



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA

ARCHIVIO ISTITUZIONALE
DELLA RICERCA

Alma Mater Studiorum Università di Bologna
Archivio istituzionale della ricerca

Feeding and growth of Atlantic cod (*Gadus morhua* L.) in the eastern Baltic Sea under environmental change

This is the final peer-reviewed author's accepted manuscript (postprint) of the following publication:

Published Version:

Neuenfeldt, S., Bartolino, V., Orio, A., Andersen, K.H., Andersen, N.G., Niiranen, S., et al. (2020). Feeding and growth of Atlantic cod (*Gadus morhua* L.) in the eastern Baltic Sea under environmental change. ICES JOURNAL OF MARINE SCIENCE, 77(2), 624-632 [10.1093/icesjms/fsz224].

Availability:

This version is available at: <https://hdl.handle.net/11585/744634> since: 2020-05-12

Published:

DOI: <http://doi.org/10.1093/icesjms/fsz224>

Terms of use:

Some rights reserved. The terms and conditions for the reuse of this version of the manuscript are specified in the publishing policy. For all terms of use and more information see the publisher's website.

This item was downloaded from IRIS Università di Bologna (<https://cris.unibo.it/>).
When citing, please refer to the published version.

(Article begins on next page)

This is the final peer-reviewed accepted manuscript of:

Neuenfeldt, S; Bartolino, V; Orio, A; Andersen, KH; Andersen, NG; Niiranen, S; Bergström, U; Ustups, D; Kulatska, N; Casini, M: *Feeding and growth of Atlantic cod (Gadus morhua L.) in the eastern Baltic Sea under environmental change*

ICES JOURNAL OF MARINE SCIENCE VOL 77. ISSN 1054-3139

DOI: <https://doi.org/10.1093/icesjms/fsz224>

The final published version is available online at:

<https://dx.doi.org/10.1093/icesjms/fsz224>

Terms of use:

Some rights reserved. The terms and conditions for the reuse of this version of the manuscript are specified in the publishing policy. For all terms of use and more information see the publisher's website.

This item was downloaded from IRIS Università di Bologna (<https://cris.unibo.it/>)

When citing, please refer to the published version.

1 **Feeding and growth of Atlantic cod (*Gadus morhua* L.) in the Eastern Baltic Sea under**
2 **environmental change**

3
4 Stefan Neuenfeldt^{1*} (stn@aqu.dtu.dk), Valerio Bartolino² (valerio.bartolino@slu.se), Alessandro
5 Orio² (alessandro.orio@slu.se), Ken H. Andersen¹ (kha@aqu.dtu.dk), Niels G. Andersen¹
6 (nga@aqu.dtu.dk), Susa Niiranen³ (susa.niiranen@su.se), Ulf Bergström⁴ (ulf.bergstrom@slu.se),
7 Didzis Ustups⁵ (Didzis.Ustups@bior.lv), Nataliia Kulatska² (nataliia.kulatska@slu.se) & Michele
8 Casini² (michele.casini@slu.se)

9
10 ¹National Institute of Aquatic Resources, Technical University of Denmark, 2800 Kongens Lyngby,
11 Denmark

12 ²Department of Aquatic Resources, Institute of Marine Research, Swedish University of
13 Agricultural Sciences, Turistgatan 5, SE-45330 Lysekil, Sweden

14 ³Stockholm Resilience Centre, Stockholm University, Kräftriket 2B, SE-10691, Sweden

15 ⁴Department of Aquatic Resources, Institute of Coastal Research, Swedish University of
16 Agricultural Sciences, Skolgatan 6, SE-74242 Öregrund, Sweden

17 ⁵Fish Resources Research Department, Institute of Food Safety, Animal Health and Environment,
18 Daugavgrivas 8, 1048 Riga, Latvia

19 *Corresponding author: stn@aqu.dtu.dk, phone: +4533963402

20
21 Running head: Environment and cod growth

22 Key words: Environmental change, predation, bioenergetics modelling, growth,
23 stomach data, *Gadus morhua*, Baltic Sea

24

25 **Abstract:**

26 Five decades of stomach content data allowed detailed insight into the long-term development of
27 consumption, diet composition, and resulting somatic growth of *Gadus morhua* (Atlantic cod) in the
28 Eastern Baltic Sea. We show a recent reversal in the development of feeding level over body length,
29 resulting in present feeding levels of small cod that indicate severe growth limitation and increased
30 starvation-related mortality. For young cod, the low growth rate and high mortality rate is
31 manifested through a reduction in size-at-age. The low feeding levels are likely the result of a
32 decrease in benthic prey abundance due to increased hypoxic areas, while decreasing abundances
33 of pelagic species in the area of cod distribution have prevented a compensatory shift in prey. Our
34 study emphasizes that under the current ecosystem state, environmental forcing as well as the
35 decline of pelagic prey caused changes in consumption and growth rates of small cod in the Baltic
36 Sea. The food reduction is amplified by stunted growth leading to high densities of cod of smaller
37 size competing for the scarce resources. Under these conditions, the average growth rate is
38 negative, and only the individuals with feeding levels well above average will survive, though
39 growing slowly. These results suggest that the relation between consumption rate, somatic growth
40 and predator-prey population densities, as well as its consequences for species interactions and
41 ecosystem functioning, are strongly environmentally mediated and hence not stable under
42 environmental change.

