

DOH PUB NO: 334-193

## Health consultation overview

The Washington State Department of Health recently studied contamination in Budd Inlet. The study focused on sediments, clams, and bottom fish to see if eating seafood from the inlet or exposure to sediments is harmful.

**Sediments: The health consultation report shows no apparent public health risk from dioxin and polychlorinated biphenyls (PCBs) in Budd Inlet sediments.** However, state and local health officials recommend that advisories remain at Priest Point Park and other public access areas until more testing can be done.

**Fish and shellfish: Results show that there's no apparent health risk from dioxin in shellfish or bottom fish.** There are, however, sewage and storm water-related pollutants in the water. So, advisories will remain in effect for bottom and flat fish consumption and shellfish harvesting in Budd Inlet.

## Site information

Budd Inlet, located at the most southern tip of the Puget Sound, is divided into East and West Bays by a small peninsula at the south end. Historically, the southern portion of Budd Inlet has supported the wood product industry, recreational marinas, boat industry, and the Port of Olympia. The northern part of the inlet is primarily residential properties.

### Past and current operations in East Bay:

- Cargo handling
- Boat manufacturing
- Marina operations
- Wood treatment

### Past and current operations in West Bay:

- Port of Olympia
- Recreational marinas
- Plywood manufacturing
- Steel fabrication



## Parks on Budd Inlet

**Priest Point Park:** The beach at Priest Point Park is within the closure area of a sewage treatment plant and has been listed unsafe for shellfish harvest.

**Burfoot Park:** The beach at Burfoot Park has not been looked at, but there's an advisory in effect until water quality has been determined.

## What the health report studied

The chemicals evaluated in the Budd Inlet health consultation were dioxins, polycyclic aromatic hydrocarbons (PAHs), and polychlorinated biphenyls (PCBs).

### Dioxins

- Are naturally occurring and can also be formed during industrial processes, waste incineration, and burning

- A class of chemicals that last a long time in the environment
- Build-up in fish and shellfish and become more concentrated while moving through the food chain

Health effects related to dioxins: certain cancers, liver damage, and developmental effects

### PCBs

- Chemicals once used in products like coolants and lubricants for transformers
- Banned in 1977 because they can be harmful to people and the environment
- PCBs are still found in old fluorescent lighting fixtures, electrical devices, and old hydraulic oil
- Classified as a possible human carcinogen by US Environmental Protection Agency

Health effects related to PCBs: behavior and learning deficits for children exposed in the womb, impacts to immune system, skin irritation, vomiting, nausea, eye irritation, abdominal pain, and liver damage

### PAHs

- Formed from incomplete burning of organic matter, including oil, wood, and coal
- Used in motor oil

Health effects related to PAHs: found to increase the risk of certain cancers

### Fish and shellfish advisories

**Shellfish advisory:** Do not eat shellfish from Budd Inlet due to sewage pollution.

**Fish consumption advisory:** Do not eat flatfish or bottom fish from Budd Inlet.

### Salmon are safe to eat:

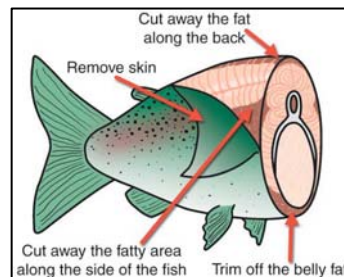
Chinook: One meal per week.

Resident Chinook (blackmouth): no more than 2 meals per month

Chum, Sockeye, Pink, Coho: 2-3 meals per week.

### Fish preparation recommendations

PCBs and other contaminants collect in the fat of fish. Simple steps can help cut the amount of contaminants that you are exposed to.



- When cleaning fish, remove the skin, fat, and internal organs before cooking
- Grill, bake, or broil fish so that fat drips off while cooking
- Do not use fat drippings for sauces or gravies

### Helpful links

**Department of Health report on Budd Inlet:**  
<http://www.doh.wa.gov/consults>

**Fish and shellfish advisories:**  
[www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)

**Department of Ecology's Puget Sound clean-up sites:**  
[http://www.ecy.wa.gov/programs/tcp/sites/psi/overview/psi\\_baywide.html](http://www.ecy.wa.gov/programs/tcp/sites/psi/overview/psi_baywide.html)

**Department of Ecology information for Budd Inlet**  
[http://www.ecy.wa.gov/programs/tcp/sites/psi/buddInlet/psi\\_buddInlet.html](http://www.ecy.wa.gov/programs/tcp/sites/psi/buddInlet/psi_buddInlet.html)

### For more information, contact:

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