

Overfishing in Canada

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For many years, overfishing has been a substantial problem around the world. This action is destroying our underwater ecosystem and putting our world in danger. In this article, you, will learn about the reality of overfishing in Canada and how we can put an end to it.

What is overfishing, and why is it a problem?

Overfishing occurs when a large number of fish are caught at once, causing the reproductive population to become too reduced to recover. Overfishing is frequently associated with inefficient commercial fishing practices that bring in large quantities of undesirable fish or other animals, which are then discarded. Overfishing is a big problem for our oceans because it's slowly killing our ecosystems. The whole underwater food chain is impacted by our carelessness. One missing link in the chain will cause another link to increase or decrease, and

it is like a domino effect; the whole ecosystem will collapse. Also, at the rate that we're fishing, by 2050 there will be more plastic in the ocean than fish. We need to work together to slow this down or even stop this.



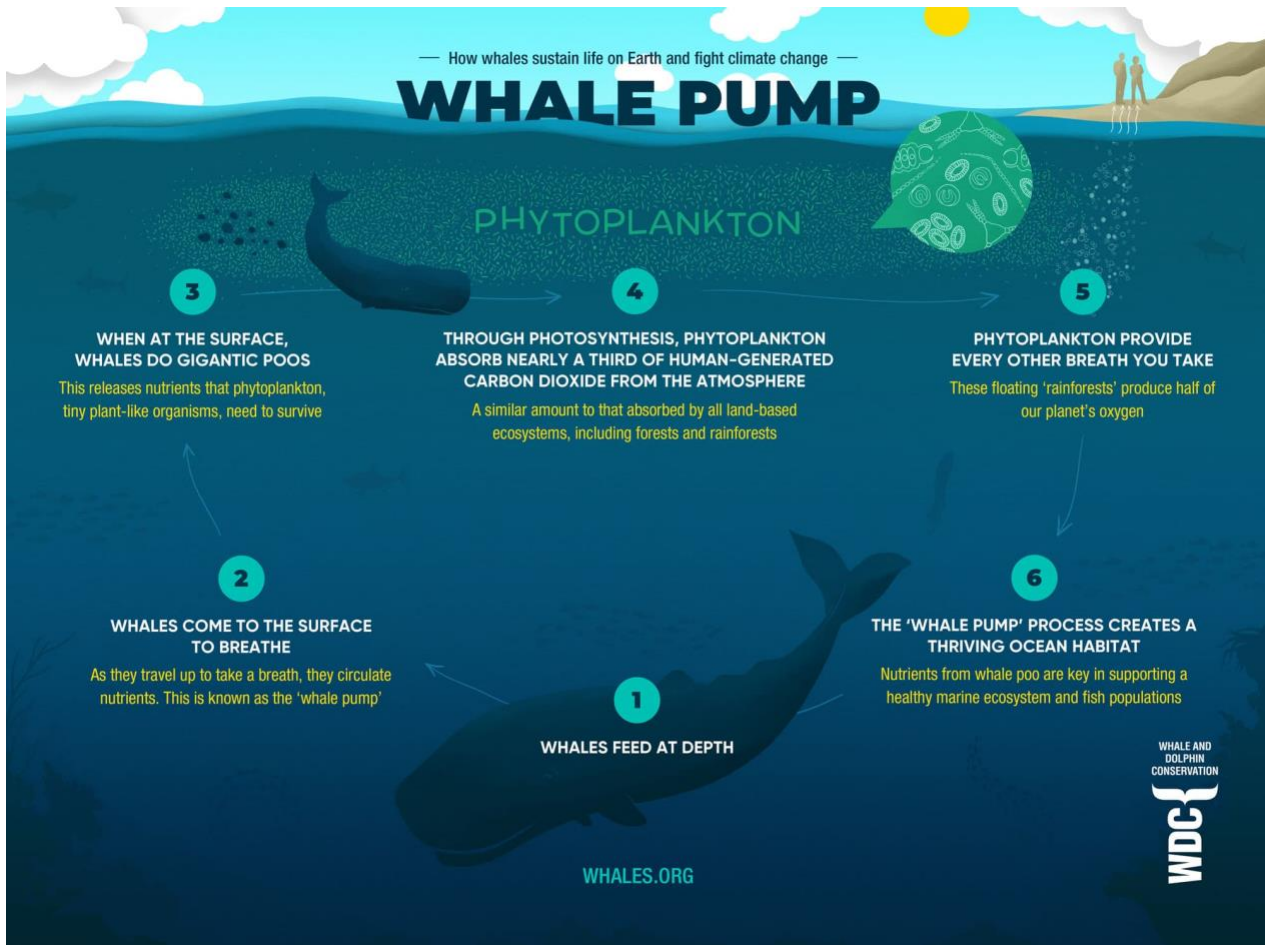
Why is there overfishing in Canada?

Fish is an important source of food and a delicacy for many people. Hence, more fish is taken from the ocean to arrive on our plates. In general, the catch limit in Canada is too high. This causes overfishing in the oceans, rivers, and lakes which leads to multiple issues. One of the most well-known examples of overfishing and its economic, social, and cultural consequences is the collapse of the Atlantic Canadian cod fishery in the 1990s. This collapse happened because cod mortality was growing, and this species was in danger. Many harvesters have been forced to give up fishing and a way of life passed down from generation to generation. Thousands of people left the fishing industry in search of work in other industries

or professions, as well as in other parts of the country. Therefore, overfishing affects Canadian food production, jobs and the underwater ecosystem.