43

44

45

46 **Introduction:**

47 The somatic growth of consumers depends on the availability of suitable food items (Ursin, 1967;
48 Fretwell, 1987). Food deprivation leads to stunted growth (Deelder, 1951; Amundsen and
49 Klemetsen, 1988), and in the worst case to starvation (Dutil and Lambert, 2000). Reduced growth of
50 predatory fishes may also hamper the ontogenetic transition to an energetically more profitable,
51 piscivorous diet (Werner and Gilliam, 1984), because of insufficient mouth gape size (Werner, 1974)
52 and other attack capabilities such as fast-start swimming (Domenici and Blake, 1997). In this way,
53 decreased somatic growth can affect the structuring role of a predator in the ecosystem (Brooks *et*
54 *al.* 1965; Hall *et al.* 1976), as previously suitable prey species are released from predation.

55

56 Food restriction at population level can be ascribed to density-dependence, assuming that an
57 increase in predator density leads to a decrease in the amount of prey available per individual
58 predator (Murdoch, 1994; Turchin, 2003); reduced prey availability controlled by environmental
59 conditions or anthropogenic activities such as fisheries (Uzars, 1994; Neuenfeldt and Beyer, 2006;
60 ICES 2018), or a combination of the two processes. Furthermore, the effects of environmental
61 changes can be immediate, as for example hypoxia events (Diaz and Rosenberg, 2008), or changes
62 in predator-prey spatial overlap (Neuenfeldt and Beyer, 2006), while the effects of density-
63 dependence are often delayed (Murray, 1994). This interplay between environmental changes and
64 density-dependence in shaping the dynamics of marine fish predators and prey populations is
65 complex and difficult to unravel.

66

67 During the past four decades, the Baltic Sea ecosystem went through a major reorganization with
68 two alternative states separated by a transition period in 1988–1993 (Möllmann *et al.*, 2009). The

69 first state is characterized by high fish predator (Eastern Baltic cod, *Gadus morhua* L., hereafter
70 simply referred to as cod) and low pelagic prey (sprat, *Sprattus sprattus* L.) abundances, and the
71 second by decreased cod and increased sprat abundances (Casini, 2013; Möllmann *et al.*, 2009). This
72 shift has been attributed to a combination of overfishing of cod intertwined with unfavorable
73 environmental conditions for cod reproduction and favorable conditions for sprat recruitment
74 (Casini, 2013; Alheit *et al.*, 2005). Since the end of the 1970s, the frequency of major inflows of saline
75 water to the brackish Baltic Sea has decreased drastically (Matthäus and Schinke, 1994). The lack of
76 renewed bottom water has led to massive environmental changes, in particular hypoxia in the
77 bottom water (Carstensen *et al.*, 2014), accentuated by high nutrient loading from land-based
78 sources (Österblom *et al.*, 2007), and consequently decreased productivity of benthic prey (Karlson
79 *et al.*, 2002). Hypoxia is common rather than an exception since 2005 and nowadays also extends
80 into the main area of cod distribution (Casini *et al.*, 2016).

81

82 In this changed ecosystem, a shift of the cod stock size structure towards smaller sizes and decline
83 in maximum length have been observed and advocated to be due to a decline in growth (Svedäng
84 and Hornborg, 2014; Eero *et al.*, 2015; Orio *et al.*, 2017). However, the problematic age
85 determination of Eastern Baltic cod (Eero *et al.*, 2015) has prevented a confirmation of this theory
86 and therefore the mechanistic understanding of these observations.

87

88 Here, we investigate changes in the diet composition of the Eastern Baltic cod, its feeding levels and
89 consumption rates, and their consequences for growth and mortality over five decades using
90 stomach content data in combination with bioenergetics models. After the larval stage, cod
91 experiences two feeding modes. Small, post-settlement 4-16 cm cod mainly consume benthic

92 invertebrates (Hüssy, 1997), while larger individuals consume a mix of fish and benthic invertebrates
93 (Uzars, 1994; Neuenfeldt and Beyer, 2006; Pachur and Horbowy, 2013). We therefore examine the
94 ontogenetic development of diet composition and energy intake to identify life stages with critical
95 feeding conditions. Subsequently, we track the temporal dynamics in feeding levels and growth
96 during these sensitive life stages. Using empirical data and bioenergetics, we address the following
97 questions: (1) have size-specific feeding levels changed during the past five decades and which are
98 the likely causes? (2) what are the expected long-term changes in cod growth considering the
99 changes in feeding level (3) when during life history is the bottleneck for cod growth and survival?

100

101

102 **Material and Methods:**

103 *Stomach data*

104 About 120 000 stomachs of Atlantic cod in the Eastern Baltic Sea have been sampled by trawling
105 between 1963 and 2014 (Fig. 1). Sampling covered the distributional area of the Eastern Baltic cod
106 population (Bagge, 1994) except in the period 1995 to 2004, where sampling was limited to the
107 north-eastern part. Prey items in the stomachs were recorded at the highest possible taxonomic
108 resolution with total mass, and, where identifiable, number of individuals and lengths per prey
109 taxon. At least individual predator length was also recorded (except 1975 to 1979), and in later years
110 also predator weight (Huyer *et al.*, 2014; ICES, 2014a). The data are available at ICES (www.ices.dk).

