

Chesapeake Bay Program Fish Consumption Advisory GIT-funded project: User Guide

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Fish Consumption Advisory (FCA): Brief background

- GIT funded project
 - ◆ Toxic Contaminants Workgroup with Tetrattech consulting
 - ◆ Project brings in Diversity
 - ◆ Project brings in Outreach and Communications

Fish Consumption Advisory (FCA): Brief background

→ Tetrattech Literature Review

- ◆ Affected audiences
- ◆ Barriers to heeding advisories
- ◆ Effective means of communication

Fish Consumption Advisory (FCA): Brief background

- Multiple rounds of editing and drafts
 - ◆ Toxics workgroup
 - ◆ Diversity workgroup
 - ◆ Scientific and communications partners across the partnership

Fish Consumption Advisory (FCA): Brief background

- Festival del Rio Anacostia
 - ◆ 2017 draft infographic feedback
 - Anacostia Riverkeeper fishing
 - ◆ 2018 infographic finalized

Editable FCA infographic

https://www.chesapeakebay.net/channel_files/26034/healthy_fish_consumption_may_9_spanish.pdf

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ADVERTENCIA:

Pesca, Comparte y Prepara tu Pescado Responsablemente



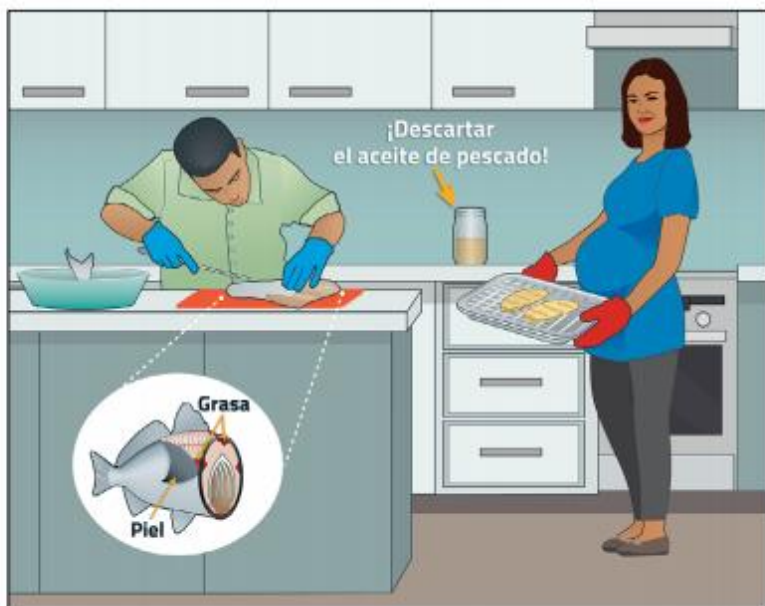
Escoger los Pescados más Saludables

Escoja las especies de pescados menos contaminadas.



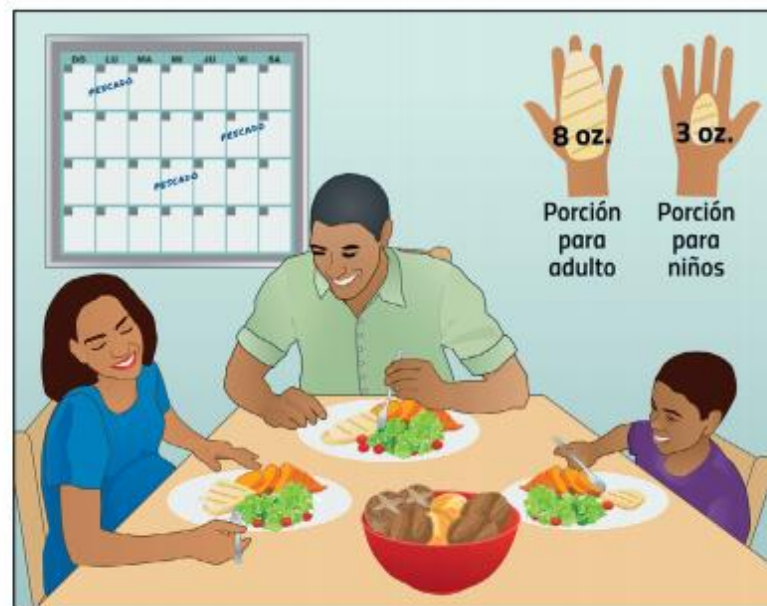
Comparta los Pescados más Saludables

Consumir pescados contaminados puede causar cáncer, problemas en el desarrollo y otros daños a mujeres embarazadas, niños y adultos.



