OFFICE OF ENVIRONMENTAL HEALTH HAZARD ASSESSMENT

GOOD CATCH CALIFORNIA
Your Fish Advisor

Health Advisory and Guidelines for Eating Fish from Lake Combie (Nevada and Placer Counties)

Updated April 2025

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LIST OF ACRONYMS AND ABBREVIATIONS

ATL	Advisory Tissue Level
CABY	Consumnes, American, Bear, and Yuba Watershed: Mercury and Sediment Abatement
CDFW	California Department of Fish and Wildlife
CEDEN	California Environmental Data Exchange Network
DDT(s)	dichlorodiphenyltrichloroethane (DDT) and its metabolites dichlorodiphenyldichloroethane (DDD) and dichlorodiphenyldichloroethylene (DDE)
FDA	United States Food and Drug Administration
Hg	mercury
ICP-MS	inductively coupled plasma-mass spectrometry
MDL	method detection limit
mm	millimeters
MPSL	Marine Pollution Studies Laboratory at Moss Landing Marine Laboratories
OEHHA	Office of Environmental Health Hazard Assessment
PBDEs	polybrominated diphenyl ethers
PCBs	polychlorinated biphenyls
ppb	parts per billion
RL	reporting limit
Se	selenium
SWAMP	Surface Water Ambient Monitoring Program
SWRCB	State Water Resources Control Board
USDA	United States Department of Agriculture
USDHHS	United States Department of Health and Human Services
US EPA	United States Environmental Protection Agency
USGS	United States Geological Survey

PREFACE

The Office of Environmental Health Hazard Assessment (OEHHA), a department in the California Environmental Protection Agency, is responsible for evaluating potential public health risks from chemical contamination of sport fish.[1] This includes issuing fish consumption advisories, when appropriate, for the State of California. OEHHA's authorities to conduct these activities are based on mandates in the:

- California Health and Safety Code
  - Section 59009, to protect public health
  - Section 59011, to advise local health authorities
- California Water Code
  - Section 13177.5, to issue health advisories.

The health advisories are posted on OEHHA's website and published in the California Department of Fish and Wildlife's (CDFW) Inland and Ocean Sport Fishing Regulations in their respective sections on public health advisories.[2]

This report presents guidelines for eating fish from Lake Combie in Nevada and Placer counties. The report provides background information and a technical description of how the guidelines were developed. The resulting advice is summarized in the illustrations after the Table of Contents and the List of Figures and Tables.

[1] Sport fish includes all fish and shellfish caught from California waters for non-commercial purposes (e.g., recreational, tribal/cultural, and subsistence practices).
[2] CDFW's Inland and Ocean Sport Fishing Regulations can be found online at: https://wildlife.ca.gov/Fishing/Inland and https://wildlife.ca.gov/Fishing/Ocean, respectively.