111

112 Previous studies have shown that 15-40 % of cod stomachs are empty (Uzars, 1994; Neuenfeldt and
113 Beyer, 2003), which has an important impact on estimates of population-level mean consumption
114 rate. Whether or not a stomach is truly empty, or the fish has regurgitated the content during

115 trawling and processing, was deducted from the appearance of the gall bladder (ICES, 1991) since
116 the mid-1980s. In the stomach sampling for the last decade, cod with signs of regurgitation have
117 been replaced during sampling by randomly selected individuals of the same length and with
118 stomach contents (Huyer *et al.*, 2014). However, whether this practice has been the same for the
119 sampling between 1963 and 2005 is unknown. Exploratory analyses indicate, though, that in this
120 earlier period at least not all cod with signs of regurgitation have been discarded. Consequently,
121 temporal differences in the fraction of empty stomachs before and after 2005 are possibly a
122 sampling artefact, and the fraction probably being over-estimated from the data until 2005. This
123 means that calculated decreases in consumption rates after 2005 would be conservative estimates
124 since they were probably more pronounced in reality. Constant or increasing consumption rates
125 would, on the other hand, be difficult to verify, because any increase or constant levels of average
126 population-level consumption rates might be due to the lower observed fraction of empty stomachs
127 after 2005.

128

129 *Consumption rates and feeding levels*

130 Average daily energy consumption rates C (kJ d^{-1}) were estimated using the cylinder gastric
131 evacuation rate model (Andersen and Beyer, 2005a, b) by year and 1-cm predator length group for
132 cod between 20 and 80 cm total length, amounting to 109 000 stomachs in this size range from the
133 stomach database. Experienced temperature T was assumed constant at 5°C , corresponding roughly
134 to the average temperature experienced by cod in the Baltic Sea (Righton *et al.*, 2010). Note that
135 the focus in this study is to compare consumption rates in different periods. Although cod
136 experience varying temperature throughout the year, only significant trends in average
137 temperature regime for the cod in their preferred habitat might potentially bias our analyses. Such

138 trends have not been shown for the Baltic Sea. We assumed constant energy densities E_i for benthic
139 prey (3.5 kJ g⁻¹) and consumed fishes (*Clupea harengus* L. (herring) and sprat 5.5 kJ g⁻¹, cod 4.0 kJ g⁻¹;
140 Pedersen and Hislop, 2001). E denotes the average energy densities (kJ g⁻¹) of the individually
141 observed total stomach contents S (g). Using the principle that consumption rate C (kJ d⁻¹) on
142 average over population and time equals evacuation rate (Pennington, 1985), and knowing cod total
143 length L (cm) and the basic evacuation rate parameter $\rho_0 = 2.43 \times 10^{-3}$, we used the parametrization
144 of the cylinder model for cod presented in Andersen (2012):

145

$$146 \quad C = 24 \rho_0 L^{1.30} e^{0.083T} E^{0.15} \sqrt{S} \quad (1)$$

147

148 Feeding level f is actual energy intake C expressed relative to maximum sustained energy intake

149 C_{\max} ($f = C / C_{\max}$). The maximum intake C_{\max} was obtained from Jobling (1988):

150

$$151 \quad C_{\max} = 0.223 e^{(0.104T - 0.000112T^3)} W^{0.802} \quad (2)$$

152

153 Where T is temperature (°C). The stomach data rarely specified cod weight W (g), so here a
154 relationship based on data from the Danish part of the Baltic International Trawl Survey covering
155 the cod distributional area (data on www.ices.dk) was used:

156

$$157 \quad W = 6.838 \times 10^{-3} L^{3.07} \quad (3)$$

158

159 The condition of cod in the Eastern Baltic Sea has declined since 1990. We have not considered this
160 when calculating C_{\max} , and thus feeding level f , because the condition of the cod used by Jobling

161 (1988) to establish Eqn (2) is unknown. The assimilative capacity of fish is related to the structural
162 size (i.e., the body length) rather than the condition and hence the body mass (e.g. Andersen, 2001).
163 The consequence is that our estimates of C_{\max} using eqn. (2) becomes lower, and thus f higher, when
164 condition declines because the body mass at specific length becomes lower. This further means that
165 our estimates of the temporal development of f are conservative – for example, the decline for small
166 cod is probably more pronounced than we find.

167

168 *Bioenergetics growth model*

169 We estimated the somatic growth rates P_B (kJ d^{-1}) from the observed feeding levels using a simplified
170 energy balance equation (Andersen and Riis-Vestergaard, 2003):

171

$$172 \quad P_B = \kappa f C_{\max} - R_S - R_A , \quad (4)$$

173

174 where net food conversion efficiency κ is described by a simple power function of food consumption
175 rate $\kappa = 0.426 (f C_{\max})^{0.109}$, and $R_S = 5.52 (0.001W)^{0.75} e^{0.08T}$ (Andersen and Riis-Vestergaard, 2003)
176 and R_A are standard metabolic rate and costs of swimming activity (kJ d^{-1}). R_A is determined by the
177 activity multiplier 1.25 (Hansson *et al.*, 1996) as $R_S + R_A = 1.25 R_S$. Due to the focus on juvenile cod,
178 gonadal maturation was assumed to be negligible in the bioenergetics growth model and set to 0.
179 Body mass (g) was determined iteratively as $W_{t+\Delta t} = W_t + P_{B,t} (0.057L_t + 3.37)$. The energy to mass
180 conversion factor $0.057L_t + 3.37$ (Pedersen and Hislop, 2001) was assumed to depend on length
181 only. Time increments Δt were in daily steps and length measured in cm. Length was calculated using
182 eqn. (3).

183

184 *Observational data on catch per unit of effort and hypoxic areas*

185 Indices of cod density in the first quarter of the year (calculated as catch per unit of effort, CPUE, in
186 numbers per hour; herein referred to as density) from the Baltic International Trawl Survey (BITS)
187 in ICES sub-divisions 25, 26 and 28 were retrieved from the ICES DATRAS database
188 (<http://www.ices.dk/marine-data/data-portals/Pages/DATRAS.aspx>). The indices are based on
189 bottom trawl hauls typically swept between 20 and 100 m depth, whereas hauls shallower than 20
190 m and deeper than 100 m are very rare (ICES, 2014b).

