



Charlie Crist  
Governor

Ana M. Viamonte Ros, M.D., M.P.H.  
State Surgeon General

FOR IMMEDIATE RELEASE:  
May 5, 2009

MEDIA CONTACT: Molly Payne-Hardin  
desk (850) 595-6410, cell (850) 791-1604

**Health Department Helps Women Choose Fish Low in Mercury**  
- Helpful Pocket Guide Available at Escambia County Health Department -

PENSACOLA, FL – The Escambia County (FL) Health Department today launches a campaign to help women who want to eat fish but may be concerned about mercury in fish. Fish is a great source of important nutrients, but some fish contain high levels of mercury that could be harmful to developing babies.

“We live along the coast and many of us love to eat fish – but a recent study revealed that most women in our area don’t know about state warnings on eating fish that are high in mercury,” said Health Department Director Dr. John Lanza. “We want to help everyone, and especially women of child-bearing age, enjoy fish that’s low in mercury.”

The Health Department recently completed a study to determine whether Escambia and Santa Rosa County women between 18-49 years of age had elevated levels of mercury and were aware of fish consumption advisories published by the Florida Department of Health. The study revealed that 69% of the childbearing age women in both counties were unaware of consumption advisories that warn against eating certain fish with high mercury content.

The advertising campaign is designed to reach especially women who are pregnant or may become pregnant and advises them on choosing fish such as salmon, rainbow trout, herring and whitefish that are low in mercury. The pocket-sized guide lists the many varieties of fish that are low in mercury, how much should be eaten on a weekly basis, and which fish to avoid.

To get a copy of the pocket guide go to [www.EscambiaHealth.com](http://www.EscambiaHealth.com), call 595-6273.

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