

## Lake Chelan Lake Trout Contain DDT

In 2005 the Washington State Department of Ecology completed a water quality study for Lake Chelan and Roses Lake. This study looked at DDT and PCB levels in lake trout (mackinaw) burbot, kokanee, rainbow trout, and black crappie. Results showed high levels of DDT in Lake Chelan lake trout. The Washington State Department of Health (DOH) evaluated these results and has issued a fish consumption advisory for lake trout in Lake Chelan.

**DOH recommends that the general public - especially women who might become pregnant, who are pregnant, nursing mothers, and young children limit lake trout (mackinaw) to one meal per week.**

## What is DDT?

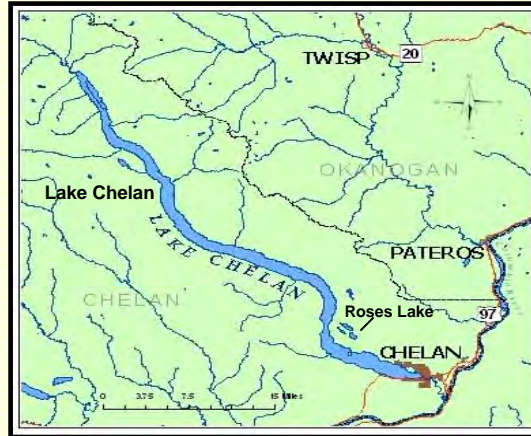
DDT is banned today, but once was widely used as an insecticide to control insect pests on crops and forest lands, around homes and gardens, and for industrial and commercial purposes. DDT is slow to break down and can stay in the environment for a long period of time. DDT was banned in 1972 because it posed unacceptable risks to the environment and to human health.



*Eat Fish, Be Smart - Check for local fish advisories. Call 1-877-485-7316 or visit [www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)*

## Enjoy Lake Chelan Fish While Protecting You and Your Family's Health

### Lake Chelan Safe Fish Eating Guide



**Fish from Lake Chelan are a healthy choice, but limit lake trout to one meal\* per week and do not eat any other fish that week.**

Follow DOH's safe fish consumption advice to assure that you and your family stay healthy.

### Health Benefits Gained from Eating Fish

**Fish is healthy heart and brain food for you and your children.**

- Fish are an excellent source of omega-3 fatty acids which are not found naturally in our bodies.
- Omega-3s are essential during pregnancy for the healthy development of your child's brain, retina, and nerve tissue.
- Omega-3s help prevent heart disease by reducing blood pressure, inflammation, and blood clotting, which can prevent stroke.

**\* Meal size for an adult (160 lbs.) is 8 ounces uncooked or about 1 oz. for every 20 lbs. of body weight.**

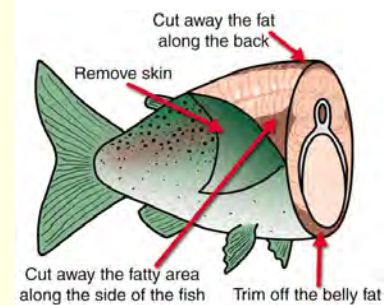


Safe Fish Consumption Advice	
Species of Fish	Meals per week
Lake Trout	1 meal per week
<b>OR</b>	
Burbot Kokanee Rainbow Trout	Unlimited meals

## How to Clean and Cook Fish to Reduce Contaminants

**Choose fish low in contaminants and prepare fish properly** to reduce your exposure to contaminants, while continuing to gain the health benefits of fish.

Preparing fish this way can reduce your exposure to DDT, PCBs, and other contaminants that collect in the fatty parts of fish by up to 50 percent:



- Remove all the fat before cooking.
- Do not eat the fish skin.
- Grill, broil, or bake the fish.
- Let the fat drip off during cooking.
- Do not use the fat in gravies or sauces.

**Mercury is stored in the fillet (muscle) and can not be reduced by preparing this way.**

## Who is affected by this advisory?

The general population is affected by this advisory. Infants and young children are the most sensitive to DDT exposure because their bodies and organs are still developing. Women of child-bearing age can accumulate DDT in their diet and can pass it on to their unborn children. Children can be exposed by eating foods contaminated with DDT. While breast milk may contain DDT, we still recommend that breastfeeding continue. The benefits of breastfeeding outweigh the risks that are associated with DDT exposure.

## How does DDT affect health?

The most sensitive health effect associated with DDT exposure is liver damage. Additional health effects that have been associated with DDT exposure include impacts to the central nervous system, immune system, and neurodevelopment. Fish consumption limits protect against the most sensitive health effect, which assures that the public is protected against additional health impacts.

## How does DDT get into Lake Chelan and Lake Trout?

In Lake Chelan and other surface water, DDT binds to particles in the water and settles into the sediment at the bottom of lakes and rivers. Fish absorb DDT from contaminated sediment floating in the water and from eating other fish. DDT accumulates in the fatty parts of fish.

This document is available in other formats for persons with disabilities. TDD LINE: 1-800-833-6388

Lake trout image is courtesy of Windsor Nature Discovery 1.800.635.4194 or [www.nature-discovery.com](http://www.nature-discovery.com)

## Statewide Mercury Advisory

DOH advises that women of childbearing age and young children limit the amount they eat of these fish due to high levels of mercury:

### Northern Pike-minnow:

- Do Not Eat.

### Largemouth and Smallmouth Bass:

- Consume no more than 2 meals per month of largemouth and smallmouth bass.

### Store-Bought Fish:

- Do not eat shark, swordfish, tilefish, king mackerel or tuna steaks.
- Fish that are low in mercury are cod, flounder, and salmon. See the Healthy Fish Guide [www.doh.wa.gov/fish](http://www.doh.wa.gov/fish) for more choices.
- Choose light canned tuna, not white. Light canned tuna has 3 times less mercury than canned white (albacore) tuna.

### The Health Effects from Exposure to Mercury

Mercury can cause problems with the nervous system that can lead to learning difficulties in children. Other effects include tingling in the hands and feet, lack of coordination, and brain and kidney damage. If you follow these recommendations, you will help keep your exposure to mercury low.

### For More Information:

#### Lake Trout in Lake Chelan

Contact the Chelan-Douglas Health District  
Ph:1-509-886-6450 [www.cdhd.wa.gov](http://www.cdhd.wa.gov)

#### Fish Advisories in Washington State

Contact the Department of Health  
Toll-Free:1-877-485-7316  
[www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)

#### Lake Chelan Water Quality/TMDL

Contact the Department of Ecology  
Ryan Anderson Ph:1-509-575-2642  
[www.ecy.wa.gov/programs/wq/tmdl](http://www.ecy.wa.gov/programs/wq/tmdl)

# Lake Chelan Lake Trout: A Guide to Safe Fish Eating



*Lake Trout (Mackinaw)*

For More Information:

Chelan-Douglas Health District

Ph: 1-509-886-6450

Washington State Department of Health

Toll-Free: 1-877-485-7316