191

192 Time-series of total areas (km²) of hypoxic bottoms (here taken as areas between 20 and 100 m
193 depth (Casini *et al.*, 2016) with an oxygen concentration of < 1 ml l⁻¹, i.e. approx. 1.4 mg l⁻¹) by sub-
194 division (25, 26 and 28) were obtained from the Swedish Meteorological and Hydrological Institute
195 (SMHI, www.smhi.se). We used 1 ml l⁻¹ as threshold for hypoxia to indicate failure in benthic
196 productivity (Karlson *et al.*, 2002; Conley *et al.*, 2009).

197

198

199 **Results:**

200 The data show a pronounced change in the average mass of prey in stomachs containing that prey
201 for all sizes of cod after the Baltic regime shift (Fig. 2). The mass of the benthic isopod *Saduria*
202 *entomon* in the stomachs in the period 1963-1988 was increasing constantly with increasing cod
203 size, while in the period 1994-2014, after the regime shift, the mass of *S. entomon* is rather constant
204 at a low level through cod ontogeny. The mass of the nekto-benthic crustacean *Mysis mixta*
205 increased slightly in the diet of cod < 35 cm, but decreased in the diet of cod > 35 cm after the
206 regime shift, although the biomass of this prey in the stomachs has been small throughout the entire

207 time-series. Sprat mass has also declined in the stomachs of small cod, with the decline becoming
208 more obvious with increasing cod size after the regime shift. The average mass of herring in the
209 stomachs of larger cod remained unchanged between the two periods, while herring mass in the
210 stomachs increased in the later period for cod between 25 cm and 35 cm. (Fig. 2). In the most recent
211 period, there is on average about twice as much cod in the stomach of cod > 40 cm than before the
212 regime shift. The mass of other prey, mainly benthic organisms and flatfish, in the cod stomachs
213 increased for cod > 50 cm after the regime shift.

214

215 The average daily consumption rate of 20-30 cm cod increased in the beginning of the time-series,
216 reached a maximum in 1990s and rapidly decreased in the early 2000s (Fig. 3). In contrast,
217 consumption of 30-40 cm cod showed an increasing trend during the whole time-series, except for
218 a slight decline in early 1990s (Fig. 3). This development is the same also for cod > 40 cm (not shown
219 here). In connection to the diet represented in Fig. 2, the decrease in consumption rates of cod < 30
220 is due to a reduction of benthos and to a limited extent also of sprat in the diet, partially
221 compensated by increased herring consumption. The minor increase in the consumption rates of
222 30-40 cm cod is driven by increased consumption on mysids and herring, and a few observations of
223 cannibalism.

224

225 The decreasing consumption rates of small cod in the latest years, and the on average increasing
226 rates for larger ones, become clearly visible in the development of feeding levels over cod length
227 during the last five decades (Fig. 4). Feeding levels of cod 20-30 cm were among the lowest on record
228 in 2005-2014. Low average feeding levels of 20-30 cm cod, comparable with the recent low values,

229 could also be observed in 1965-1974. Average feeding levels of larger cod were continuously
230 increasing with length during 2005-2014, which was unseen in the 4 decades before.

231
232 The growth curve of immature cod in the last decade, emerging from the bioenergetics model,
233 differed clearly from the four decades before, with average growth becoming negative (Fig. 5). This
234 negative modelled average growth implies that, *in vivo*, a large fraction of cod < 35 cm does not
235 grow in length, gets thinner over time, and likely dies due to starvation.

236
237 The size distribution of cod is progressively truncated from 2009 onwards (Fig. 6). There is more
238 fish of the same, small size in the stock. The abundance of specimen >35-40 cm decreased
239 drastically.

240
241 There are basin-specific differences in the development of hypoxic areas (Fig. 7). Before the mid-
242 1990s, hypoxic event were only temporary, and thus the inter-annual extent of hypoxic areas varied
243 extensively. Conversely, hypoxic area size in the Bornholm Basin reached a plateau in 1994 until
244 2001, when about 5000 km² of the bottom were hypoxic. Again between 2005 and 2010 hypoxia
245 was constantly at high levels, corresponding to 6000 km², in the Bornholm Basin. These two periods
246 of long-term chronic hypoxia in the most important distributional and reproductive area for cod
247 (Fig. 7) have been unprecedented during the time-series.

248

249

250 **Discussion:**

251 Our analyses revealed that decreased growth and survival of small cod may be an extension of the
252 juvenile, post-settlement bottleneck (Hüssy *et al.*, 1997; Tupper and Boutilier, 1995). Feeding levels
253 of small cod have been critically low in recent years, at or even below minimum fish maintenance
254 levels (Kitchell *et al.*, 1977; Andersen and Riis-Vestergaard, 2003). The low feeding levels most
255 probably result from a decrease in benthic prey availability due to increased hypoxic areas. The
256 resulting growth reduction in this life stage that we calculated based on a bioenergetics model, is
257 supported by the observed length distributions from the survey. The size structure of the cod
258 population has changed towards smaller individuals. Our study emphasizes that, under the current
259 ecosystem state, environmental forcing as well as a decline of pelagic prey causes changes in
260 consumption and growth rates of small cod in the Baltic Sea, resulting in an accumulation of small-
261 sized cod in its population.

