

Thank you for participating!

Thank you for participating!

GRAND LAKE WATERSHED MERCURY STUDY

FISH CONSUMPTION LOG

Name: _____

Start date: _____

End date: _____

Instructions:

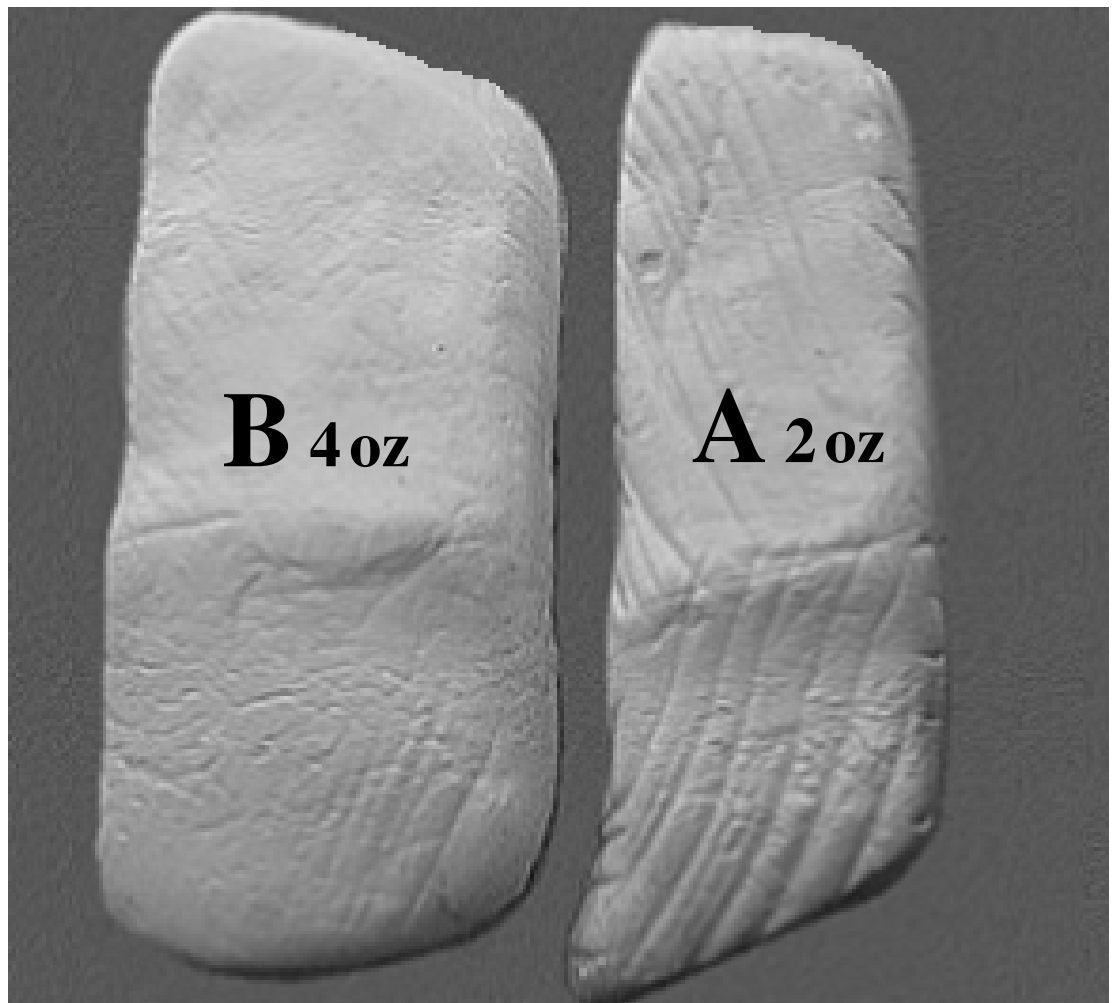
We are giving you this calendar for you to keep track of how much fish you eat. This will make it easier for you to fill out your next food frequency questionnaire.

