

# Minnesota Fish Consumption Guidance Summary

## Slide 1: Minnesota Fish Consumption Guidance Updates



### Minnesota Fish Consumption Guidance Updates

MDH Fish Consumption Guidance Program | 24 April 2025

### Slide Text and Image Description

MDH Fish Consumption Guidance Program | 24 April 2025

Minnesota Department of Health

## Slide 2: Land

### Land Acknowledgement

Every community owes its existence and vitality to generations from around the world who contributed their hopes, dreams, and energy to making the history that led to this moment. In Minnesota, we are standing on the ancestral lands of the Dakota people. We want to acknowledge the history of this land, including the Dakota, the Ojibwe, the Ho -Chunk, and the other nations of people who also called this place home. Native peoples were removed unjustly, and we in this space are the beneficiaries of that removal. At MDH, as we understand that land is related to health, we want to be a good steward of the land we are on. This acknowledgement is just one piece of that. We understand the systemic racism, historic trauma, and genocide that has impacted Indigenous communities and peoples in our state.

We recognize that a land acknowledgement is a first step. We support this action with resources and shared decision-making to meet Tribal public health priorities and needs. With our Indigenous neighbors and coworkers, we can advance health equity and work to ensure all communities across the state are thriving and all people have what they need to be healthy.

We encourage state employees and the public to research the history of the lands we are on and if you are able, find Native-led events to attend, organizations to support, and causes to champion.

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### Slide Text and Image Description

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## Slide 3: Tribal-State Relations Acknowledgment Statement

### Tribal-State Relations Acknowledgment Statement

The State of Minnesota is home to 11 federally recognized Indian Tribes with elected Tribal government officials. The State of Minnesota acknowledges and supports the unique political status of Tribal Nations across Minnesota and their absolute right to existence, self-governance, and self-determination. This unique relationship with federally recognized Indian Tribes is cemented by the Constitution of the United States, treaties, statutes, case law, and agreements. The State of Minnesota and Tribal governments across Minnesota significantly benefit from working together, learning from one another, and partnering where possible.

Minnesota Department of Health recognizes, values, and celebrates the vibrant and unique relationships between the 11 Tribal Nations and the State of Minnesota. Partnerships formed through government-to-government relationships with these Tribes will effectively address health disparities and lead to better health outcomes for all of Minnesota.

**MDH's Fish Consumption Guidance Program prioritizes outreach to Tribal Nations when changing guidelines.**

In our work, we demonstrate our commitment to Tribal-State relations in the following ways:

- Regular collaboration with the Great Lakes Indian Fish and Wildlife Commission (GLIFWC).
- Data and knowledge sharing on fish contaminants and health risks when invited by Tribal Nations.

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### Slide Text and Image Description