262

263 In our study, we modelled the expected changes in the cod growth from the changes in the stomach
264 content data. The analyses suggest a reduction in growth that can explain the shift of the cod length
265 distribution towards lower sizes over time. Moreover, the negative average modelled growth rate
266 in the most recent period implies that many cod individuals die due to starvation. Only the fishes
267 with feeding levels well above average will survive, though growing slowly. Size at sexual maturation
268 (L_{50}) has declined from 45-50 cm for females and 37-41 cm in males in 1984-1988 (Cardinale &
269 Modin 1999) to about 19 cm in 2015 (Köster *et al.*, 2016). Since we did not account for energy spent
270 for maturation in our bioenergetics model, growth might have been slowed down even further, if
271 energy was used for gonadal maturation. The surviving part of the population may be estimated by
272 comparing the growth rates presented here, based on stomach data and bioenergetics modelling,
273 to growth rates estimated independently, for example from tagging data. However, even in the

274 absence of such analyses, the available survey data with practical absence of cod > 40 cm in recent
275 years, presented in this study, strongly support increased natural mortality and stunted growth.
276 Although dead emaciated fish are found only very rarely in the environment, starvation nevertheless
277 occurs frequently (Dutil and Lambert, 2000; Holdway and Beamish, 1984). The slower growth of the
278 survivors renders small cod easier to be preyed upon by larger cod, because they remain longer in
279 the size window that is vulnerable to predation. Starvation makes the cod probably more vulnerable
280 to parasites which is in line with recent observations of increasing liver worm *Contracaecum*
281 *osculatum* infection in the Eastern Baltic cod (Sokolova *et al.*, 2018; Haarder, 2014; Horbowy *et al.*,
282 2016).

283

284 The growth reduction results in a change in cod size distribution with increased densities of smaller
285 sizes. Since the relevant, benthic and pelagic food items are scarce, as visible by their decline in the
286 diet, implied by the extent of hypoxic areas and the observed decline in sprat biomass (Casini *et al.*
287 2016), a feedback-loop emerges, because the accumulation intensifies the competition for food in
288 the benthivore life stage leading to further food limitation and growth reduction. Consequently,
289 growth is arrested, and the population is trapped in an ontogenetic bottleneck. The bottleneck
290 occurs below 30 cm and thus inhibits the ontogenetic trophic niche shift towards a diet dominated
291 by pelagic fish. Further, it stops the production of individuals that recruit into the commercial
292 fisheries, currently at 35 cm (ICES, 2018). This way, there are very few cod with above-average
293 growth, and the survey size distributions (Fig. 6) imply that this fraction of large cod is decreasing
294 over time. The stomach data indicate that the high average feeding levels of these large specimens
295 are mainly caused by rare events of cannibalism, that nevertheless probably increase mortality for
296 the small cod. Consequently, due to the decreasing abundance of large cod, the predatory impact

297 of the cod population on larger prey such as herring and flounder decreases. In the area of cod
298 distribution, Baltic sprat started to decline in the mid-1990s (Casini *et al.*, 2016). This decline
299 coincides with the changes in the cod food intake after the regime shift. Coinciding with the sprat
300 decline in the area of cod distribution, sprat consumption by cod declined, too.

301

302 Recolonization time of benthic areas by invertebrates after an extended hypoxic period needs to be
303 investigated in order to predict cod food availability after re-oxygenation of the deep water. Two
304 prolonged stagnation periods in the main distributional area of the cod population have obviously
305 decimated the benthic prey species. Here, the cod stomachs themselves serves as indicators in the
306 absence of reliable biomass data for benthic prey. Also, the abundance and spatial distribution of
307 competitors for benthic prey, such as flounder (Orio *et al.*, 2019), have to be taken into account and
308 could have worsened the feeding conditions for cod. Knowing the body size and condition that a
309 predatory cod would need to successfully forage on the pelagic sprat would help to determine if
310 reducing the commercial exploitation rate of sprat will potentially improve the food situation for
311 the small, starving cod. These questions have to be answered spatially explicitly, probably on a scale
312 smaller than the ICES sub-divisions, where biomass estimates of sprat match the prey field
313 predatory cod experience.

314

315 Areas where feeding opportunities, growth and condition of cod may be unaffected by hypoxia may
316 exist in waters shallower than those covered by the Baltic International Trawl survey of which more
317 than 85% of the stations are located at depths >40 m and all on soft bottom. Stomach data from
318 coastal areas would facilitate investigating the importance of shallow waters as source for
319 replenishing the deteriorated population residing in deeper waters. However, juvenile cod has

320 shifted its distribution towards deeper areas the last years (Orio et al., 2019), suggesting that the
321 shallow areas may currently not be that important after all.

322

323 Our study emphasizes that environmental forcing, giving rise to hypoxia, has probably triggered the
324 observed changes in consumption and growth rates for cod in the Baltic Sea during the past decades
325 by reducing growth of pre-piscivorous specimens. Moreover, the resulting increased densities of
326 small cod along with a decline in sprat densities have intensified the competition for food leading
327 to further food limitation and growth reduction. Environmental changes decouple many population
328 dynamic control mechanisms (Gårdmark *et al.*, 2015). Growth and mortality change independently
329 of predator and prey densities and feedback loops, that otherwise are considered key in the
330 transition between alternative stable states (Moellmann *et al.*, 2009; Scheffer, 2009). Our results
331 underline that the relation between population density and vital rates under environmental changes
332 has to be understood mechanistically to fully comprehend the ecosystem changes currently
333 observable in multiple places globally (Folke *et al.*, 2004), and to devise remedies where possible.

