



May 21, 2014
Newtown Creek Citizens Advisory Group

Healthy Choices about Eating Fish You Catch



New York State Department of Health
Hudson River Fish Advisory Outreach



Can you eat that fish from the Hudson River? www.health.ny.gov/fish





Healthy Choices Eating Fish You Catch in NYC

- Why is there health advice about eating fish and crabs you catch in New York State
- New York City and Newtown Creek fish consumption advice overview - who you are, where you fish, what you catch
- What people can do to cut down on chemicals when eating fish and crabs they catch
- Hudson fish advisory outreach program
- Discussion – resources and outreach for Newtown Creek

New York State Department of Health (NYSDOH)

- Hudson River Fish Advisory Outreach Project
- Goal – that people know about, understand and follow the NYSDOH health advice for 192 miles of the Hudson River
- 20 year effort begun in 2009



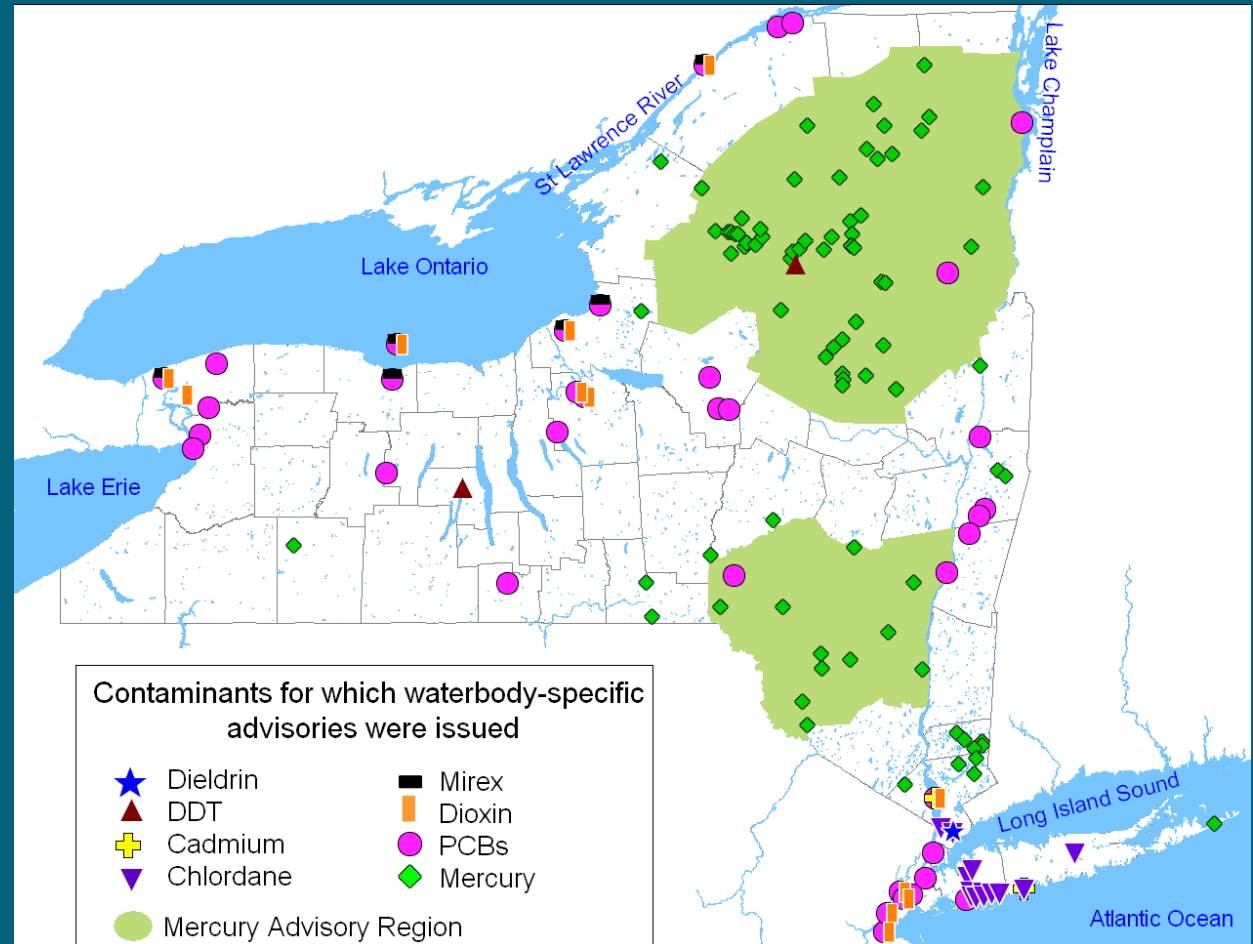
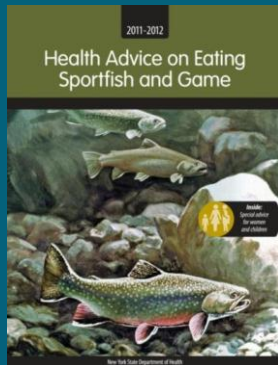
Why Have Health Advice about Eating Fish?

