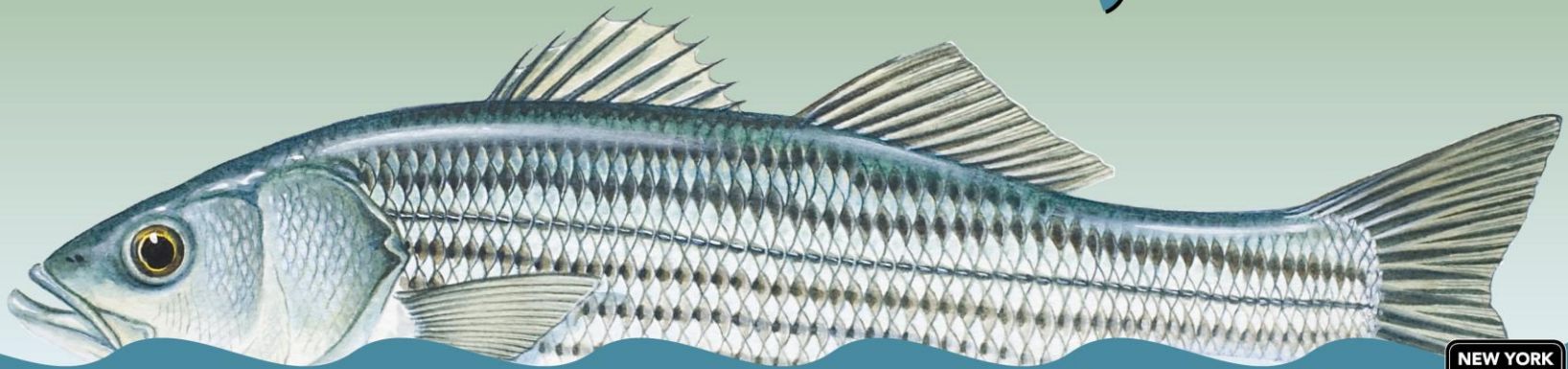


# Hudson River Fish Advisory Outreach Project Update & Public Water Supply PCB Sampling Data

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](http://www.health.ny.gov/fish)



PCBs Superfund Site  
Community Advisory Group  
September 27, 2012

# Hudson River Fish Advisory Project Update



- What is the health advice about eating Hudson River fish and crabs
- How are the New York State Department of Health and its partners getting out the word
- Moving forward

# Why Is Eating Hudson Fish a Concern?

Hudson River fish have polychlorinated biphenyls (PCBs)

- Follow the health advice to reduce exposure
- Can't taste or smell PCBs in fish
- No immediate health effects
- Persistent in the environment and the body
- Because PCBs accumulate in fat, fish can have up to thousands of times the amount of PCBs in water



# Hudson River Fish Advisory Outreach

Advice on eating fish you catch depends upon

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

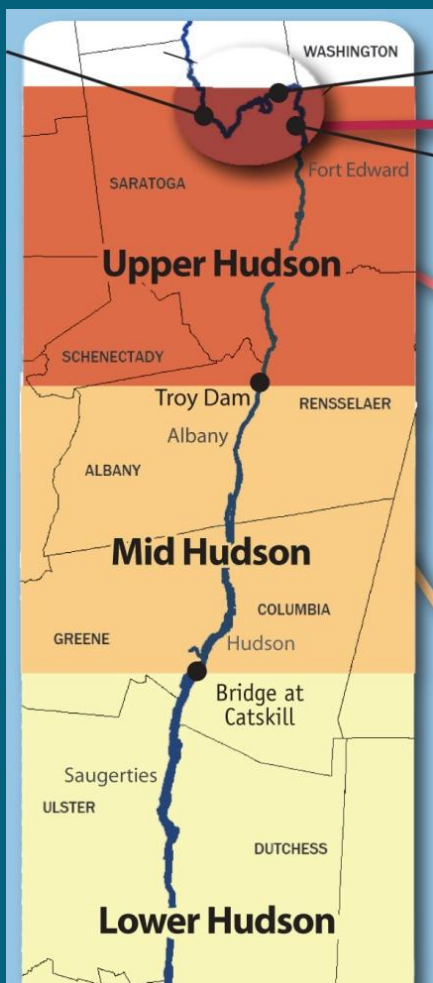


# Hudson River: Who You Are

- Women under 50 (childbearing years) and children under 15 should not eat fish or crabs from most of the Hudson River (Corinth Dam to NYC Battery)
  - Women who eat highly contaminated fish may have an increased risk of having babies who are slower to develop and learn
- For men over 15 and women over 50, advice depends on where you fish



# Hudson River: Where You Fish



## Upper Hudson

From the Rt. 9 Bridge to Troy Dam

Do not eat fish from the Route 9 Bridge to the Troy Dam.

From Baker's Falls to the Troy Dam, New York's State Department of Environmental Conservation's "catch and release" regulations apply.