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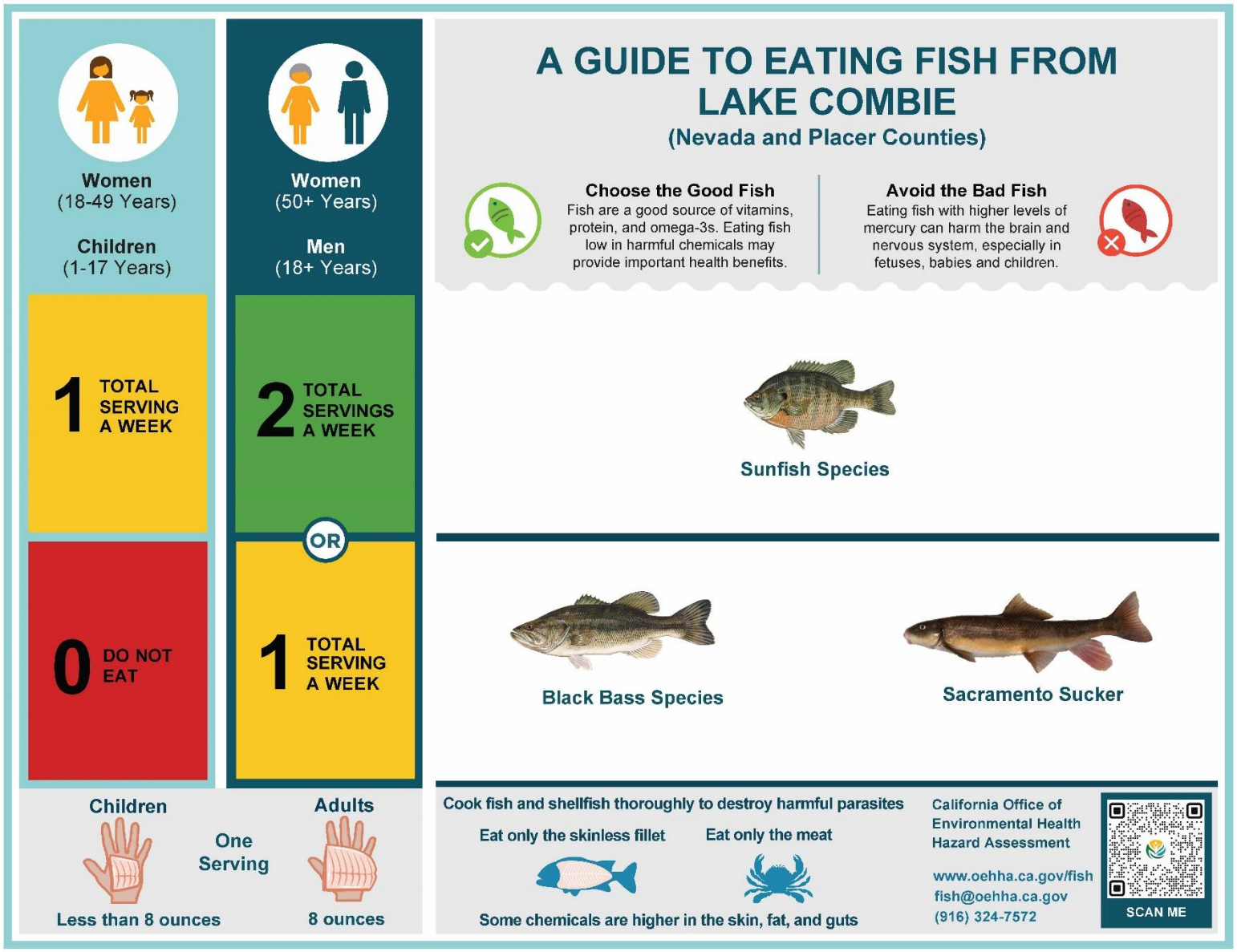
A GUIDE TO EATING FISH FROM LAKE COMBIE
(Nevada and Placer Counties)
Women (18-49 Years)
Children (1-17 Years)
1 TOTAL SERVING A WEEK
0 DO NOT EAT
Women (50+ Years)
Men (18+ Years)
2 TOTAL SERVINGS A WEEK
OR
1 TOTAL SERVING A WEEK
Choose the Good Fish
Fish are a good source of vitamins, protein, and omega-3s. Eating fish low in harmful chemicals may provide important health benefits.
Avoid the Bad Fish
Eating fish with higher levels of mercury can harm the brain and nervous system, especially in fetuses, babies and children.
Sunfish Species
Black Bass Species
Sacramento Sucker
Children
One Serving
Adults
Less than 8 ounces
8 ounces
Cook fish and shellfish thoroughly to destroy harmful parasites
Eat only the skinless fillet
Eat only the meat
Some chemicals are higher in the skin, fat, and guts
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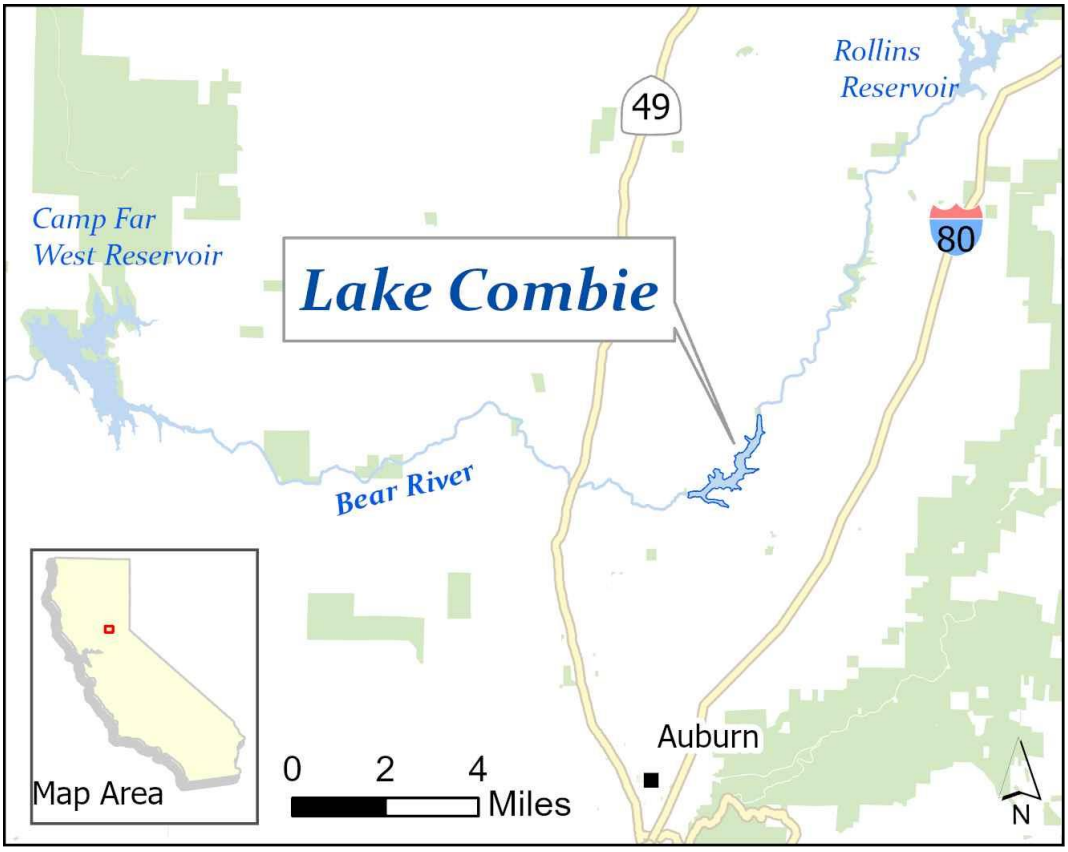
INTRODUCTION