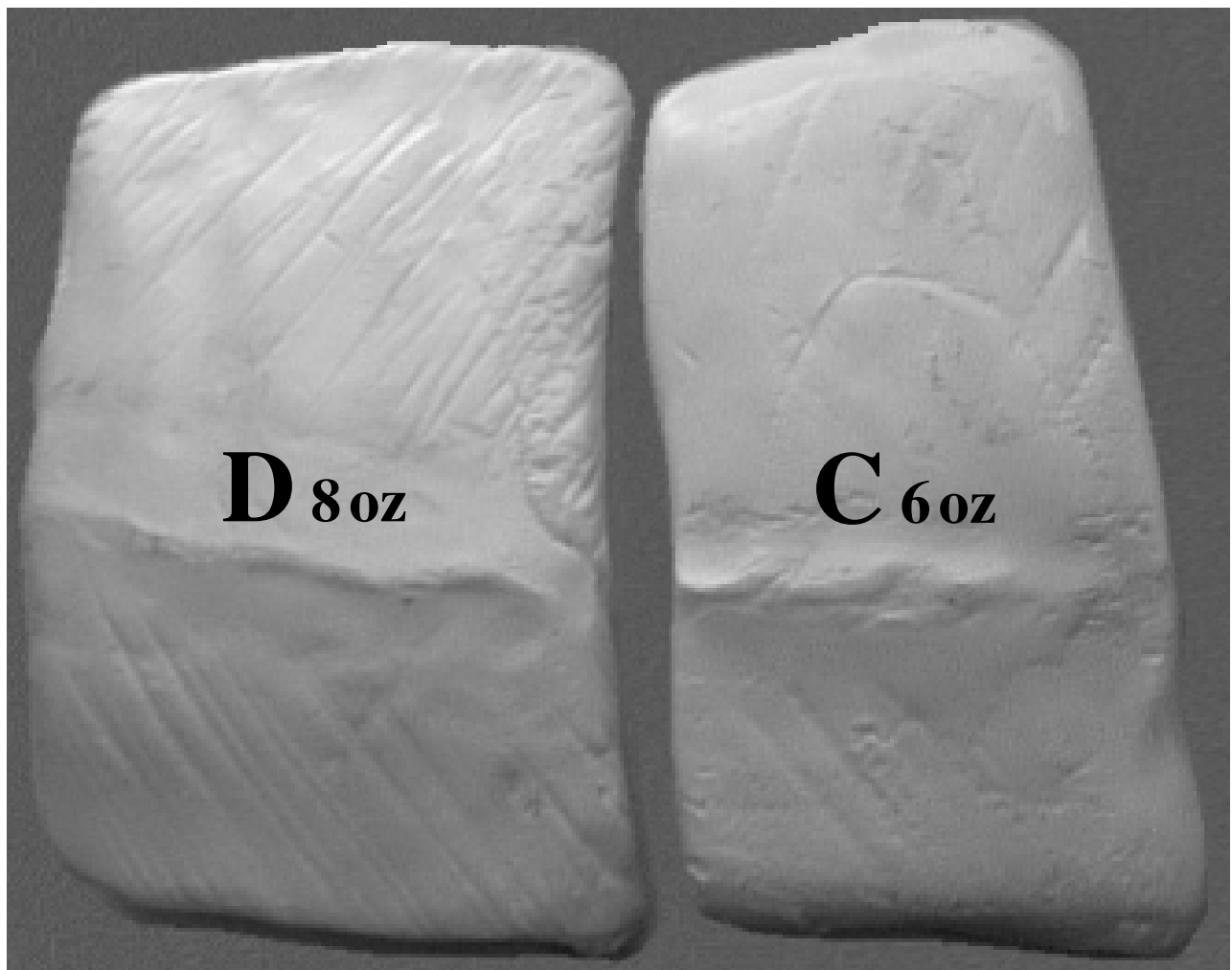
In the box for each day, write down all the types of fish that you eat. We have provided pictures of many types of fish to help you identify the fish you are eating.