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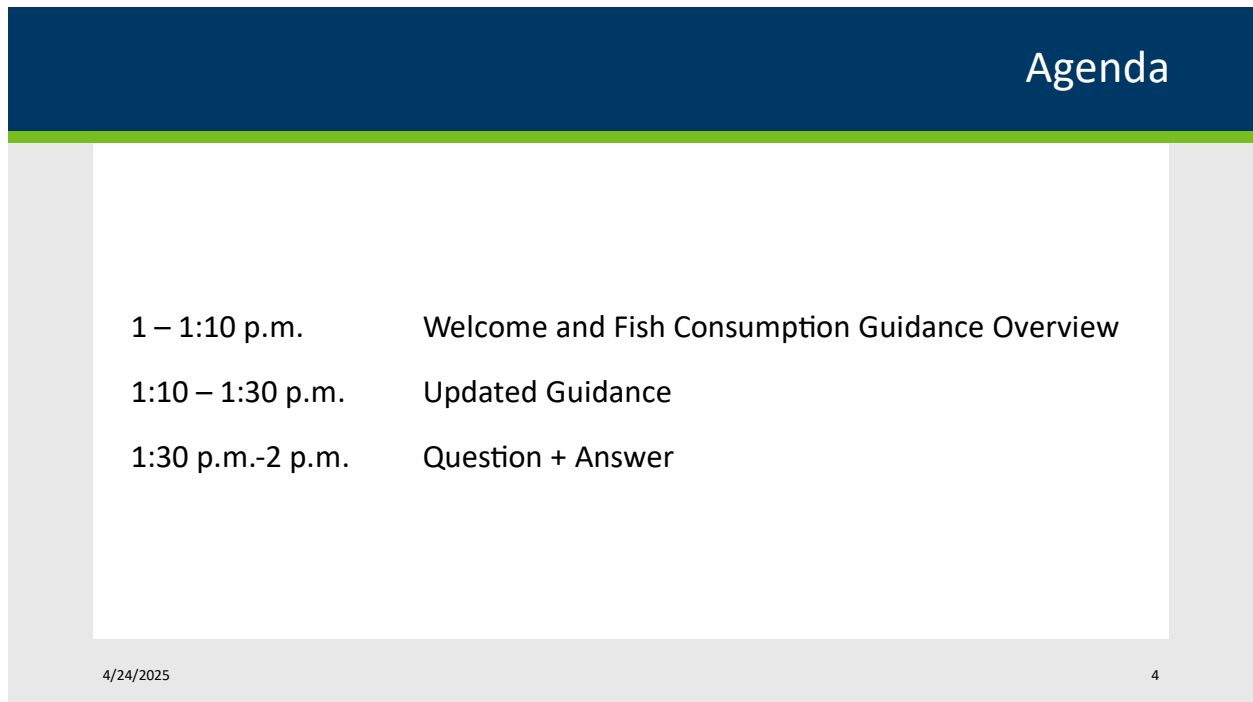
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## Slide 4: Agenda

The slide features a dark blue header with the word "Agenda" in white. Below the header is a large white rectangular area containing the agenda items. The slide is framed by a light gray border. At the bottom left, the date "4/24/2025" is displayed, and at the bottom right, the number "4" is shown.

Agenda	
1 – 1:10 p.m.	Welcome and Fish Consumption Guidance Overview
1:10 – 1:30 p.m.	Updated Guidance
1:30 p.m.-2 p.m.	Question + Answer

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### Slide Text and Image Description

- 1 – 1:10 p.m.--Welcome and Fish Consumption Guidance Overview
- 1:10 – 1:30 p.m.--Updated Guidance
- 1:30 p.m.-2 p.m.--Question + Answer

## Slide 5: Tips for using PowerPoint Live from your computer

### Tips for using PowerPoint Live from your computer



Go back to revisit  
information on a slide  
we presented.



Advance slides and  
move ahead in the  
presentation.



Click on [underlined  
weblinks](#) to go directly  
to the website.

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### Slide Text and Image Description

- [icon: an arrow pointing to the left] Go back to revisit information on a slide we presented.
- [icon: an arrow pointing to the right] Advance slides and move ahead in the presentation.
- [icon: a computer screen with an internet link symbol] Click on [underlined weblinks](#) to go directly to the website.

## Slide 6: Health Risk Assessment Unit

### Health Risk Assessment Unit



[Contaminants of Emerging Concern \(CEC\) Initiative](#)



[Health Risk Limits Program](#)



[Fish Consumption Guidance](#)

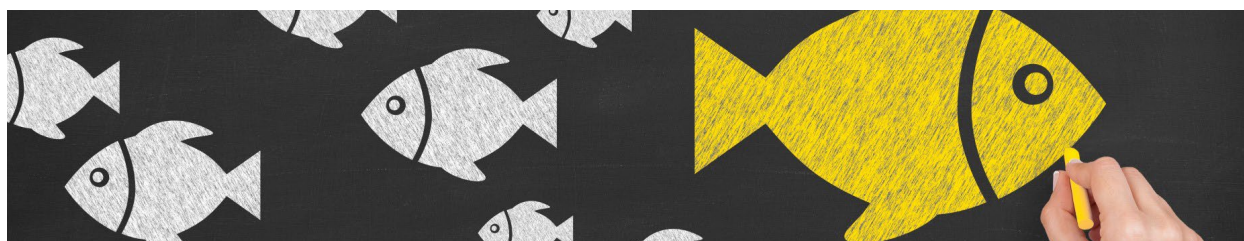
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### Slide Text and Image Description