This report updates and supersedes the previous guidelines developed by the Office of Environmental Health Hazard Assessment (OEHHA, 2009) for eating fish from Lake Combie (Figure 1). The collection of additional data made it possible to update this advisory with the inclusion of sunfish species. Consumption advice for eating black bass species, Sacramento Sucker, and sunfish species is based on levels of mercury (Hg) found in fish collected from Lake Combie.

LOCATION

Lake Combie is located about eight (8) miles northeast of Auburn, CA at the border of Nevada and Placer counties. The lake was formed in 1928 by the construction of Van Giesen Dam on the Bear River with an original storage capacity of 5,555 acre-feet.[3] The Nevada Irrigation District owns and manages the lake.

FIGURE 1. LOCATION OF LAKE COMBIE



[3] Information regarding Lake Combie was obtained from the Nevada Irrigation District, online at: https://www.nidwater.com/van-giesen-dam-and-combie-reservoir-elevation-1-610-feet

APPROACH USED

The Office of Environmental Health Hazard Assessment (OEHHA) used the results from four monitoring studies described in this report to develop the Lake Combie Advisory. OEHHA uses the following general process in developing consumption advice for sport fish:

1) Evaluation of all fish contaminant data available from a water body and selection of appropriate data that meet data quality criteria and sampling plan guidelines.
2) Determination of fish species for which adequate data are available to issue fish consumption advice.
3) Calculation of an appropriate measure of central tendency (often a weighted arithmetic mean)[4] and other descriptive statistics of the contaminant data, as appropriate, for a chemical of concern for the selected fish species.
4) Comparison of the chemical concentrations with the OEHHA Advisory Tissue Levels (ATLs) for each chemical of concern.
5) Development of final advice based on a thorough review of the data and best professional judgment relating to the benefits and risks of consuming a particular fish species.

The ATLs (discussed further in a subsequent section of this report) are chemical levels in fish tissue that are considered acceptable, based on chemical toxicity, for a range of consumption rates. Development of the ATLs also includes consideration of health benefits associated with including fish in the diet (OEHHA, 2008). The ATLs should not be interpreted as static “bright lines,” but as one component of a complex process of data evaluation and interpretation used by OEHHA in the assessment and communication of the benefits and risks of consuming sport fish.

CHEMICALS OF CONCERN

Certain chemicals, because of their toxicity and their ability to accumulate in fish tissue, are of concern for people who eat fish. The majority of fish consumption advisories in California are issued because of mercury, followed by polychlorinated biphenyls (PCBs) and, in a few cases, selenium, polybrominated diphenyl ethers (PBDEs), or some legacy pesticides (pesticides that are no longer used but remain in the environment).

Mercury is an element found in some rocks and soil. Human activities, such as burning coal and the historical use of mercury to mine gold, also add mercury to the environment. If mercury enters waterways, it can be converted to a more toxic form known as methylmercury, which can pass into and build up in fish. High levels of

[4] Means are an arithmetic average of individual values and/or composites weighted by number of fish. A weighted average of composites is calculated by multiplying the chemical concentration in each composite by the number of fish in that composite for each species. Products are then summed and divided by the total number of fish in all composites for that species.

methylmercury can harm the brain, especially in fetuses and children, whose brains are still developing.

PCBs are industrial chemicals previously used in electrical transformers, plastics, and lubricating oils, and were often used as flame retardants or electrical insulators. Their use was banned in the 1970s, but they can accumulate in fish because they do not break down easily and they persist in the environment. Depending on the exposure level, PCBs may cause cancer or other health effects, including neurotoxicity, in humans.

Selenium is an element and at low doses is an essential nutrient for many important human health processes, including thyroid regulation and vitamin C metabolism. Higher doses cause selenium toxicity, which can include symptoms ranging from hair loss and gastrointestinal distress to dizziness and tremors.

PBDEs are a class of flame retardants historically used in a variety of consumer products, including furniture, textiles, automotive parts, and electronics. The use of PBDEs in new products was largely phased out by 2013 but, due to their wide usage and persistence in the environment, they are still being detected in fish tissues. PBDEs may affect hormone levels or learning and behavior in children.

