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2019 Ohio Sport Fish Consumption Advisory

Highlights Health Benefits and Safety Guidelines for Ohio Fish

Advisory with new guidelines for eating fish caught from Ohio's lakes, rivers and streams

COLUMBUS – The Ohio Department of Health (ODH) has announced the state's [2019 Fish Consumption Advisory](#), which provides guidelines for eating fish caught from Ohio's lakes, rivers and streams. Fish can be part of a healthy diet, but there are some restrictions for eating locally-caught fish.

The advisory includes a wide variety of resources for Ohio anglers including recipes for sport fish, tips for catching the healthiest fish, and serving size recommendations. Ohio has a general advisory in place that recommends limiting to one meal each week of Ohio-caught fish.

This year's report also contains an easy-to-use table for limitations on consumption of certain species in some segments of Ohio waterways. These include waters where you should avoid fishing in certain sections of rivers or stream, or in all waters, and the species affected by which contaminants. The table is available for fishing groups to check if their intended fishing waters have any contaminated species they should avoid eating or limit their consumption.

The report also includes the "Do Not Eat" recommendations for certain Ohio waterways. There are five bodies of water that currently have "Do Not Eat" advisories for all or part of their fish populations:

- For parts of **Dicks Creek** (Cincinnati-Dayton Road, Middletown, to the Great Miami River), do not eat any fish.
- For parts of the **Great Miami River** (Lowhead Dam at Monument Avenue, Dayton, to Main Street, Moraine), do not eat channel catfish or common carp.
- For parts of the **Little Scioto River** (State Route 739 near Marion to Holland Road near Marion), do not eat any fish.
- For parts of the **Ohio River** (Pennsylvania Border, East Liverpool, to the Belleville Lock), do not eat channel catfish 18 inches and over.
- For parts of the **Tuscarawas River** (Massillon to State Route 416, New Philadelphia), do not eat common carp.

Remember, even if the fish or water "looks" clean, you can't always see contamination in your food. This report is a great way to make sure the Ohio fish your family eats is safe.

While high in protein, low in fat and rich in many vitamins and minerals, fish are the primary food source of healthy oils called omega-3 fatty acids. Studies suggest that omega-3 fatty acids are important during fetal brain and eye development and may help to prevent heart disease in adults.

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The Ohio Department of Health (ODH) partners with Ohio EPA and Ohio Department of Natural Resources (ODNR) to develop the Sport Fish Consumption Advisory. Additional information about fish consumption safety for women of child-bearing age, pregnant and nursing mothers, and children under 15 can be found at Women, Infant and Children (WIC) Centers, local health departments, Ohio EPA and the Ohio Department of Natural Resources regional offices.

Additional recommendations and information from the 2019 Fish Consumption Advisory is available [here](#). Printed copies can be requested by calling (614) 728-9452.

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