



## **Background: Fish Consumption Advisories**

Eating fish is very good for your health. Fish is lean and high in protein, and has been shown to positively influence brain development. It is also good for your heart. Unfortunately, some fish can be contaminated with chemicals that are unsafe for people to eat (such as PCBs and mercury). This is especially true for infants, children under the age of 15, and pregnant or nursing women because these chemicals affect development.

Because of this concern, fish sold in stores must follow strict guidelines for contaminant concentrations. However, some locally caught fish (not sold in stores) may contain enough contaminants to make the fish less safe for people to eat. Because of this, recommendations are made for most water bodies to guide people on how much locally caught fish is safe for them to eat. There is a general consumption advisory for all of New York State, but the advisory changes for more polluted water bodies like Lake Ontario and Irondequoit Bay. It is recommended that women who may become pregnant and children under the age of 15 do not eat fish caught in these waters. For all others, the advisory is based on species and size of the fish.

Our intent is to promote safe consumption of fish,

**We are trying to learn about who eats local fish. Please help us by answering these questions.**

**1. How many meals of fish do you eat each week?** \_\_\_\_\_ meals per week

(Count any fish that was bought, including canned tuna, fish sticks, etc. – BUT NOT locally caught fish)

**2. Do you or your family regularly fish in waters around Rochester?** Yes/No

**3. Does your family regularly eat fish caught around Rochester?** Yes/No

**IF YES**, about how often did you eat locally caught fish during the last fishing season? \_\_\_\_\_ meals per week

**4. Are these statements true or false?**

Eating fish is good for your heart. True / False / Don't Know

Young women and children should not eat fish from Lake Ontario. True / False / Don't Know

No one should eat fish caught around Rochester. True / False / Don't Know

Lake Ontario fish caught farther away from Rochester are safer to eat True / False / Don't Know

The government suggests limiting how much local fish you eat. True / False / Don't Know

**5. Please tell us about yourself:**

**AGE:** \_\_\_\_\_ years **GENDER:** Male / Female

**RACE:** Hispanic / African American / White / Native American / Asian / Bi- or multi-racial / Other

**What communities/groups do you belong to?** \_\_\_\_\_

(Neighborhood, church, ethnic group, etc.)

**What zip code do you live in?** \_\_\_\_\_