- [image: Clean Water Land and Legacy Amendment Logo. Your Clean Water Fund at Work.] [Contaminants of Emerging Concern \(CEC\) Initiative](#)
- [image: water droplet] [Health Risk Limits Program](#)
- [image: plate of cooked fish and tomatoes] [Fish Consumption Guidance](#)

## Slide 7: April 2025 Updated Fish Consumption Guidance



### April 2025 Updated Fish Consumption Guidance

Angela Preimesberger | Fish Consumption Guidance Program Lead

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### Slide Text and Image Description

Minnesota Department of Health Logo.

Image: a group of white fish facing left. A single larger yellow fish facing right.


Text: Angela Preimesberger | Fish Consumption Guidance Program Lead.

## Slide 8: There are many benefits to eating fish

There are many benefits to eating fish

- Fish are an important part of a nutritious, well-balanced diet
- Fish are part of many Minnesotan traditions and cultures.
- Fish consumption guidance provides Minnesotans with the information they need to make informed choices

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A close-up photograph of a hand holding a fishing reel. The reel is metallic and has a green spool. The background is a soft, out-of-focus sunset or sunrise over a body of water with trees in the distance.

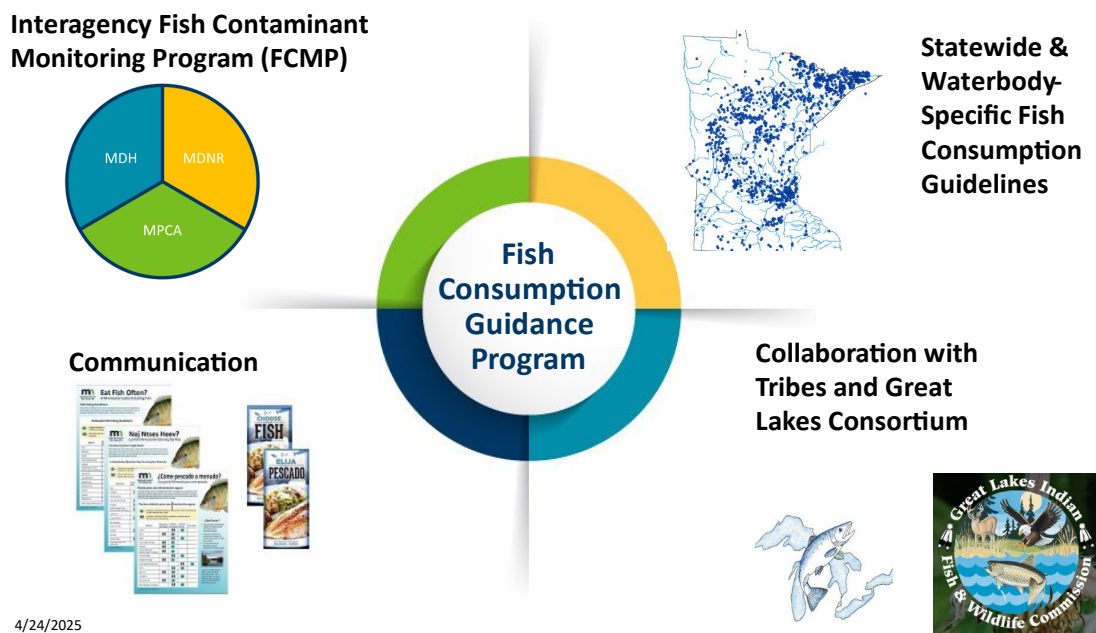
### Slide Text and Image Description

Image: a hand holding a fishing reel.

