



INFORMATION ABOUT EATING FISH FROM WIEST LAKE (IMPERIAL COUNTY)

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 Wiest Lake?

OEHHA developed an advisory for Wiest Lake because of selenium found in the fish caught from this water body. Wiest Lake is located in Imperial County approximately six miles northeast of Brawley, California. 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 chemical is of concern for people eating fish from Wiest Lake?

- Selenium is the chemical of concern.
 - Selenium is a naturally occurring element in the earth, and in small amounts, is an essential nutrient.
 - High levels of selenium can cause health problems including hair loss, gastrointestinal distress, dizziness, and tremors.

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

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

- 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.

- Men, Women, and children 1-17 years
 - May eat:
 - 7 total servings per week of Channel Catfish, or
 - 6 total servings per week of black bass, or
 - 4 total servings per week of sunfish species or crappie

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 Wiest Lake

Men, Women and Children 1 - 17 years



Channel Catfish



♥ Black Bass species



Sunfish species



Crappie

7 total servings a week



6 total servings a week



4 total servings a week

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?

High levels of selenium can cause health problems.