



Media Release

San Diego Regional Water Quality Control Board
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San Diego Bay Fish Consumption Detailed in Southern California Coastal Water Research Report

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SAN DIEGO - The fishing and consumption habits of regional ethnic groups and sport anglers who catch and consume fish caught from San Diego Bay are detailed in a report released today by the Southern California Water Research Project.

The San Diego Bay Fish Consumption Study report documents the rates that people consume fish from the Bay, and the types of fish most commonly eaten. Data was gathered by interviewing anglers at San Diego Bay piers, shorelines, and boat ramps from May 2015 through April 2016. A total of 1,086 anglers completed the survey.

"The study provides the first comprehensive look at the consumption patterns of San Diego Bay anglers,' said San Diego Water Board Executive Officer David Gibson. "The Board will use this information to refine its human health risk assessments for people eating fish from the Bay with an eye towards appropriate environmental cleanups and pollution control."

According to the study report, overall, consumption rates for anglers catching fish from San Diego Bay are low compared to other parts of the State. For the majority of anglers, consumption rates are nowhere near the levels indicated as unhealthy by State consumption guidelines for [San Diego Bay](#). One exception is the Asian male, middle-aged and older, fishing population, which, on average, consumes fish at rates above these guidelines because they frequently augment their daily diet with fresh caught fish. The most common fish consumed was the Pacific Chub Mackerel followed by the California Halibut, spotted sand bass, Bonito, and shortfin corvina. Anglers typically prepared and consumed fish fillets versus preparing and consuming the whole body. Half of the San Diego Bay anglers surveyed consume the fish they catch, and of those, one-third share the catch with their families.

The study was jointly funded by the San Diego Regional Water Quality Control Board, San Diego Unified Port District, and City of San Diego.

The study report can be found [here](#).

The [San Diego Water Board](#) is a California State Agency responsible for preserving, enhancing and restoring the water resources of the San Diego Region for the benefit of present and future generations.

For more information about the San Diego Water Board please visit [here](#).

For more information on safe consumption of wild caught fish, please visit this [resource](#).

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