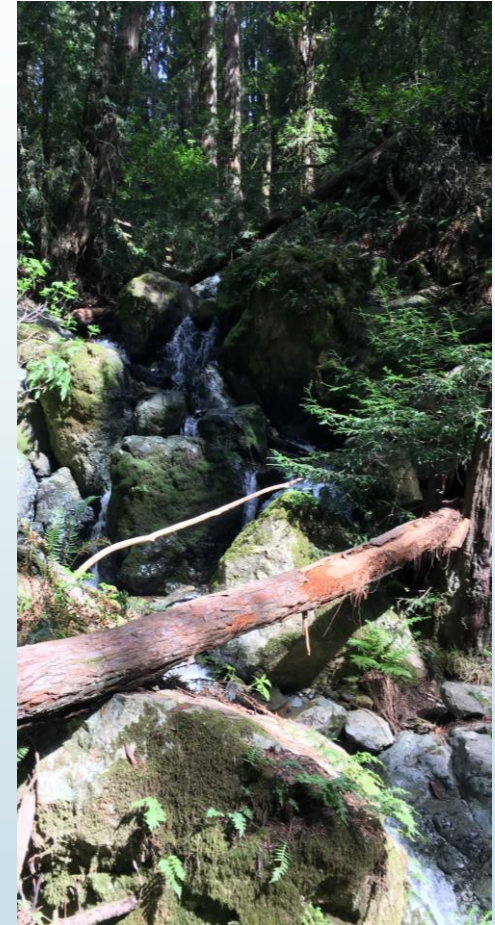


# “Eating Fish Safely”

## Tribal Exposure Reduction in the SF Bay Area

Aug. 2020 – Aug. 2023



BACWA Board Meeting

Aug 2023

California Indian Environmental Alliance

# Project Status Summary by Task

- **Outreach to Tribes, Tribal Organizations and Clinics:** 6 Community Events rounds. 100% completed 1 round of outreach to Tribes
- **Print & Gather Materials** reach 450 families 100% completed 550 families / Tribal individuals = 185 participants
- **Schedule & Coordinating Tabling:** 12 events & 2 Tribal specific surveys 45 (Muekma Ohlone and Amah Mutsun (100% completed
- **Administer Surveys: 180 Surveys** 100% completed 185 Surveys
- **Schedule & Provide Trainings at Bay Area clinics: Discussion Point** 25% complete (goal 4 clinics / completed 0 / UC Berkely & add PFAS?)
- **Tribal Beneficial Uses Added**

[Task Details](#)



# Community Events Tabling



Richmond Warrior Run, June 8, 2019



# Commercial & Local Advisories

**EATING FISH SAFELY**

Balancing Mercury

Information for:

- Pregnant women
- Nursing mothers
- Children 19 and under
- Women planning to become pregnant

**Men over 17 and women over 49**

Guide to Eating Fish and Shellfish from **San Francisco Bay**

Low	Medium	High
<p><b>Safe to eat</b> 2 servings per week Brown rockfish OR red rock crab— 5 servings per week. OR Salmon—7 servings per week.</p>	<p><b>Safe to eat</b> 1 serving per week</p>	<p><b>Do not eat</b> AND Do not eat any fish from the La Gracia Channel in Richmond Inner Harbor</p>
<p>Striped Bass</p> <p>Jacksmelt</p> <p>California halibut</p> <p>Brown rockfish</p> <p>Chinook (king) salmon</p>	<p>White croaker</p> <p>Sharks</p> <p>White sturgeon</p>	<p>Surperches</p>

♥ = High in Omega-3s

**Women 18 - 49 and children 1 - 17**

Low	Medium	High
<p><b>Safe to eat</b> 2 servings per week</p>	<p><b>Safe to eat</b> 1 serving per week</p>	<p><b>Do not eat</b> AND Do not eat any fish from the La Gracia Channel in Richmond Inner Harbor</p>
<p>Brown rockfish</p> <p>Jacksmelt</p> <p>Red rock crab</p> <p>Chinook (king) salmon</p>	<p>California halibut</p> <p>White croaker</p>	<p>Surperches</p> <p>Striped Bass</p> <p>Sharks</p> <p>White sturgeon</p>

♥ = High in Omega-3s

**What is a serving?**

**For Adults For Children**

The recommended serving of fish is about the size and thickness of your hand. Give children smaller servings.