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

## Mid Hudson

From Troy Dam to Bridge at Catskill

Eat up to one meal a month:



Alewife



Rock bass



Blueback herring



Yellow perch

**Do not eat other fish from the Mid Hudson including striped bass**

# Hudson River: Where You Fish

Striped bass are an extremely popular fish

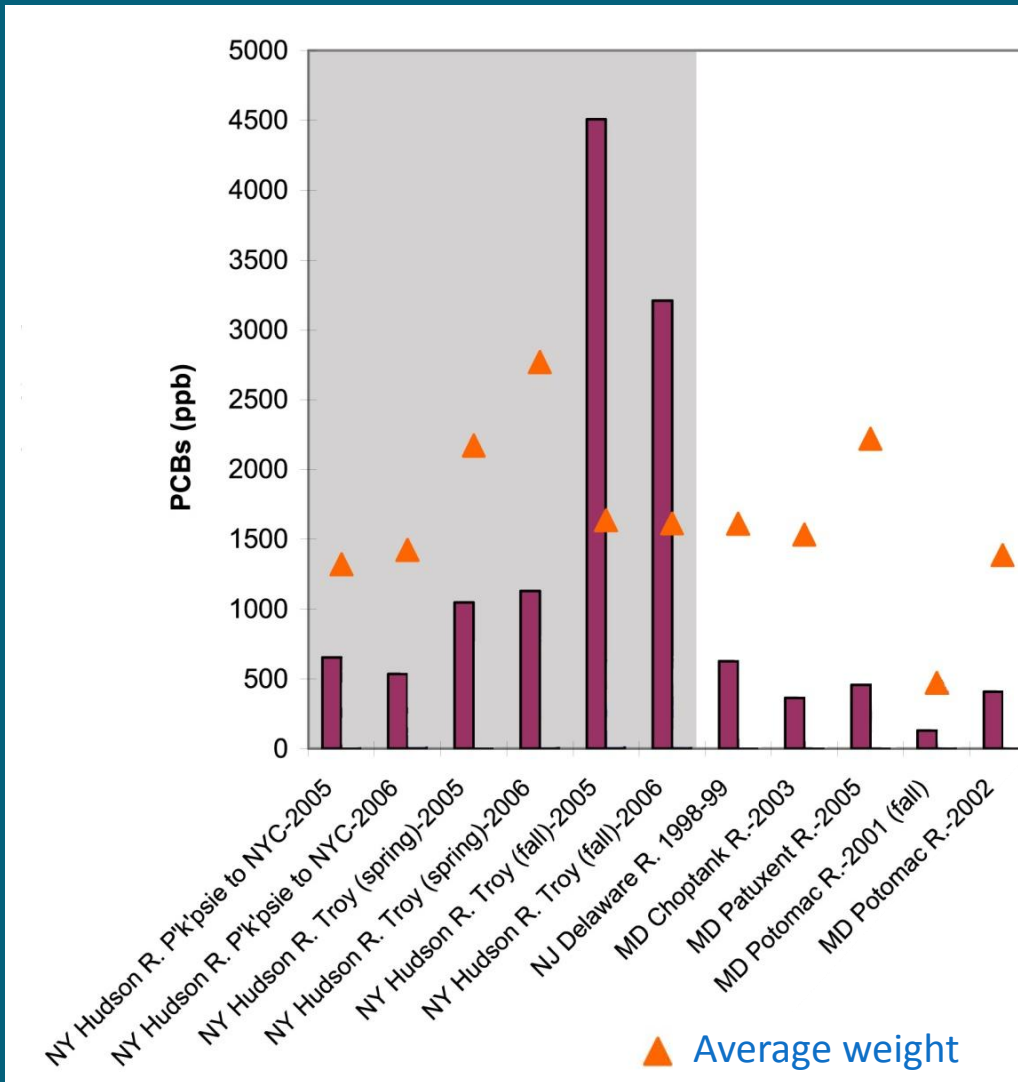
- In spring, they migrate from the ocean into the Hudson to spawn

In 2008, a workgroup of agency staff from the Atlantic Coast states evaluated PCB levels and advisories for striped bass and bluefish



# Hudson River: Where You Fish

## Average PCBs Levels in Striped Bass



Shaded area is the Hudson

- NYC to Poughkeepsie
- Troy in spring
- Troy in fall

From the 2008 Report of the Atlantic Coast Interstate Workgroup on Recreationally-Caught Striped Bass and Bluefish



# Hudson River: What You Catch (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

**Eat up to one meal a month:**



Bluefish



Brown bullhead



Smallmouth bass



Largemouth bass



Rainbow smelt



Goldfish



Atlantic needlefish

**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*

# Crabs



- Eating crabs is very popular
- No license needed
- Remove the “green stuff” in crabs
  - Green stuff acts like a liver and chemicals concentrate there
- Discard cooking juices and don’t use them to make sauces or soups

# Goal and Strategies

## Goal

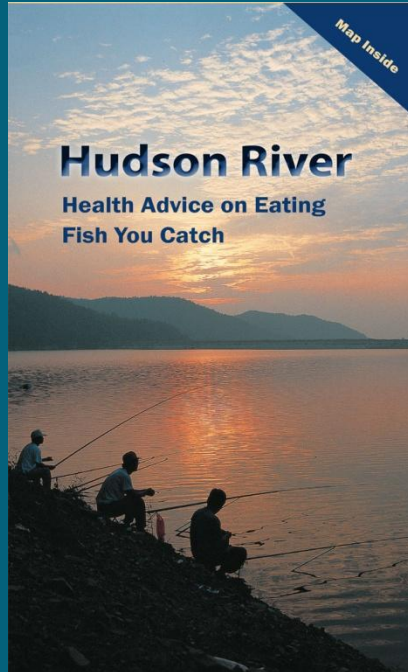
- All people who eat fish from the Hudson River know about, understand and follow the fish advisories