- Fish are an important part of a nutritious, well-balanced diet
- Fish are part of many Minnesotan traditions and cultures.
- Fish consumption guidance provides Minnesotans with the information they need to make informed choices



## Slide 9: Fish Consumption Guidance Program



### Slide Text and Image Description

- Interagency Fish Contaminant Program (FCMP): MDH, MDNR, MPCA

[image: pie chart equally split with MDH, MDNR, and MPCA]

- Statewide and Waterbody-Specific Fish Consumption Guidelines

[image: State of Minnesota]

- Communication

[image: fish consumption guidance fact sheets and brochures]

- Collaboration with Tribes and Great Lakes Consortium

[image: fish and a Great Lakes Indian Fish and Wildlife Commission logo]

## Slide 10: MDH, MPCA, MDNR work together to review contaminants in fish

### MDH, MPCA, MDNR work together to review contaminants in fish

- **Collect and analyze fish** for mercury, polychlorinated biphenyls (PCBs), and PFAS
- **Test fish from many waterbodies** with support from MPCA and DNR monitoring activities
- **Analyze levels of contaminants** through State and Contract Labs
- **MDH develops methods** to balance benefits of fish consumption with risks posed by contaminants
- **Update guidelines on MDH's webpage** and post with MDNR in LakeFinder

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### Slide Text and Image Description

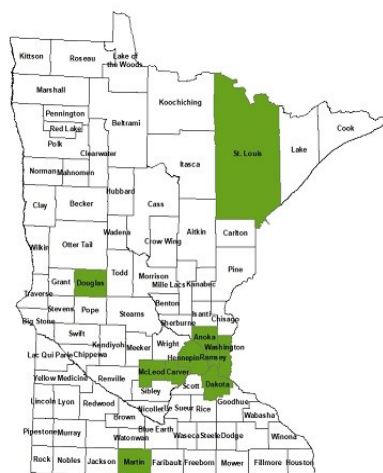
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## Slide 11: April 2025: MDH issues updated guidance for some waterbodies in 10 counties

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Certain waterbodies in Minnesota have been studied for per- and polyfluoroalkyl substances (PFAS)

- Some fish show elevated concentrations in 10 counties
- MDH updated guidelines are more protective for people eating fish
- Counties include the Twin Cities metro area and Douglas, Martin, McLeod, and St. Louis



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### Slide Text and Image Description

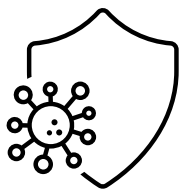
Image: Map of Minnesota counties, with the following counties shaded in green:

Certain waterbodies in Minnesota have been studied for per- and polyfluoroalkyl substances (PFAS)

- Some fish show elevated concentrations in 10 counties
- MDH updated guidelines are more protective for people eating fish
- Counties include the Twin Cities metro area and Douglas, Martin, McLeod, and St. Louis

## Slide 12: Exposures to PFAS have been associated with health effects

Exposures to PFAS have been associated with health effects



### **Immune suppression**

*Decreased antibody production*



### **Developmental effects**

*Lower birth weight*



### **Changes in liver function**

*Higher cholesterol and liver enzymes*

Reviewed: 4/2025

MDH Health Risk Assessment

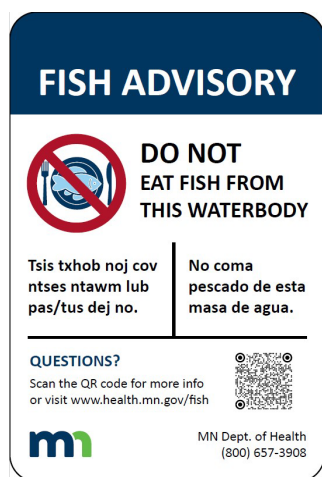
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## Slide Text and Image Description

- [Icon: shield and virus] **Immune suppression**-decreased antibody production
- [icon: infant] **Developmental effects**-lower birth weight
- [icon: line graph trending upwards] **Changes in liver function**-higher cholesterol and liver enzymes.

