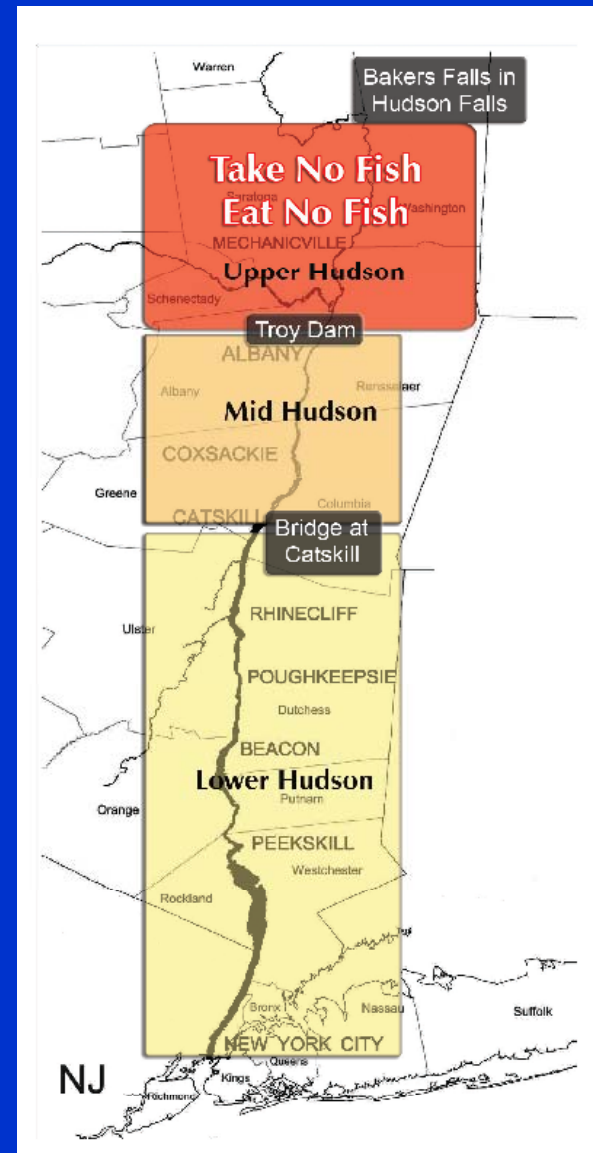


# Hudson River Fish Advisory Outreach Project

Hudson River PCBs  
Superfund Site  
Community Advisory Group

May 28 2009



# Hudson River Fish Advisory Outreach Project

## Overview:

- What is the project
- What is a "fish advisory"
- The Hudson River fish advisory
- Grant update and project work plan



# Hudson River Fish Advisory Outreach Contact Information

Regina Keenan - Hudson River  
Outreach Project Coordinator

518-402-7530 or 800-458-1158 x  
27530

Email: [hrfa@health.state.ny.us](mailto:hrfa@health.state.ny.us)

Website:

[www.nyhealth.gov/hudsonriverfish](http://www.nyhealth.gov/hudsonriverfish)

