



What is a fish consumption rate?

A fish consumption rate (FCR) is an estimate of the amount of fish a defined population eats per day. A state's FCR is used in calculating Water Quality Standards which set safe and acceptable levels of pollutants that may be released into a state's waters while still protecting the health of its citizens who consume fish harvested from the state's waters. Washington's current FCR is only 6.5 g/day, or approximately one fish meal per month. A FCR of 6.5 g/day underestimates the amount of locally-harvested fish Washingtonians actually eat, which means that our Water Quality Standards do not fully protect those who eat fish more than once per month.

What does a fish consumption rate have to do with human rights?

Everyone has a human right to health and to live in conditions that will ensure their health. Polychlorinated biphenyls (PCBs), dioxins, and mercury are a few examples of toxic substances persistent in state waterways. Because chemicals accumulate in fish tissue, fish consumption is the primary route for human exposure to chemical pollutants. *Everyone* who eats fish harvested from Washington's waters is at a higher risk of cancer due to the chemicals found in our waterways. But high fish consumers, such as Native Americans or people in other communities whose diets include fish and shellfish, are at a disproportionately high risk. A more protective FCR accompanied by an appropriate risk factor will set more stringent pollution and clean-up standards for Washington's waterways to ensure that even high-fish consumers in our state will be protected from unsafe exposures to harmful substances.

What can I do?

The Washington State Department of Ecology is now in its rule-making process to adopt new human health criteria in the Water Quality Standards for Surface Waters of the State of Washington, Chapter 173-201A WAC. **Now** is the time to make your voice heard on this important issue!

Pick up a phone, and call The Washington State Department of Ecology as well as Governor Inslee's Office using the appropriate scripts below.

- Director Maia Bellon (360-407-7001)

"Hello, my name is _____, and I would like to thank Director Bellon for taking initiative in reassessing Washington's human health criteria in the Water Quality Standards for Surface Waters. I urge the Washington State Department of Ecology to raise our fish consumption rate to at least 175 g/day with a risk of 10^{-6} ("ten to the negative sixth") to protect the health and human rights of all fish consumers. Thank you."

- Governor Jay Inslee: (360-902-4111)

"Hello, my name is _____, and I would like to thank Governor Inslee for taking initiative in organizing an informal advisory committee on Water Quality Standards to help him make an informed recommendation on the draft CR-102 rule. I urge Governor Inslee to recommend a fish consumption rate of at least 175 g/day with a risk of 10^{-6} ("ten to the negative sixth") to Director Bellon to protect the health and human rights of all fish consumers. Thank you."

Please let us know how your calls went by emailing shrcfcrproject@gmail.com with a follow up. Thank you!