

# STATE OF THE RIVER REPORT 2016

Water quality and river health  
in the metro Mississippi River



# Acknowledgements

THE MCKNIGHT FOUNDATION

The Patrick & Aimee Butler  
Family Foundation





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# Report goals

- Clear and easy to understand
- Increase public awareness
- Build public support around priorities for action
- Audience: Minnesotans who want to know more about the Mississippi River







# Report indicators

## RIVER FLOW

Flow & hydrology

## SWIMMING & RECREATION

Bacteria

Phosphorus

## RIVER LIFE

Fish consumption

Fish survey

Invasive Asian carp

Bald eagles

Mussels

## ECOLOGICAL HEALTH

Sediment

Nitrate

Chloride

Pesticides

Microplastics

## OTHER RIVER CONTAMINANTS

Additional contaminants of concern

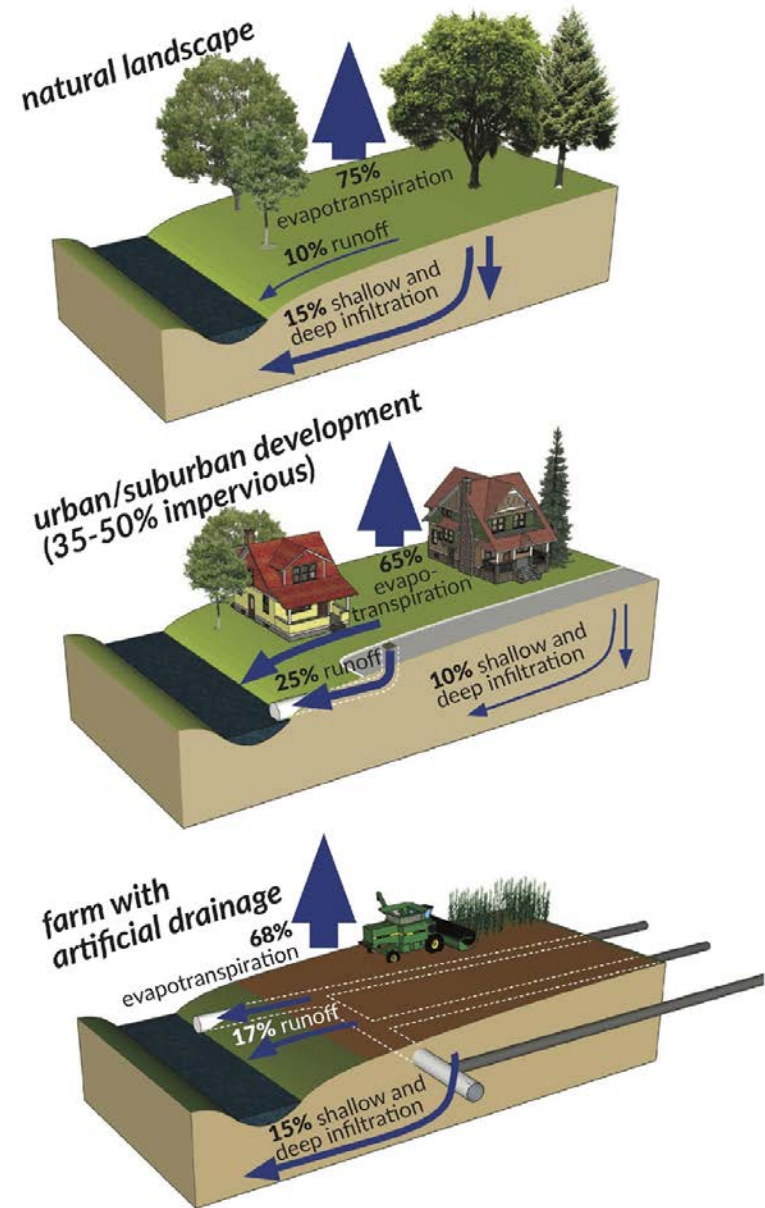


# Flow & hydrology



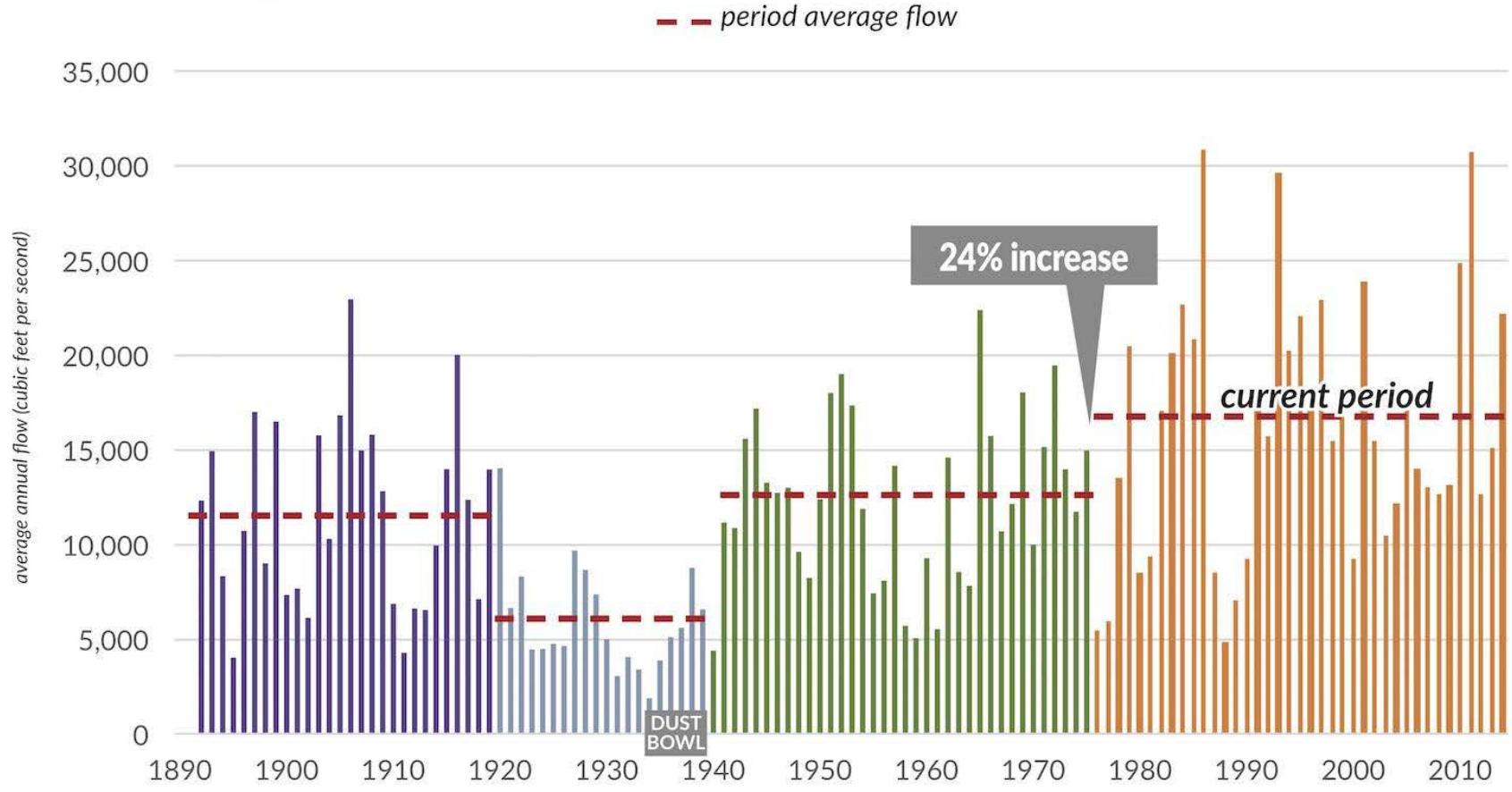
## Background

- Flow: how much water is in the river.
- High and low flows influence other indicators.
- Small changes in evapotranspiration = big changes in flow.



## Status and trends

**Figure 2. Long-term river flow trends in St. Paul, 1892-2014**

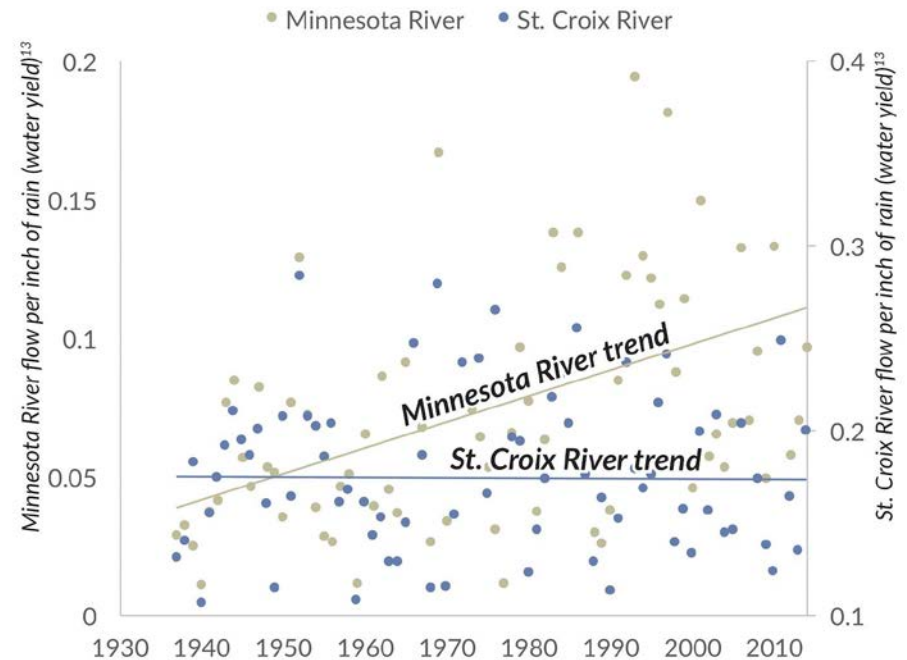


Source: United States Geological Survey and St. Croix Watershed Research Station

## Why is flow changing?

- Land receives + delivers water differently today.
- Precipitation isn't only factor influencing this trend.
- Human factors influence flow + hydrology.

