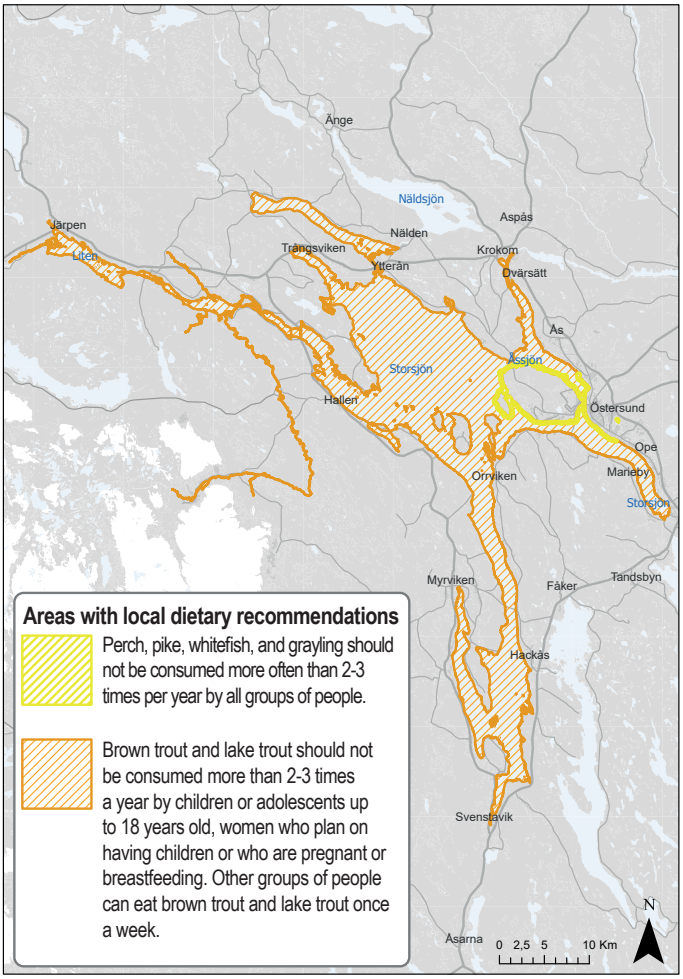
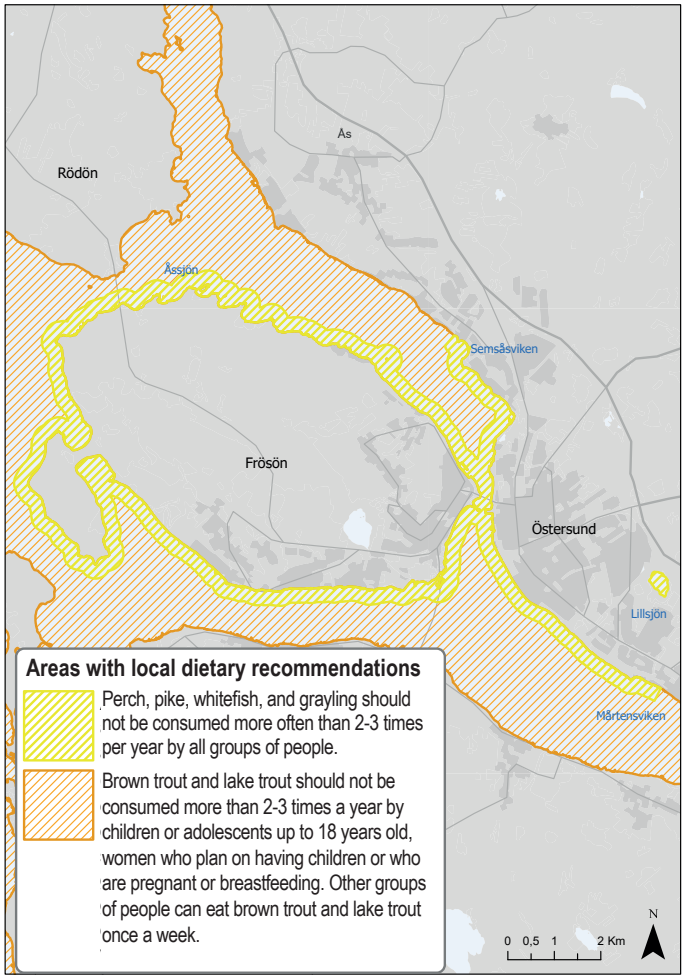
LOCAL DIETARY RECOMMENDATIONS FOR FISH CONSUMTION

– For fish caught in Storsjön, parts of Indalsälven with tributaries and Lillsjön





Due to high levels of the environmental pollutants PFAS, PCB, dioxins and mercury, there are local dietary recommendations for fish caught in Lillsjön, Storsjön and parts of Indalsälven with tributaries.

