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“As demand for ocean resources has increased to the limit of what can be
harvested sustainably, projects like this show that there are opportunities to fish
strategically to address fundamental challenges to human health and wellbeing,”
Dr Nash said.

“The potential for local people to solve local problems using local resources is
huge.

“This global research shows how interdisciplinary marine science can be used to
directly address threats to human health at local scales and we could not have
done it without such a diverse team of researchers working together.”

The researchers say a complex picture of international and illegal fishing, trade in
seafood - along with cultural practices and norms – stood between malnourished
people and the more-than-adequate fish nutrients caught on their doorstep.