



State of Utah

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**NEWS RELEASE**

August 29, 2013

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## Updates to Utah Mercury Fish Consumption Advisory List

*New Waterways and Species Added*

(Salt Lake City, UT) – Two new locations, one new fish species at an existing advisory location, and one modification to an existing advisory have been added to Utah’s Mercury Fish Consumption Advisory list. The advisories are being issued after state officials found elevated levels of mercury in fish tissue in these waterways.

The new and revised fish advisories include:

Waterbody	Species	Number of Meals per Month		
		Pregnant women and children under 6 (4 ounce meals/month)	Women of child bearing age and children 6-16 (8 ounce meals/month)	Adult women past child bearing age and men >16 (8 ounce meals per month)
Quail Creek Reservoir (Washington County) *Modification of existing advisory	Largemouth Bass	Do Not Consume	1	4
Recapture Reservoir (San Juan County) *New Species at existing location	Largemouth Bass	Do Not Consume	1	4

Starvation Reservoir (Duchesne County)	Walleye >12''	Do Not Consume	1	3
Yuba Reservoir (Juab/Sanpete County)	Northern Pike	1	2	7
Yuba Reservoir (Juab/Sanpete County)	Walleye	Do Not Consume	1	4

For a complete list of all Utah Mercury Fish Consumption Advisories please visit: [www.fishadvisories.utah.gov](http://www.fishadvisories.utah.gov).

An 8-ounce serving is equivalent to the size of two decks of playing cards. According to an analysis completed by the Utah Department of Health, eating more than the amounts noted in the advisories over a long period of time could result in an intake of mercury that exceeds the U.S. Environmental Protection Agency health recommendations.

Mercury is a naturally occurring element that can be transformed into methyl mercury, a toxic form found naturally in some waters. Those most vulnerable to the effects of mercury toxicity include women who are pregnant or may become pregnant, nursing mothers, and young children. Chronic exposure to low concentrations of methyl mercury in fish may result in neurological effects in the developing fetus and children.

Any health risks associated with eating fish from the fish advisory areas are based on long-term consumption and are not tied to eating fish occasionally. Eating fish remains an important part of a healthy diet. The American Heart Association recommends that individuals eat at least two fish or seafood meals weekly.

There is no health risk associated with mercury in the water for other uses of the reservoirs, streams, rivers or creeks, such as swimming, boating and waterskiing.

After testing hundreds of water bodies, health officials have found that less than 10 percent of Utah's waters have fish with elevated levels of mercury in their tissue.

Not all water bodies in Utah have been tested, and further testing may result in additional advisories. Utah fish consumption advisories are issued through a partnership among the Utah Department of Health, Utah Department of Environmental Quality and the Utah Department of Natural Resources.

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