Chlordanes, dichlorodiphenyltrichloroethane (DDT), dieldrin, and toxaphene are pesticides that were banned from use in 1973 (DDT), the late 1980s (chlordanes and dieldrin) and 1990 (toxaphene), but are still found in some fish in certain California water bodies. Depending on the exposure level, these chemicals may cause cancer or adverse effects on the nervous system.

A detailed discussion of the toxicity of these chemicals is presented in “Development of Fish Contaminant Goals and Advisory Tissue Levels for Common Contaminants in California Sport Fish: Chlordane, DDTs, Dieldrin, Methylmercury, PCBs, Selenium, and Toxaphene” (OEHHA, 2008) and “Development of Fish Contaminant Goals and Advisory Tissue Levels for Common Contaminants in California Sport Fish: Polybrominated Diphenyl Ethers (PBDEs)” (OEHHA, 2011).

All fish species collected from Lake Combie and used in advisory development were analyzed for mercury. Some fish were analyzed for PCBs, PBDEs, selenium, and legacy pesticides as indicated in Table 1. Fish species that do not typically accumulate PCBs or other organic chemicals were not analyzed for these contaminants.

DATA SOURCES

The guidelines for eating fish from Lake Combie are based on the chemicals detected in fish collected for the four monitoring studies described below. These studies met OEHHA’s data quality criteria, including adequate documentation of sample collection, fish preparation methods (e.g., skinning or filleting), chemical analyses, quality assurance, and sufficiently low detection limits. “Sample,” as used in this report, refers

to an individual fish or a composite of multiple fish for which contaminant data were reported. “Sampling” or “sampled” refers to the act of collecting fish for chemical analysis. The studies or entities contributing data to this advisory are described below.

Contaminants in Fish From California Lakes and Reservoirs, 2007–2008 (SWAMP)

The Surface Water Ambient Monitoring Program (SWAMP), managed by the State Water Resources Control Board (SWRCB) in cooperation with the Central Valley Regional Water Quality Control Board, monitors water quality in California’s surface waters.

This survey of inland water bodies was the State’s largest assessment of chemical contaminants in sport fish. The survey sampled popular fishing sites at 272 lakes and reservoirs from 2007 to 2008 (SWRCB, 2010). The SWRCB used the data from this survey to characterize statewide water quality conditions. The program collected Largemouth Bass and Sacramento Sucker from Lake Combie in 2007, which were analyzed for mercury. Sacramento Sucker were additionally analyzed for chlordanes, DDTs, dieldrin, PBDEs, PCBs, and selenium.

Cosumnes, American, Bear, and Yuba River Watershed: Mercury and Sediment Abatement (CABY)

The Sierra Fund conducted a fish tissue study of the Cosumnes, American, Bear, and Yuba watersheds, including several lakes and reservoirs, from 2014–2018. The purpose of the study was to provide OEHHA with data to develop site-specific fish consumption advisories.[5] Bluegill and Largemouth Bass were collected from Lake Combie in 2015 and analyzed for mercury.

Long-Term Monitoring of Bass Lakes and Reservoirs in California, 2015–ongoing (SWAMP)

This SWAMP monitoring study is a multi-year effort initiated in 2015 to document the status and trends related to contamination in sport fish from California lakes and reservoirs where bass species reside (SWAMP, 2021). In 2021, the program collected Largemouth Bass and Redear Sunfish from Lake Combie, which were analyzed for mercury and selenium. Largemouth Bass were additionally analyzed for PCBs.

United States Geological Survey (USGS)

The USGS conducted a reconnaissance survey of mercury concentrations in edible tissue from fish throughout the northwestern Sierra Nevada. The USGS collected 161

[5] Further information can be found online at: https://www.sierrafund.org/wp-content/uploads/Sierra-Fish-Tissue-Fact-Sheet_4web.pdf

fish samples for analysis in 1999, at 22 designated sites in the region (May et al., 2000), including Lake Combie. Bluegill and Largemouth Bass were collected from Lake Combie and analyzed for mercury.

CHANGES FROM THE 2009 ADVISORY

This update includes the following changes and additions to the previous 2009 Lake Combie advisory:

1) Consumption advice for sunfish species was added to the advisory based on additional data for Bluegill and Redear Sunfish.
2) Age ranges for women in the sensitive and general populations changed to 18–49 years and 50+ years, respectively.[6]

FISH SAMPLED FROM LAKE COMBIE

The fish sampling data used in this advisory were retrieved from the California Environmental Data Exchange Network (CEDEN),[7] the state's repository for environmental data. Samples were excluded when the fish were not legal size to take or did not meet OEHHA's criteria for minimum "edible" size, based on species size at maturity and professional judgment (as described in OEHHA, 2022). A summary of all fish species evaluated for this advisory is shown in Table 1, including the name of the species, number of samples collected, total number of fish, project name, year sampled, and contaminants analyzed.

