

Japan  
Fisheries  
Association



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## Views and Opinions of Japan's Fisheries Industry

### HIGHLIGHTS

# Scientists Report Fish Diet Helps Release Stress and Prevent Alzheimer's

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*At recent meetings of the Academic Advisory Council for Promotion of Fish Diet, organized by the Japan Fisheries Association, two experts reported that regular consumption of fish is effective for releasing stress and preventing Alzheimer's and other diseases. Following are excerpts of the reports.*

#### DHA Helps Release Stress

Non-saturated fatty acids, such as docosahexaenoic acid (DHA) contained in fish oil, have been found to have curative properties for myocardial infarction, arterial sclerosis, cancer, inflammation, allergy, and other diseases.

This was reported by Professor Tomohito Hamazaki of Toyama Medical and Pharmaceutical University at the Council's meeting held at the Tokyo University of Fisheries on June 13.

Also properties of DHA for alleviating mental diseases were identified, and a full-scale research is now underway, centering on the United States, Hamazaki said.

Hamazaki himself is carrying out "double blind study" on hostility using 52 subjects (19 males and 33 females) mainly from among university students. The subjects of the test were divided in two groups. One group was asked to take DHA capsules (1.5 grams a day) for about 3 months while the other group was asked to take vegetable oil capsules for the same period. Hostility was measured through psychological tests before and after taking the capsules.

The results showed that no change was observed in hostility for the DHA group as contrasted with heightened hostility for the vegetable oil group, thus showing a significant range of statistical differences between the two groups. It was concluded that a proper

dose of DHA will enable a person to behave normally under a certain level of stress. This may have an effect in reducing the recent reported tendency of Japanese youth to react violently under slight pressure. Hamazaki and his team are now conducting the tests on elementary school children and he hopes to finalize the data before the end of this year.

#### Fish Helps Prevent Alzheimer's Disease

"Progress in recent studies on Alzheimer's disease revealed that its prevention depends on how one leads a healthy middle-age life and fish provides the most appropriate protein for prevention," according to Professor Akira Ueki of Jichi Medical University.

Speaking at the Council's second meeting on October 30, Ueki said that development of the prevention and treatment of Alzheimer's disease is an important goal pursued in medical research. Although at a slow pace, clues for preventing Alzheimer's disease have been accumulated, among them the relation of environmental factors to dietary practice, social stress and pharmaceuticals.

For a person suffering from a disease caused by his or her living habits, dietary factors are the most important. A full-scale survey in the Netherlands showed that both excessive consumption of animal fat and lack of consumption of fish might cause a risk of Alzheimer's disease, with former having impediments in brain blood tube and the latter not having it. It has been ➡



#### THE 4th INTERNATIONAL SEAFOOD & TECHNOLOGY EXPO

Tokyo Int'l Exhibition Center  
Date: July 24-26, 2002

Contact: Exhibition Secretariat

URL: [http://www.k-ide.com/seafood/e\\_index.html](http://www.k-ide.com/seafood/e_index.html)

(from Page 1)

reported in Japan that patients with Alzheimer's disease have a lower consumption of fish and green and yellow vegetables, and that the consumption of fish could restrain myocardial infarction and cerebral infarction. Also it has been reported that regular physical exercise, three times or more a week, increasing the heart rate beyond that of ordinary walking, could have an effect of restraining the occurrence of the disease.

Prevention of dementia and Alzheimer's disease de-

pends on how healthy a life one leads during his or her middle ages. Of course, leading a healthy lifestyle should not begin from the middle ages. It is crucial to give heed to, and practice, the three principles of health (nutrition, exercise and rest) from youth. Nutrition has a higher importance among the three. Fish especially proved to provide the protein most suited to preventing Alzheimer's disease as fish oil has the properties to protect endothelium cells in the blood veins and restrain inflammation.

## INTERNATIONAL SCENE

### ICFA Supports Sustainable Use of Fisheries to Contribute to Global Food Security

At the Reykjavik Conference on Responsible Fisheries in the Marine Ecosystem, the International Coalition of Fisheries Associations (ICFA) expressed its strong commitment to the long-term sustainable use of living marine resources in order to contribute to global food security. It said that there are fundamental scientific questions surrounding ecosystem-based fisheries conservation and management.

The conference, attended by over 400 participants, was held on October 1-4, 2001 under the joint sponsorship of the Government of Iceland and the Food and Agriculture Organization of the United Nations (FAO) and the cosponsorship of the Government of Norway. The explicit purpose was to review the knowledge on marine ecosystem issues, future challenges, and relevant strategies including capture fisheries management.

ICFA was represented at the conference by the Fisheries Association of Iceland in the capacity of a registered international non-governmental organization. Notably, ICFA stressed the following key points to be fully deliberated by the participants:

■ Fisheries conservation and management measures must be based on the best scientific information avail-

able. Unwarranted restrictions on sustainable fisheries harvests should be avoided.