- Fish has high quality protein, essential nutrients, healthy fish oils and low saturated fat – and tastes good
- Fishing is a great outdoor activity for the family
- A fish advisory is health advice about eating fish you catch, because of levels of chemicals in some fish that may be harmful to health



NYS Waters with Health Advice

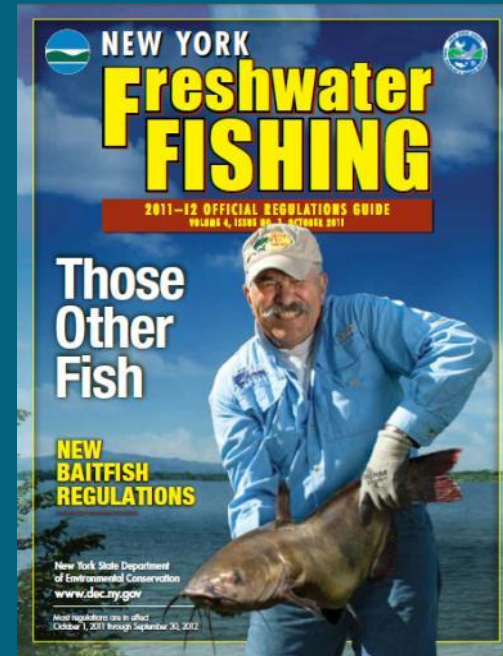
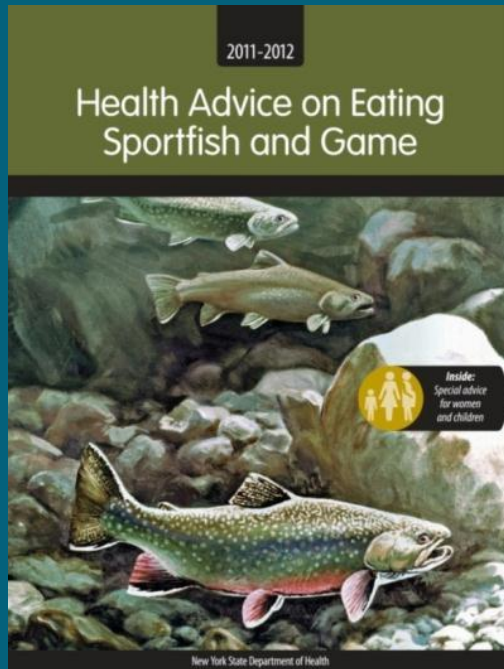
- About 150
- Chemicals from industrial sites
- Airborne mercury - Adirondacks and Catskills



NYSDOH works with the NYSDEC

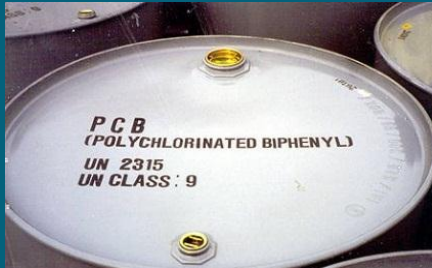
New York State
Department of Health

New York State Department of
Environmental Conservation (NYDEC)



Advice to protect public health

Regulations to protect wildlife
Collects fish for analysis



PCBs

Most health advice for New York City area waters is due to polychlorinated biphenyls (PCBs)

- Family of man-made chemicals
- Banned in the 1970s
- No immediate health effects like food poisoning
- Can't taste or smell PCBs in fish



What Is the Problem?



