

The following are common causes of pollution;

- ☐ Wetland degradation.
- ☐ Poor agricultural practices such as exposure of soils and cutting of trees leading to soil erosion.
- ☐ Improper use of farm chemicals that may lead to fish poisoning.
- ☐ Industrial pollution.



Water hyacinth; one of the manifestations of pollution

c) Increased community participation

Increased community participation leads to increased and sustainable fish production. Communities around water systems should ensure that proper fishing methods are used. They should report observations that may lead to unhealthy and unproductive water environment to Beach Management Units (BMUs) or the Landing Site Committees.



Fisherfolk stakeholder consultations on production constraints

5. Conclusion

This leaflet provides information that will promote increased and sustainable fish production, as this is the concern/responsibility of all of us. It is expected that the field extension workers and fisherfolk communities will take this opportunity and use the recommendations herein.

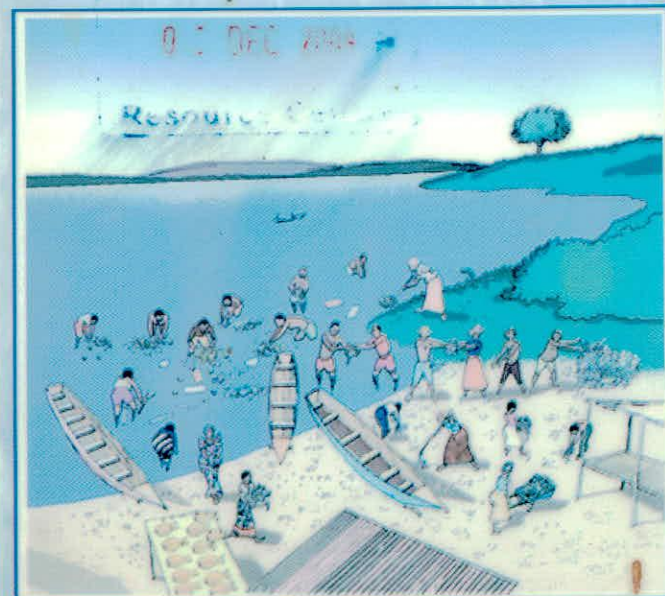
Stakeholders may directly contact FIRRI or the nearest Fisheries Officer and extension agents for more information on how to maintain healthy and productive water systems for increased and sustainable fish production.

Contact address:

Fisheries Resources Research Institute(FIRRI)

Plot 39/ 45, Nile Crescent, Jinja
Opposite the Wagon Ferry Terminal.
P. O. Box 343, Jinja, UGANDA.
Telephone: 256-43-120484/121369

INCREASING AND SUSTAINING FISH PRODUCTION



March 2003

1. Introduction

Fish is an important source of food and employment. It is also a revenue and foreign exchange earner. Fish flesh is rich in proteins and its protein is superior to that of beef and poultry. The flesh contains an anticholesterol which assists in reducing heart diseases such as high blood pressure while Nkejje is used to treat measles. The fishing industry employs up to one million people.

However, recent activities in the exploitation of the fisheries, biodiversity and environment of water systems threaten to reduce fish catches and in some cases fish deaths.

2. Constraints to increased and sustainable fish production

Under capture fisheries, the Fisheries Resources Research Institute (FIRRI) focuses research efforts to generate scientific information on the following constraints:

- Decline in fish stocks and fish species diversity due to excessive fishing
- Use of destructive fishing gears and methods;
- Capture of immature fish
- Pollution and degradation of the fish habitat including infestation by aquatic weeds especially water hyacinth;

- High post harvest fish losses;
- Ineffective management of fisheries due to limited community participation;
- Inadequate investment skills among fishers.

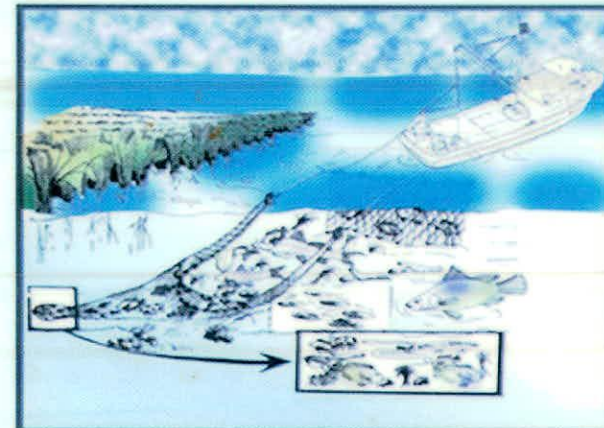
3. Addressing the constraints

In order to overcome the constraints mentioned above, FIRRI has developed this leaflet to empower fisherfolk communities with information to increase and sustain fish production and utilisation to overcome poverty.

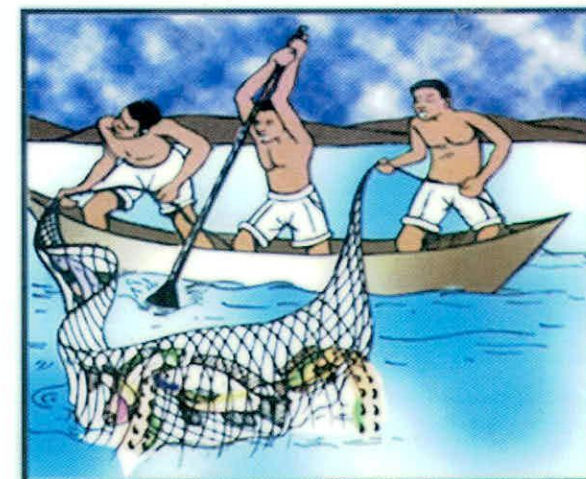
4. Measures to increase and sustain fish production

a) Use recommended fishing gears and methods

Some commonly used fishing gears and methods are destructive. Such methods are highly non-selective, catch fish of all types and sizes, disrupt breeding and feeding patterns of the fish and deplete the fish stocks rapidly. Examples of these methods include beach seines, seine nets, cast nets, basket traps and tycooning (beating water). These methods should therefore be avoided. The fisherfolk are encouraged to use recommended fishing gears and methods like hook fishing and passive gillnetting (use of stationery gill nets). These methods are selective; bigger nets catch bigger fish



Beach seines is a destructive fishing method



Tycooning disrupts/spoils the water environment.

b) Avoid polluting and degrading the fish habitat

Communities living around the water systems should avoid polluting it. Pollution leads to fish deaths and hence a decline in fish stocks and fish species diversity. If a pollution source is identified within a community, it should be immediately reported to the local or district authorities.