## Strategies

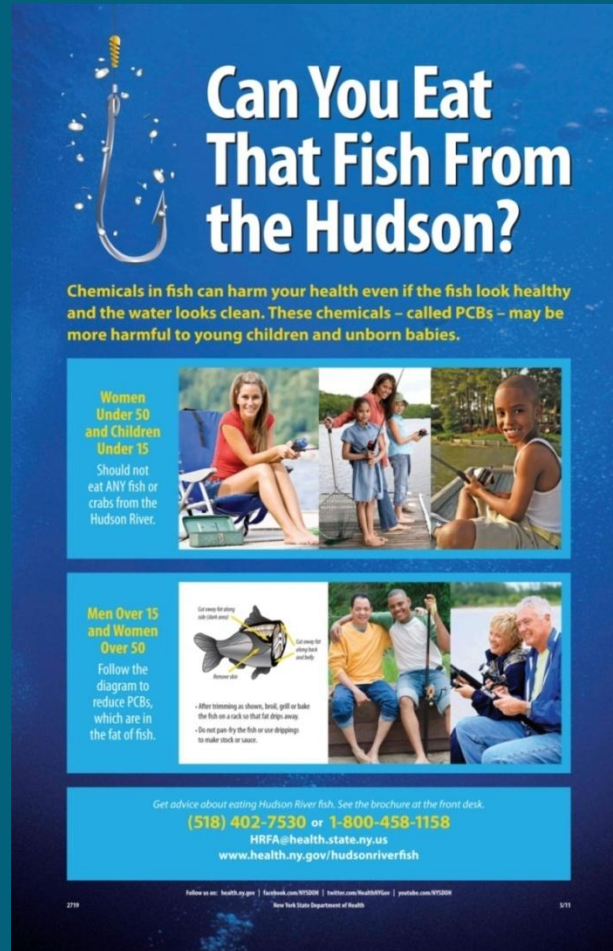
- With 192 miles of river, the Project creates local partnerships
- Reach out to anglers and family members
  - with a range of free materials that target different audiences
  - through a variety of venues



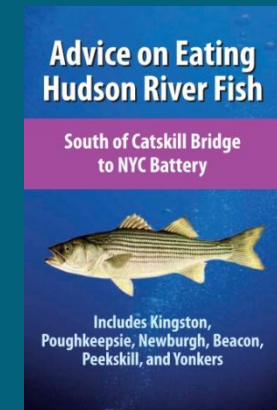
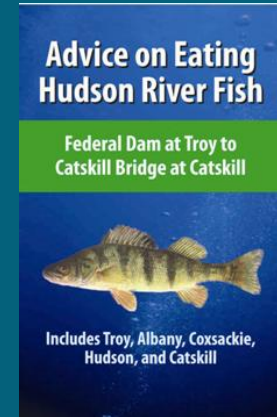
# Variety of Free Materials



Brochure

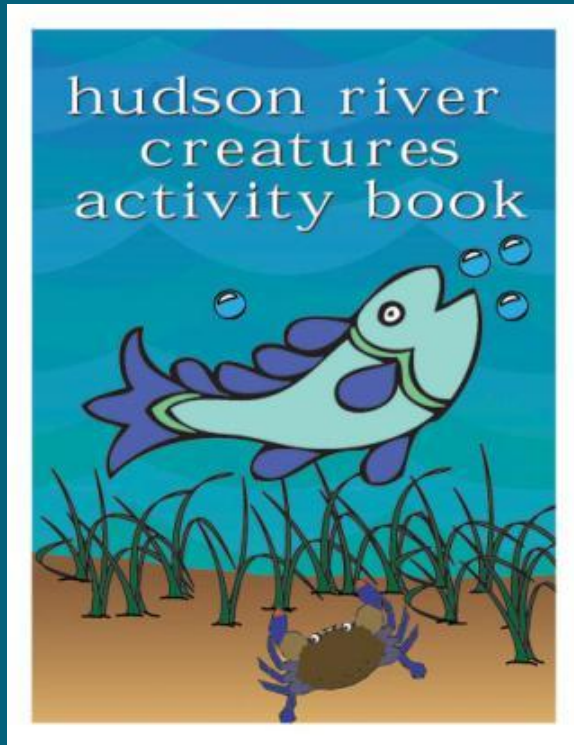


Poster

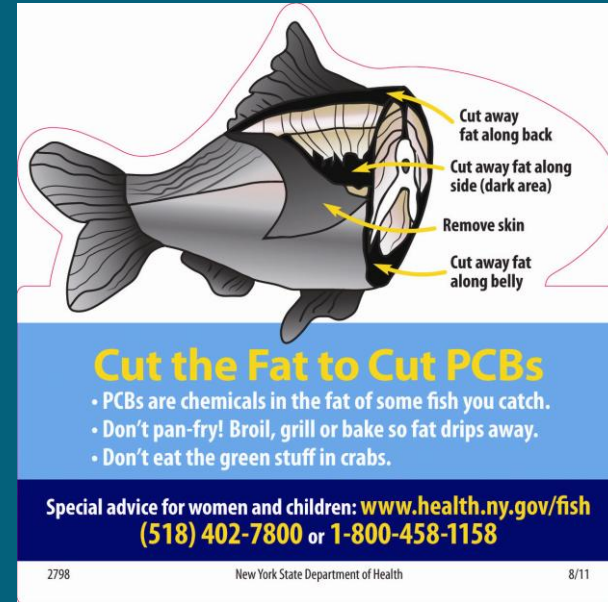


Wallet-sized Angler Cards

# Variety of Free Materials



Coloring Book



Magnet

Signs, brochures, posters and magnets available in Spanish

Website [health.ny.gov/hudsonriverfish](http://health.ny.gov/hudsonriverfish)