# Hudson River Fish Advisory Outreach Project

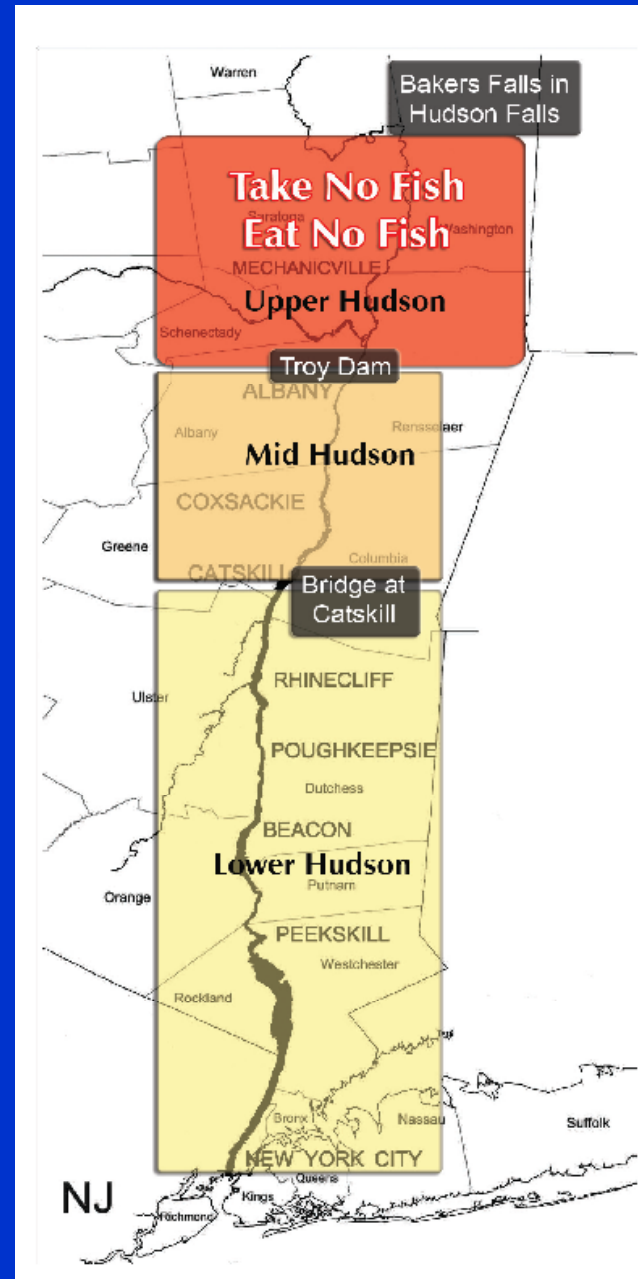
**Project Goal:** for everyone who eats fish from the Hudson River to know about, understand and follow the NYSDOH advisories



# Project Geographic Area

From Hudson Falls to the Battery in New York City

- No fishing license required south of Troy dam

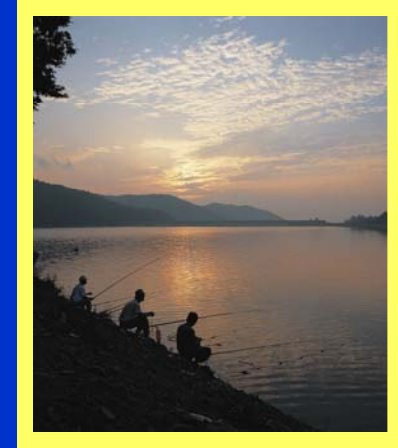


# What Is a Fish Advisory?

- Fish are nutritious and good to eat but some fish have levels of chemicals that may be harmful to health
- Fish can have thousands of times the amount of chemicals in the surrounding water
- Advisories are based upon the levels of chemicals present in sportfish



# NYS Fish Advisories



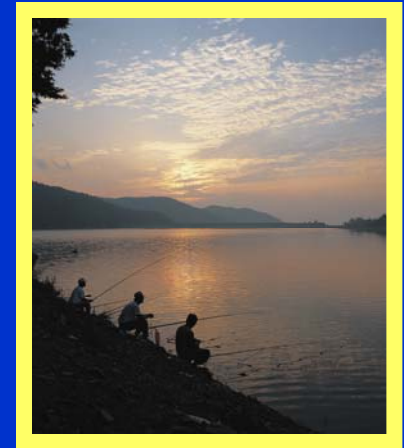
Advisories describe:

- how much fish, if any, is okay to eat
- how to cook and clean fish to limit exposure to chemicals
- locations fish are contaminated
- NYS has specific advisories for 130 waters throughout the state
- Advisories are updated annually