TABLE 1. FISH SAMPLES EVALUATED FOR THE LAKE COMBIE ADVISORY

Common Name	Scientific Name	Number of Samples[a]	Total Number of Fish	Project	Year Collected	Contaminants Analyzed
Bluegill	*Lepomis macrochirus*	2	2	USGS	1999	Hg
		1	1	CABY	2015	Hg
Largemouth Bass	*Micropterus salmoides*	9	9	USGS	1999	Hg
		10	10	SWAMP	2007	Hg
		1	1	CABY	2015	Hg
		2	2	SWAMP	2021	Hg

[6] In 2018, OEHHA updated the age ranges for women in each population group. The sensitive population changed from women ages 18–45 years to 18–49 years, and the general population from women 46 years and older to 50 years and older.
[7] Online at: http://ceden.waterboards.ca.gov/AdvancedQueryTool.

Common Name	Scientific Name	Number of Samples[a]	Total Number of Fish	Project	Year Collected	Contaminants Analyzed
Largemouth Bass	*Micropterus salmoides*	2	10	SWAMP	2021	PCBs, Se
Redear Sunfish	*Lepomis microlophus*	2	9	SWAMP	2021	Hg, Se
Sacramento Sucker	*Catostomus occidentalis*	1	5	SWAMP	2007	Chlordanes, DDTs, Dieldrin, PBDEs, PCBs, Se
		2	10	SWAMP	2007	Hg

Samples were analyzed as skinless fillets.
[a] Samples refer to individual fish or composite of multiple fish.
Abbreviations: DDTs, dichlorodiphenyltrichloroethanes; Hg, mercury; PBDEs, polybrominated diphenyl ethers; PCBs, polychlorinated biphenyls; Se, selenium

CHEMICAL CONCENTRATIONS

As shown in Table 1, samples were analyzed for one or more of the following: total mercury, selenium, chlordanes (5 congeners), DDTs (6 congeners), dieldrin, PBDEs (7 congeners), and PCBs (52–157 congeners).[8] Among the chemicals analyzed in fish tissue samples from Lake Combie, only mercury levels were sufficiently high to impact consumption advice.

All fish samples were prepared as skinless fillets. Samples were analyzed as individual fish or composites.

For this advisory, OEHHA used the weighted (by the number of individual fish) average (arithmetic mean) of the chemical concentrations (in wet weight) for each fish species to estimate average human exposure.

MERCURY

Samples were analyzed for total mercury, as either individual fish or composite samples. OEHHA assumed all mercury detected was methylmercury, which is the most common form found in fish and is also the more toxic form (Bloom, 1992). Studies managed by the SWRCB were analyzed at the Marine Pollution Studies Laboratory (MPSL) at Moss Landing Marine Laboratories. MPSL used a direct mercury analyzer, which utilizes thermal decomposition and atomic absorption. Samples from the CABY and USGS studies were analyzed for mercury at different laboratories using cold vapor atomic fluorescence spectroscopy and cold vapor absorption spectroscopy,

[8] Congeners are related compounds with similar chemical forms. Five and six congeners are typically analyzed for chlordanes and DDTs, respectively. Of the 209 possible PBDE and PCB congeners, 6–7 and 48–54 are generally analyzed, respectively. See the OEHHA (2022) sampling protocol available online at https://oehha.ca.gov/media/downloads/fish/report/fishadvisorysamplinganalysisprotocolreport2022.pdf.

respectively. Table 2 shows the averages and ranges for total length,[9] as well as mercury concentrations in each fish species. The method detection limits (MDLs)[10] for total mercury were reported at 1, 3, or 12 parts per billion (ppb), depending on the study. The reporting limits (RLs)[11] were 4, 10, or 12 ppb, depending on the study.

PCBs, PBDEs, and Pesticides

Pesticides, PBDEs, and PCBs in either individual fish or composite samples were analyzed by gas chromatography at the CDFW Water Pollution Control Laboratory or SGS-Axys. Where applicable, the concentrations presented were the sum of the detected analytes (parent compound, congeners, or metabolites) for chlordanes, DDTs, PCBs, and PBDEs. Individual congeners or metabolites with concentrations reported as non-detects were assumed to be zero (due to relatively low MDLs or RLs). This is a standard method of handling non-detect values for PCBs and other chemicals with multiple congeners or metabolites in a given sample when detection levels are adequate (US EPA, 2000a). Table 3 shows the averages and ranges for total length (millimeters (mm)), as well as PCB concentrations in each fish species.

Selenium

The MPSL analyzed species collected from Lake Combie for selenium as composite samples, using inductively coupled plasma-mass spectrometry (ICP-MS). The ICP-MS method uses desolvation, atomization, and ionization with ion separation based on a mass-to-charge ratio to detect the total selenium concentration in a sample. Depending on the study, the ICP-MS MDLs for selenium were reported at 100 to 230 ppb, and the RLs were 300 to 700 ppb.

Concentrations of chlordanes, dieldrin, DDTs, PBDEs, and selenium were lower than the corresponding ATL threshold values for daily consumption (OEHHA, 2008 and 2011). These chemicals were not considered further for developing consumption advice and are not shown in this report.

