Ali Hamade: Fish Consumption Benefits and PFAS Risks

Fish intake has been associated with health benefits, although fish often have chemical contaminants that carry risks. Optimizing the benefits is desirable for individual and population health. However, contaminant safety thresholds (e.g., reference doses) are typically applied the same way for various media such as food, soil, and water. This approach does not account for the benefits of the foods that carry these contaminants (e.g., fish). This presentation surveys epidemiology findings on per- and polyfluoroalkyl substances (PFAS)-associated noncancer health indicators used to develop current U.S. EPA reference doses for PFAS and compares these with the same health outcomes associated with fish intake. In addition, it discusses data and approaches that risk assessors and policy makers can consider in developing fish consumption recommendations in relation to PFAS.