For each type of fish, as much as you can, make a note of where the fish came from. For fish that were caught from the Grand Lake watershed, we have provided a map to help you keep track of where your fish were caught. You can use the abbreviations on our map, or your own.

Finally, we have provided pictures of typical portion sizes. You can also make notes on the calendar about portion sizes.

FISH PORTION SIZES (to scale)





Grand Lake Watershed Mercury Study
*a collaboration among Harvard School of Public Health,
L.E.A.D. Agency, and OU Health Sciences Center*

Why are we doing this study?

- Many people rely on Grand Lake and its tributaries as a source of fish.
- Methylmercury can accumulate in fish, especially predatory fish that are high on the food chain. Eating fish that contain high levels of methylmercury can be harmful to people.
- We want to learn what the levels of methylmercury are in fish caught in the Grand Lake watershed. This information is not presently known.

Who is doing this study?

- This four year project is funded by the National Institute of Environmental Health Sciences (NIEHS).
- This project is a collaboration among the Harvard School of Public Health (HSPH), L.E.A.D. Agency, and the University of Oklahoma Health Sciences Center (OUHSC).

What are the goals of the study?

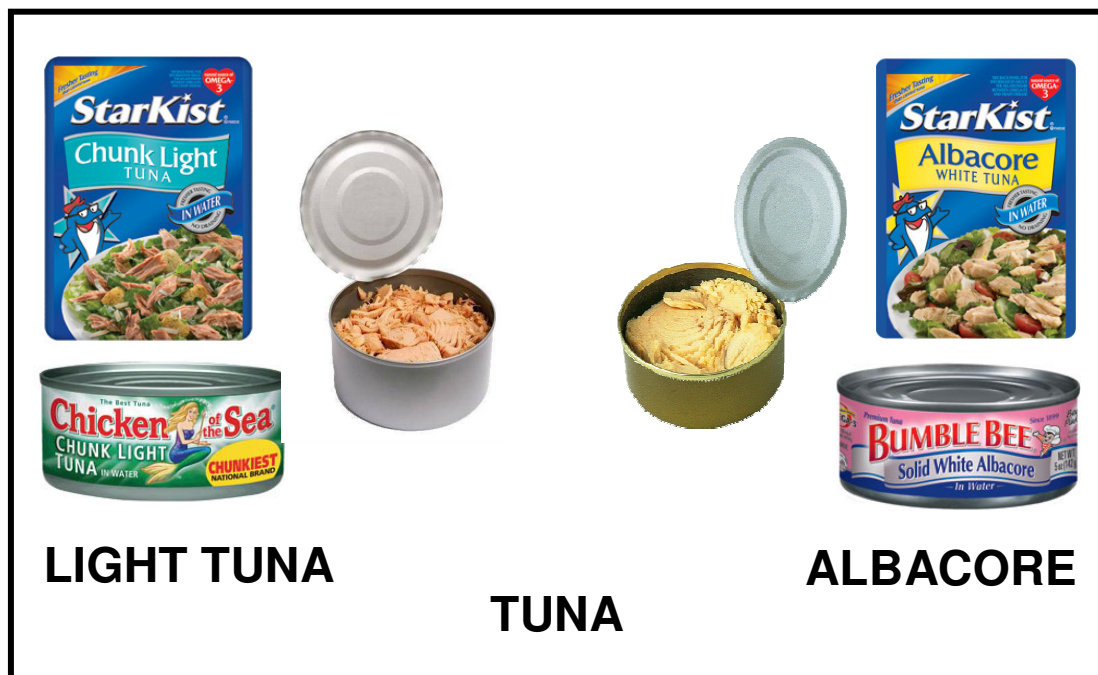
- Measure mercury levels in commonly-consumed fish species throughout the Grand Lake watershed.
- Determine whether people who eat a lot of fish from the Grand Lake watershed are exposed to high levels of mercury in their diet. We are especially interested in differences among the area's racial and ethnic populations.
- Promote safe subsistence fishing practices by developing ongoing community-based educational programs.
- Work with state and regional agencies to promote regulations and fish advisories that protect the health of all community members, including those who eat fish frequently.