# Signs South of Troy

## 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

south of the bridge at Catskill

## 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

north of the bridge at Catskill

Voluntary by property owners  
Conflicts with “No Trespassing”



# Funded Partners

Hudson Basin River Watch – “River Haggie Outdoors” environmental educator

- School, library, camp and environmental education programs

Cornell Cooperative Extension of Dutchess County

- In-home nutrition education program
- Formed a Dutchess County Hudson River Fish Advisory Committee



# March 2012 - Celebrating Fishing on the Hudson

## Committee :

- NYS Fish and Wildlife Management Board
- Coastal Conservation Association
- Hudson Valley BassMasters
- Mid-Hudson Trout Unlimited
- Hudson River Sloop Clearwater
- Scenic Hudson
- NYSDEC



Topics: History of fishing in the Hudson, update on fishing regulations, the advisory, promoting fish habitat

Over 100 participants





# Funded Partners

## Cornell Cooperative Extension of Rockland County

- Collaborate with Rockland DOH nutritionist and Americorps interns
- Developed Rockland-specific materials and run a bus ad each year
- Organize annual “River Romp” day for children, work with day camps and approach anglers on the river



# Who Do We Need to Reach?

- Downstate less aware
- DOH shoreline survey (1999) - 63% of white, 22% of black and 13% of Hispanic anglers aware of advisory
- DOH and partners' survey at boat and outdoor shows (2010):
  - 25% fished the Hudson
  - 60% share catch with family and friends



# Who Do We Need to Reach?

Cornell Cooperative Extension of Dutchess County - began surveys through in-home nutrition program and at community settings in 2011

- 40% ate fish they or someone they knew caught
  - 31% ate Hudson fish
  - 24% reported eating Hudson crabs
  - The most popular way to cook is frying
  - #1 reason participants ate local fish: TASTE



# Challenges

- Access and trust
- Literacy
- Languages
- Culture
- Do not provide a substitute meal
- Water looks “clean”
- Many people think the dredging project is done

**¿Puede comer pescados del río Hudson?**

Las sustancias químicas que se encuentran en los pescados pueden dañar su salud, incluso si estos lucen saludables y el agua se ve limpia. Estas sustancias químicas, conocidas como PCBs, pueden ser más dañinas para los niños pequeños y bebés por nacer.

**Mujeres menores de 50 años y niños menores de 15**  
No deberían comer NINGÚN tipo de pescado o cangrejos del río Hudson.

**Hombres mayores de 15 años y mujeres mayores de 50**  
Deben seguir el diagrama para determinar los PCBs que se encuentran en la grasa del pescado.

Obtenga recomendaciones sobre el consumo de pescados del río Hudson. Consulte al folleto en la recepción.  
**(516) 402-7530 • 1-800-458-1158**  
NYS@ahealth.state.ny.us  
www.health.ny.gov/hudsonriverfish

1275 09/2010 | Fuente: nyc.gov | Facebook.com/NYSDEC | Twitter.com/NYSDEC | Instagram.com/NYSDEC | Departamento de Salud del Estado de Nueva York



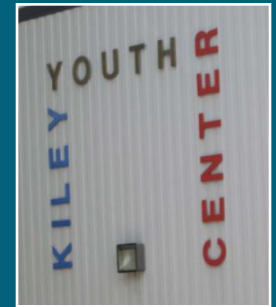
# Reaching New Hudson Valley Residents

- Migrant workers
- ESL classes
- Food banks
- Work with immigrant-refugee advocates



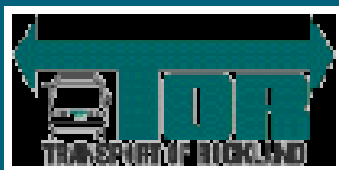


# Outreach Partners



Cornell Cooperative Extension  
NYS DEC  
Fishing license locations  
Municipalities along the river  
Dutchess Advisory Committee  
Hudson River Fisherman's  
Association  
EPA  
NYS Canal Corps  
Clearwater, Scenic Hudson,  
Riverkeeper, Groundworks

Hudson River Park Trust  
Hudson Crossing  
Parks/Thruway  
Health clinics and perinatal  
associations  
Boat club associations  
County health departments  
Chambers of Commerce  
NYC Parks and other city agencies  
And many others



# Outreach Venues



- Community festivals
- County fairs
- Boat and outdoor shows
- Fishing derbies and clinics
- Schools, after-school programs, camps and libraries
- Environmental education programs
- Neighborhood associations and farmers markets
- Food banks