Whales are also threatened by overfishing.

Scientists working with the International Whaling Commission estimate that commercial fishing kills 300,000 cetaceans (whales, dolphins, and porpoise) annually. In British Columbia, from 2018 to 2021, 21 whales have been found dead on the shore of many beaches. Scientists say that the deaths are caused by the entanglement of fishing gear and overfishing. Overfishing minimizes the amount of food for the whales because squid, octopus, crustaceans, and fish are important sources of food and their nutrients. Also, whales can swallow fishing gear or get entangled in them which can harm and even kill them. Most importantly, whales are salient members of the marine ecosystem, contributing to the production of oxygen through a process called **whale pump**. Finally, they maintain fish stocks by eating fish. Therefore, we need to act and make a change to save the whales and our underwater ecosystem.



Whale pump process



Whale entangled in fishing nets



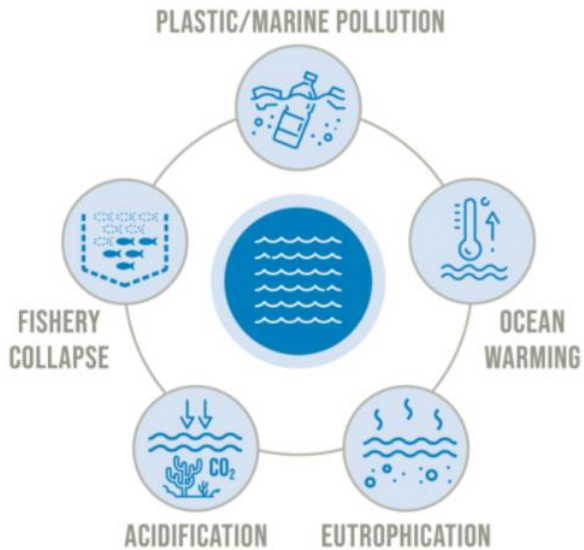
Whale washed up on the B.C shores

How to achieve the UN Sustainable development goal #14: Life under water

Our oceans are not sustainable for the 3 billion people who rely on them. They are getting polluted, too acidic, too warm, the fishing industry is collapsing, and there are places where there is no oxygen to support animal life. We need to take action, but how? It might seem hopeless to us, who seem to have no impact on our planet, but there are ways to turn this around. Here are 3 of them.

- **No-take zones** to decrease fishing worldwide. A No-take zone is an area set aside by the government where no extractive activity is allowed. Adding a no-take zone to Canadian shores will help not only the fish, but the ecosystem as well.
- To replace the fish, we can start **eating more vegetables and fruits and less animal products, replacing them by other forms of protein like beans, lentils, tofu, and eggs**. This change will keep us healthy in many ways and help our environment substantially.
- **Make a campaign and support Organizations** to spread the word and show people the reality in our world, by doing this, we can influence the fishing industries and make them reduce the number of fish taken from the oceans.

THE SUSTAINABILITY
OF **OUR OCEANS** IS
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In conclusion, overfishing is a problem, and it is growing rapidly. To terminate overfishing, we need to spread the word and make a change or else our underwater ecosystem will be unhealthy and will eventually perish.



Credits for the images:

Net with fish: <https://www.worldwildlife.org/threats/overfishing>

Boat full of fish (yellow pants): <https://phys.org/news/2019-05-overfishing-ocean-stocks-plummet.html>

Whale stuck in fishing net:

<https://www.worldanimalprotection.org/news/33ft-sperm-whale-trapped-fishing-net-dies-we-urge-more-action-protect-marine-animals>

Whale on shore: <https://www.saanichnews.com/news/three-grey-whales-wash-up-off-b-c-coast/>

The sustainability of our oceans is under severe threat:

<https://sdgs.un.org/goals/goal14>

Penguin: <https://sdgs.un.org/goals/goal14>

Whale pump process: <https://us.whales.org/green-whale/>

#StopOverfishing: <https://europe.oceana.org/en/our-work/stop-overfishing/overview>

Sources:

<https://www.worldwildlife.org/threats/overfishing>

<https://www.nytimes.com/roomfordebate/2013/01/10/did-we-save-the-whales-19/overfishing-threatens->

[whales#:~:text=Overfishing%20also%20threatens%20the%20whales,climate%20change%20bring%20additional%20threats.](https://www.nytimes.com/roomfordebate/2013/01/10/did-we-save-the-whales-19/overfishing-threatens-whales#:~:text=Overfishing%20also%20threatens%20the%20whales,climate%20change%20bring%20additional%20threats.)

<https://therevolutionmovie.com/index.php/open-your-eyes/overfishing/solutions/>

https://en.wikipedia.org/wiki/Collapse_of_the_Atlantic_northwest_cod_fishery

<https://us.whales.org/green-whale/>

Book: [The End of the Line: How Overfishing Is Changing the World and What We Eat](#)