334

335 **Acknowledgement:**

336 The study was performed under the umbrella of ICES Study Group on Spatial Analyses for the Baltic
337 Sea (SGSPATIAL) and Workshop on Spatial Analyses for the Baltic Sea (WKSPATIAL). This work
338 resulted from the Joint Baltic Sea Research and Development Programme (BONUS) project
339 “Integrating spatial processes into ecosystem models for sustainable utilisation of fish resources”
340 (INSPIRE), which were supported by BONUS (Art 185), funded jointly by the European Union,
341 Innovation Fund Denmark, Swedish Research Council Formas, and the Latvian Academy of Science
342 (grant/award number: 2012-60). VB and NK were supported by the EU FP7 project MareFrame (Co-

343 creating ecosystem-based fisheries management solutions) under grant agreement № 613571. MC
344 was also supported by the Formas grant No. 2018-00775 to Michele Casini. The fish data used in
345 this study were collected during ordinary field monitoring under the EU Data Collection Framework,
346 for which no species research or animal ethics permissions are required.

347

348 **Data accessibility:**

349 All data supporting the results are already available online at www.ices.dk. A more compiled data
350 set will be made available in an appropriate public repository, should the manuscript be accepted.

351

352 **Author's contributions:**

353 STN was responsible for research design with assistance from MC, and drafted the main text and
354 figures. VB and AO pre-processed the data and improved the figures. STN, KHA and NGA developed
355 the modelling framework. STN, SN, UB, NK and MC pre-processed data. DU compiled the major part
356 of the stomachs data. All authors were involved in discussions and editing of the text.

357

358 **Competing interests:** The authors have no competing interests.

359

360

361 **References:**

362 Alheit, J., Möllmann, C., Dutz, J., Kornilovs, G., Loewe, P., Mohrholz, V. and Wasmund, N. 2005.
363 Synchronous ecological regime shifts in the central Baltic and the North Sea in the late
364 1980s. ICES Journal of Marine Science, 62(7): 1205-1215.

365 Amundsen, P.A. and Klemetsen, A., 1988. Diet, gastric evacuation rates and food consumption in a
366 stunted population of Arctic charr, *Salvelinus alpinus* L., in Takvatn, northern Norway. Journal
367 of Fish Biology, 33(5): 697-709.

368 Andersen, N.G. 2001. A gastric evacuation model for three predatory gadoids and implications of
369 using pooled field data of stomach contents to estimate food rations. Journal of Fish
370 Biology, 59(5): 1198-1217.

371 Andersen, N.G. 2012. Influences of potential predictor variables on gastric evacuation in Atlantic
372 cod *Gadus morhua* feeding on fish prey: parameterization of a generic model. J. Fish Biol.
373 80(3), 595-612.

374 Andersen, N.G. and Beyer, J.E. 2005a. Mechanistic modelling of gastric evacuation in predatory
375 gadoids applying the square root model to describe surface-dependent evacuation. J. Fish
376 Biol. 67(5): 1392-1412.

377 Andersen, N.G. and Beyer, J.E. 2005b. Gastric evacuation of mixed stomach contents in predatory
378 gadoids: an expanded application of the square root model to estimate food rations. J. Fish
379 Biol. 67(5): 1413-1433.

380 Andersen, N.G., Riis-Vestergaard, J. 2003. The effects of food consumption rate, body size and
381 temperature on net food conversion efficiency in saithe and whiting. J. Fish Biol. 62(2): 395-
382 412.

383 Bagge, O. 1994. The Baltic cod. Dana 10: 1-28.

384 Brooks J.L. and Dodson S.I. 1965. Predation, body size, and composition of plankton. Science
385 150(3692), 28-35.

386 Cardinale, M. and Modin, J. 1999. Changes in size-at-maturity of Baltic cod (*Gadus morhua*) during
387 a period of large variations in stock size and environmental conditions. Fisheries
388 Research, 41(3): 285-295.

389 Carstensen, J., Conley, D.J., Bonsdorff, E., Gustafsson, B.G., Hietanen, S., Janas, U., ... and Reed, D.C.
390 2014 Hypoxia in the Baltic Sea: Biogeochemical cycles, benthic fauna, and
391 management. *Ambio* **43**(1): 26-36.

392 Casini, M., Käll, F., Hansson, M., Plikshs, M., Baranova, T., Karlsson, O., Lundstöm K, Neuenfeldt S,
393 Gårdmark A and Hjelm, J. 2016. Hypoxic areas, density-dependence and food limitation drive
394 the body condition of a heavily exploited marine fish predator. *R. Soc. open sci.* 3(10): 160416

395 Casini, M. 2013. Spatio-temporal ecosystem shifts in the Baltic Sea: top-down control and
396 reversibility potential. In "Advances in Environmental Research, Vol. 28". J. A. Daniels Ed.,
397 Nova Science Publishers, New York: 149-167. ISBN: 978-1-62417-738-5.

398 Conley, D.J., Bjorck, S., Bonsdorff, E., Carstensen, J., Destouni, G., Gustafsson, B.G., Hietanen, S.,
399 Kortekaas, M., Kuosa, H., Markus Meier, H.E. and Müller-Karulis, B. 2009. Hypoxia-related
400 processes in the Baltic Sea. *Environmental Science & Technology*, 43(10): 3412-3420.

401 Diaz R.J. and Rosenberg, R. 2008. Spreading dead zones and consequences for marine
402 ecosystems. *Science* 321(5891):926-929.

403 Deelder, C.L. 1951. A contribution to the knowledge of the stunted growth of perch (*Perca fluviatilis*
404 L.) in Holland. *Hydrobiologia*, 3(4):357-378.

