 sunfish species (Bluegill, Redear Sunfish) to other sunfish species, including Green Sunfish and Pumpkinseed.

**RECOMMENDED MAXIMUM NUMBER OF SERVINGS**

The recommended maximum numbers of servings per week for fish from Legg Lake are shown in Table 3.

TABLE 3. RECOMMENDED MAXIMUM NUMBER OF SERVINGS PER WEEK FOR FISH FROM LEGG LAKE

<b>Fish Species from Legg Lake</b>	<b>Women 18–45 years and Children 1-17 years</b>	<b>Women 46 years and older and Men 18 years and older</b>
Black Bass species	1	3
Channel Catfish	5	5
Common Carp	1	1
Sunfish species	7	7

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## APPENDIX I. ADVISORY TISSUE LEVELS

Advisory Tissue Levels (ATLs) 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 average daily reference dose<sup>11</sup> 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 from Legg Lake are followed, exposure to chemicals in fish from Legg Lake 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) <sup>a</sup> 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 18-45 and children 1-17)	≤ 31	>31-36	>36-44	>44-55	>55-70	>70-150	>150-440	>440
MeHg (Women > 45 and men)	≤ 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

<sup>a</sup> 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.

<sup>11</sup> The reference dose is an estimate of the maximum daily exposure to a chemical likely to be without significant risk of harmful health effects during a lifetime.