## Slide 13: MDH is working with MDNR to post Fish Advisory Signs at impacted waterbodies

MDH is working with MDNR to post Fish Advisory Signs at impacted waterbodies



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### Slide Text and Image Description

Image: Do Not Eat Fish From This Waterbody Fish Advisory Sign. Message translated into Hmong and Spanish.

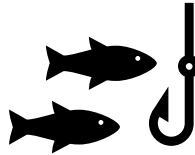
Image 2: Certain people should not eat fish from this waterbody Fish Advisory Sign. Message translated into Hmong and Spanish.

### Summary

These are two types of signs you might see at impacted water bodies.

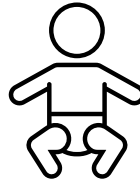
## Slide 14: MDH develops fish consumption guidance for Minnesotans

### MDH develops fish consumption guidance for Minnesotans



#### Where you caught the fish

Some waterbodies have lower levels of PFAS and other contaminants follow Statewide Fish Consumption Guidelines.



#### Who you are

Some people are more sensitive than others to negative health effects from exposure to PFAS.  
Sensitive population: people who are or could become pregnant, people who are breastfeeding or plan to breastfeed, and children under age 15



#### Species of fish

maximum number of servings recommended per week or month may vary by fish species caught in the same waterbody.

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### Slide Text and Image Description

- [icon: two fish and a fishing line] **Where you caught the fish**—some waterbodies have lower levels of PFAS and other contaminants follow Statewide Fish Consumption Guidelines
- [icon: infant] **Who you are**—some people are more sensitive than others to negative health effects from exposure to PFAS. Sensitive population: people who are or could become pregnant, people who are breastfeeding or planning to breastfeed, and children under age 15.
- [icon: fish skeleton] **Species of fish**—maximum number of servings recommended per week or month may vary by fish species caught in the same waterbody.

## Slide 15: MDH recently issued updated guidance for Rainbow Smelt

### MDH recently issued updated guidance for Rainbow Smelt

MPCA completed an important study of PFAS in fish from the Lake Superior Basin

MDH now recommends rainbow smelt can be eaten up to one serving per week (formerly, one serving per month).

- Note: a serving size of fish is eight ounce for an average adult (150 pounds).



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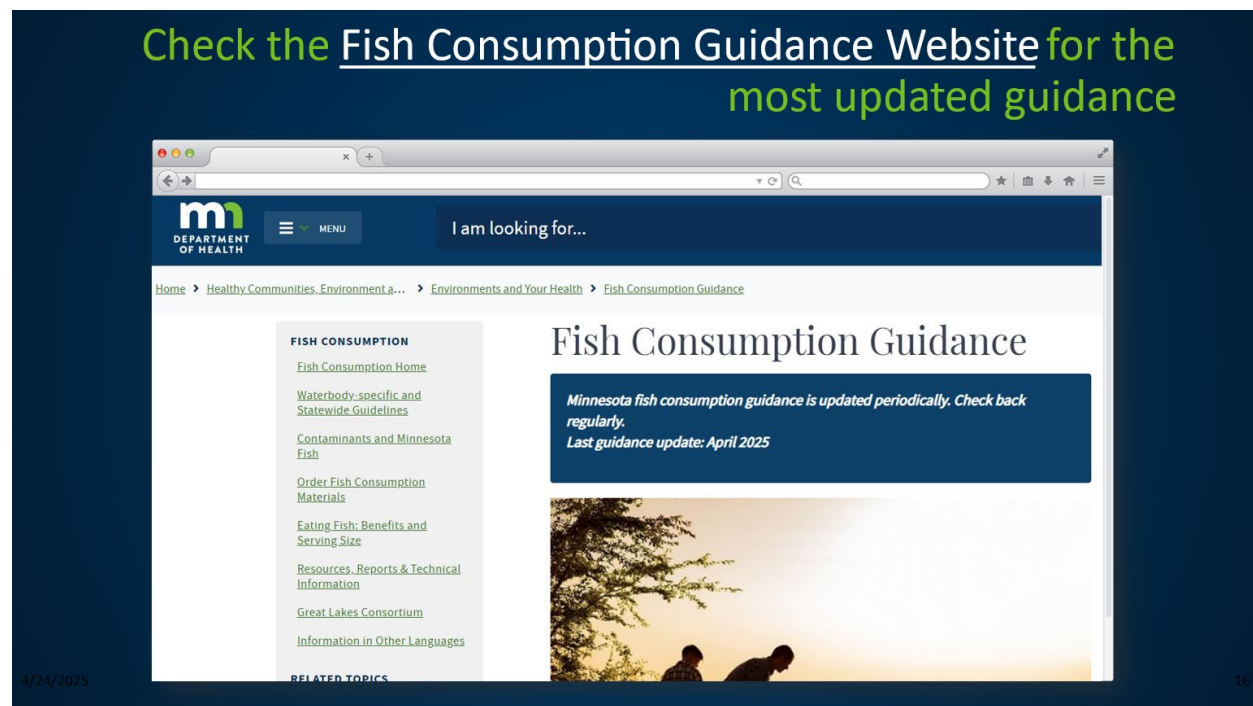
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### Slide Text and Image Description