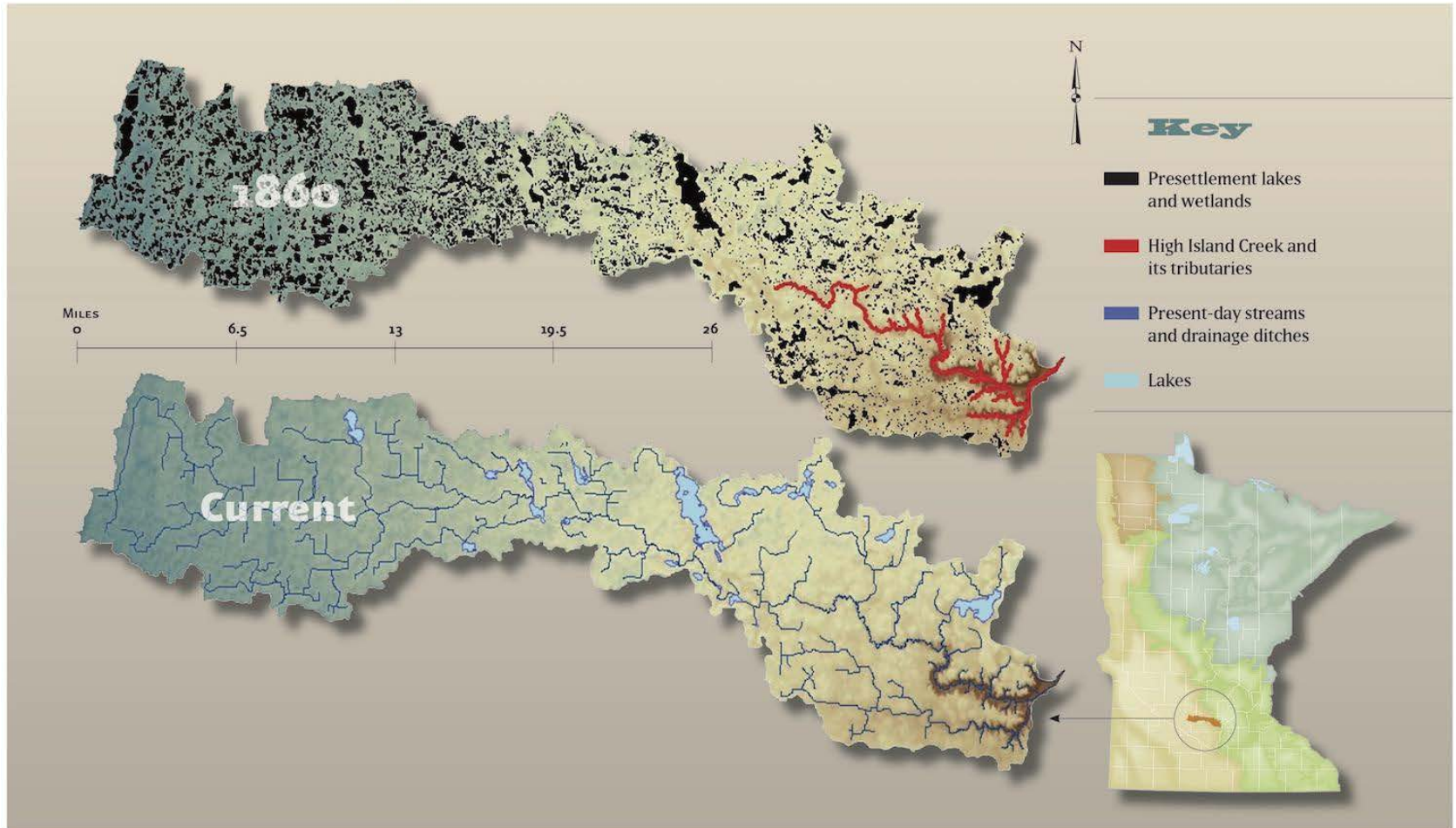
**Figure 3.** Flow per unit of precipitation in the Minnesota and St. Croix Rivers, 1937-2014



Source: United States Geological Survey, analysis provided by St. Croix Watershed Research Station

## Landscape alteration

Figure 4. Landscape alteration in Minnesota



This graphic illustrates the conversion of the 238-square mile High Island Creek watershed (near Henderson, Minn.) between 1860 and today. Extensive artificial drainage has replaced many of the lakes and wetlands, which previously stored water on the landscape.

## What can we do?

- Restore natural hydrology
  - Drainage management
  - Cropping systems
  - Water storage
- Perennial vegetation
- Residential practices
  - Rain gardens
  - Rain barrels
  - Native landscapes



# Phosphorus



# Phosphorus

## Description and impacts

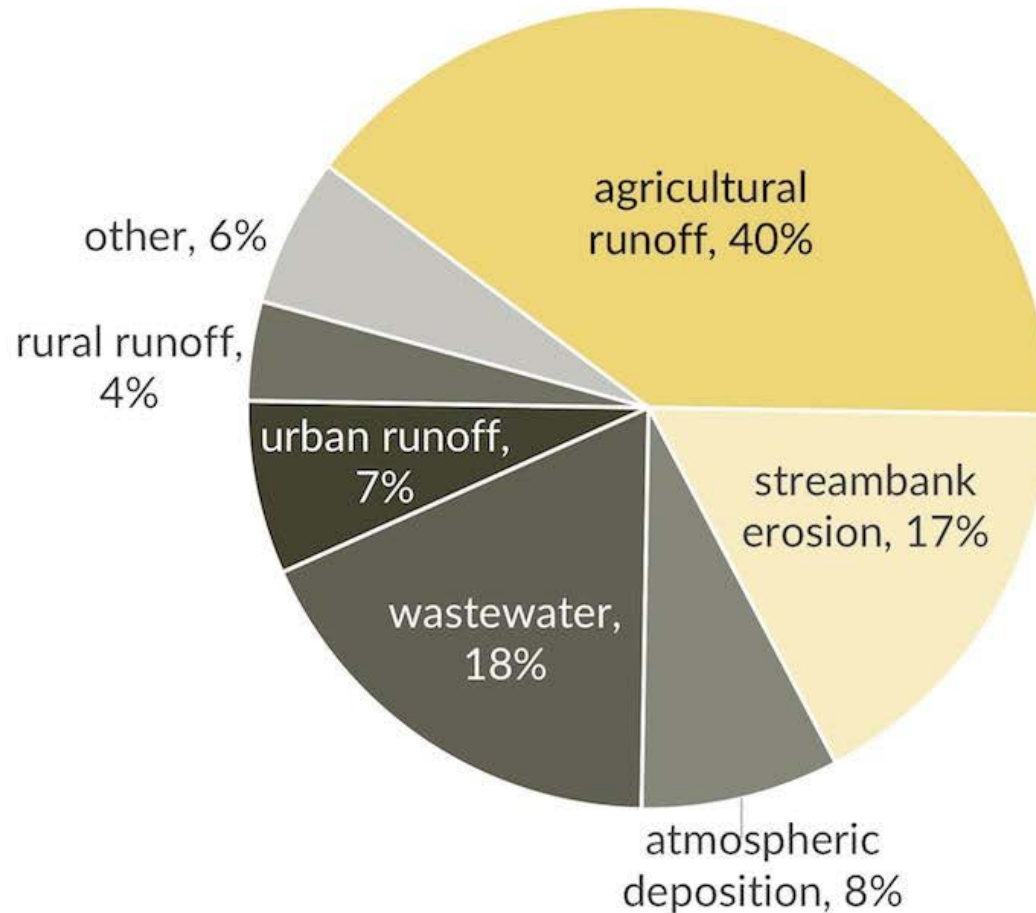
- Phosphorus is a common element.
- Excess levels impair aquatic life and recreation:
  - Algae blooms
  - Fish kills
  - Pea-soup lakes
  - Blue-green algae