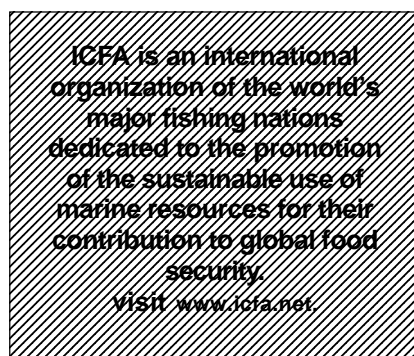
■ Fisheries conservation and management measures should be practical and reasonable. Measures that are not implementable or impose undue restrictions on trade should be avoided.

■ Multilaterally-agreed trade measures may assist fisheries conservation and management objectives if appropriately implemented.

\* Global fisheries make an important contribution to global food security as called for by the 1995 Kyoto Conference on Global Food Security. This contribution must not be unnecessarily reduced.

■ As a fundamental stakeholder in fisheries, the fish and seafood industry must be fully-integrated into the decision-making process regarding the design and implementation of fishery conservation and management measures.

■ The ICFA fully supports the FAO's International Plan of Action to Prevent, Deter, and Eliminate Illegal, Unregulated, and Unreported Fishing. The ICFA believes the full implementation of this IPOA will dramatically improve the long-term conservation of living marine resources and avoid unfair burdens on lawful fisheries participants.



### 18 African States Pledge to Eliminate IUU/FOC Fishing

#### --Efforts to Contain Illegal Fishing Are Steadily Gaining Ground Globally--

The fisheries ministers of African states bordering the Atlantic Ocean unanimously expressed their concern regarding information indicating an increase in illegal, unreported and unregulated (IUU) fishing, including fishing activities by vessels commonly known as "Flag of Convenience" vessels and vessels without nationality.

The concern was stated explicitly in the Libreville Declaration on Responsible Fisheries, adopted at the close of the 5th Ministerial Conference on Fisheries Cooperation among African states bordering the Atlantic, held in

Libreville, Gabon, October 18 and 19.

The Declaration also decided to take appropriate steps to prevent IUU fishing, to improve monitoring, control and surveillance, and to control fishing capacity where necessary.

Fisheries community welcomed the Declaration as a steady international step toward containing IUU/FOC fishing practice—now a serious issue causing disturbance in the global fishery order.

The conference, convened at the invitation of the

Gabonese Government, generally purported to reaffirm its commitment to the promotion of regional cooperation, and to reiterate that the achievement of the sustainable management of fisheries was of great importance for food security, the attainment of national economic and social goals and the well-being and sustainable livelihoods of individuals and families involved in fisheries.

Fisheries ministers of 18 states (out of 22 member states)

participated: Angola, Benin, Cameroon, Congo Republic, Democratic Republic of Congo, Ivory Coast, Gabon, Ghana, Guinea, Guinea-Bissau, Equatorial Guinea, Morocco, Mauritania, Namibia, Nigeria, Sao tome Principe, Senegal, and Togo. Japan, together with France and other countries, participated as observers. Also international governmental organizations, such as FAO and ICCAT, sent their observers.

## Fisheries Workers Rally in Las Palmas for Closing Port for IUU/FOC Fishing Vessels

The International Transport Worker's Federation (ITF) called for the elimination of Illegal, Unregulated and Unreported (IUU) and Flag of Convenience (FOC) fishing activities at a conference of its Fisheries Section in Las Palmas, Spain, 9-10 October 2001.

The meeting was attended by representatives of 16 nations including France, Spain, the Russian Federation, Norway, Poland, Morocco, Brazil, Argentina and Japan.

The delegates adopted by consensus a motion, tabled by Japan, on the need to take trade measures to eliminate FOC and IUU fishing.

The motion, among other things, called upon the Japanese Government and other governments, as appropriate,

to prohibit trade in tunas and *Dissostichus eleginoides* taken by those nations which undermine the effectiveness of the conservation and management measures of regional fisheries management organizations. The text of the ITF decision was submitted to concerned ministers of the Japanese government.

After the meeting, the ITF delegates visited the Las Palmas port authority to request closure of the port to IUU/FOC fishing vessels. Las Palmas is well-known as a base port for FOC fishing vessels. Later in the day, the participants staged a rally in the port area to appeal their opposition to IUU/FOC fishing activities.

## EVENTS

### JFA Spotlights the Future of Japanese Fisheries at the ASEAN-SEAFDEC Millennium Fisheries Exhibition

The Japan Fisheries Association took part in the Japanese Government's exhibition booth at the ASEAN-SEAFDEC Millennium Fisheries Exhibition organized under the auspices of the Thai Government in Bangkok, November 21-24. The exhibition was held to coincide with the Fish for People Conference.

The Japanese booth, under the theme "Japan's Challenge," presented various initiatives Japan is taking for the promotion of sustainable fisheries, which was the main theme of the exhibition. The initiatives were supported by various explanatory materials such as panels, videos, brochures, pamphlets, booklets and fishing reef models.