Image: smelt fish

- MPCA completed an important study of PFAS in fish from the Lake Superior Basin
- MDH now recommends rainbow smelt can be eaten up to one serving per week (formerly, one serving per month).
  - Note: a serving size of fish is eight ounces for an average adult (150 pounds).

## Slide 16: Check the Fish Consumption Guidance Website for the most updated guidance



### Slide Text and Image Description

Image: Screenshot of the Fish Consumption Guidance webpage.

Link: [Fish Consumption Guidance - MN Dept. of Health](https://www.health.state.mn.us/communities/environment/fish/index.html)

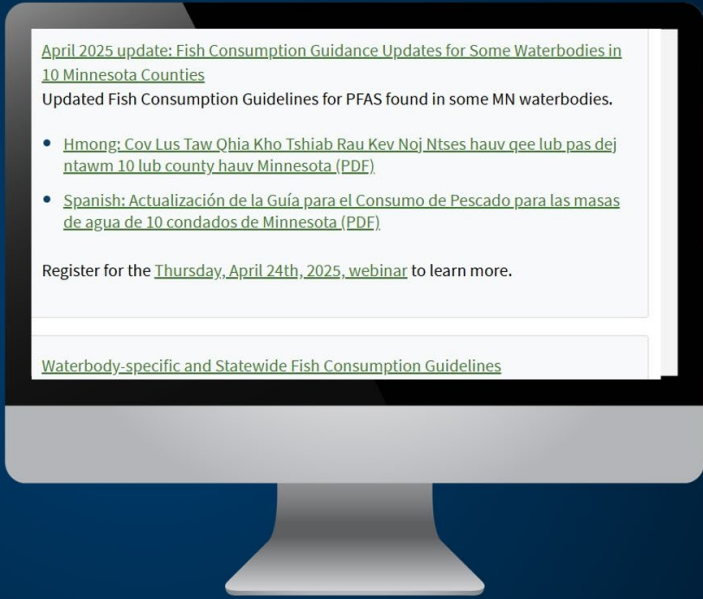
(<https://www.health.state.mn.us/communities/environment/fish/index.html>).