405 Domenici, P. and Blake, R. 1997. The kinematics and performance of fish fast-start
406 swimming. *Journal of Experimental Biology*, 200(8): 1165-1178.

407 Dutil, J.D. and Lambert, Y. 2000. Natural mortality from poor condition in Atlantic cod (*Gadus*
408 *morhua*). *Can. J. Fish. Aquat. Sci.* 57(4): 826-836.

- 409 Eero, M., Hjelm, J., Behrens, J., Buchmann, K., Cardinale, M., Casini, M., ... and Kirkegaard, E. 2015.
410 Eastern Baltic cod in distress: biological changes and challenges for stock assessment. ICES J.
411 Mar. Sci. 72(8), 2180-2186.
- 412 Folke, C., Carpenter, S., Walker, B., Scheffer, M., Elmqvist, T., Gunderson, L., Holling, C.S. 2004.
413 Regime shifts, resilience, and biodiversity in ecosystem management. Annu. Rev. Ecol. Evol.
414 Syst. 35: 557-581.
- 415 Fretwell, S.D. 1987. Food chain dynamics: the central theory of ecology?. Oikos: 291-301.
- 416 Gårdmark, A., Casini, M., Huss, M., van Leeuwen, A., Hjelm, J., Persson, L., de Roos, A.M. 2015.
417 Regime shifts in exploited marine food webs: detecting mechanisms underlying alternative
418 stable states using size-structured community dynamics theory. Phil. Trans. R. Soc. B 370:
419 20130262.
- 420 Haarder, S., Kania, P.W., Galatius, A. and Buchmann, K. 2014. Increased *Contracaecum osculatum*
421 infection in Baltic cod (*Gadus morhua*) livers (1982–2012) associated with increasing grey seal
422 (*Halichoerus gryphus*) populations. Journal of Wildlife Diseases, 50(3): 537-543.
- 423 Hall D.J., Threlkeld S.T., Burns C.W. and Crowley P.H. 1976. The size-efficiency hypothesis and the
424 size structure of zooplankton communities. Ann. Rev. Ecol. Sys. 7(1): 177-208.
- 425 Hansson, S., Rudstam, L.G., Kitchell, J.F., Peppard, P.E., Hildén, M., Johnson, B.L. 1996. Predation
426 rates by North Sea cod (*Gadus morhua*) – predictions from models on gastric evacuation and
427 bioenergetics. ICES J. Mar. Sci. 53(1): 107-114.
- 428 Holdway, D.A., Beamish, F.W.H. 1984. Specific growth rate and proximate body composition of
429 Atlantic cod (*Gadus morhua* L.). J. Exp. Mar. Biol. Ecol. 81(2): 147-170.

430 Horbowy, J., Podolska, M. and Nadolna-Ałtyn, K. 2016. Increasing occurrence of anisakid nematodes
431 in the liver of cod (*Gadus morhua*) from the Baltic Sea: Does infection affect the condition and
432 mortality of fish?. Fisheries research 179: 98-103.

433 Hüsey, K., St John, M.A. and Böttcher, U. 1997. Food resource utilization by juvenile Baltic cod *Gadus*
434 *morhua*: a mechanism potentially influencing recruitment success at the demersal juvenile
435 stage?. Marine Ecology Progress Series 155: 199-208.

436 Huwer, B., Neuenfeldt, S., Rindorf, A., Andreasen, H., Levinsky, S.E., Storr-Paulsen, M., Dalmann
437 Ross, S., Haslund, O.H., Horbowy, J., Pachur, M., Pawlak, J., Ustups, D., Kruze, E., Sics, I., Uzars,
438 D., Velasco, A., Kempf, A., Eberle, S., Floeter, J., Temming, A., van Hal, R., de Boois, I., Pennock,
439 I., Hoek, R., Pinnegar, J., Hunter, E., Plirú, A., Casini, M. and Belgrano, A. 2014. Study on
440 stomach content of fish to support the assessment of good environmental status of marine
441 food webs and the prediction of MSY after stock restoration. Final report for EU contract No
442 MARE/2012/02. 56 pp.

443 ICES 1991. Manual for the ICES North Sea stomach sampling project in 1991. ICES C.M. 1991/G:3

444 ICES 2014a. Report of the Study Group for Spatial Analyses for the Baltic Sea (SGSPATIAL). ICES C.M.
445 2014 / SSGRSP:08

446 ICES 2014b. Report of the Baltic International Fish Survey Working Group (WGBIFS), ICES C.M. 2014
447 / SSGESST:13

448 ICES 2018. Report of the Baltic Fisheries Assessment Working Group (WGBFAS). ICES C.M. 2018 /
449 ACOM: 11.

450 Jobling, M. 1988. A review of the physiological and nutritional energetics of cod, *Gadus morhua* L.,
451 with particular reference to growth under farmed conditions. Aquaculture 70(1-2): 1-19.

452 Karlson, K., Rosenberg, R., Bonsdorf, E. 2002. Temporal and spatial large-scale effects of
453 eutrophication and oxygen deficiency on benthic fauna in Scandinavian and Baltic waters—a
454 review. *Oceanogr. Mar. Biol. Ann. Rev.* 40: 427-489.

455 Kitchell, J.F., Stewart, D.J., Weininger, D. 1977. Applications of a bioenergetics model to yellow perch
456 (*Perca flavescens*) and walleye (*Stizostedion vitreum vitreum*). *J. Fish. Res. Board Can.*, 34(10):
457 1922-1935.