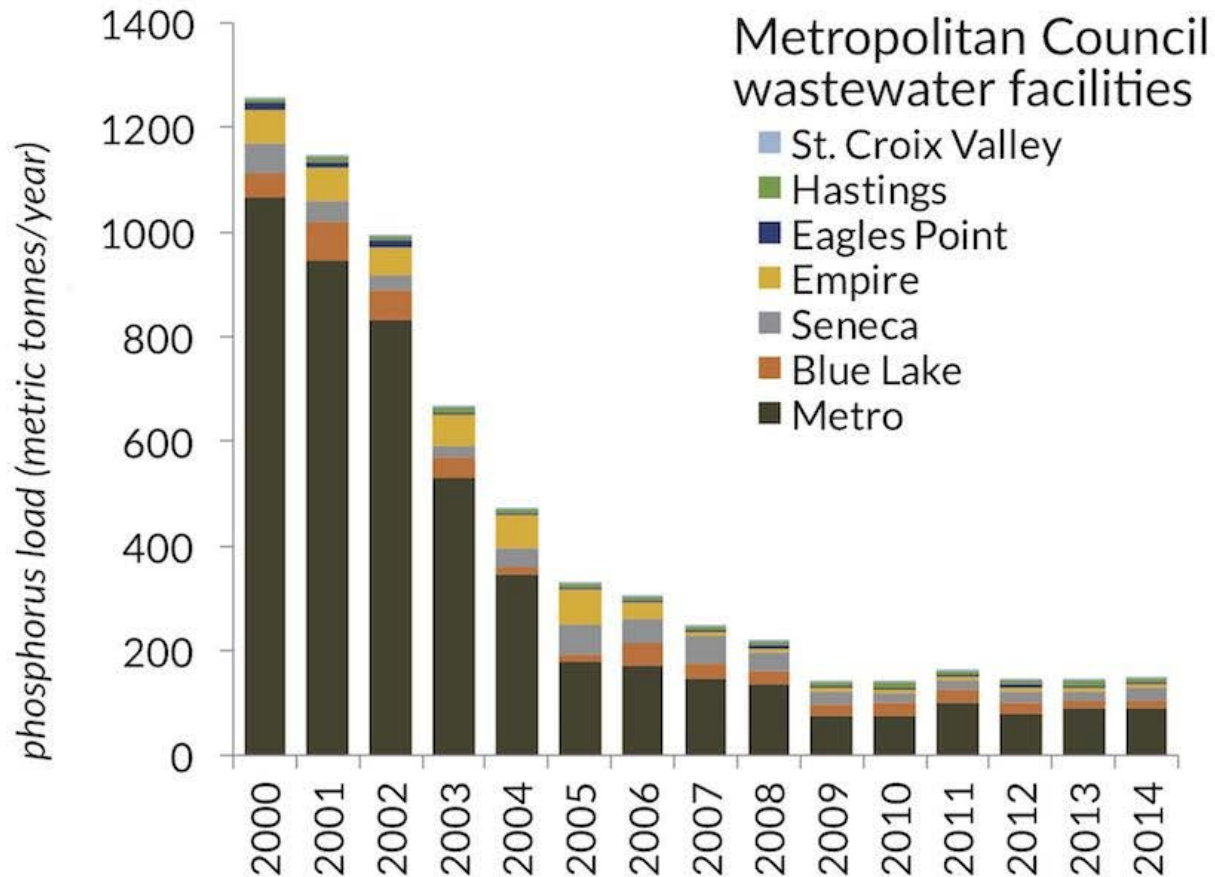
# Phosphorus

**Figure 1. Sources of phosphorus to the Mississippi River in average conditions**



Source: Minnesota Pollution Control Agency, 2014

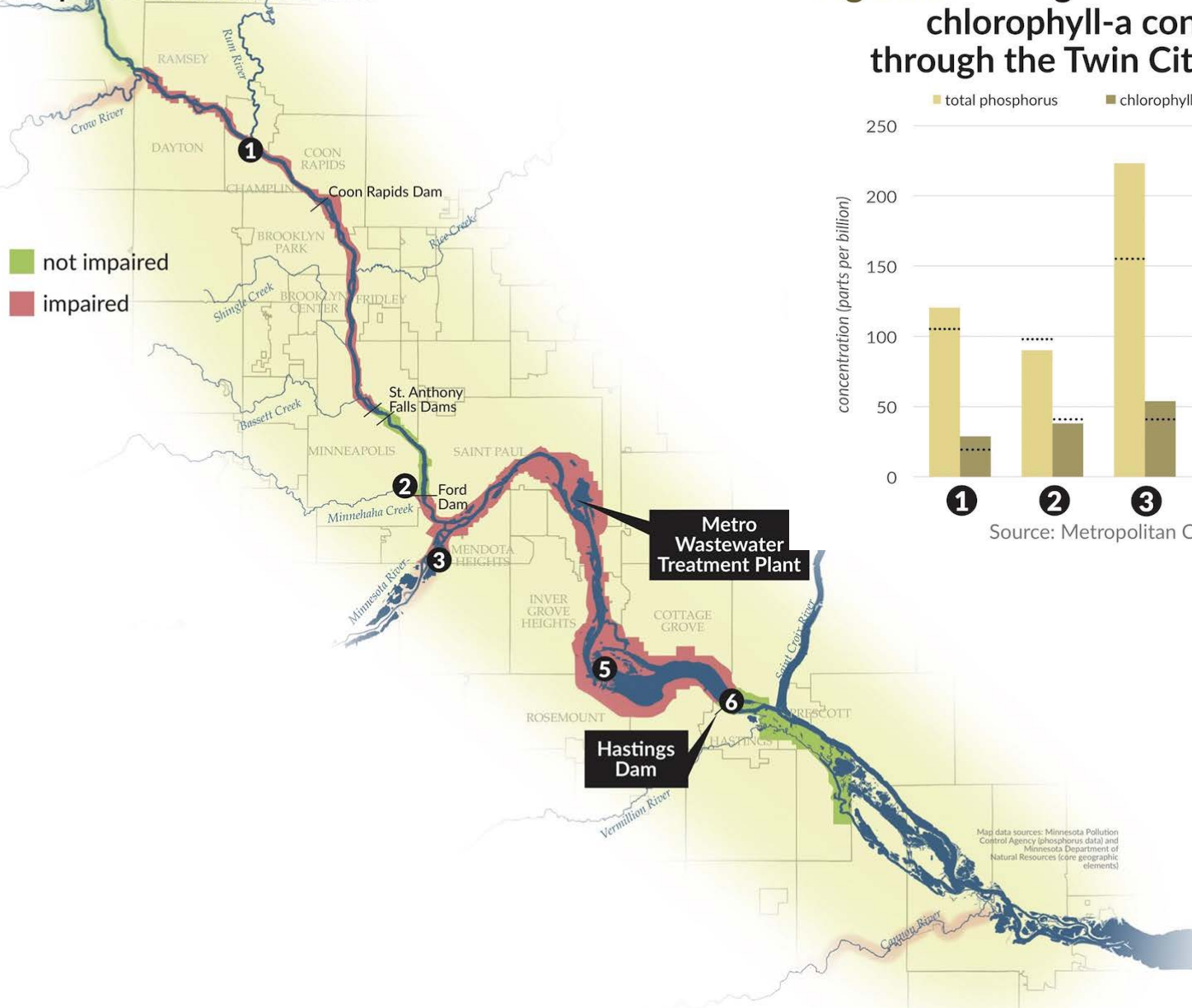
## Figure 2. Annual Metropolitan Council wastewater phosphorus loads



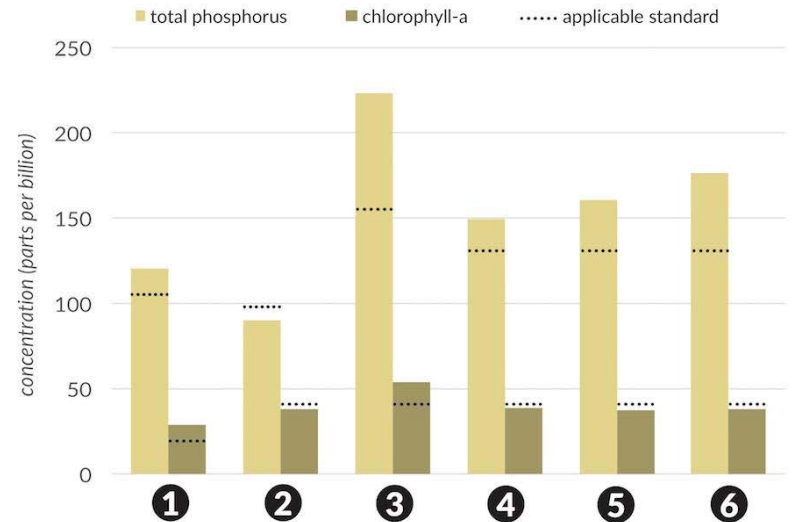
Source: Metropolitan Council Environmental Services

# Phosphorus

## Phosphorus in the metro river



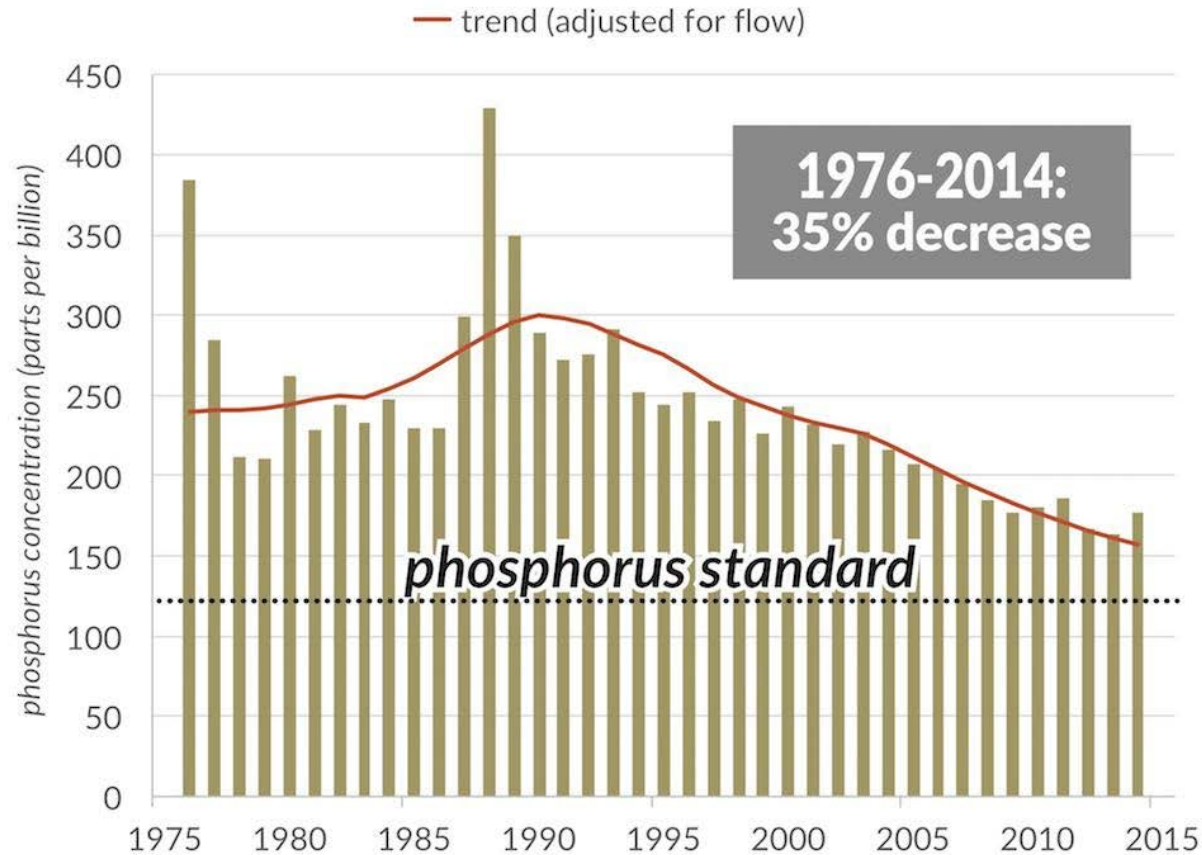
**Figure 3. Average summer phosphorus and chlorophyll-a concentrations through the Twin Cities, 2005-2014**