# 2012

Focused on events north of Catskill where fish are heavily contaminated



Tugboat Roundup, Waterford



Summer at the Plaza, Albany



River Street Festival, Troy



# New Partners and Venues

## Saratoga County Fair

- Cornell Cooperative Extension of Saratoga County



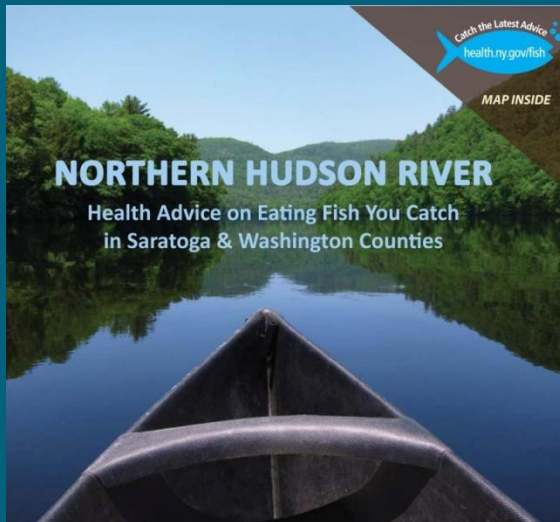
## Boat clubs – 55 member clubs

- Hudson River Boat and Yacht Club Association
- Mohawk-Hudson Council of Yacht Clubs



# Moving Forward

- Expanding CCE nutrition program consumption survey to 3 more counties
- Brochure for upstream of Hudson Falls
- Online demonstration of how to trim and skin fish
- DOH Hudson fish consumption surveys
- Crab cooking and picking guide
- Developing more connections in NYC
- Faith-based organizations
- Housing authorities



# Support the Project

- Distribute materials
- Link to our website
- Invite us to events, or to talk to staff or membership

Regina Keenan 518-402-7530

[rmk05@health.state.ny.us](mailto:rmk05@health.state.ny.us)

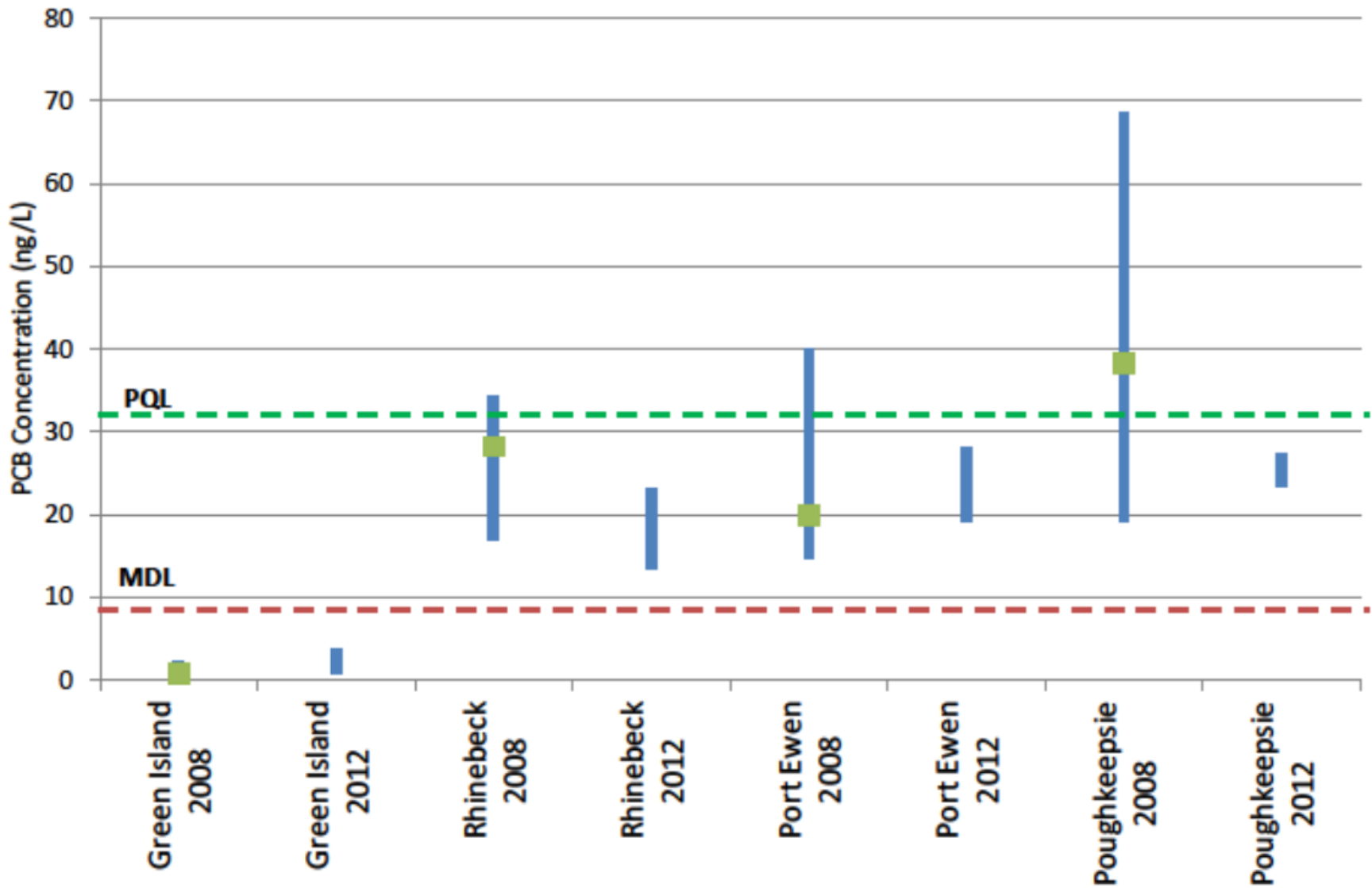
Audrey Van Genechten

[agl02@health.state.ny.us](mailto:agl02@health.state.ny.us)