Because PCBs accumulate in fat, fish can have up to thousands of times the amount of PCBs in the water

- Fish consumption can be a significant source of chemicals
- Persistent in the body and the environment
- Advice is due to chemicals - fish do not concentrate biological pathogens

How Does the Advice Work?

Advice on eating fish you catch depends upon

- who you are
- where you fish
- what you catch



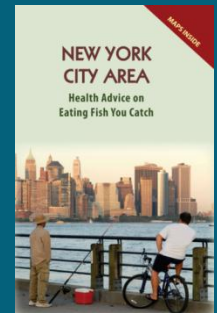


Who You Are

NYSDOH has different advice for women under 50 (childbearing age) and children under 15

- Similar to other chemicals considered a special risk to children, like lead
- Sensitive during development
- Different metabolism
- PCBs accumulate

Who You Are



Women under 50 and children under 15 should not eat fish or crabs from the Upper Bay of New York Harbor, the Hudson, East and Harlem rivers, and the Kills (west of Raritan Bay)

- Includes Newtown Creek

Who You Are



The Lower Bay of New York Harbor, Long Island Sound, Jamaica Bay and the ocean are better choices


Women and children can eat nearly all fish

 Fish	 Women Under 50 & Children Under 15	 Men Over 15 & Women Over 50
 American eel	DON'T EAT	DON'T EAT
 Atlantic needlefish	DON'T EAT	Up to 1 meal/month
 Blue crabs	DON'T EAT DON'T EAT tomalley	Up to 6 crabs/week DON'T EAT tomalley
 Riverfish	DON'T EAT	Up to 1 meal/month
 Carp	DON'T EAT	Up to 1 meal/month
 Channel catfish	DON'T EAT	DON'T EAT
 Gizzard shad	DON'T EAT	DON'T EAT
 Goldfish	DON'T EAT	Up to 1 meal/month
 Rainbow smelt	DON'T EAT	Up to 1 meal/month
 Striped bass	DON'T EAT	DON'T EAT : Newark Bay, Arthur Kill, Raritan Bay Up to 1 meal/month: from other waters listed above
 White catfish	DON'T EAT	DON'T EAT : Hudson River, Harlem River, East River
 White perch	DON'T EAT	DON'T EAT : Newark Bay, Arthur Kill, Raritan Bay, Upper New York Bay, Western Harlem Bay Up to 1 meal/month : from other waters listed above
<i>Other fish not listed</i>	DON'T EAT	Up to 4 meals/month

Where You Fish



Advice for the
Upper Bay, Rivers
and Kills and
Newtown Creek

 Fish	 Women Under 50 & Children Under 15	 Men Over 15 & Women Over 50
 <i>American eel</i>	up to 1 meal/month	up to 4 meals/month
 <i>Bluefish under 20 inches</i>	up to 4 meals/month	up to 4 meals/month
 <i>Bluefish over 20 inches</i>	up to 1 meal/month	up to 4 meals/month
 <i>Striped bass</i>	up to 1 meal/month	up to 4 meals/month
 <i>Weakfish under 25 inches</i>	up to 1 meal/month	up to 4 meals/month
 <i>Weakfish over 25 inches</i>	DON'T EAT	up to 1 meal/month
<i>Crab or lobster tomalley</i>	DON'T EAT	DON'T EAT

Where You Fish



The Lower Bay, Ocean and Sound are better choices for everyone

What You Catch: Hudson River (Men over 15 and Women over 50)

Lower Hudson

From Bridge at Catskill to the NYC Battery

Don't eat:



White catfish



Channel catfish



American eel*



Gizzard shad



Striped bass



White perch



Carp



Walleye



Bluefish



Brown bullhead



Smallmouth bass



Largemouth bass



Rainbow smelt



Goldfish



Atlantic needlefish

Eat up to one meal a month:

Eat up to six crabs a week:



Blue crab

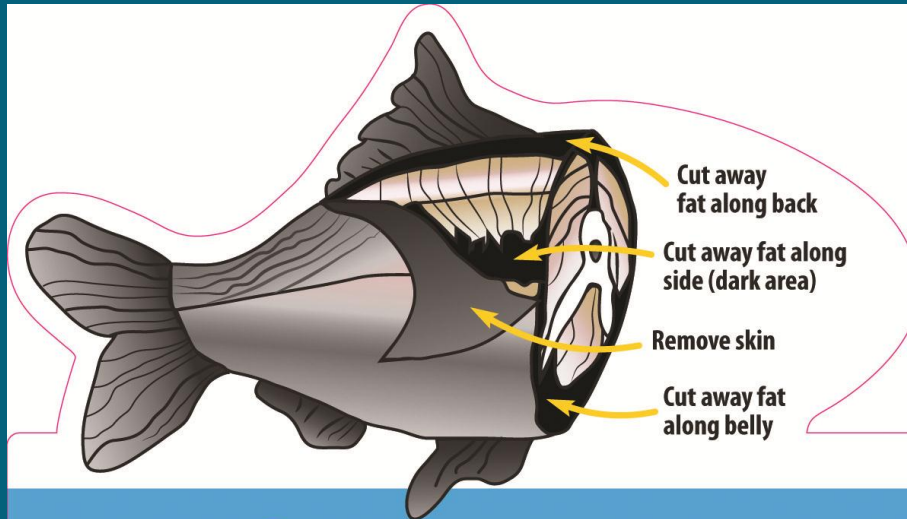
Do not eat the tomalley (green stuff, mustard) or reuse cooking water

Eat up to four meals a month:

All other species

**DEC regulations prohibit taking American eel for food from the Hudson River*

Cut the Fat to Cut the PCBs



Cut the Fat to Cut PCBs

- PCBs are chemicals in the fat of some fish you catch.
- Don't pan-fry! Broil, grill or bake so fat drips away.
- Don't eat the green stuff in crabs.

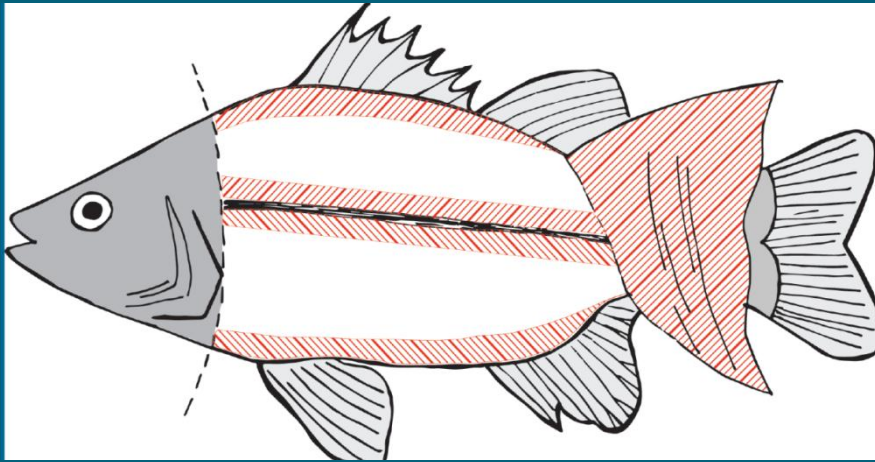
Special advice for women and children: www.health.ny.gov/fish
(518) 402-7800 or 1-800-458-1158

- PCBs, dioxin and organochlorine pesticides concentrate in the fat and skin of fish
- Removing skin and fat and cooking so fat drips off can cut the PCBs in a meal nearly in half
- Not effective for mercury as is throughout the fillet