Source: Metropolitan Council Environmental Services

Map data sources: Minnesota Pollution Control Agency (phosphorus data) and Minnesota Department of Natural Resources (core geographic elements)

## Figure 4. Average summer phosphorus concentrations at Hastings Dam, 1976-2014



## What can we do?

- Control major sources
  - Cropland
  - Pasture
  - Streambank erosion
- Residential best practices
  - Garden chemicals
  - Soaps and detergents
  - Pet waste
  - Rake up, sweep up, pick up



# Nitrate

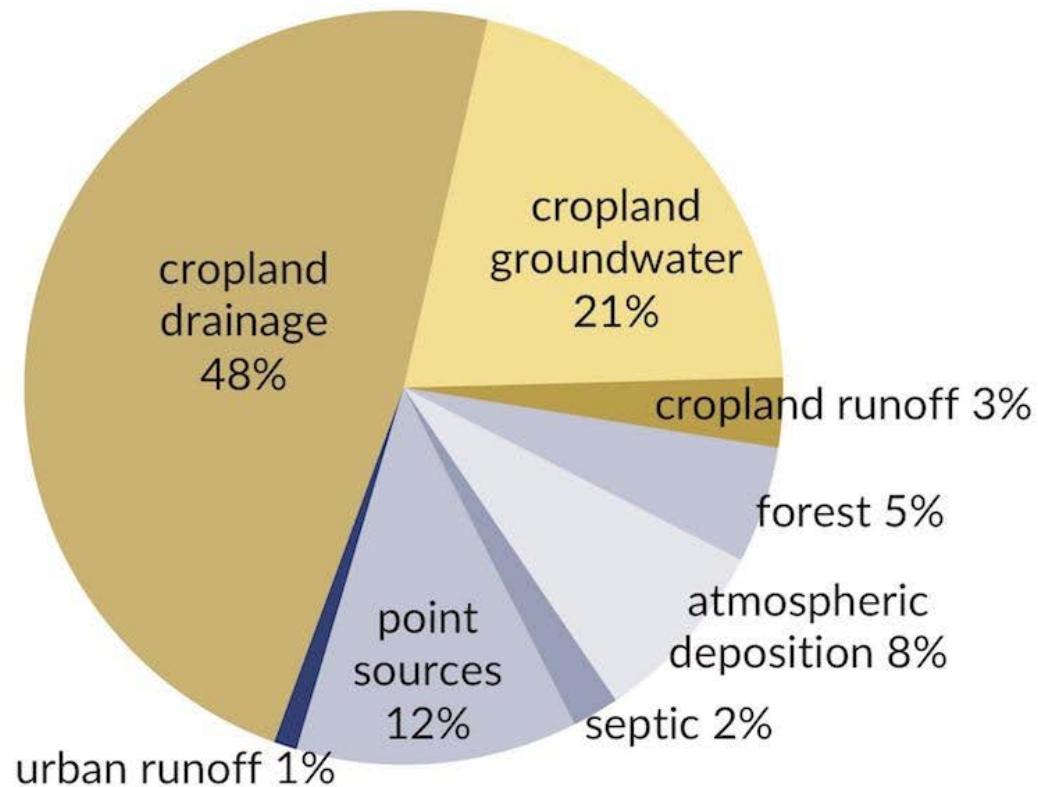


## Description and impacts

- Nitrate is a common form of nitrogen.
- Three main risks:
  - Human health: drinking water standard (10 parts per million)
  - Aquatic life
  - Gulf “dead zone”



**Figure 1. Sources of nitrogen to the Mississippi River in Minnesota in average conditions**



Source: Minnesota Pollution Control Agency, Nitrogen in Minnesota Surface Waters



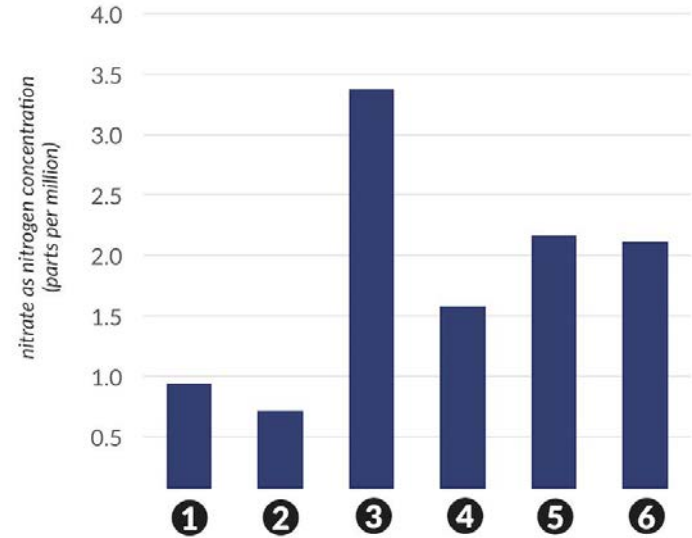
# Nitrate

## Nitrate in the metro river

Upstream of Fridley: Drinking water standard applies only to this portion of the river. River meets drinking water standard.