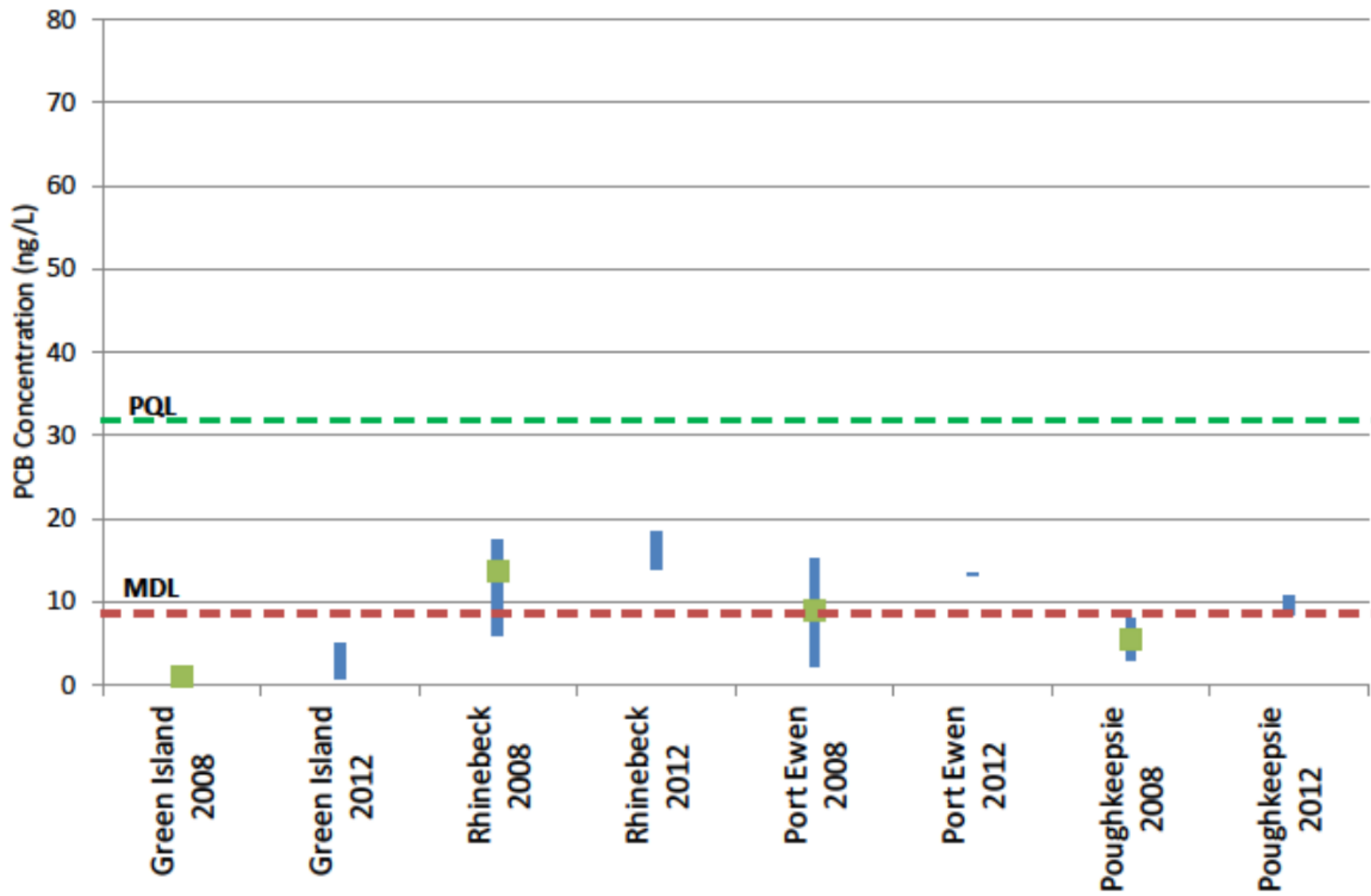
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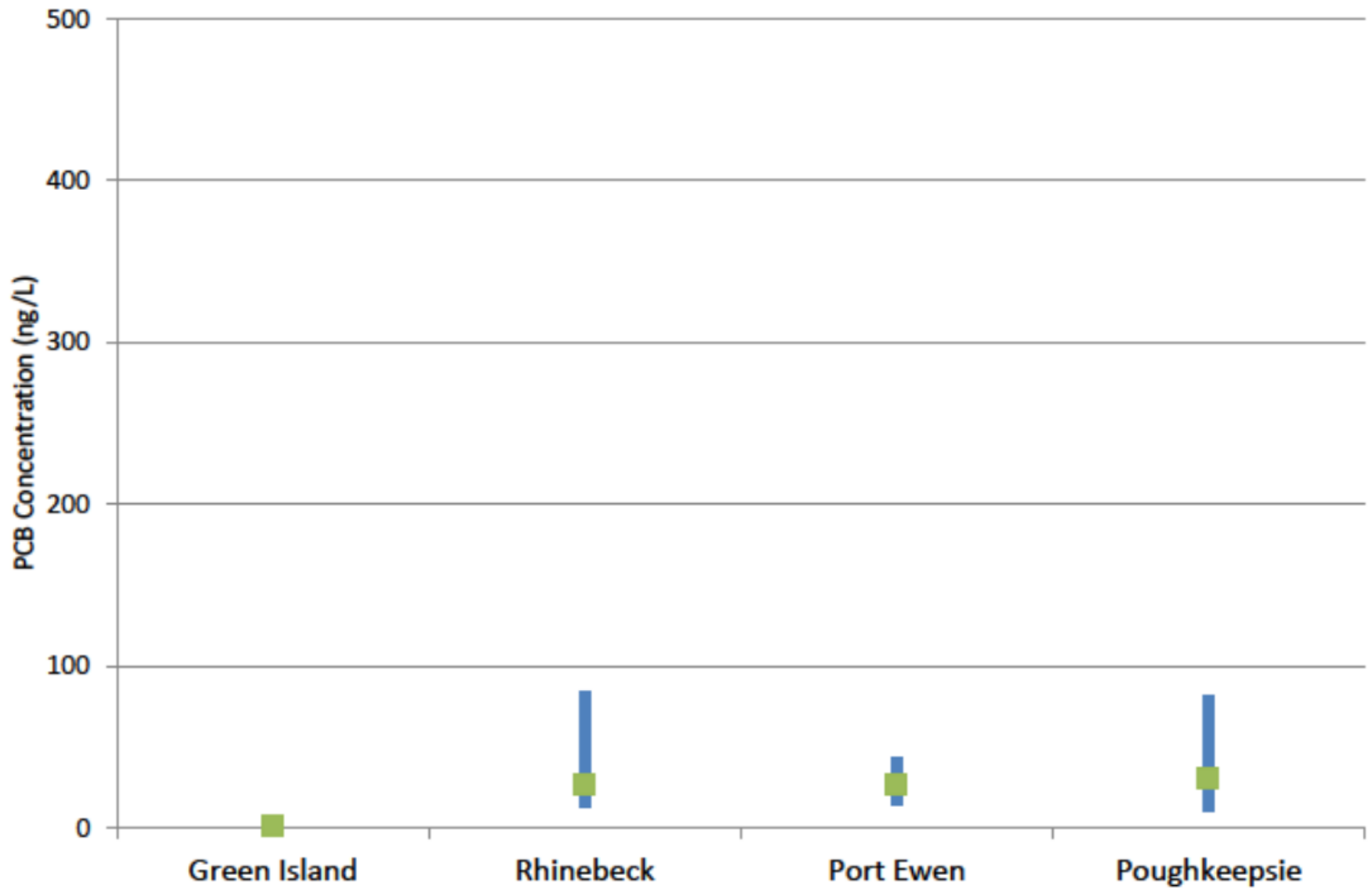
### Lower Hudson PWS Data Raw Water, 2008 and 2012