Location of Contaminants

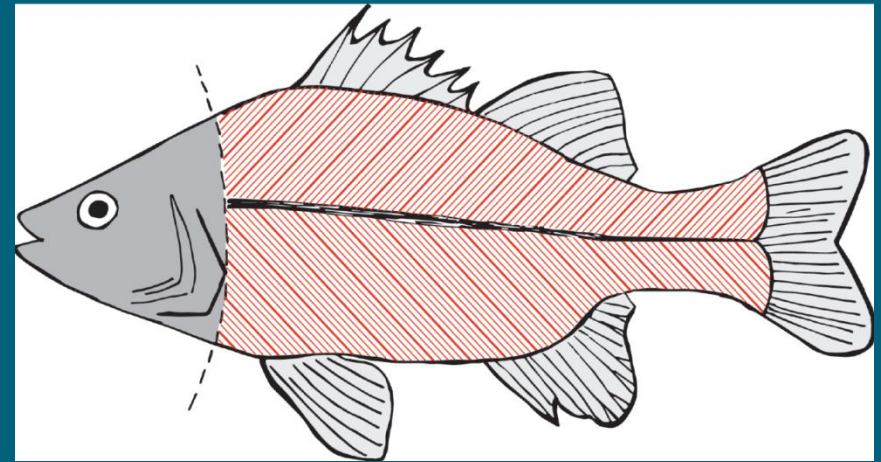
PCBs, dioxin and pesticides

- Build up in the skin and fat
- Can reduce by filleting, and cooking so the fat drips off



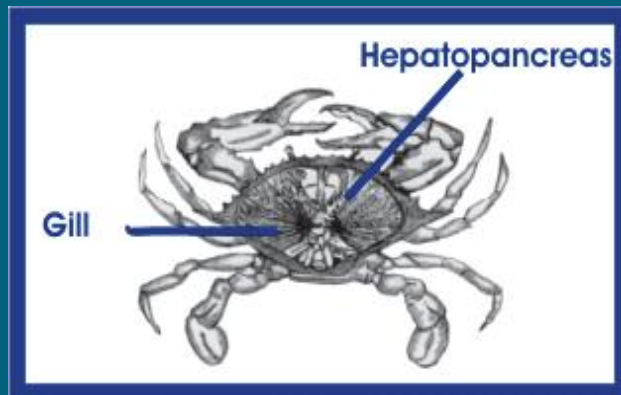
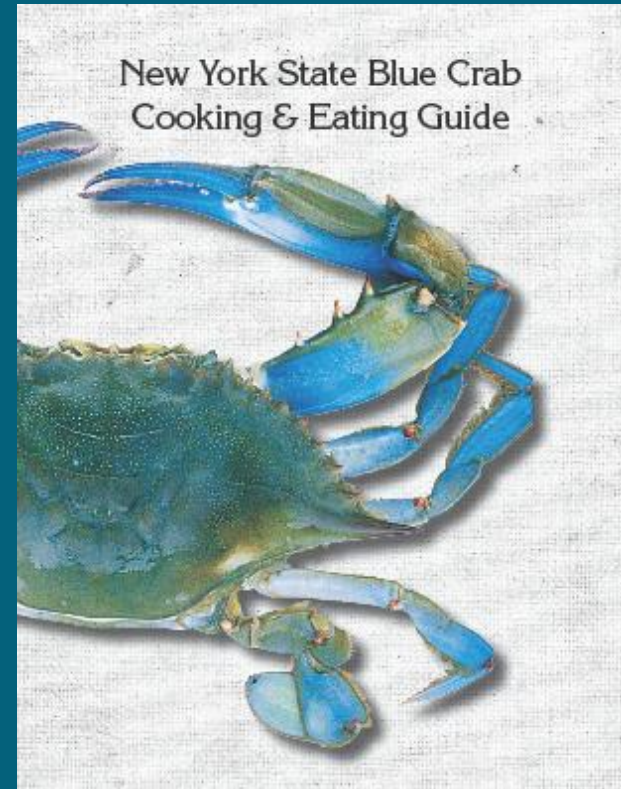
Mercury