Drinking water source intakes<sup>a</sup>

Figure 2. Median nitrate concentrations through the Twin Cities, 2005-2014

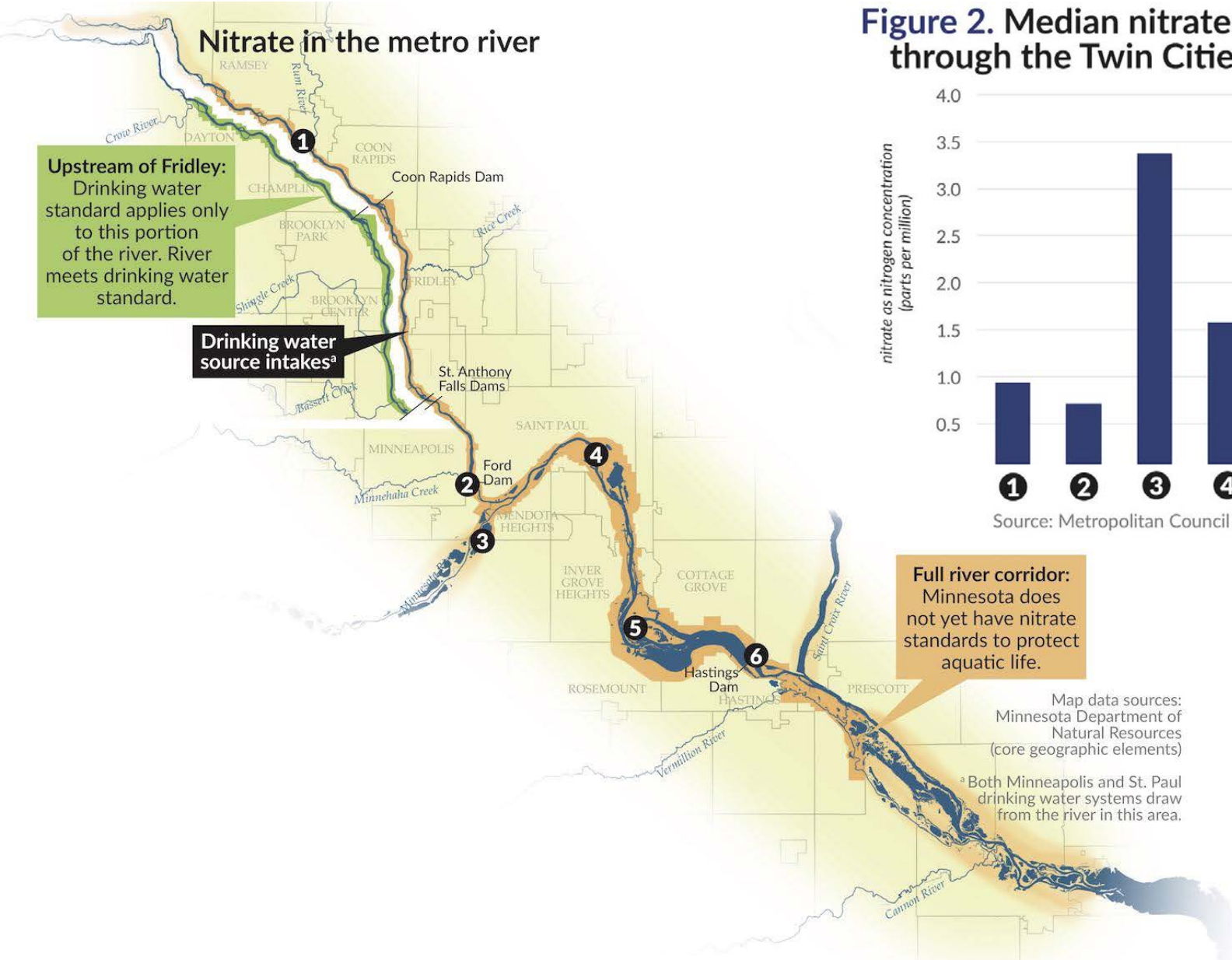


Source: Metropolitan Council Environmental Services

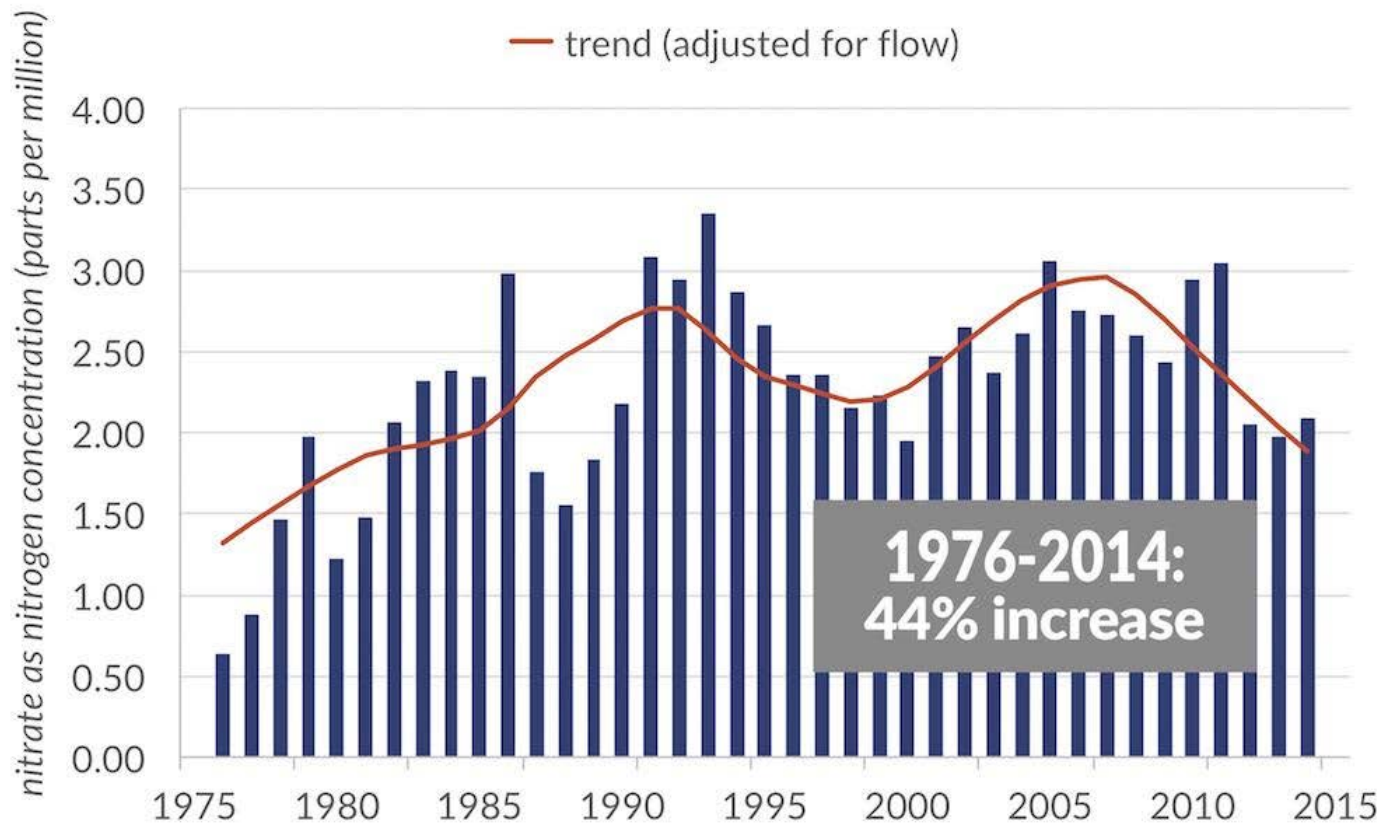
Full river corridor: Minnesota does not yet have nitrate standards to protect aquatic life.

Map data sources: Minnesota Department of Natural Resources (core geographic elements)

<sup>a</sup> Both Minneapolis and St. Paul drinking water systems draw from the river in this area.



## Figure 3. Average annual nitrate concentrations at Hastings Dam, 1976-2014



Source: Metropolitan Council Environmental Services,  
St. Croix Watershed Research Station

## What can we do?

- Establish nitrate standards.
- State goal: 45% reduction by 2040.
- Reduce major sources:
  - Agricultural drainage
  - Fertilizer use
  - Perennial crops
  - Other sources



# Bacteria



## Description and impacts

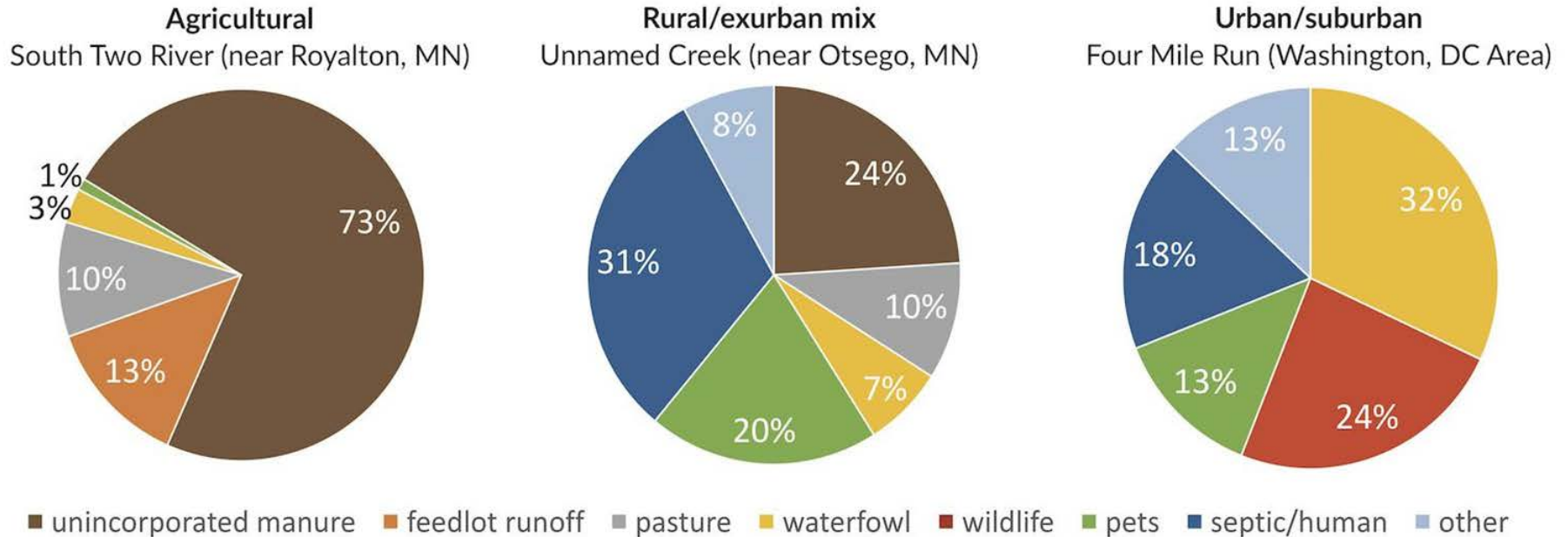
- *E. coli* bacterium indicates potential presence of pathogens.
- Contact with water with high bacteria concentrations can make recreational users sick.



## Sources

**Figure 1. Estimated bacteria sources in example streams**

These graphs show estimated bacteria sources in three representative landscape types



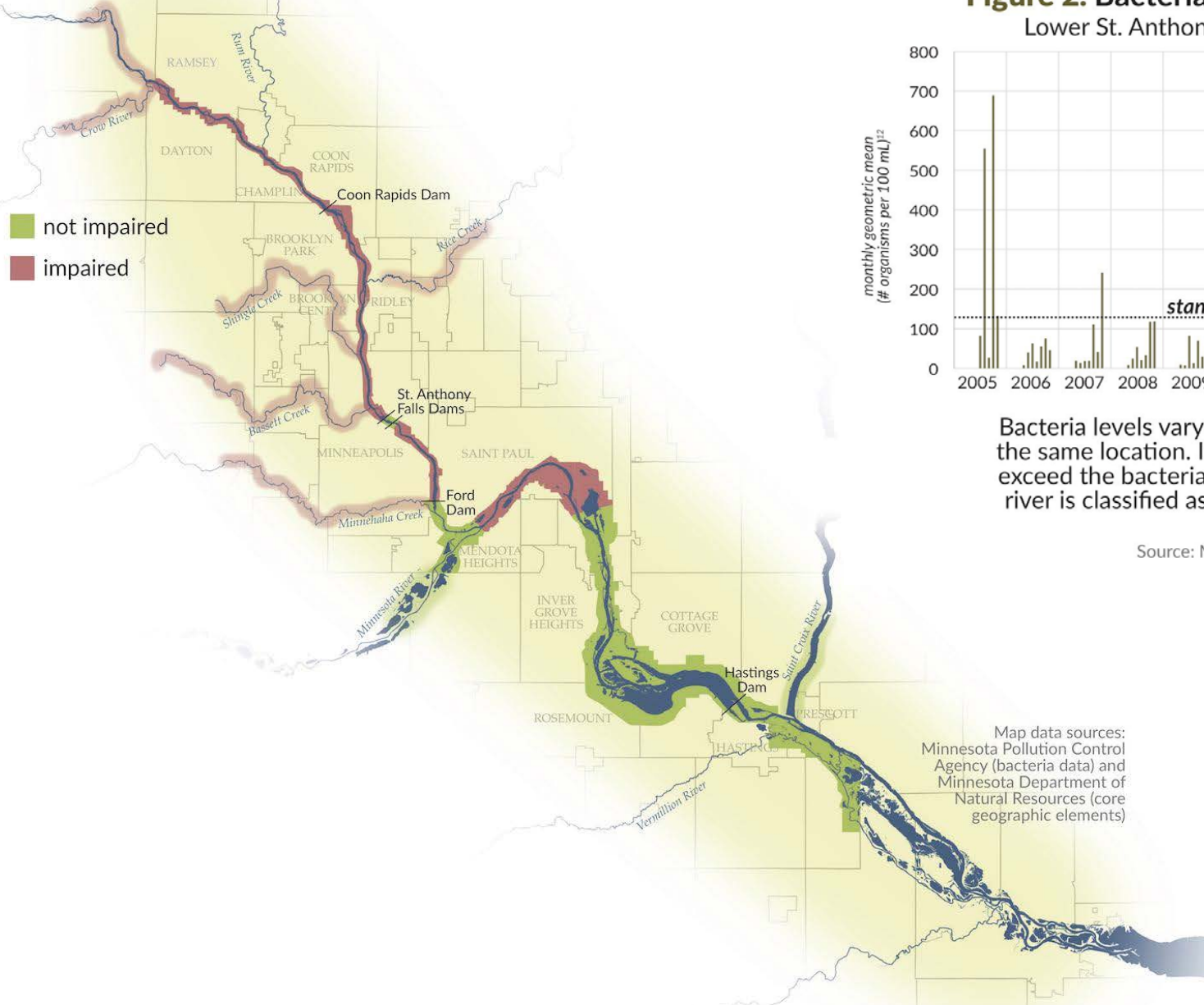
Source: Minnesota Pollution Control Agency, Northern Virginia Regional Commission<sup>11</sup>

