USAID
FROM THE AMERICAN PEOPLE

5 FACTS ABOUT WILD-CAUGHT FISHERIES & AFRICAN DEVELOPMENT

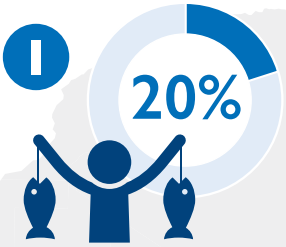
BUREAU FOR FOOD SECURITY | CENTER FOR RESILIENCE | BUREAU FOR GLOBAL HEALTH | DEMOCRACY, HUMAN RIGHTS AND GOVERNANCE OFFICE | OFFICE OF FOOD FOR PEACE

OFFICE OF FORESTRY & BIODIVERSITY (FAB)

Staff from these USAID operating units asked… **…and the FAB Office found…**

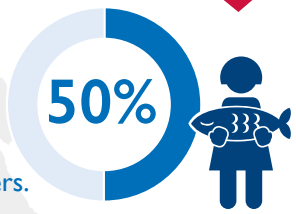
How do fisheries contribute to poverty reduction, income and resilience?

1



Fisheries support up to 20% of jobs in some countries.

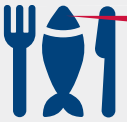
Women make up 50% of fish industry workers.



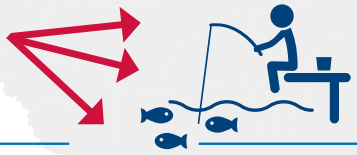
What is the role of fisheries in food security and nutrition?

2

For **400 MILLION** Africans, fish is an affordable and accessible source of protein.



We are rich in micronutrients!!!



INLAND COMMUNITIES use coastal and lake fish **through established trade routes.**

What are the risks from poor fisheries governance and management?

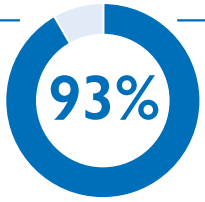
3

$10 BILLION in revenues are lost annually in Africa….

…while **risk of fisheries collapse and job loss** increases without adequate management.

What should future investments focus on – improving wild-caught fisheries or aquaculture?

4



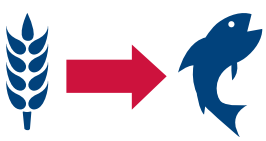
In Africa, wild fisheries **employ 93% of workers in the fish sector, aquaculture employs 7%.**

Both sectors need better management, but...

Fishing is too big to ignore.

What lessons from Feed the Future can be applied to fisheries management?

5



Successful Feed the Future strategies can be adapted such as…

- **promote secure tenure for fishing grounds**
- **strengthen fishing associations**
- **provide training and extension services**

What are examples of successful fisheries projects and approaches?

Check out **FINDING 5** of USAID's new fisheries report* to learn about **9 strategies and 4 examples of successful fisheries management.**

*For the full report, please visit USAID's Biodiversity Results and Integrated Development Gains Enhanced (BRIDGE) project webpage here: https://rmportal.net/biodiversityconservation-gateway/resources/projects/bridge

NUTRITIONAL VALUE OF COMMONLY LANDED AFRICAN FISH SPECIES AND COMMONLY CONSUMED TERRESTRIAL FOODS*

Nutrients per 100 g	Sardine[1] (wild)	Croaker[2] (wild)	Tilapia[3]	Catfish[4] (wild)	Catfish[5] (farmed)	Chicken[6]	Goat[7]	Beef[8]	Soybean[9]
Energy (Kcal)	208.0	104.0	96.0	95.0	119.0	111.0	109.0	198.0	147
Protein (g)	24.6	17.8	20.1	16.4	15.2	20.3	20.6	19.4	13.0
Total lipid (fat, g)	11.5	3.2	1.7	2.8	5.9	2.7	2.3	12.7	6.8
Calcium (mg)	382.0	15.0	10.0	14.0	8.0	10.0	13.0	12.0	197.0
Iron (mg)	2.9	0.4	0.6	0.3	0.2	1.0	2.8	2.0	3.6
Magnesium (mg)	39.0	40.0	27.0	23.0	19.0	23.0	0.0	19.0	65.0
Phosphorous (mg)	490.0	210.0	170.0	209.0	204.0	198.0	180.0	175.0	194.0
Potassium (mg)	397.0	345.0	302.0	358.0	302.0	238.0	385.0	289.0	289.0
Sodium (mg)	307.0	56.0	52.0	43.0	98.0	75.0	82.0	68.0	15.0
Zinc (mg)	1.3	0.4	0.3	0.5	0.5	1.2	4.0	4.6	1.0
Riboflavin (mg)	0.2	0.1	0.1	0.1	0.1	0.1	0.5	0.0	0.2
Niacin (mg)	5.2	4.2	3.9	1.9	2.1	7.9	3.8	4.8	1.7
Vitamin B-6 (mg)	0.3	0.3	0.2	0.1	0.2	0.4	0.0	0.4	0.1
Folate, DFE (ug)	10.0	15.0	24.0	10.0	10.0	7.0	5.0	6.0	0.0
Vitamin B-12 (mg)	8.9	2.5	1.6	2.2	2.9	0.4	0.0	0.4	0.1
Vitamin A, (IU)	108.0	41.0	0.0	50.0	1.0	45.0	0.0	0.0	180.0
Vitamin E (mg)	2.0	1.3	0.4	0.0	0.8	0.2	0.0	0.4	0.0
Vitamin D (IU)	193.0	27.0	124.0	500.0	9.0	0.0	0.0	1.1	0.0
Fatty acids, saturated (g)	1.5	1.1	0.6	0.7	1.3	0.7	5.3	5.3	0.8
Fatty acids, monounsaturated (g)	3.9	1.1	0.5	0.8	2.6	0.8	1.1	4.8	1.3
Fatty acids, polyunsaturated (g)	5.2	0.5	0.4	0.9	0.1	0.7	0.2	0.5	3.2
Cholesterol (mg)	142.0	61.0	50.0	58.0	55.0	65.0	57.0	62.0	0.0

Wild-caught catfish is higher in calcium and vitamins A and D compared to farmed catfish. Wild-caught sardines are higher in many nutrients than soybeans.

*Source: USDA 2016. Food items were searched using the 'Standard reference' option: 1 NDB number: 15088, Fish, sardine, Atlantic, canned in oil, drained solids with bone; 2 NDB number: 15020, Fish, croaker, Atlantic, raw; 3 NDB number: 15261, Fish, tilapia, raw; 4 NDB number: 15010, Fish, catfish, channel, wild, raw; 5 NDB number: 15234, Fish, catfish, channel, farmed, raw; 6 NDB number: 05113, Chicken, roasting, meat only, raw; 7 NDB number: 17168, Goat, raw; 8 NDB number: 13047, Beef, grass-fed, ground, raw; 9 NDB number: 11450, Soybeans, green, raw.

TOP RIGHT PHOTO: GHANA – 2010: A fishmonger preparing fish for smoking. Photo by Glenn G. Page, SustainaMetrix for USAID