You can find more information on the back of this paper and on the website of the County Administrative Board:

www.lansstyrelsen.se/jamtland/miljogifterifisk

Länsstyrelsen Jämtlands län

Bergs kommun Bïerjen tjïelte

Krokoms kommun KROKOMEN TJÏELTE

ÅRE KOMMUN

ÖSTERSUNDS KOMMUN STAAREN TJÏELTE

How much fish can I eat on each occasion?
The quantity of fish that you eat on each occasion is not so important, but you should try not to eat fish with high levels too frequently. We therefore advise you to follow the local dietary recommendations.

Can people and pets drink the water and swim in these areas?
Yes. These pollutants mainly pose a risk when you consume foods with high levels over a long time. Mercury, dioxins and PCB are generally difficult to detect in water as they tend to accumulate in sediments or in fish.

PFAS can often be detected in water, but only poses a risk if you drink water with elevated levels over a long period of time. Tests taken on the municipal drinking water show PFAS levels that are very low or even below the laboratory's detection limit. The levels are well below the regulatory limit for drinking water.

It is safe to swim in the water, and people and pets can drink water from areas with high levels temporarily without risk.

Should I be worried if I have eaten a lot of fish from these areas?
No, you do not have to worry. However, we recommend that you try to decrease your consumption in the future, as this reduces the risk of these pollutants accumulating in your body.

Background
Analyses of environmental pollutants in fish in Storsjön and other waters during mainly 2021-2022 have shown that there are locally elevated levels of PFAS, PCB, dioxins and to an extent mercury. Based on the results from these analyses, the municipalities around Storsjön have decided on local dietary recommendations for fish consumption. The dietary recommendations have been developed with the support of the Swedish Food Administration and in close consultation with the County Administrative Board of Jämtland County.

The dietary recommendations for perch, pike, whitefish and grayling are based on elevated levels of PFAS. There have been local dietary recommendations due to PFAS since March 2021, but the recommendations have recently been adjusted to include a larger area and more species.

The dietary recommendations for brown trout and lake trout are mainly based on elevated levels of PCB and dioxins, but also to some extent mercury. The recommendations are the same as the national recommendations for salmon and brown trout in the Baltic Sea, the Gulf of Bothnia, Vänern, Vättern and the connected rivers, as the detected levels of pollutants are similar.

The dietary recommendations are temporary
The dietary recommendations are temporary, as the EU is currently investigating the pros and cons with fish consumption and as the conclusions may, when ready, affect how the Swedish Food Administration and other authorities view the detected levels of environmental pollutants. Additionally, new results from further sampling may lead to changes in the dietary recommendations.

What are PFAS, dioxins, PCB and mercury?
PFAS, per- and polyfluoroalkyl substances, are a class of man-made chemicals suspected to cause adverse effects on human health and the environment. The acronym "PFAS" encompasses thousands of individual compounds. Dioxins are mostly by-products of burning or various industrial processes. PCBs are highly carcinogenic chemical compounds, formerly used in industrial and chemical products. Mercury is a chemical element and occurs naturally in the Earth's crust, but human activities, such as mining and fossil fuel combustion, have led to widespread global mercury pollution.

These pollutants can spread via the air over large distances and can be emitted from industries and activities in Sweden or abroad. Some emissions have also originated from local industries and activities.

The pollutants are very persistent in the environment and accumulate in living organisms, for example fish. Dioxins and PCB accumulate in fat fish, whereas mercury mainly accumulates in large fish high up in the food chain. The pollutants can be hazardous to your health if you consume food with high levels over long time.

Why are there only recommendations for perch, pike, grayling and whitefish in certain areas of the lake?
Perch, pike, grayling and whitefish are all species that tend to stay close to the shores, especially the perch. They also typically live in the same area their entire lives. PFAS accumulates in the sediments along the shorelines and fish are mainly exposed to PFAS through the food that they eat, which means that fish that live close to the shorelines are more likely to have high levels of PFAS than fish living further away from the shores.

There are also national dietary recommendations for freshwater fish
Due to nationally elevated levels of mercury, there are also national dietary recommendations for freshwater fish. These apply to among other perch, pike and burbot.

The dietary recommendations are that:
- Women who are pregnant, breastfeeding or plan on having children should not eat perch, pike or burbot more often than 2-3 times a year.
- Other people should not eat perch, pike or burbot more often than once a week.

More information
More information can be found at:
www.lansstyrelsen.se/jamtland/miljogifterifisk