## History and trends

- Wastewater treatment systems greatly reduced human sewage in the river.
- 1985 >: separation of sanitary and storm sewers
- 1996 >: Some stretches showed excess fecal
- 2005>: *E. coli* data collected since

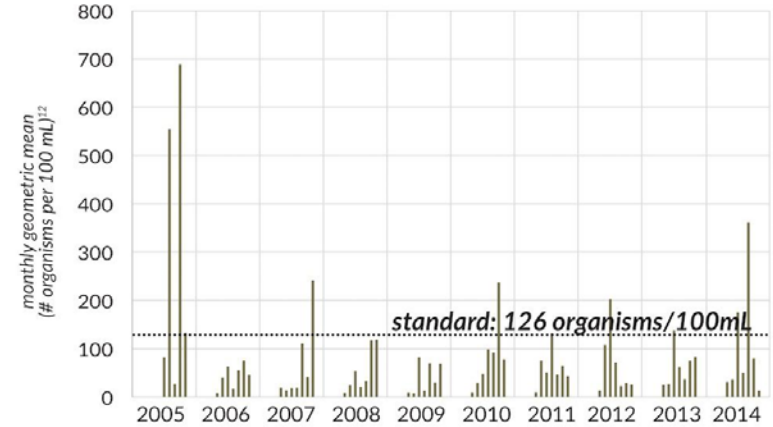
# Bacteria

## Bacteria in the metro river



**Figure 2. Bacteria levels, 2005-2014**

Lower St. Anthony Falls to Ford Dam



Bacteria levels vary greatly over time, even at the same location. If enough samples at a site exceed the bacteria standard, that part of the river is classified as “impaired” for having too much bacteria.

Source: Minnesota Pollution Control Agency

Map data sources:  
Minnesota Pollution Control Agency (bacteria data) and  
Minnesota Department of Natural Resources (core geographic elements)



## What can we do?



- MPCA's clean-up plan
  - Identify sources
  - Propose source reductions
- You can help:
  - Pick up pet waste
  - Reduce runoff
  - Septic systems

## **So, can I swim in the river?**

Swimming and recreation should be limited in impaired reaches of the river, and you should always wash up afterwards.

Swimming should be avoided throughout the river within 48 hours of rain events.



## The metro river is a world-class fishery.

24 RIVER LIFE



### Fish survey

Anglers have embraced the metro river as a world-class fishery.

There has been an increase in the diversity and quality of the river's fishery, particularly smallmouth bass and walleye, since the 1970s.

Catch-and-release regulations are in place for portions of the river.

River managers lack data on species mix and trends.

The data also allowed sewage, mill and stockyard waste to accumulate on the river surface, capturing public attention on the need for river clean-up - particularly during hot summer months.

In addition, lock and dam installation has altered fish migration patterns. Whereas St. Anthony Falls was a

**Background.** Historically, the river has been home to abundant populations of fish and wildlife. Scientists estimate there were nearly 120 native fish species below St. Anthony Falls and approximately 60 species above the falls, which served as a natural migration barrier.

Fish populations dramatically declined following European settlement, when the river was used as a dumping ground for sewage, milling waste, stockyard waste and untreated runoff. In 1926, fish survey data showed only two living fish in the river between St. Anthony Falls and Hastings.

Subsequent improvements in water management, including construction of the Metro Wastewater Treatment Plant in 1938, regulation of urban and industrial pollution, and passage of the 1972 Clean Water Act, along with other factors, have resulted in improved fish populations in the river.

**Locks and dams.** The construction of locks and dams has played an important part in the river's ecology. Dam construction impacts river flow (converting free-flowing water to more stagnant pools), impacting some fish and floodplain vegetation. In addition, sediment accumulation behind dams can bury fish habitat at important locations.

### Figure 1. Walleye catches between Ford and Hastings Dams



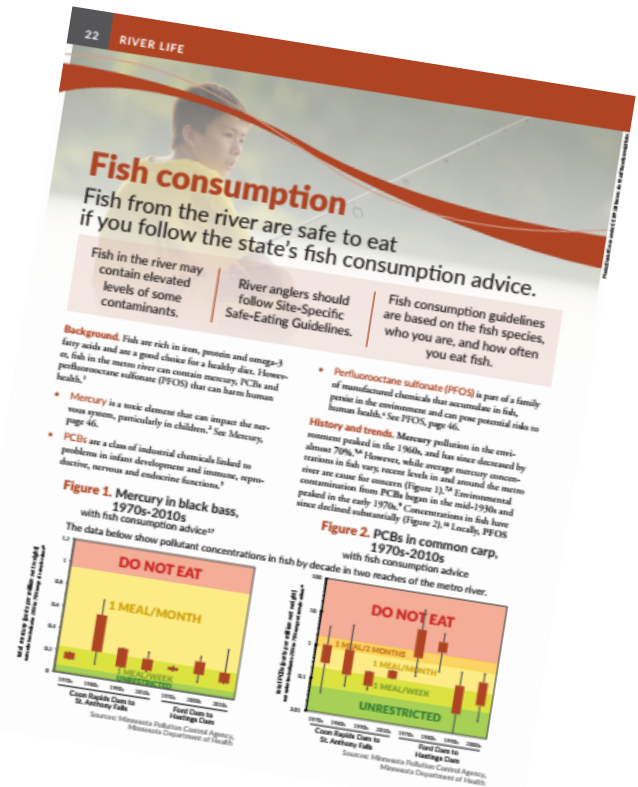
Year	Walleye < 20 inches long	Walleye > 20 inches long	Total
1979	2.0	0.0	2.0
1980	2.0	0.0	2.0
2000	2.0	1.0	3.0
2008	2.0	4.0	6.0

Source: Minnesota Department of Natural Resources

- Vastly improved fishery
  - Trophy walleye
  - World class smallmouth
- Catch-and-release regulations in place
- Need more data on species mix and trends

## Fish from the river are safe to eat if you follow state fish consumption advice.

- River fish may contain elevated levels of some contaminants.
- Follow site-specific consumption advice.
- Consumption guidelines based on:
  - Location + species + who you are
  - Exclude catch-and-release species



## Invasive Asian carp continue moving into the metro river.

- Asian carp are an invasive fish.
- At least 19 have been caught in Lake Pepin and the metro river since 2011.
- Changes in lock management have been made.



## The metro river is home to a resilient population of bald eagles.

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### Bald eagles

The metro river is home to a resilient population of bald eagles.

Eagles along the river have made a dramatic comeback from near-extinction.

Lead levels in nestlings are higher in the metro river corridor than elsewhere in the region.

Levels of several contaminants are declining, but remain cause for concern.

**Background.** In 1963, only 417 bald eagle pairs nested in the lower 48 states. Today, nearly 10,000 pairs live in the lower 48 states, including over 1,300 in Minnesota.<sup>1</sup> This extraordinary recovery is linked to protections offered by the Bald Eagle Protection Act (1940),<sup>2</sup> the Clean Water Act (1972),<sup>3</sup> a national ban on DDT (1972),<sup>4</sup> and the Endangered Species Act (1973).<sup>5</sup>

Eagles feed primarily on aquatic prey and are susceptible to contaminants present in fish and other wildlife. Young bald eagles ("nestlings") are particularly vulnerable to these contaminants, and can help us understand overall ecosystem health.

**Population status.** Currently, the metro river is home to approximately 55 active nesting sites. This is approximately a 35% increase since 2011, indicating a strong and stable bald eagle population. Research is tracking this productive eagle population, which averages about one and a half nestlings per nest, well over the threshold for a healthy population (Figure 1).<sup>6</sup> Though the reproductive rate has varied over the years, it remains high relative to other areas mentioned by the National Park Service.

**Nesting health status.** From 2006 through 2015, the National Park Service visited nests annually to take samples to measure levels of targeted contaminants, including:

- **PFCS:** Perfluorinated chemicals (PFCS) are a family of man-made chemicals widely used in stain-, grease-, and water-resistant products. High levels of PFCS in humans are associated with obesity, diabetes

and early menopause in women. PFCS, including PFOS (see PFOS, page 46), also contribute to fish consumption advisories in the metro river (see Fish Consumption, page 22). Overall concentrations of PFCS declined in nestlings between 2006 and 2014. However, compared to upriver nestlings, PFCS levels were nearly twice as high in the lower portion of the metro river, including record levels in a nestling near Hastings (Figure 2).<sup>7</sup>

- **Lead.** Lead is a neurotoxin with potentially harmful impacts to eagle nestlings and other wildlife. It is introduced into the environment via industrial uses, fishing tackle,

**Figure 1. Nestlings per nest**



Year	Nestlings per nest
2006	2.2
2007	1.8
2008	2.4
2009	2.1
2010	2.3
2011	2.0
2012	2.2
2013	2.1
2014	2.3
2015	2.2

Source: National Park Service

- Eagles have made a dramatic comeback.
- Higher nestling lead levels.
- Levels of other contaminants are declining, yet cause for concern.

## Some native mussel populations are gradually being re-established.

RIVER LIFE 31

### Mussels

Some native mussels are gradually being reestablished in the metro river.

The presence of mussels is a good biological indicator of river health.

River pollution eliminated mussels from much of the metro river in the early 1900s.

Mussel habitat is degraded below the confluence with the Minnesota River.

**About mussels.** Native mussels perform important functions in water bodies, and their presence is a good biological indicator of overall river health. Minnesota's native mussels filter solid material like plant debris, bacteria and runoff from the water, and excrete nutrients used by plants and other animals.<sup>1</sup>

**Health and lifecycle.** Mussels spend their lives partially or fully buried in mud, sand or gravel in lakes, rivers and streams. They require a stable surface, dissolved oxygen, and a food supply of organic matter to filter from the water passing over them. Mussels reproduce by releasing larvae that attach to a host animal, usually fish (Figure 1). Once attached to their host, the larvae metamorphose into adults, leave the host, and take up life in the river bottom.<sup>2</sup>

**Status.** Because they can't swim away, mussels are directly impacted by river contaminants. The discharge of untreated waste to the river through the early 1900s eliminated the mussel population downstream of St. Anthony Falls. Since then, mussels have responded favorably to improved sewage treatment, the separation of storm sewers from sanitary sewers, and other water quality improvements.<sup>3</sup>

Mussel habitat downstream of the confluence with the Minnesota River is degraded, most likely due to high loads of sediment and other pollutants. However, some mussel species have returned and this lower reach of the river now supports 28 of the original 43 native mussel species.<sup>4</sup> Upstream of

**Figure 1. The lifecycle of a mussel**

Source: Water Resources Center at Minnesota State University, Mankato

St. Anthony Falls, where lock construction added host fish passage and mussel migration, there are 18 native mussel species.<sup>7</sup> Upstream of the Coon Rapids Dam, seven of nine historical native species are present.<sup>8</sup>

**Management solutions.** Reducing pollution is critical to improving mussel abundance in the river. Efforts to remove fish migration barriers like dams would also benefit mussel populations, but would need to be coordinated with efforts to control the spread of invasive Asian carp. In addition, ongoing efforts to reintroduce native mussels into the metro river will be important to their continued recovery.