[9] Total length is the maximum length of the fish, measured from the tip of the closed mouth to the tip of the pinched tail fin.
[10] The MDL is the lowest amount of a chemical that can be distinguished (as greater than zero) in a sample.
[11] The RL is the lowest amount of a chemical that can be accurately quantified in a sample.

TABLE 2. MERCURY CONCENTRATIONS IN FISH FROM LAKE COMBIE

Species from Lake Combie	Number of Samples[a]	Total Number of Fish	Mean[b] Total Length (mm)	Range of Total Lengths[c] (mm)	Mercury (ppb)	
					Mean[b]	Range[c]
Largemouth Bass	22	22	387	305 – 503	906	474 – 1,240
Sacramento Sucker	2	10	443	423 – 486	531	464 – 598
Sunfish species	5	12	189	131 – 244	293	170 – 500
Bluegill	3	3	171	125 – 244	283	170 – 500
Redear Sunfish	2	9	193	174 – 211	297	250 – 334

[a] Samples refer to individual fish or composite of multiple fish. All samples were prepared as skinless fillets.
[b]Means are an arithmetic average of individual values and/or a weighted average of composites.
[c]Range of individuals and/or range of the composites.

TABLE 3. PCB CONCENTRATIONS IN FISH FROM LAKE COMBIE

Species from Lake Combie	Number of Samples[a]	Total Number of Fish	Mean[b] Total Length (mm)	Range of Total Lengths[c] (mm)	PCBs (ppb)	
					Mean[b]	Range[c]
Largemouth Bass	2	10	377	309 – 453	2	1 – 2
Sacramento Sucker	1	5	444	423 – 486	12	n/a

[a] Samples refer to individual fish or composite of multiple fish. All samples were prepared as skinless fillets.
[b]Means are an arithmetic average of individual values and/or a weighted average of composites.
[c]Range of individuals and/or range of the composites.
n/a = not applicable due to a single sample

DEVELOPMENT OF GUIDELINES FOR EATING FISH FROM LAKE COMBIE

The OEHHA fish advisory process considers the health benefits of fish consumption as well as the risk from exposure to the chemical contaminants found in fish. Benefits are included in the advisory process because there is considerable evidence and scientific consensus that fish should be part of a healthy well-balanced diet. Fish contain many nutrients that are important for general health and, in particular, help promote optimal growth and development of babies and young children, and may reduce the incidence of heart disease in adults (FDA/US EPA, 2017; American Heart Association, 2016; OEHHA, 2008; Institute of Medicine, 2007; Kris-Etherton et al., 2002). Fish are a

significant source of the beneficial omega-3 fatty acids, docosahexaenoic acid and eicosapentaenoic acid (USDA/USDHHS, 2020; Weaver et al., 2008).

As part of a healthy US-style dietary pattern at the 2,000-calorie level, the "Dietary Guidelines for Americans, 2020 – 2025" (USDA/USDHHS, 2020) recommends consuming eight ounces of seafood[12] per week. Young children are advised to eat proportionately smaller amounts. "Women who are pregnant or lactating should consume at least 8 and up to 12 ounces of a variety of seafood per week from choices that are lower in methylmercury." Additionally, "based on FDA [US Food and Drug Administration] and EPA's [US Environmental Protection Agency] advice,[13] depending on body weight, some women should choose seafood lowest in methylmercury or eat less seafood than the amounts in the Healthy U.S.-Style Dietary Pattern" and avoid certain species (USDA/USDHHS, 2020). The species of fish that people eat is an important factor in determining the net beneficial effects of fish consumption. For example, studies have shown that children of mothers who ate low-mercury fish during pregnancy scored better on cognitive tests compared to children of mothers who did not eat fish or ate high-mercury fish (Oken et al., 2005 and 2008). Accordingly, because of the high mercury content of certain fish species, the FDA and the US EPA recommend that women who are pregnant (or might become pregnant) or breastfeeding, and young children avoid consuming shark, Swordfish, tilefish (Gulf of Mexico), Bigeye Tuna, marlin, Orange Roughy, and King Mackerel (FDA/US EPA, 2017).

To address the potential health concerns associated with exposure to contaminants in sport fish, OEHHA has established ATLs for chemicals that are known to accumulate in the edible tissues of fish. ATLs consider both the toxicity of the chemical and potential benefits of eating fish. OEHHA uses the ATLs to determine the maximum number of servings per week that consumers can eat safely, for each species and from each location, to limit their exposure to these contaminants. Consumers can use OEHHA's guidance when choosing which fish and how much to eat as part of an overall healthy diet.

There are two sets of ATLs for methylmercury in fish because of the age-related toxicity of this chemical (OEHHA, 2008). The fetus and children are more sensitive to the toxic effects of methylmercury. Thus, the ATLs for the sensitive population, including women who might become pregnant (typically 18–49 years of age) and children 1–17 years of age, are lower than those for women 50 years and older and men 18 years and older. The lower ATL values for the sensitive population provide additional protection to allow for normal growth and development of the brain and nervous system of fetuses and children. Detailed discussion about the toxicity of common fish contaminants and health benefits of fish consumption, as well as derivation of the ATLs, are provided in "Development of Fish Contaminant Goals and Advisory Tissue Levels for Common Contaminants in California Sport Fish: Chlordane, DDTs, Dieldrin, Methylmercury, PCBs, Selenium, and Toxaphene" (OEHHA, 2008) and "Development of Fish

[12] Seafood as used here refers to fish and shellfish from freshwater and marine environments.
[13] Online at: https://www.fda.gov/food/consumers/advice-about-eating-fish.