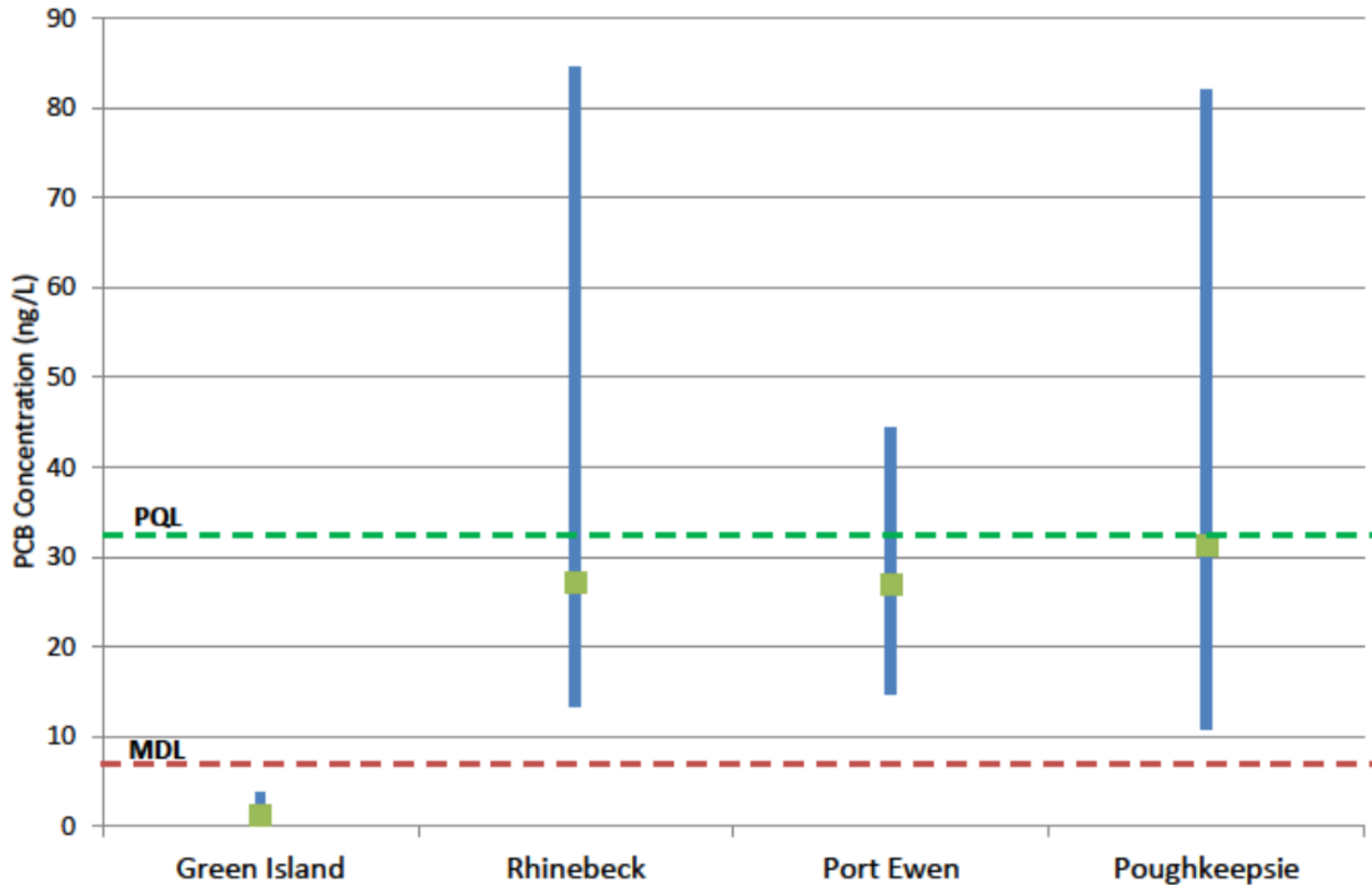
### Lower Hudson PWS Data Finished Drinking Water, 2008 and 2012