Prepare el Pescado de Manera Segura

Remueva la piel y la grasa antes de cocinar. Descarte el aceite usado al terminar.



Disfrute del Pescado de Manera Segura y Saludable

Siga las recomendaciones locales. Ingiera solo las porciones sugeridas. No exceda la frecuencia recomendada.

Por la Salud de sus Amigos y Familiares

Ve a www.chesapeakebay.net/news/blog/where_can_i_find_fish_consumption_advisories para más información sobre el consumo saludable de pescado en el área donde vives.





FISH WARNING:

Catch, Share & Prepare Responsibly



Choose Safer Fish

Keep the fish species with less pollution.



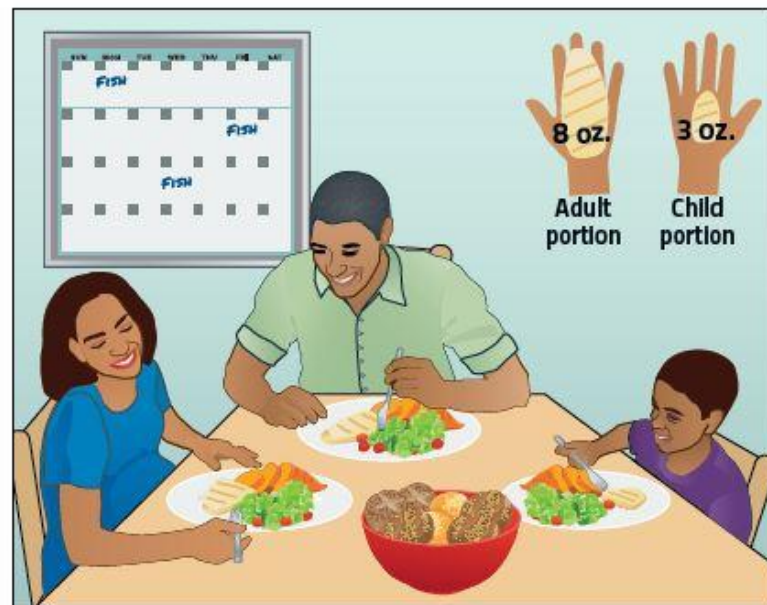
Share Safer Fish

Polluted fish may cause cancer, developmental issues and other harm to pregnant women, children and adults.



Prepare Fish Safely

Cut off the skin and fat before cooking.
Discard the oil after cooking.



Enjoy Fish Safely

Follow local advisories. Eat the suggested portion size. Do not exceed the suggested frequency.

For Your Friends' and Family's Health

Go to
for more information about safe fish consumption where you live.

Fish Consumption Advisory (FCA): Brief background

- Festival del Rio Anacostia
 - ◆ 2018 pilot engagement
 - Filleting and cooking demonstration

Try a new healthy recipe!

fish fillet

salt and pepper

garlic

avocado oil

cayenne pepper

lime juice

Heat oil in the pan. Rub spices into your fillet. Lay the fish down away from you to prevent spattering. Cook for 10 minutes per inch thickness of fish, turning it halfway. Add garlic in the last few minutes, remove from heat, and drizzle with lime juice.



Toxics can concentrate in fish fat and skin.
Follow these tips to safely enjoy your catch!

**Fillet fish and remove
the skin.**

Discard cooking oil.

Follow local advisories.

Eat fish in moderation.

Learn more at chesapeakebay.net.



FCA User Guide



FCA User Guide

- Background and introduction
 - ◆ Literature review
 - ◆ Health, safety, science
- Tips for Success
- Panel placement and usage
- CBSM Behavior Change
- Appendix: Sample engagements
- Appendix: technical usage