- Indicator of river health.
- Mussel habitat degraded below Minnesota River confluence.
- Species diversity + abundance have not fully recovered to historic levels.



## The lower portion of the metro river is impaired due to excess sediment.

- Excess sediment can harm aquatic wildlife + habitat.
- 76% comes from the Minnesota River basin.
- Lake Pepin filling in at 9 times its natural rate.




## The river meets standards for chloride, but levels are increasing in the metro area.

- Primarily from road deicing salt, water softeners.
- 1 teaspoon of salt permanently pollutes 5 gallons of water.
- 39 local water bodies impaired.



## The metro river meets standards for pesticides.

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### Pesticides

The metro river meets standards for pesticides.

Pesticides are used to control unwanted insects, weeds and other pests. At elevated levels, pesticides can harm aquatic life and beneficial pollinators.

Herbicides 2,4-D, acetochlor, atrazine and metolachlor are frequently detected at levels well below state standards.

**Description and Impacts.** Pesticides are used to control unwanted insects, plants, rodents, fungi, mold or bacteria. Pesticides are applied in both agricultural and urban areas. Pesticides can move into waterbodies through runoff, groundwater discharge and wind. Pesticide detections in waterbodies are dependent on pesticide use, river flow and season.

The Minnesota Department of Agriculture (MDA) monitors for pesticides in surface waters. Statewide the MDA has identified these compounds as surface water pesticides and of concern: acetochlor and atrazine (both herbicides) and chlorpyrifos (insecticide).

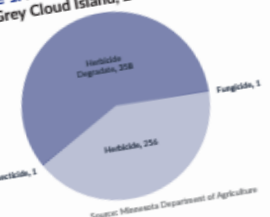
Metolachlor is a widely used agricultural herbicide, and 2,4-D is a broadly used herbicide in both agricultural and developed areas. The MDA also monitors for six insecticide compounds. Neonicotinoids are a group of insecticides that are used widely on farms and in urban and suburban landscapes. Insects including bees and butterflies, as well as earthworms, can be harmed by neonicotinoids. Pollinators may become sick or die if they visit plants treated with neonicotinoids.<sup>11</sup>

**• Atrazine** was introduced in 1954 for weed control in corn production, and has possible links to prostate and other cancers in humans and to reproductive deformities in frogs.<sup>12</sup> It has been found in groundwater and surface waters across Minnesota.<sup>13</sup> Farm operators may not apply atrazine within 66 feet of waterbodies.<sup>14</sup>

**• Acetochlor** used primarily in corn and soybean production, was introduced in 1994, and is classified as a "probable human carcinogen."<sup>15</sup> Farm operators are encouraged to not apply acetochlor within 66 feet of waterbodies.<sup>16</sup>

**• Chlorpyrifos** has been used since 1965 to control pests.<sup>17</sup> It can be toxic to birds, fish and insects, including bees.<sup>18</sup> Farm operators may not apply chlorpyrifos within 25 feet (ground application) or 150 feet (aerial application) of water bodies.<sup>19</sup>

**Figure 1. Pesticide detections by type at Grey Cloud Island, 2010-2015<sup>20</sup>**



Pesticide Type	Count
Herbicides (Degradate)	208
Herbicides	236
Fungicide	1
Insecticide	1

Source: Minnesota Department of Agriculture

- Used to control unwanted insects, weeds, other pests.
- Can harm aquatic life and beneficial pollinators.
- Several herbicides frequently detected (at levels well below state standards).

## Fibers are the most common microplastic in the metro river.

- Tiny pieces of plastic, abundant in the environment.
- Potential risks to wildlife and human health.
- Research is underway to better understand their presence.



## Additional contaminants of concern may negatively impact the health of the metro river.

- **Pharmaceuticals** repeatedly detected in rivers and streams.
- **Mercury** and **PFOS** contribute to fish consumption advisories.
- **Triclosan-derived dioxins** up 200-300% in Lake Pepin



# Summary and conclusions



# Summary and conclusions

## THE GOOD NEWS

### Mussels



### Bald eagles



### Fish



# Summary and conclusions

## THE GOOD NEWS (FOR NOW)

**Pesticides**



**Chloride**





# Summary and conclusions

## CAUSE FOR CONCERN

- **Sediment**
- **Bacteria**
- **Phosphorus**
- **Fish consumption**



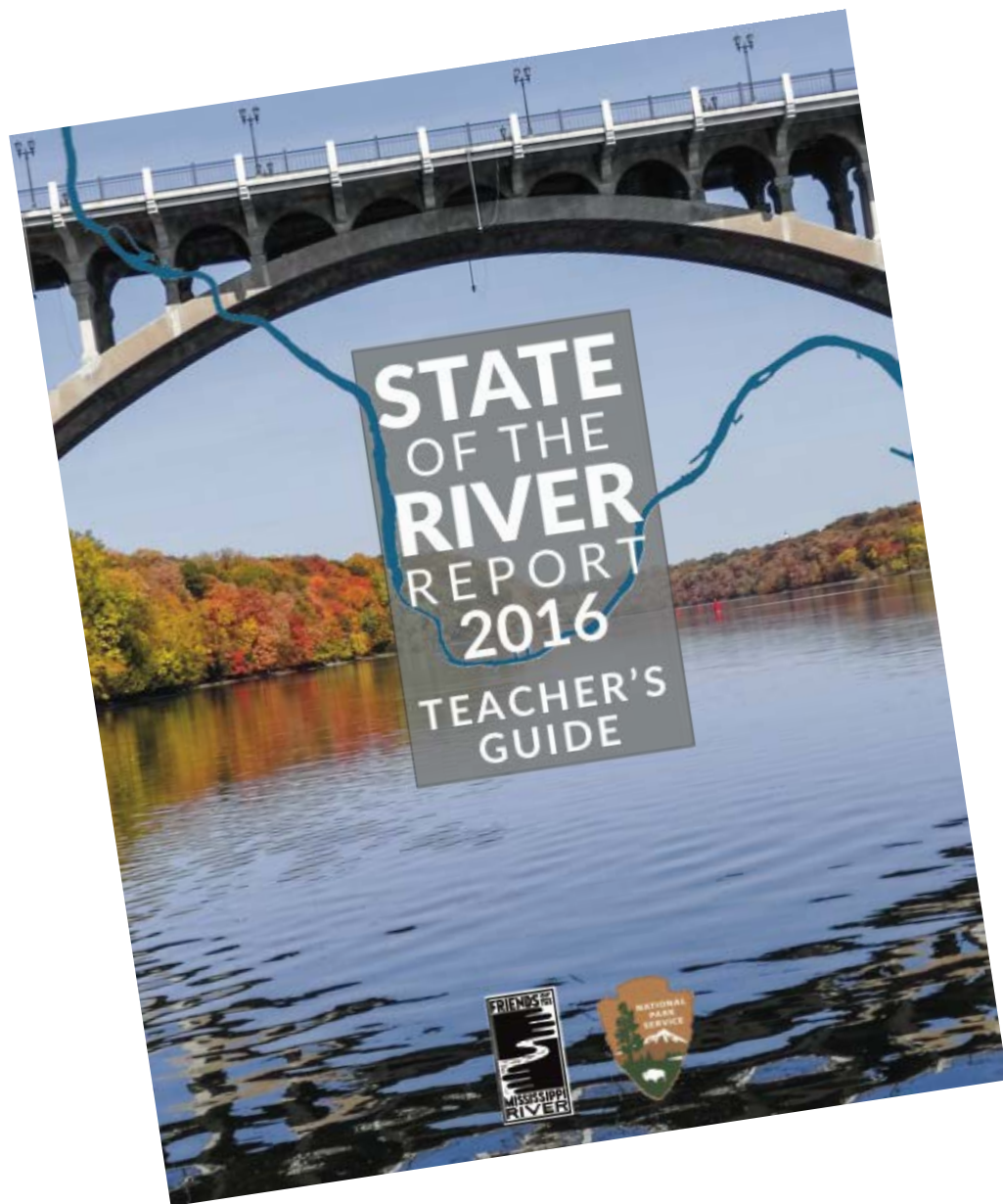
# Summary and conclusions

## CAUSE FOR ALARM



- **River flow (up 24%)**
- **Nitrate (up 44%)**
- **Invasive Asian carp**
- **Emerging contaminants**

