

Climate and Health E-News

Raising Awareness and Connecting People in the Interest of Public Health

No. 25, July 19, 2010

Alaska Too Big to Monitor PSP Levels in Shellfish Harvest Areas - A previous [E-News](#) described the recent paralytic shellfish poisoning (PSP) cases in Alaska, including two deaths. Our friend Bruce Wright at the Aleutian Pribilof Islands Association, sent along an article published in the **Juneau Empire** on June 28th, which discusses the huge challenges in Alaska monitoring for PSP. The amount of coastline, the wide use of shellfish as a resource, and the frequency of testing needed, makes State managed personal harvest monitoring for PSP impractical. [full story](#)

Poor King Salmon Return Limits Subsistence Take - The **Fairbanks News Miner** reports that state and federal fisheries managers are asking subsistence fisherman on the middle and upper Yukon River to voluntarily reduce their catch. This on top of weather-related delays in the subsistence fishery caused by recent [high-water](#) and debris conditions. Further restrictions may be necessary to allow enough salmon to reach Canadian fishing grounds. [full story](#)

UC Davis Develops Model for Determining Vitamin D Needs - Receiving adequate levels of Vitamin D can be challenging for [Northern](#) populations, especially in the winter when cold weather and low amounts of sunlight reduce opportunities for natural production of Vitamin D. Factors including skin tone, amount of sunshine, and diet, influence the amount of vitamin D in your body. Changes in lifestyle, subsistence resource availability, or dietary preferences (e.g. less salmon) may also lead to a deficiency. **Science Daily** (July 17, 2010) reports that a team of UC Davis scientists have now developed a preliminary model that predicts an individual's vitamin D requirements. [full story](#)

Note: The current recommended daily allowance of vitamin D for U.S. adults who are less than 50 years of age is 200 international units (IU). This model may result in better guidelines for Arctic and other Vitamin D challenged populations. In 2008 the American Association of Pediatrics, developed [new guidelines](#) for infants, children and adolescents, doubling the daily recommended allowance of Vitamin D to 400 IU. AAP also recommends that providers who care for pregnant women consider measuring vitamin D levels in this population. In 2010, the International Osteoporosis Foundation released [new guidelines for the elderly](#) for daily intake of 800 to 1000 IU. "Intakes may need to increase to as much as 50 µg (2000 IU) per day in (elderly) individuals who are obese, have osteoporosis, limited sun exposure (e.g. housebound or institutionalized), or have malabsorption".

If you have an observation or an update you would like to include in our E-News or have added to our [Alaska Climate Events Map](#), send a message to mbrubaker@anthc.org. To join the E-News mailing list, just respond to this message with your contact (e-mail/name) information. Click [here](#) for prior E-News archived at the Arctic Health Library.

Regards - Mike

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Safe, Healthy, Sustainable Communities