# NYS Fish Advisories

## General sport fish advisory:

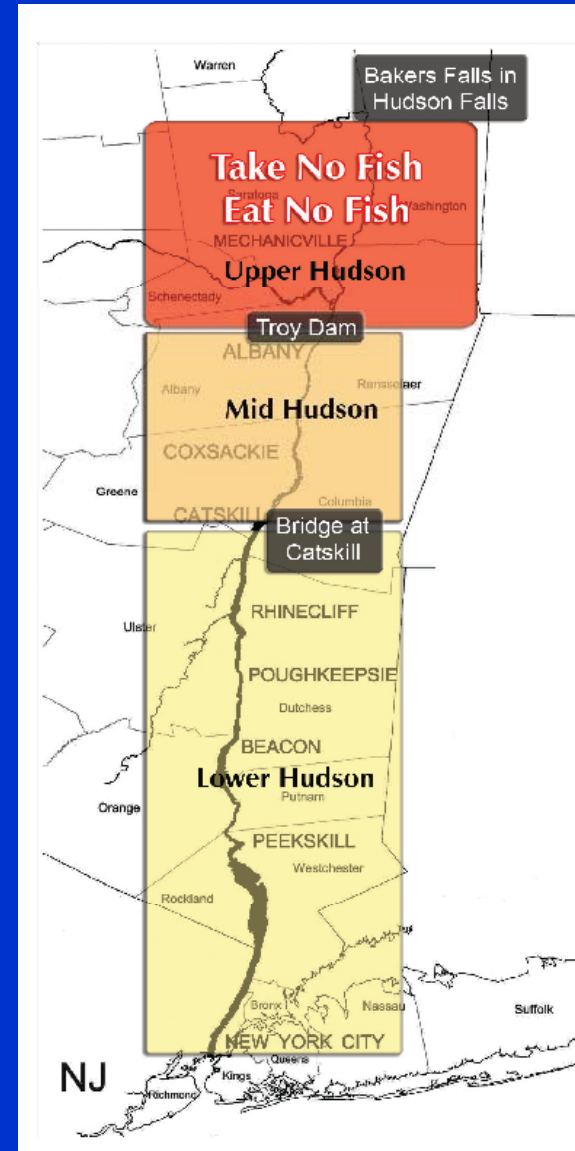
Eat no more than one meal  
(1/2 pound) per week of any fish  
from the state's freshwaters or  
the marine waters at the mouth of  
the Hudson



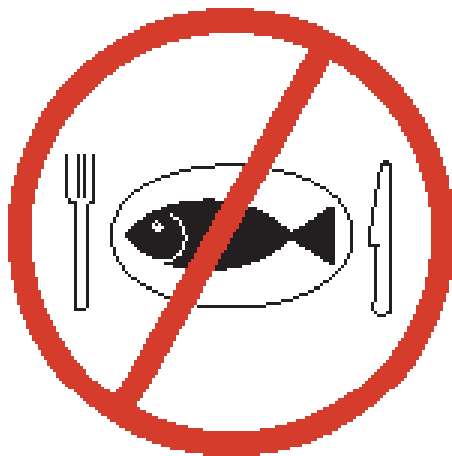


# Hudson River Fish Advisory

- More PCB contamination in the northern project area
- Who you are, where you fish and which species you eat matter



# Primary Project Messages



**Important note:  
Women of childbearing  
years and children under  
15 should not eat fish  
from the Hudson River.**

**And trim, skin and cook  
fish on a rack**

# Upper Hudson Advisory

## **Upper Hudson From Baker's Falls in Hudson Falls to the Federal Dam at Troy**

New York's State Department of  
Environmental Conservation's "catch and  
release" regulations apply.

**Take No Fish. Eat No Fish.**

# Mid Hudson Advisory

## Mid Hudson From Troy Dam to Catskill

*Women beyond childbearing years and men  
can eat these fish species once a month:*



Alewife



Rock bass



Blueback herring















Yellow perch

**Do not eat other fish species from the  
mid Hudson.**

# Lower Hudson Advisory

**Lower Hudson  
From Catskill to the New York Battery**

*Women beyond childbearing years and men can eat these fish species once a month:*