- Throughout the muscle, you can not remove
- Must choose fish with low mercury



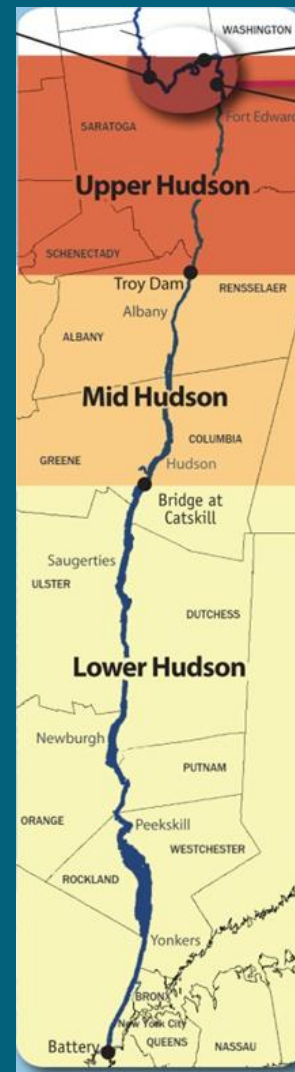
Crabs

- 79% harvest rate on the Hudson
- Dioxin, PCBs and cadmium
- Remove the tomalley or “green stuff”
- Discard cooking juices and don’t use to make sauces or soups



Hudson River Fish Advisory Outreach Project

- NYSDOH has specific resources for the Hudson River
- 192 mile project area
- 2001 – NYSDEC “Creel Survey”:
 - 212,400 fish caught on the Hudson from the the George Washington bridge to Troy
 - 44,480 taken home
- Contamination decreases from north to south



Hudson River Advice

- Women under 50 (childbearing years) and children under 15 should not eat fish or crabs from the Hudson River
- For men over 15 and women over 50, advice depends on where you fish
- Where is important – let's look at striped bass

WARNING!

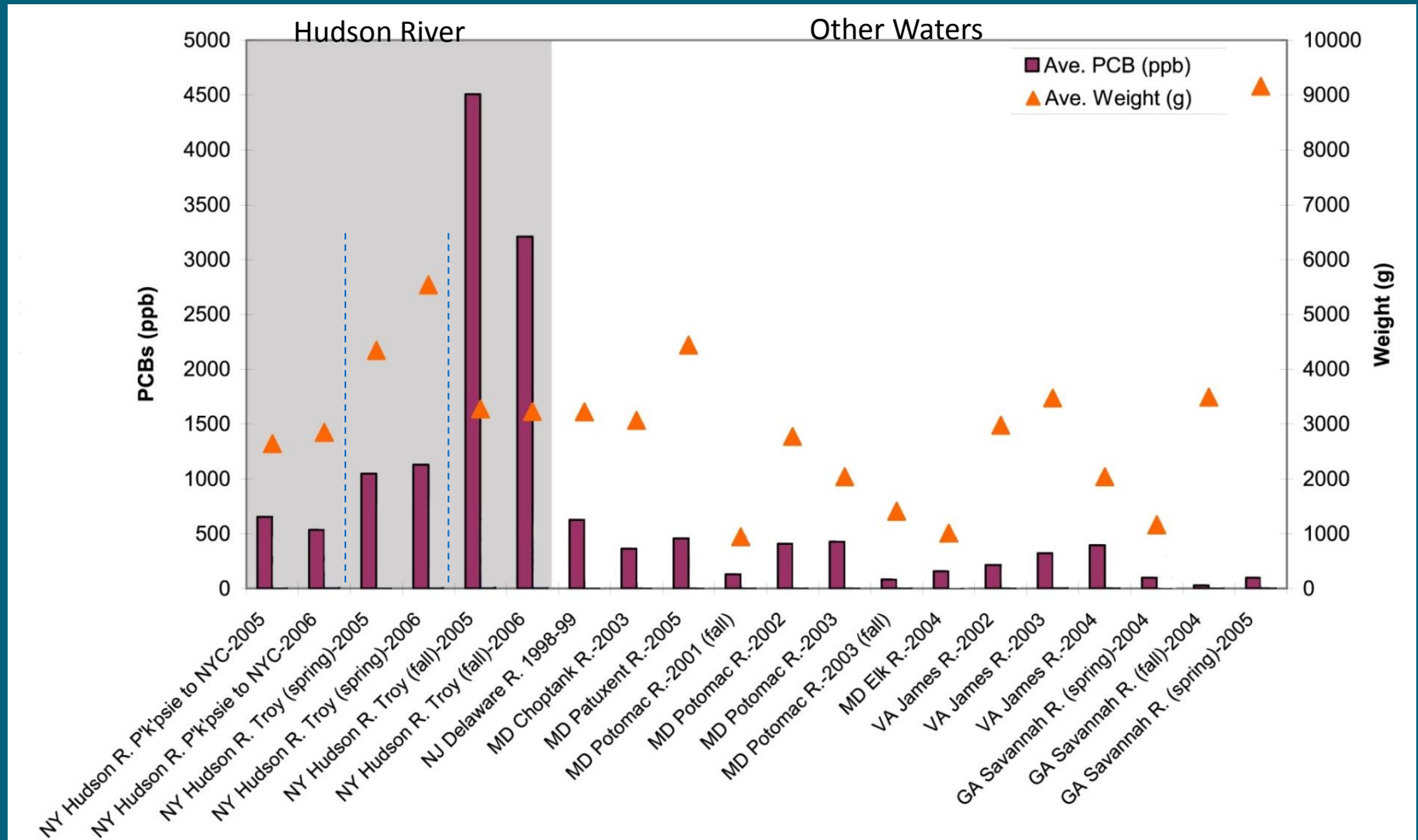
Fish and crabs from these waters contain chemicals and may be harmful to eat, especially for women and children.