Contaminant Goals and Advisory Tissue Levels for Common Contaminants in California Sport Fish: Polybrominated Diphenyl Ethers (PBDEs)" (OEHHA, 2011). A list of the ATLs used in this report is presented in the Appendix.

For each fish species in this advisory, OEHHA compared the mean chemical concentrations detected in the fillet to the corresponding ATLs to establish the maximum number of servings per week that can be safely consumed (see Appendix). For fish fillets, a serving size is 8 ounces, prior to cooking, or about the size and thickness of a hand. Children should be given smaller servings. For smaller fish species, several individual fish may be required to yield a serving.

The consumption advice for a fish species is initially based on the chemical with the lowest allowable number of servings per week. Because some chemicals, such as mercury and PCBs, are known to have similar adverse effects, additivity of toxicity is assumed in such cases and may be assessed using multiple chemical exposure methodology (US EPA, 1989 and 2000b). If two or more chemicals with similar adverse effects are present in fish tissue, multiple chemical exposure methodology involving hazard index calculations is employed. This may result in advising fewer servings per week than would be the case for the presence of either chemical alone, with a similar concentration. Although mercury and PCBs were both analyzed in Largemouth Bass and Sacramento Sucker, the potential effect of multiple chemical exposures was not assessed because their mercury levels were above the threshold for do-not-consume for the sensitive population. Advice for other species in this advisory was based solely on mercury concentrations.

OEHHA recommends that individuals strive to meet the US dietary guidelines' seafood consumption recommendations,[14] while also adhering to federal and OEHHA recommendations to limit the consumption of fish with higher contaminant levels. The advice discussed in the following section represents the maximum recommended number of servings per week for listed fish species. People should eat no more than the recommended number of servings for each fish species or species group. When noted, OEHHA's consumption advice for a particular fish species can be extended to other closely related fish species[15] known to accumulate similar levels of contaminants.

Consumption advice should not be combined. That is, if a person chooses to eat a serving of fish from the "one-serving-a-week'' category, then they should not eat any other fish from any source (including commercial) until the next week. If a person chooses to eat a serving of fish from the "two-servings-per-week" category, they can combine fish species from that category, or eat one serving of fish from that category and one from a category that recommends more than two servings per week (if available), for a total of two servings in that week. Then they should not eat any other fish from any source (including commercial) until the following week.

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[14] Online at: https://www.dietaryguidelines.gov/.
[15] Fish species within the same genus are most closely related, and family is the next level of relationship.

CONSUMPTION ADVICE FOR FISH FROM LAKE COMBIE

OEHHA's sampling and analysis protocol (OEHHA, 2022) requires that a minimum of nine edible-size fish of a species that may be legally caught are collected and analyzed before an advisory can be developed for the primary contaminant of concern. This is to ensure the sample dataset is representative of the fish species population in the water body. For Lake Combie, the sample size criterion was met for the following species: Largemouth Bass, Sacramento Sucker, and sunfish species. There were not sufficient data to evaluate other species that may be found in this water body. For fish species found in Lake Combie that are not included in this advisory, OEHHA recommends following the statewide advisory for lakes and reservoirs without site-specific advice.[16]

The following advice is based solely on mercury concentrations. PCB concentrations were not a risk driver for any species. The "risk driver" is the chemical or chemicals that result in the most health-protective advice. The sensitive population is defined as women ages 18 to 49 years and children ages 1 to 17 years, and the general population is defined as women 50 years and older and men 18 years and older.

Black Bass Species

Black bass species are one of the most targeted species of freshwater sport fish in California. OEHHA groups black bass species because they have similar predatory diets and likely comparable chemical uptake (Long and Fisher, 2000). They are also known to hybridize (Pierce and Van Den Avyle, 1997), largely due to species introductions for angling purposes and weak genetic barriers between members of the genus (Thongda et al., 2020). OEHHA evaluated mercury concentrations in black bass species in many water bodies in California and has found a similar range of mercury concentrations when two or more of these species were caught from the same water body. Therefore, OEHHA extends the consumption advice for Largemouth Bass to other black bass species, including Redeye, Smallmouth, and Spotted Bass.

The mean mercury and PCB concentrations in Largemouth Bass from Lake Combie were 906 and 2 ppb, respectively. OEHHA recommends no consumption of black bass species from Lake Combie for the sensitive population, and a maximum of one serving a week for the general population.