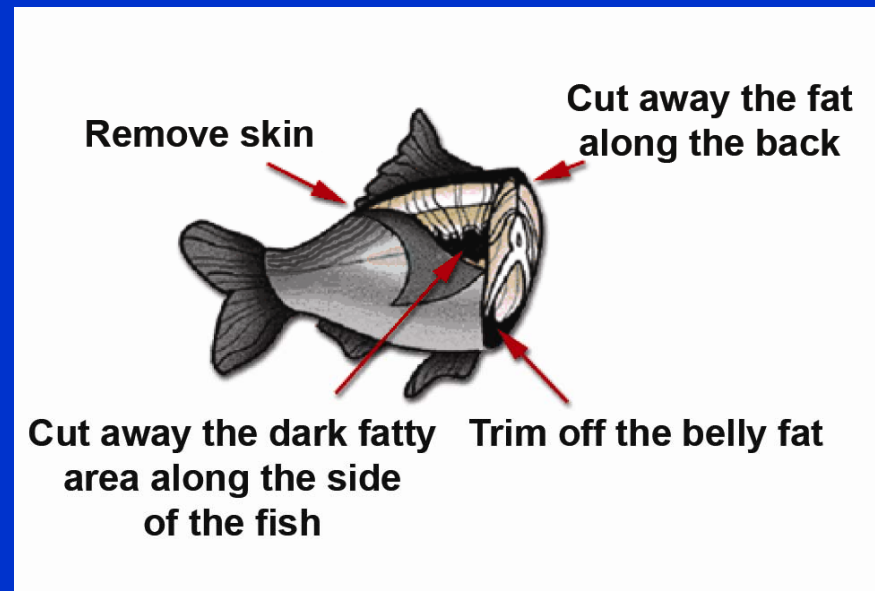
 Atlantic needlefish	 Goldfish	 Striped bass
 Bluefish	 Largemouth bass	 Walleye
 Brown bullhead	 Smallmouth bass	 White perch
 Carp	 Rainbow smelt	 Blue crab: up to six per week

**All other fish species from the lower Hudson can be eaten once a week.**

# Reducing the Amount of PCBs You Eat in Fish

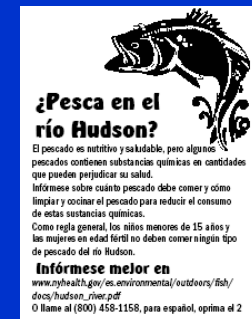
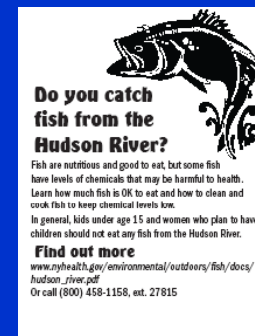
## PCBs concentrate in fatty tissue

- Trimming and cooking fish properly can reduce the PCBs you eat by nearly **one half**.
- Broil, grill or bake the skinned, trimmed fish on a rack so that the fat drips away.
- Do not use cooking juices.



# Outreach Efforts

- Written materials distributed annually
- License
  - fishing regulation guidebook
- Toll-free phone number
- Website, print ads, LISTSERV
- Grants



North of Rip Van Winkle  
Bridge in Catskill to federal  
Dam at Troy

**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 1-800-458-1158

**¡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 1-800-458-1158

South of Rip Van Winkle  
Bridge at Catskill, including  
NYC Harbor waters

**Notice!**

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



Learn more! Call NYS Department of Health 1-800-458-1158

**¡AVISO!**

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



¡Entérese más! Llame al Departamento de Salud NYS 1-800-458-1158

# Signs

NYSDEC has signs above Troy dam



# Awareness of Advisories

Depends upon where you fish:

- North of Bear Mt. Bridge - 95%
- South of Bear Mt. Bridge - 58%

and the season (lower River):

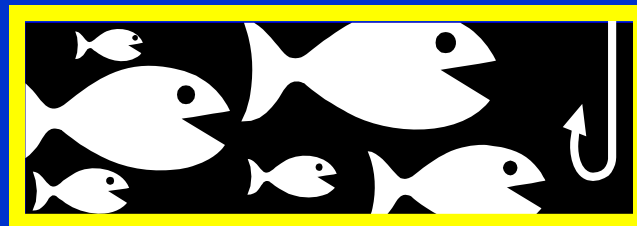
- Spring and fall 77-82%
- Summer 40-54%