# Stewardship Guide & Teacher's Guide



# FMR's Policy Guide

## FMR's Policy Guide

Top 10 actions that federal, state,  
and local leaders can take  
for the river



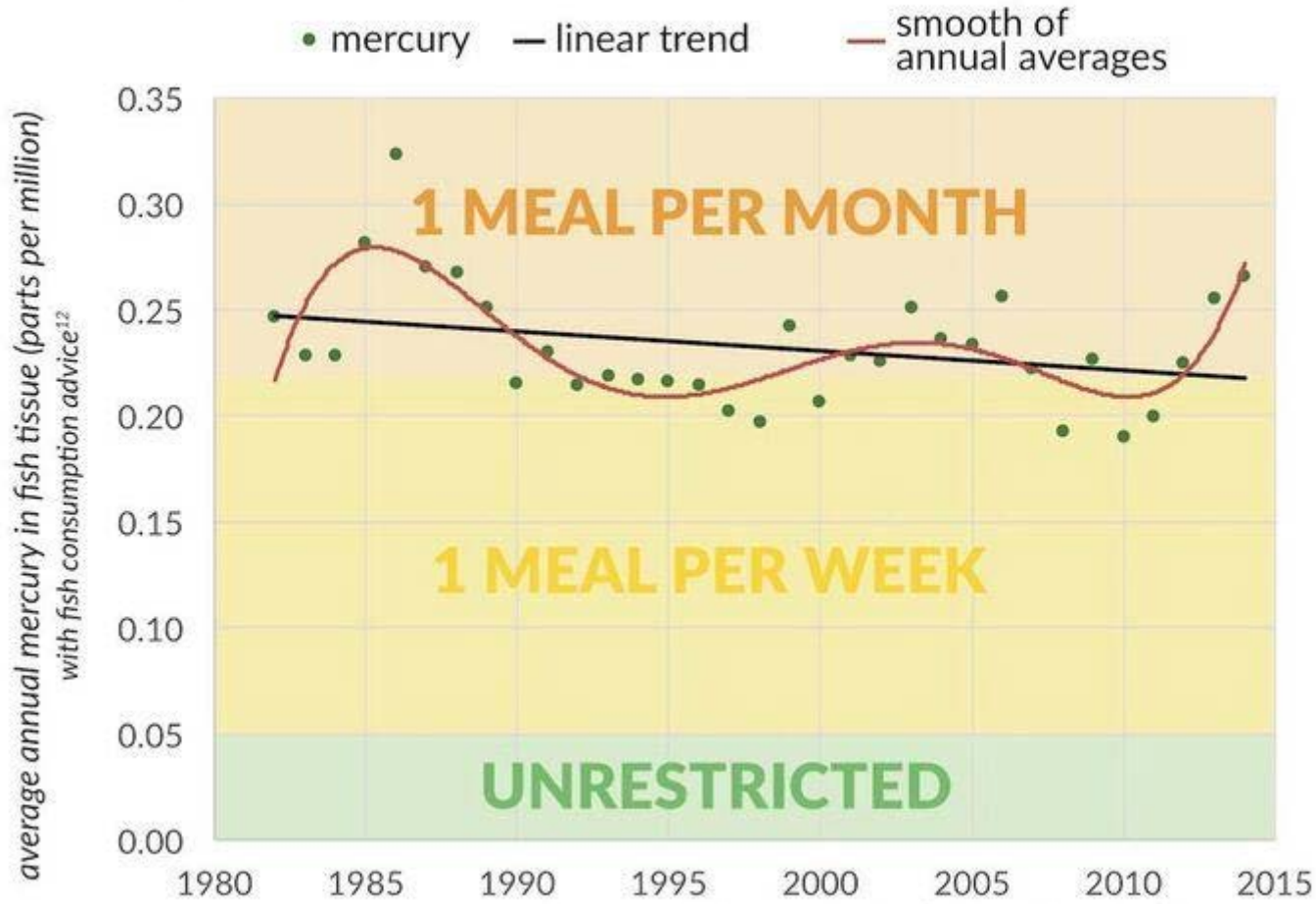


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Water quality and river health  
in the metro Mississippi River



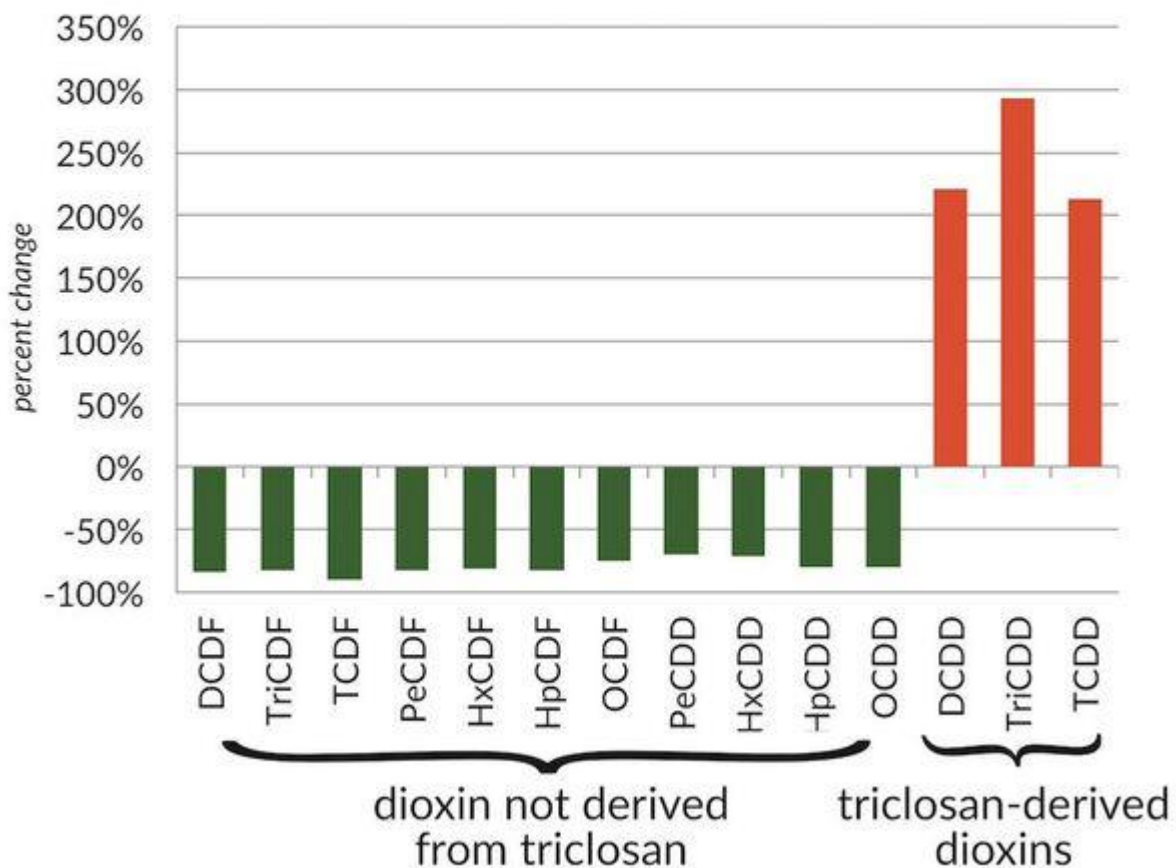
# Mercury trends in northern pike and walleye in Minnesota lakes, 1982-2014



Source: Minnesota Pollution Control Agency, Minnesota Department of Health

## Triclosan-derived dioxin trends in Lake Pepin

triclosan-derived dioxins vs. non-triclosan-derived dioxins in Lake Pepin sediment cores since the 1960s

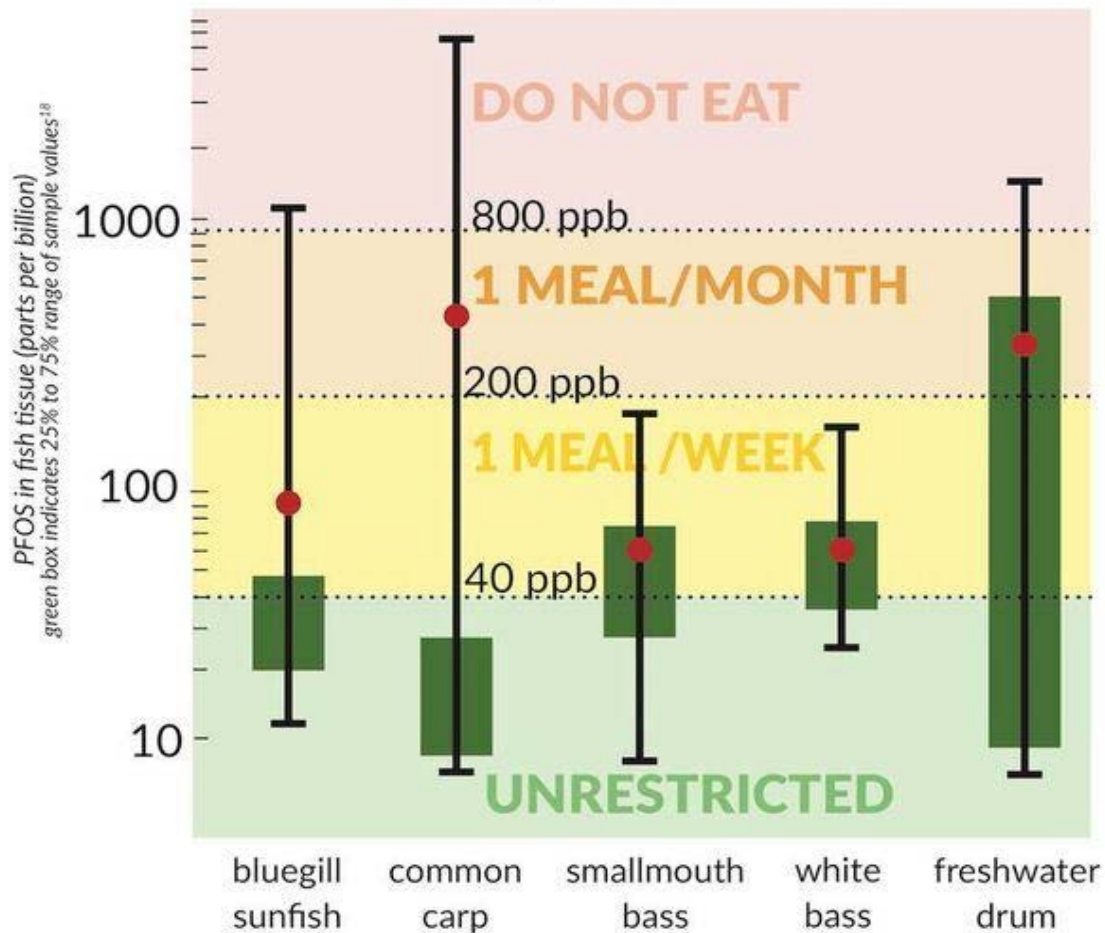




# PFOS in fish above Hastings Dam, 2012

with fish consumption advice

● average concentration<sup>19</sup>



Sources: Minnesota Pollution Control Agency (2012)  
and Minnesota Department of Health