



To: State Water Resources Control Board  
From: Anne O'Donnell, MS, MPH, Registered Dietitian  
Re: 2016 Bay Delta Plan Amendments + SED  
Public Comments Hearing – November-December, 2016  
Date: November 21, 2016

A handwritten signature in blue ink, appearing to be "A.O.D.", located to the right of the header information.

I'm writing in strong support of measures that would help revitalize and protect salmon and other native species that depend on the health and water flow in streams below dams in California. Specifically, and in response to your invitation for public comment, I'm voicing my support of the minimal proposals and urging you to do more to reduce diversions of water in the Merced, Tuolumne and Stanislaus rivers so that more water is left for salmon. Leaving 40% of the rivers in-stream is a start, but I'd urge you to increase that to 60%, an amount that the California Dept. of Fish and Wildlife says is needed to rebuild the salmon run, as required by law.

My understanding is that we already have state law REQUIRING that streams below dams be maintained at levels that sustain native fish in good condition and requiring California to rebuild salmon runs to an annual million fish per year. Other interests may be challenging adherence to these legal requirements, however leaving 60% of the spring flow in the rivers would have a relatively small negative effect on other interests, such as agriculture (90-95% of California Ag would be untouched), compared to the large positive effect on salmon and industries related to fishing.

I'm offering my input as a 30-year nutrition professional, with a concentration in public health. There's overwhelming evidence that wild Pacific salmon can provide an excellent source of health promoting nutrients not plentiful in much of the rest of the American diet. Specifically, salmon provides one of the richest sources of heart disease fighting omega-3 fatty acids not plentiful in meat, as well as inflammation inhibiting anti-oxidants, Vitamins A and E). And, finally, there's overwhelming evidence that healthy waterways and wetlands are integral to maintaining clean soil, air, and drinking water, for wildlife as well as for the health of ALL Californians.

Thanks for receiving public comment. If I can be of further assistance in clarifying any of this information, please contact me: [auodonnell@gmail.com](mailto:auodonnell@gmail.com)

Sincerely,

A handwritten signature in blue ink, reading "Anne O'Donnell MS RD", located below the "Sincerely," text.

Anne O'Donnell, MS, MPH, RD