## Slide 17: Visit the Fish Consumption Guidance website

### Visit the Fish Consumption Guidance website

- April 2025 update
- Waterbody-Specific and Statewide Fish Consumption Guidelines
- LakeFinder



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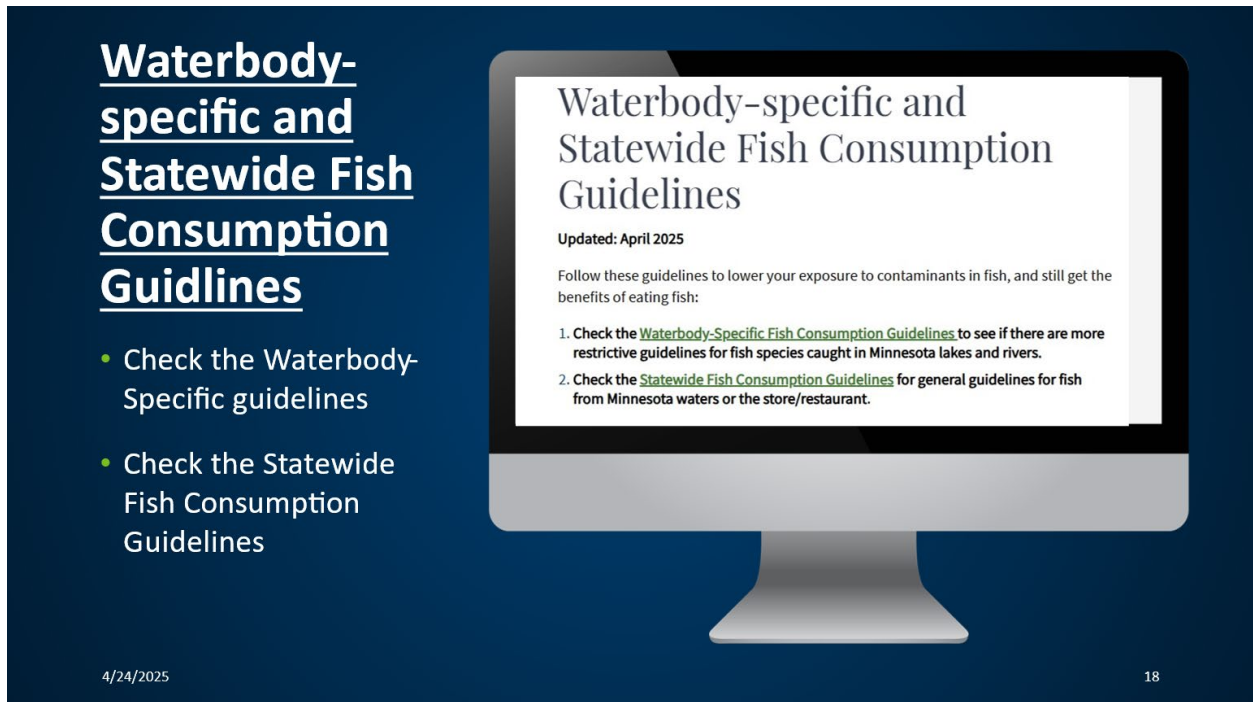
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### Slide Text and Image Description

Image: screenshot of the Fish Consumption Guidance webpage.

- April 2025 update
- Waterbody-Specific and Statewide Fish Consumption Guidelines
- LakeFinder

## Slide 18: Waterbody-specific and Statewide Fish Consumption Guidelines



### Slide Text and Image Description

Image: Screenshot of Waterbody-specific and Statewide Fish Consumption Guidelines