**What is the concern?**

Some fish have high levels of PCBs and mercury. PCBs might cause cancer. Mercury can negatively affect how the brain develops in unborn babies and children. It is especially important for women who are pregnant or breastfeeding to follow these guidelines.

**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.

California Office of Environmental Health Hazard Assessment • www.oehha.ca.gov/fish • (916) 324-7572 • fish@oehha.ca.gov

- Safest fish are in GREEN sections of advisories, and those with hearts are most healthy
- Women should not eat any fish in the RED “Do Not Eat” section of advisories
- When maximum eaten from yellow or green sections, eat no other fish that week.
- Separate advice for:
  - Women who may become pregnant (18-45) and children (1-17).
  - Women over 45 and men

# Statewide Advisories

**A Guide to Eating Fish from the California Coast**  
Advisory for Areas Without Site-specific Advice

**Women 18 - 45 years and Children 1 - 17 years**

Croaker	Low-PCB Surfperch	Barred Sand Bass	California Corbina	High-Mercury Rockfish
Queenfish	Very Low-PCB Surfperch	Lingcod	Cabezon	Sharks
Topsmelt	Small Flatfish	Medium-Mercury Rockfish	Kelp Bass	

6 total servings a week **OR** 1 total serving a week **Do not eat**

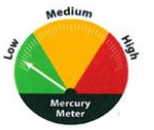

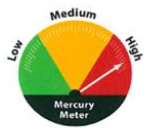
**Women 46 years and older and Men 18 years and older**

Croaker	Low-PCB Surfperch	California Corbina
Queenfish	Medium-Mercury Rockfish	
Small Flatfish	Barred Sand Bass	
Topsmelt	Very Low-PCB Surfperch	Lingcod

4 total servings a week **OR** 2 total servings a week

**A Healthy Guide to Eating Fish from California Lakes and Reservoirs\***

**Women 18 - 45 and children 1 - 17**

 Rainbow trout	 Bullhead	 Bass
Catfish	Bluegill or other sunfish	Carp
Brown trout	Brown trout	

➤ **Site Specific**

Where there are none:

➤ **Statewide Advisories**

- Coast
- Migrating Fish in Rivers and Estuaries
- Lakes and Reservoirs

Need to confirm Updated Materials & PFAS?

## Historical and Ancestral Consumption (Fishing, Gathering, and Eating)

2. Were fish or shellfish an important part of your family's' diet? (Circle one) Yes No Not Sure

3. What major creeks, rivers, lakes, or other water-bodies were traditionally fished by your family and/or other Tribal members?

4. What kinds of fish or shellfish did your family or Tribal members traditionally eat? Circle all that apply.

Catfish	Lake Trout	Rainbow/ Steelhead	Fall Salmon	Freshwater Mussels/Clam s
Eel/Lamprey	Abalone	Crayfish	Sturgeon	Saltwater Mussels/Clam s
Silverside	Black or Largemouth Bass	Threadfin Shad	Blackfish	Bullhead
Sucker	Brown Trout	Spring Salmon	Perch	Scallops
Carp	Crappie	Hitch	Mosquito Fish	Sunfish
Rockfish (Brown/ Yellow Eye)	Lingcod	Cabezon (Sculpin)	Surfperch (Surf fish, including Walleye)	Crab
Shark	Halibut	Sea Bass	Surf Smelt	Jack Smelt
Oysters	Shrimp	Others (Please list):		

For reference, the following are serving sizes per state agencies:

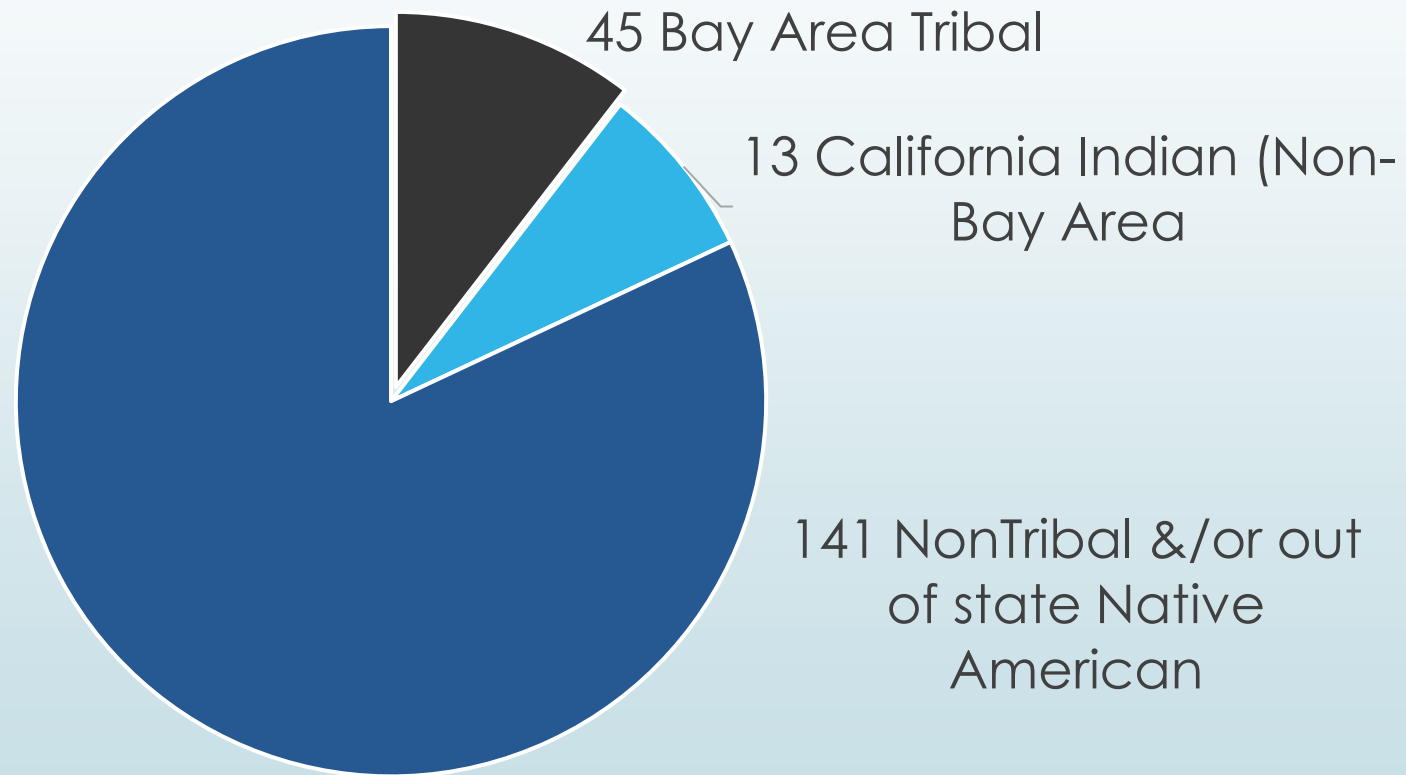


The recommended serving of cooked fish is about the size and thickness of your hand

5. How much fish or shellfish did your family, ancestors or other Tribal members eat traditionally? Circle one.

Less than 1 serving per day	1 serving per day	2-3 servings per week	1 serving per week	1 serving per month	Less than 1 serving per month	Other frequency:
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# Bay Area Fish Consumption Survey Respondents





# 2023 Fish Consumption Survey Goal: Survey in Partnership with Bay Area Tribes

- Amah Mutsun Tribal Band of Coastanoan
- Muwekma Ohlone Tribe of the San Francisco Bay Area

## **TBUs outreach**

- Esselen Nation of the Ohlone/Coastanoan
- Federated Indians of Graton Rancheria, California
- Hum-U-Ren (Ohlone, Bay Miwok, Plains Miwok)
- Indian Canyon
- Indian People Organizing for Change (IPOC); Confederated Villages of Lisjan; Chochenyo/Karkin Ohlone
- Mishewal Wappo Tribe of Alexander Valley

One Tribal Survey Completed & 2 Other Committed





# Questions for BACWA Board

- ▶ UC Berkeley – CME Option
- ▶ PowerPoint now & wait for launch?
- ▶ Review Team
  - Tribal Organizations
  - Clinics
  - BACWA
  - OEHHA
  - CDPH
- ▶ PFAS, Bay Area Clinic Recommendations or Referrals (4)

# Thank you!

California Indian Environmental Alliance

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