Learn more!
Call NYS Department of Health
518-402-7800
800-458-1158

PCBs in Striped Bass

In the Hudson River vs. other East Coast Rivers



Report of the Interstate Workgroup on Evaluating Atlantic Coastal Advisories for Recreationally Caught Striped Bass and Bluefish based on PCBs – 10/1/2008



Hudson River Fish Advisory Outreach Project

The strategy is to create local partnerships to reach out to people who fish and to family members

- Mini-grant funding - \$60,000 from 2009-2014, begin \$90,000 this year
- Variety of approaches - nutrition programs, Americorps interns, bus ads, post signs, incorporate into environmental education, school and after school programs

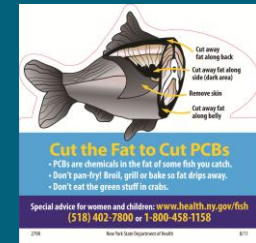
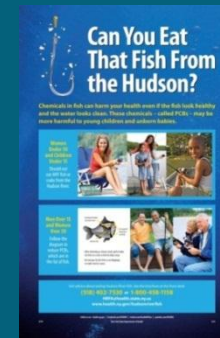
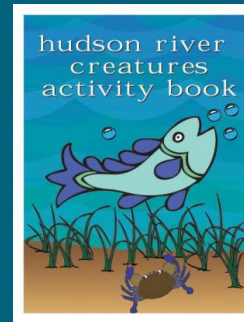
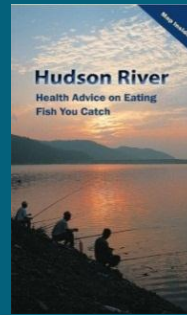
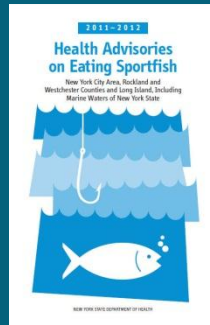
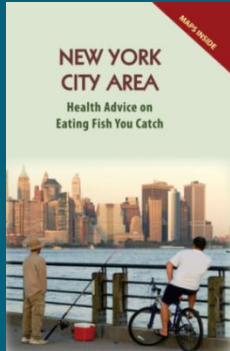


Hudson River Fish Advisory Outreach Project

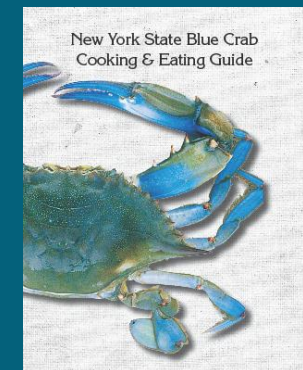
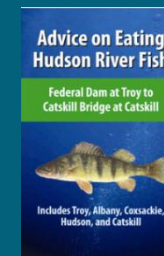
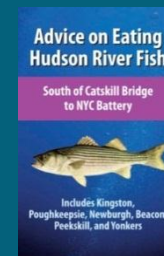
- DOH and partners do outreach at events and community sites – county fairs, festivals, food banks
- Trying to learn more about Hudson fish consumption
- Cornell Cooperative Extension Dutchess County survey of nutrition program clients in four counties (327)
 - 18% ate fish or crabs they or someone they knew caught
 - 11% ate Hudson fish – half annually



NYSDOH Resources Available



- NYC brochure – English, Spanish, Chinese and Polish
- Hudson materials :
- coloring/activity book
- poster
- wallet-size “angler cards”
- crab cards



Signs: A Tool

¡AVISO!