Sacramento Sucker

The mean mercury and PCB concentrations in Sacramento Sucker from Lake Combie were 531 and 12 ppb, respectively. OEHHA recommends no consumption of

[16] Online at: https://oehha.ca.gov/advisories/statewide-advisory-eating-fish-californias-lakes-and-reservoirs-without-site-specific.

Sacramento Sucker for the sensitive population and a maximum of one serving a week for the general population.

Sunfish Species

OEHHA groups sunfish species due to their known ability to hybridize (Avise and Smith, 1974) and extensive dietary overlap (Kirby, 1982), which suggests a similar contaminant uptake. OEHHA has evaluated mercury concentrations in sunfish species from many water bodies in California and has found a similar range of mercury concentrations when two or more of these species were caught from the same water body. Therefore, OEHHA extends the consumption advice for Bluegill and Redear Sunfish to other sunfish species, including Green Sunfish and Pumpkinseed.

The mean mercury concentration in sunfish species from Lake Combie was 293 ppb. Mercury concentrations for individual sunfish species were as follows: Bluegill, 283 ppb; and Redear Sunfish, 297 ppb. OEHHA recommends a maximum of one serving a week for the sensitive population and two servings a week for the general population.

RECOMMENDED MAXIMUM NUMBER OF SERVINGS

The recommended maximum numbers of servings per week for fish from Lake Combie are shown in Table 4.

TABLE 4. RECOMMENDED MAXIMUM NUMBER OF SERVINGS PER WEEK FOR FISH FROM LAKE COMBIE

Fish Species	Women 18–49 years and Children 1–17 years		Women 50 years and older and Men 18 years and older	
	Number of Servings	Risk Driver[a]	Number of Servings	Risk Driver[a]
Black Bass Species	0	Hg	1	Hg
Sacramento Sucker	0	Hg	1	Hg
Sunfish Species	1	Hg	2	Hg

[a]The risk driver is the contaminant that results in the fewest recommended servings per week
Hg, mercury

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APPENDIX. ADVISORY TISSUE LEVELS

Advisory Tissue Levels (ATLs; OEHHA, 2008 and 2011) guide the development of advice for people eating sport fish. ATLs are levels of contaminants found in fish that correspond to the maximum numbers of recommended fish servings. OEHHA uses ATLs to provide advice to prevent consumers from being exposed to:

- More than the reference dose[17] on an average daily basis for chemicals not known to cause cancer, such as methylmercury, or
- For cancer-causing chemicals, a risk level greater than one additional cancer case in a population of 10,000 people consuming fish at the given consumption rate over a lifetime. This cancer risk level is chosen based on OEHHA's policy to balance the benefits and risks of fish consumption.

For each chemical, ATLs were determined for both cancer and non-cancer risk, if appropriate, for one to seven eight-ounce servings per week. The most health-protective ATLs for each chemical, selected from either cancer or non-cancer based risk, are shown in the table below for zero to seven servings per week. When the guidelines for eating fish from a water body are followed, exposure to chemicals in fish from that water body would be at or below the average daily reference dose or the cancer risk probability of one in 10,000.

ADVISORY TISSUE LEVELS FOR SELECTED ANALYTES

Contaminant	Consumption Frequency Categories (8-ounce servings/week)[a] and ATLs (in ppb)							
	7	6	5	4	3	2	1	0
Chlordanes	≤ 80	> 80–90	> 90–110	> 110–140	> 140–190	> 190–280	> 280–560	> 560
DDTs	≤ 220	> 220–260	> 260–310	> 310–390	> 390–520	> 520–1,000	> 1,000–2,100	> 2,100
Dieldrin	≤ 7	> 7–8	> 8–9	> 9–11	> 11–15	> 15–23	> 23–46	> 46
MeHg[b] (Women 18–49 and children 1–17)	≤ 31	> 31–36	> 36–44	> 44–55	> 55–70	> 70–150	> 150–440	> 440
MeHg (Women ≥ 50 and men ≥ 18)	≤ 94	> 94–109	> 109–130	> 130–160	> 160–220	> 220–440	> 440–1,310	> 1,310
PBDEs	≤ 45	> 45–52	> 52–63	> 63–78	> 78–100	> 100–210	> 210–630	> 630
PCBs	≤ 9	> 9–10	> 10–13	> 13–16	> 16–21	> 21–42	> 42–120	> 120
Selenium	≤ 1,000	> 1,000–1,200	> 1,200–1,400	> 1,400–1,800	> 1,800–2,500	> 2,500–4,900	> 4,900–15,000	> 15,000
Toxaphene	≤ 87	> 87–100	> 100–120	> 120–150	> 150–200	> 200–300	> 300–610	> 610

[a]Serving sizes (prior to cooking, wet weight) are based on an average 160-pound person. Individuals weighing less than 160 pounds should eat proportionately smaller amounts.
[b]All mercury detected is assumed to be methylmercury (MeHg), which is the most common form found in fish and is also the more toxic form (Bloom, 1992).

[17] The reference dose is an estimate of the maximum daily exposure to a chemical likely to be without significant risk of harmful health effects over a lifetime.