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RAY/MCCRAW:bh  
12/16/81

11/11/81  
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RADIATION EXPOSURES AT NON-DEPLETED ISLANDS AND ATOLL

Because the analytical computer and the interpretation of results from the 1978 survey of the Northern Marshalls are still incomplete, the quantitative statements contained herein will be approximate. They will be followed later by more precise predictions and recommendations.

First, we need a perspective from which to view radiation exposures in the Marshalls. A good starting point is the excellent pamphlet "Radiation - A Fact of Life," which portrays the pervasiveness of radiation in our environment wherever on earth we may live. The sources and the intensity of naturally occurring radiation vary from place to place and for any practical sense cannot be controlled. What can be controlled is the exposure of individuals or populations to man-caused or man-made radiation from occupational and medical exposures and limiting releases of radioactivity from nuclear facilities and their associated operations. Examples of the latter: Medical use of radiation for both diagnosis and therapy is widely accepted and has its own risk-benefit discipline. The control of occupational exposure and limitations on the releases of radioactivity into an off-site civilian area are subjects of international and U.S. Federal guidelines, which are widely accepted and applied. These guidelines for exposure to radiation are expressed in units known as rem (roentgen equivalent, man- $\dot{r}$ ). A millirem (mrem) is the thousandth part (1/1000) of a rem. For a total population, the U.S. Federal guideline prescribes that exposures (averaged over a 50-year period) should not exceed 100 mrem per year. No individual exposure should exceed 500 mrem (1/2 rem) per year and 30 year cumulative exposures should not exceed 10 rem. These limits are over and above the exposure received from natural sources and from medical procedures.

As noted in the enclosed pamphlet (page 6), typical radiation exposures from natural sources in mainland U.S. locations are about 200 mrem per year. About half of this exposure (about 100 mrem per year) is external, i.e., due to cosmic rays plus radiation from naturally occurring radioactive elements in the earth's crust. The other half is internal exposure from naturally occurring elements taken into our bodies in food and water and in the air we breathe. This natural radiation exposure in the U.S. is all of the same value as the Federal guideline for control of exposures of the public for man-made radiation.

On a Pacific coral island, several things conspire to make exposures to naturally occurring radiation significantly less than in the U.S. The low latitude, low elevation, and low levels of naturally occurring radioactivity in the soil result in an external exposure of about 33 mrem per year in the Northern Marshall (this coral island is about 100 miles distant from the earth's crust and there are only very low concentrations of naturally occurring radioactive materials in the island soils.) This external exposure of 33 mrem per year in the Marshalls, including Honolulu, will be compared with about 100 mrem per year for the U.S. mainland.

Measurements of radioactivity in the bodies of Honolulu residents indicate that the naturally occurring radiation that contributes most of the internal exposure, gives about 18 to 20 mrem per year. Thus, naturally occurring radiation contributes a total exposure (external plus internal) of about 53 mrem per year in Honolulu, compared to about 200 mrem per year in the U.S.

As with location, in the U.S. mainland, there are quantities of fallout in the soil of land areas in the Pacific as a result of past atomic testing in the atmosphere. Radiation from these fallout products are an additional source for both internal and external exposures for people living in the

U.S. and in the Pacific. It would appear meaningful to compare the radiation exposures from fallout, both external and internal, to those from naturally occurring sources that have been quantified above.

The levels of external radiation at Fongelap Atoll have been measured repeatedly since 1954. These measurements show a steady decline since that time. Through radioactivity decay and weathering of residual fallout radionuclides in the soil, the total radiation dose on Fongelap Island have <sup>(corrected for natural background)</sup> decreased to about 28 mrem per year in 1959. The major contributor to this exposure is a radioactive nuclide in the soil known as Cesium-137. This level of exposure will continue to decrease with time.

For internal exposure due to fallout, the problem is somewhat more complex, but can be simplified. In an atoll, fallout is distributed in the soil of the island and in the sediments in the lagoon. The levels are slowly declining with time. These radionuclides are transmitted to man through food, water, and air. Internal radiation exposure through the terrestrial food pathway, i.e., use of foods grown on the island, is strongly dominant and again, Cesium-137 (~~Abbreviated 137Cs~~) is the major contributor. Other radionuclides such as Strontium-90, Cobalt-60, and Plutonium-239 are present, but their contribution to exposure is less than that of Cesium-137. Cesium-137 in the body is relatively easy to measure. A bioassay program, covering a number of locations in the Marshalls, has been conducted since 1956. One of the techniques used is called whole body counting. An instrument is used that can measure radiation coming from the body. Also, the radionuclides emitting this radiation can be identified and quantified. From the results of these whole body measurements, radiation exposure from Cesium-137 and Cobalt-60 can be (and are) accurately calculated. The amounts of Strontium-90 and Plutonium-239 are determined by analysis of urine and fecal samples.

For Rongelap, sufficient bio-assay data are available to provide for reliable estimates to be made of internal exposure. The total internal dose due to fallout for residents of Rongelap Island due to fallout is calculated to be 30 mrem per year. This, added to the previously discussed external exposure of 28 mrem/year, leads to a total whole body exposure of approximately 58 mrem per year.

By comparison, the average exposure in the U.S. mainland due to fallout are less than at Rongelap. External exposure is about 2.8 mrem per year and internal exposure is about 1.2 mrem per year. In total external plus internal exposure is about 4 mrem per year.

For ready comparison all of the exposure estimates just described are presented together in the table that follows. This indicates that in the U.S., radiation exposure due to naturally occurring radiation is higher than that due to fallout. The total in the U.S., natural plus fallout, is ~~20~~ 203 mrem per year. At Rongelap, the exposure due to fallout is about the same as that due to natural radiation. The total in the U.S., natural plus fallout, is about two times the total at Rongelap, i.e., 203 versus 108 mrem per year.

	Exposure Comparison, 1981 mrem/yr						Natural & Fallout Tot.
	Int.	Natural Ext	Tot.	Int.	Fallout*** Ext.	Tot.	
U.S.	100	100**	203	2.8	2.8**	4	203
Rongelap	20*	33**	53	28	28***	58	108
U.S. Standard Population Individual			100 50				

\* Due to Potassium-40. Body burdens of K-40 are about the same at Rongelap as in the U.S.

\*\* No shielding factors included.

\*\*\*References:

Rongelap values - BNL 50267

U.S. values - ORP/CSD 71-1

For Utirik, environmental concentrations of fallout are lower than those at Rongelap, while the levels of natural radionuclides are the same. External radiation due to fallout at Utirik is about 1/3 that per year.

Environmental levels at Ailuk are significantly less than a third of those at Utirik, leading to a still lower estimate of total exposures for residents of that

Now, what does this all mean to a Peace Corps worker in the Marshalls? As noted above, exposures in the range of 200 mrem/year (exclusive of occupational and medical exposure) are quite common in the United States, where naturally occurring radionuclides are plentiful in the soil of a low-lying tropical atoll. Thus, the Peace Corps worker spending two years on Rongelap will very likely sustain a radiation dose which is less than the same worker might have received in his own hometown. Spending a year either at Utirik or Ailuk would, as noted, reduce that exposure far below the U.S. mainland experience.

And, finally, if we assume that the Peace Corps worker makes the round trip to the Marshalls from his east coast home by Delta Airlines, his exposure to cosmic radiation during the hour of flight will be about equal his exposure to radiation from fallout sources over the two to six weeks on Rongelap.