Algunos peces y cangrejos de estas aguas pueden hacer daño si se comen.



Entérese más? Llame al

Departamento de Salud NYS
518-402-7800
800-458-1158

注意!

如食用在這些水域捕獲的某些魚類和蟹類可能有害健康。



如需更多資訊!
請致電紐約州衛生部
518-402-7800
800-458-1158

NOTICE!

Some fish and crabs from these waters may be harmful to eat.



Learn more!

Call NYS Department of Health
518-402-7800
800-458-1158

WARNING!

Fish and crabs from these waters contain chemicals and may be harmful to eat, especially for women and children.



Learn more!

Call NYS Department of Health
518-402-7800
800-458-1158

¡ADVERTENCIA!

Peces y cangrejos de estas aguas contienen químicos y pueden hacer daño si se comen, especialmente a mujeres y niños.



Entérese más? Llame al Departamento de Salud NYS
518-402-7800
800-458-1158

警告!

在這些水域捕獲的魚類和蟹類含化學物，如食用可能有礙健康，婦女和兒童尤其不宜食用。



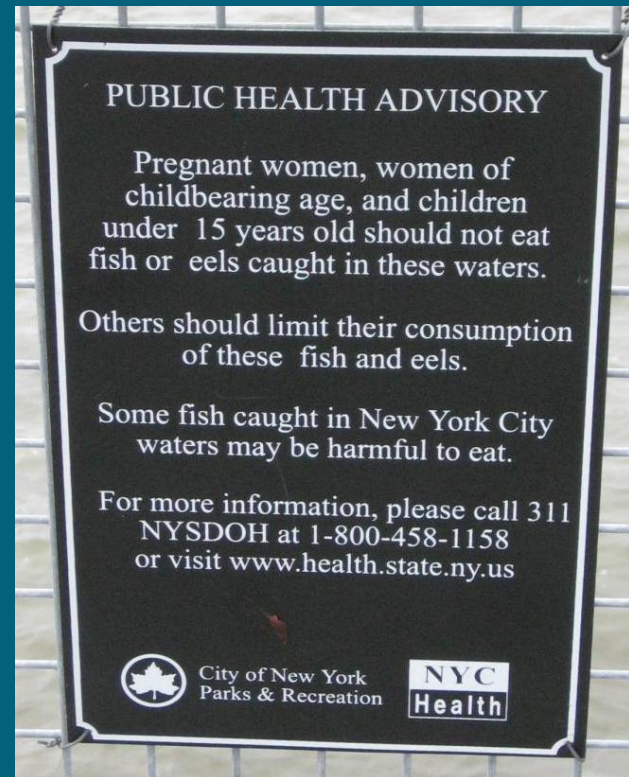
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518-402-7800
800-458-1158

Property owners must agree to post signs

Signs: A Tool



Shorefront ownership
can be complex



New York City Parks

Communicating the Advice

- Source of protein
- Sharing
- Access
- Languages
- Culture
- Trust



NYSDOH Contact Info

www.health.ny.gov/fish

- Chris Doroski
beei@health.state.ny.us
- Jim Bowers
beoe@health.state.ny.us
- Elizabeth Prohonic
518-402-7530
elizabeth.prohonic@health.ny.gov
- Regina Keenan
regina.keenan@health.ny.gov
- Audrey Van Genechten
audrey.vangenechten@health.ny.gov



Resources & Discussion

- Free NYSDOH materials
- NYSDOH technical assistance
- Grant through NY-NJ Harbor & Estuary Program?
- Other partners?

Discussion:

What will work best for Newtown Creek?