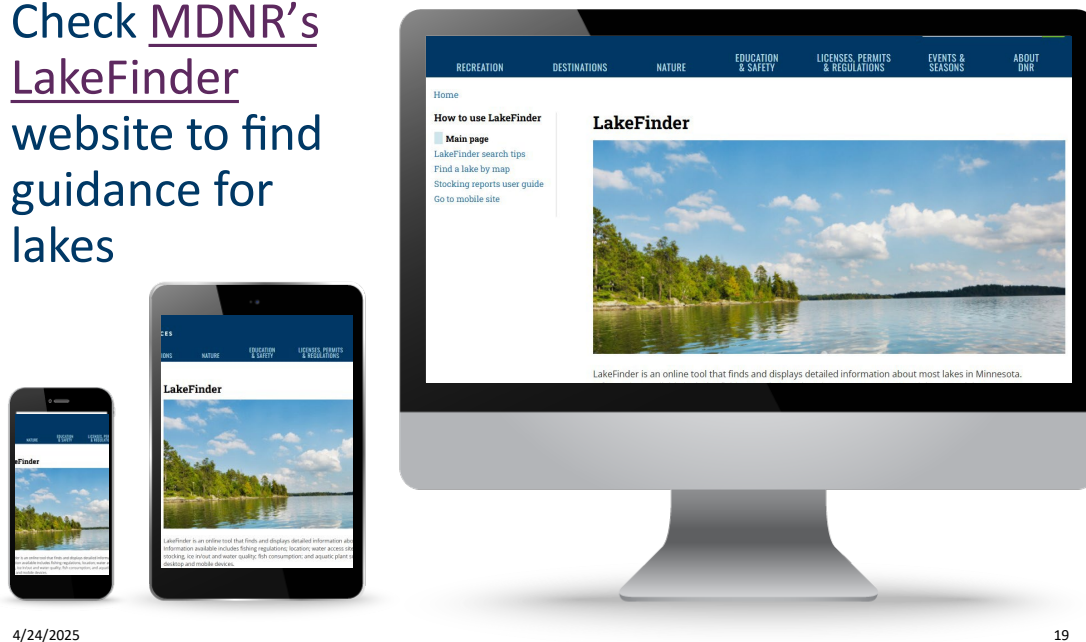
Link: <https://www.health.state.mn.us/communities/environment/fish/guidelines.html>.

Text:

- Check the Waterbody-Specific guidelines
- Check the Statewide Fish Consumption Guidelines

## Slide 19: Check MDNR's LakeFinder website to find guidance for lakes

Check MDNR's LakeFinder website to find guidance for lakes



### Slide Text and Image Description

Image: Screenshot of LakeFinder website on a computer monitor, tablet, and smartphone.

Link: <https://www.dnr.state.mn.us/lakefind/index.html>.

## Slide 20: PFAS is everywhere, not just in fish

### PFAS is everywhere, not just in fish



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### Slide Text and Image Description

Image: Graphic of Where PFAS come From:

- PFAS production icon
- Product manufacturing icon
- Product use icon
- Product disposal

Where PFAS are found:

- Air icon
- Water icon
- Soil icon
- Wildlife icon
- Food icon
- Humans icon
- Breastmilk icon

## Slide 21: You can take steps to reduce exposure to PFAS

You can take steps to reduce exposure to PFAS

- Limit use of consumer products that contain PFAS
  - 2025: Amara's law prohibits sale of products with PFAS
- Remove household dust
- Follow MDH Fish Consumption Guidance
- MDH updates guidance as we learn more about PFAS and Health



### Slide Text and Image Description

- Limit use of consumer products that contain PFAS
  - 2025: Amara's law prohibits sale of products with PFAS. Link: <https://www.pca.state.mn.us/air-water-land-climate/2025-pfas-prohibitions>.
- Remove household dust
- Follow MDH Fish Consumption Guidance
- MDH updates guidance as we learn more about PFAS and Health. Link: <https://www.health.state.mn.us/communities/environment/hazardous/topics/pfashealth.html>.

## Slide 22: Questions

Questions



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### Slide Text and Image Description

Image: raised hands

## Slide 23: Thank You!



# Thank You!

**MDH Fish Consumption Guidance**

*HEALTH.fish@state.mn.us*

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### Slide Text and Image Description

MDH Fish Consumption Guidance

*HEALTH.fish@state.mn.us*

Minnesota Department of Health  
Fish Consumption Guidance Program

[health.fish@state.mn.us](mailto:health.fish@state.mn.us)  
[www.health.state.mn.us/fish](http://www.health.state.mn.us/fish)

04/25/2025

To obtain this information in a different format, email: [health.fish@state.mn.us](mailto:health.fish@state.mn.us).