The Japanese displays featured topics pertaining to the direction that Japan should take in the years ahead in achieving sustainable fisheries. Specifically, presentations were made on such points as the present situation of the fisheries industry, the Basic Fisheries Law, fisheries management based on the Total Allowable Catch system, fisheries information services, fish propagation and aquaculture, the promotion of fishing ports and villages, FOC fishing vessels, the development of fishing grounds, international cooperation, the distribution of fishery products, fisheries and Japanese culture, and research whaling.

Visitors to the Japanese booth showed an especially great interest in new fisheries technologies, such as the formation of artificial fishing reefs, the development of coastal fishing grounds, and marine ranching. There was also interest in cultural exhibits, such as a carp streamer, that showed

the close affinity between fisheries and the life of the Japanese people.

Facing the Japanese government booth, the Japan Whaling Association held its own exhibit, presenting the Japanese position on whaling with special emphasis on the issue of cetacean/fisheries interaction.

During the 4-day session, Japan's Vice Minister of Agriculture, Forestry and Fisheries, Takeshi Noma, as well as ministers of the ASEAN countries, visited the Japanese booth. About 80 private corporations and 30 international/regional organizations participated in the exhibition, with the number of visitors totaling approximately 2,200.

#### Japanese Fishing Industry Donates \$25,000 for families of US terrorist attack victims

The Japan Fisheries Association, on behalf of Japanese fishing industry, contributed US\$25,000 to a fund established by U.S. seafood companies to help the bereaved families of the firefighters and police officers who lost their lives in their rescue work in connection with the September 11 terrorist attack on the World Trade Center in New York.

## RESEARCH

## JAPAN'S WHALE RESEARCH FLEET SETS OUT FOR 15TH ANTARCTIC CRUISE

**The Research Program Is in Compliance with the ICRW  
and Responds to High Evaluation of the IWC Scientific Committee.**

Japan will continue its whale research catch program in the Antarctic supported by the high evaluation of the scientific community, including the Scientific Committee of the International Whaling Commission, and in compliance with the International Convention for the Regulation of Whaling.

The Antarctic whale catch research fleet, composed of the research mothership Nisshin-Mar, three catcher boats (Yushin-Mar, No. 1 Kyo-Mar, and No. 25 Toshi-Mar) and a sighting survey boat (No. 2 Kyoshin-Mar), departed the port of Shimonoseki, Western Japan, on November 6, 2001.

The research, in its 15th year since 1987, is aimed at clarifying the uncertainties surrounding the whale resources which had been cited as a basis for establishing a commercial whaling moratorium in 1982.

It is essential to obtain knowledge not only on whale population size but also biological information such as natural mortality rates and sex composition with a view to achieve sustainable use of whale resources. This research is aimed at collecting data to obtain such information. The collected data has been submitted to the IWC Scientific Committee each year, and has received high evaluation.

### Japan Is Also Active in Non-lethal Research

Besides the research catch program, Japan has been contributing to whale research by providing research vessels and crews to non-lethal research programs such as the IWC's SOWER sighting survey and biopsy research. By contrast, no country that pushed for the commercial whaling moratorium on the grounds of scientific uncertainties has bothered to undertake similar efforts to date.

At the port departure ceremony in Shimonoseki attended by many guests, families and children waving flags, Minoru Morimoto, the Japanese IWC Commissioner, said: "For Japan that pursues the resumption of sustainable commercial whaling, this whale catch research will provide essential knowledge on the ecology of minke whales. The research is indispensable to carry out accurate stock management. Also, knowledge will be obtained on the role of whales in the Antarctic ecosystem as well as the feeding behavior of whales consuming a large amount of marine species and the state of accumulation of contaminants in whales."

"Thus," he continued, "research has a great role in knowing the marine ecosystem of the Antarctic. Anti-whaling countries are opposing, saying that such re-



**Research fleet leaving Shimonoseki Port**

search is not necessary. Amid anticipation that a food shortage will occur in the not too distant future, there is a need to use marine living resources, which are a potential food source, appropriately. For this goal, such research is indispensable. Furthermore, this research is fully legal, stipulated explicitly as a right of the Contracting Party of the International Convention for the Regulation of Whaling," Morimoto said.

The research fleet will sample up to 440 minke whales (which represent only 0.05% of the estimated population of 760,000 whales) and will return to Japan in April of next year. The samples obtained will be analyzed at the Institute of Cetacean Research and the results will be reported to the IWC.

### Readers' Comments

"I appreciate ISARIBI news letter very much. I am using your information in the many ISARIBI news letters I have saved, as part of my research base for my doctoral work."

—Ms. Janice Henke, USA.

"We were most interested in the perspectives within the Isaribi, particularly on the recent shark finning ban in the US, which will affect fisheries under this Council's jurisdiction."

—Kitty S Simmonds, Executive Director, Western Pacific Regional Fishery Management Council.

**We welcome readers' comments on this newsletter.  
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