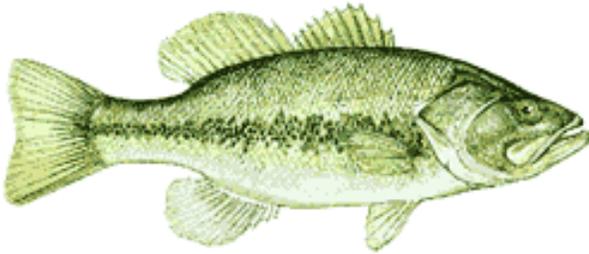


**FEB. 29, 2016**

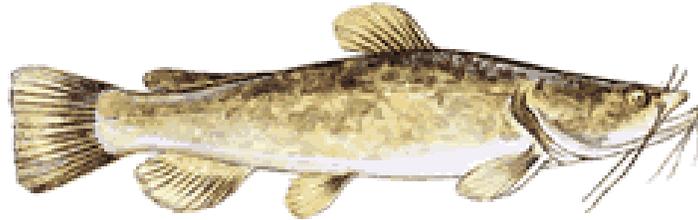
## ADEQ Issues Three New Fish Consumption Advisories



*Largemouth Bass (Apache Lake)*



*Striped Bass (Lake Pleasant)*



*Flathead Catfish (Bartlett Lake)*

The Arizona Department of Environmental Quality (ADEQ), in association with the Arizona Game and Fish Department (AGFD), has issued three new advisories that recommend fish consumption amounts to protect public health. These advisories are based on recent analysis of data from fish tissue samples taken from these lakes, which showed these fish have elevated levels of mercury.

### ADEQ RECOMMENDS

ADULTS eat up to 2.4 ounces (uncooked weight) per week

CHILDREN (12 years of age and younger) eat up to two ounces (uncooked weight) per month

TYPE OF FISH	LAKE	COUNTY(IES)
Largemouth Bass	Apache Lake	Maricopa and Gila
Striped Bass	Lake Pleasant	Maricopa and Yavapai
Flathead Catfish	Bartlett Lake	Maricopa

ADEQ encourages residents and visitors to Arizona to continue to enjoy the wide variety of recreational activities at each of these lakes, such as fishing, bird watching, and swimming, which are not affected by this advisory.

- more -

## *Fish Consumption Advisories (cont.)*

Fish can be an important part of a healthy, diverse diet because they are an excellent source of protein and low in saturated fat. The American Heart Association recommends eating two fish or seafood meals weekly as part of a healthy diet.

Any potential health risks from eating fish on ADEQ's advisory list are based on long-term consumption, not eating fish occasionally.

### **BACKGROUND:**

**Fish Consumption Advisory:** A fish consumption advisory is a public health alert that recommends amounts of fish to eat when ADEQ determines contaminant levels in fish tissues taken from Arizona waterways exceed state health standards. These advisories are not for commercial fish sold in markets.

Mercury in the environment can come from various sources. Ingesting mercury can cause numerous health problems such as damage to the central nervous system. Infants and pregnant or nursing mothers are considered most at risk to possible health effects. Fish can accumulate elevated levels of mercury when larger fish consume smaller fish and insects.

### **RESOURCES:**

ADEQ Fish Consumption Advisory Fact Sheet:

<https://www.azdeq.gov/environ/water/assessment/download/fca.pdf>

Arizona Game and Fish Department – Arizona Fish Consumption Advisory List:

<https://www.azgfd.com/fishing/fishconsumption/>

U.S. Environmental Protection Agency and Food and Drug Administration Guidance regarding Mercury and Fish Consumption:

<http://www.fda.gov/food/foodborneillnesscontaminants/metals/ucm393070.htm>

### **CONTACTS:**

Arizona Department of Environmental Quality

Caroline Oppleman – (602) 771-2215 desk / (602) 540-8072 cell / [co2@azdeq.gov](mailto:co2@azdeq.gov)

Arizona Game and Fish Department

Nick Walter – (623) 236-7214 desk / (602) 309-1589 cell / [nwalter@azgfd.gov](mailto:nwalter@azgfd.gov)

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