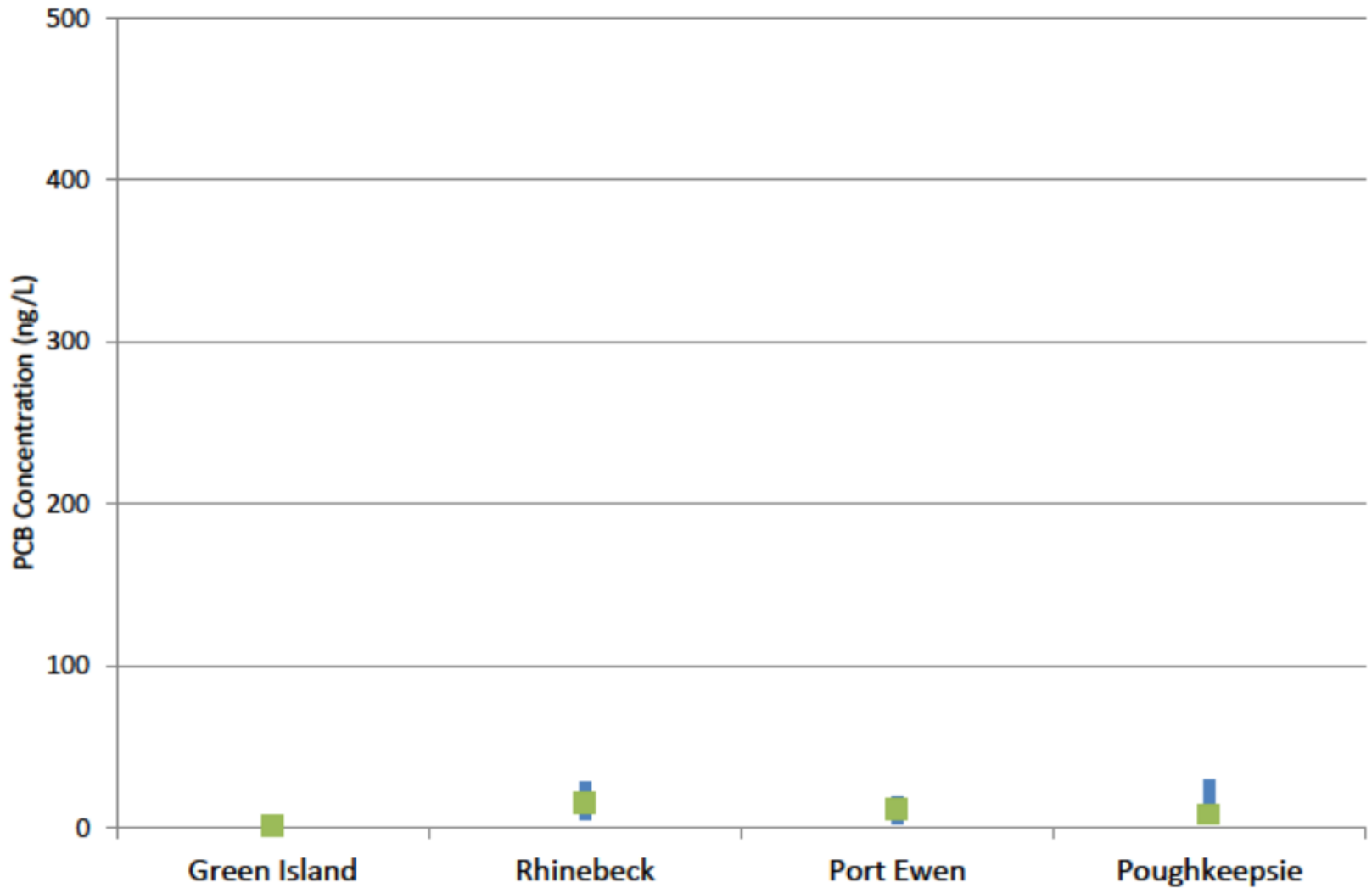
### Lower Hudson PWS Data, Raw Water 2008-2012



### Lower Hudson PWS Data, Raw Water 2008-2012



### Lower Hudson PWS Data, Finished Drinking Water 2008-2012





### Lower Hudson PWS Data, Finished Drinking Water 2008-2012