# Awareness of Advisories

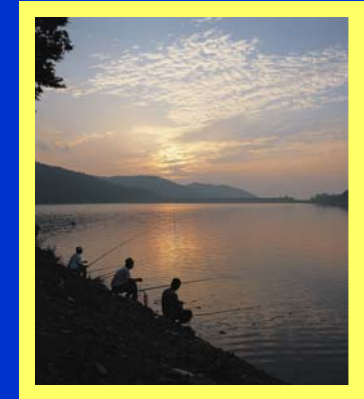
Varies by ethnicity

- White anglers - 69%
- Black anglers - 22%
- Hispanic anglers - 13%

And by income and where you live



# Challenges



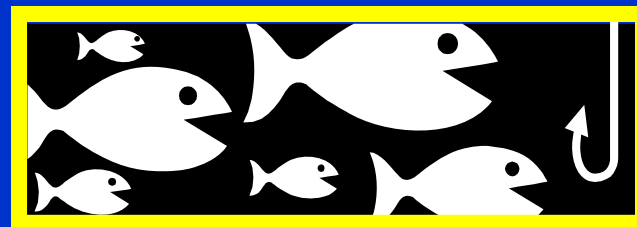
- Fishing for fun and for food
- Culture and variety of languages
- Shore has lots of property owners
- Some populations harder to reach
- Perception can see contaminants and water appears clean
- Understanding and credibility

# Grants



- **Local** efforts
- Request for applications (RFA) in February 2009
- Targeted women, children, low-income populations
- Total amount available for mini-grants is about \$60,000 annually and eligible for renewal
- Hope to announce very shortly

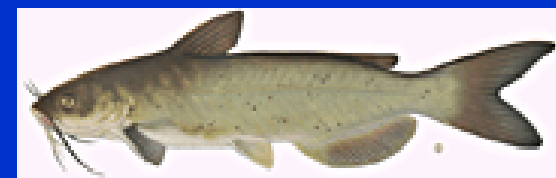
# Partner Outreach

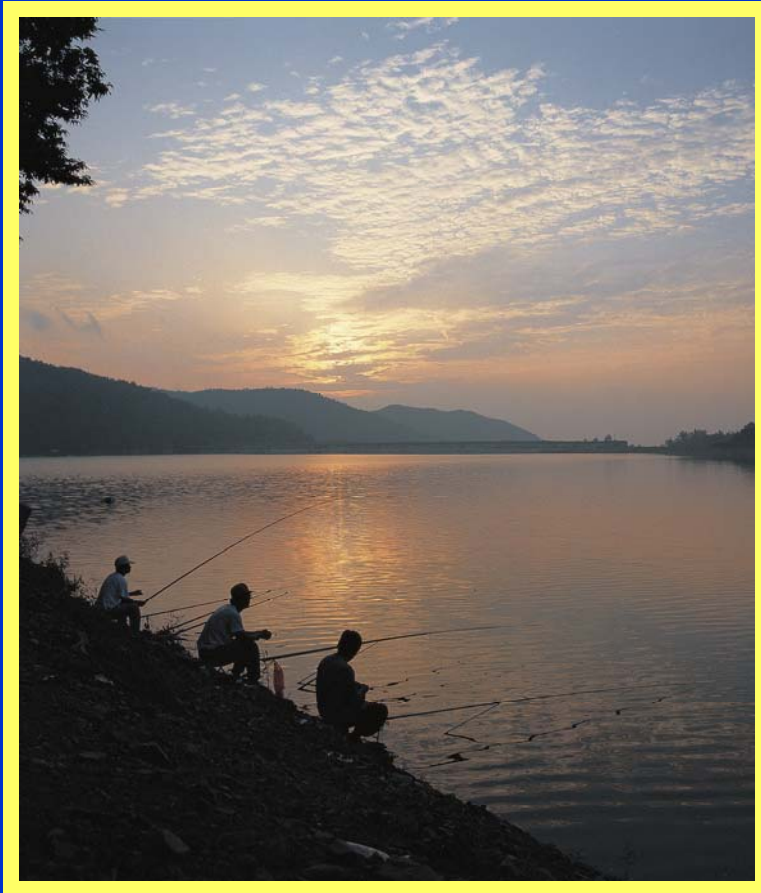


- "Point of fishing" contacts or "Outreach Specialists"
- Nutrition programs, health clinics, inservices, rod and gun clubs, filleting demonstrations, pledges
- Media campaign, posting signs

# 2009 NYSDOH Workplan

- Grant support: Written materials, training, translations, surveys and evaluation, site visits, community events
- Message Campaigns:
  1. Women and children
  2. Skin, Trim, Cook on a Rack
  3. Catfish (2010)
- Focus groups
- Signs
- Incorporate lessons learned...





• Questions?