What types of fish are we measuring?

- We will measure methylmercury levels in all types of fish that are commonly caught and consumed from Grand Lake and its tributaries.
- We will include not only predator fish that are expected to have high levels of methylmercury, but also fish that are lower on the food chain.

Who can be a participant?

- Anyone over the age of 14 who regularly eats fish caught within the Grand Lake watershed.
- We expect to enroll about 150 participants.

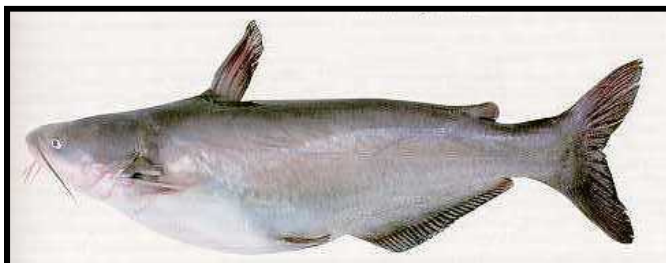




FLATHEAD CATFISH



CHANNEL CATFISH



BLUE CATFISH

What will participants do?

- Complete a food frequency questionnaire (FFQ) once per season about the types of fish (both locally caught and bought) you have eaten over the past 3 months and how often you have eaten them.
- Allow a researcher to take an initial hair sample when you join the study and then once each season (four times during the year) after that. Each hair sample will be analyzed for mercury.

What will participants receive?

- The results of the 5 hair mercury measurements and general information to help you interpret your results.
- A \$25 gift card for each of the five times you participate in the study (maximum \$125).
- The satisfaction of being a part of a community-based participatory research project that will lead to a better understanding of mercury exposure in people who eat fish from the Grand Lake watershed.

Contact information for study team personnel

LEAD Agency

Earl Hatley
ehatley@neok.com
(918) 256-5269

Rebecca Jim
rjim@neok.com
(918) 520-6720

Gina Manders
gmanders_lead@att.com
(918) 533-0825

Harvard School of Public Health

Laurel Schaidler
(Project leader)
lschaide@hsph.harvard.edu
(617) 384-8801

Ann Backus
abackus@hsph.harvard.edu
(617) 432-3327

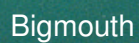
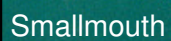
Jim Shine
jshine@hsph.harvard.edu
(617) 384-8806

Jack Spengler
spengler@hsph.harvard.edu
(617) 384-8810

University of Oklahoma

Bob Lynch
robert-lynch@ouhsc.edu
(405) 271-2070 ext. 46774

THIS PROJECT IS FUNDED BY GRANT NUMBER 1R21ES017941 FROM
THE NATIONAL INSTITUTE OF ENVIRONMENTAL HEALTH SCIENCES.

[illegible]

BUFFALO (including smallmouth and bigmouth buffalo)



Golden redhorse



River redhorse

[illegible]

Grand Lake Watershed Fish



LARGEMOUTH BASS



SMALLMOUTH BASS

OKLAHOMA Grand Lake

O' THE CHEROKEES

- lighthouses**
- Navigation Beacons**
 - 3 Grand Port
 - 6 Double J Point
 - 7 Check-in Bay
 - 11 Tynan Bluff
 - 13 Woodland Shores
 - 15 Gran Tara
 - 17 White Chapel
 - 23 Grove
 - Hazard Beacons**
 - 4 Welch Point
 - 8 Drowning Creek
 - 10 Goat Island
 - 12 Two Tree Island
 - 14 Sweetwater Bay
 - 18 Patricia Island
 - 19 Unfinished Bridge
 - 26 Wolfe Point
 - Services Beacons (Phone)**
 - 21 Shangri-La
 - 25 Tera Miranda
 - Bridge Passage Lights**
 - Bernice Bridge
 - Sailboat Bridge

REFER TO AREA MAPS ON FOLLOWING PAGES FOR MORE DETAIL.

WEST GRAND LAKE AREA

COWSKIN AREA



SOUTH GRAND LAKE AREA