458 Köster, F.W., Huwer, B., Hinrichsen, H.H., Neumann, V., Makarchouk, A., Eero, M., Dewitz, B.V.,
459 Hüßy, K., Tomkiewicz, J., Margonski, P. and Temming, A. 2016. Eastern Baltic cod recruitment
460 revisited—dynamics and impacting factors. *ICES Journal of Marine Science*, 74(1): 3-19.

461 Matthäus, W. and Schinke, H. 1994. Mean atmospheric circulation patterns associated with major
462 Baltic inflows. *Deutsche Hydrografische Zeitschrift* 46(4): 321-339.

463 Moellmann C., Diekmann, R., Müller-Karulis, B., Kornilovs, G., Plikshs, M. and Axe, P. 2009.
464 Reorganization of a large marine ecosystem due to atmospheric and anthropogenic pressure:
465 a discontinuous regime shift in the Central Baltic Sea. *Glob. Change Biol.* 15(6): 1377-1393.

466 Murdoch, W.W. 1994. Population regulation in theory and practice. *Ecology* 75(2): 271-287.

467 Murray, B.G. 1994. On density dependence. *Oikos*: 520-523.

468 Neuenfeldt S. and Beyer, J.E. 2003. Oxygen and salinity characteristics of predator–prey
469 distributional overlaps shown by predatory Baltic cod during spawning. *J. Fish Biol.* 62(1): 168-
470 183.

471 Neuenfeldt, S. and Beyer J.E. 2006. Environmentally driven predator–prey overlaps determine the
472 aggregate diet of the cod *Gadus morhua* in the Baltic Sea. *Mar. Ecol. Prog. Ser.* 310: 151-163.

- 473 Niiranen, S., Orio, A., Bartolino, V., Bergström, U., Kallasvuoto, M., Neuenfeldt, S., Ustups, D. and
474 Casini, M. 2019. Predator-prey body size relationships of cod in a low-diversity marine
475 system. *Marine Ecology Progress Series* 627: 201-206.
- 476 Orio, A., Bergström, U., Florin, A.B., Lehmann, A., Šics, I. and Casini, M. 2019. Spatial contraction of
477 demersal fish populations in a large marine ecosystem. *Journal of Biogeography*, 46(3): 633-
478 645.
- 479 Orio, A., Florin, A.-B., Bergström, U., Šics, I., Baranova, T. and Casini, M. 2017. Modelling indices of
480 abundance and size-based indicators of cod and flounder stocks in the Baltic Sea using newly
481 standardized trawl survey data. *ICES Journal of Marine Science* 74: 1322-1333.
- 482 Österblom, H., Hansson, S., Larsson, U., Hjerne, O., Wulff, F., Elmgren, R., Folke, C. 2007. Human-
483 induced trophic cascades and ecological regime shifts in the Baltic Sea. *Ecosystems* 10(6): 877-
484 889.
- 485 Pachur, M.E. and Horbowy, J. 2013. FOOD COMPOSITION AND PREY SELECTION OF COD, *GADUS*
486 *MORHUA* (ACTINOPTERYGII: GADIFORMES: GADIDAE), IN THE SOUTHERN BALTIC SEA. *Acta*
487 *Ichthyologica et Piscatoria*, 43(2).
- 488 Pedersen, J., Hislop, J.R.G. 2001. Seasonal variations in the energy density of fishes in the North
489 Sea. *J. Fish Biol.* 59(2): 380-389.
- 490 Pennington, M. 1985. Estimating the average food consumption by fish in the field from stomach
491 contents data . *Dana* 5: 87-94.
- 492 Righton, D.A., Andersen, K.H., Neat, F., Thorsteinsson, V., Steingrund, P., Svedäng, H., Michalsen, K.,
493 Hinrichsen, H.H., Bendall, V., Neuenfeldt, S. and Wright, P. 2010. Thermal niche of Atlantic cod
494 *Gadus morhua*: limits, tolerance and optima. *Mar. Ecol. Prog. Ser.* 420,: 1-13.
- 495 Scheffer, M. 2009. *Critical transitions in nature and society* (Vol. 16). Princeton University Press.

496 Svedäng, H. and Hornborg, S. 2014, Selective fishing induces density-dependent growth. Nature
497 comm. 5: 4152.

498 Sokolova, M., Buchmann, K., Huwer, B., Kania, P.W., Krumme, U., Galatius, A., Hemmer-Hansen, J.
499 and Behrens, J.W., 2018. Spatial patterns in infection of cod *Gadus morhua* with the seal-
500 associated liver worm *Contracaecum osculatum* from the Skagerrak to the central Baltic
501 Sea. Marine Ecology Progress Series 606: 105-118.

502 Tupper, M. and Boutilier, R.G. 1995. Effects of habitat on settlement, growth, and postsettlement
503 survival of Atlantic cod (*Gadus morhua*). Canadian Journal of Fisheries and Aquatic
504 Sciences 52(9):1834-1841.

505 Turchin, P. 2003. Complex population dynamics: a theoretical/empirical synthesis (Vol. 35).
506 Princeton university press.

507 Ursin, E. 1967. A mathematical model of some aspects of fish growth, respiration, and
508 mortality. Journal of the Fisheries Board of Canada, 24(11):2355-2453.

509 Uzars, D. 1994. Feeding of cod (*Gadus morhua callarias* L.) in the central Baltic in relation to
510 environmental changes. In ICES Marine Science Symposia (Vol. 198, pp. 612-623).
511 Copenhagen, Denmark: International Council for the Exploration of the Sea, 1991-.

512 Werner, E.E. 1974. The fish size, prey size, handling time relation in several sunfishes and some
513 implications. Journal of the Fisheries Board of Canada 31(9): 1531-1536.

514 Werner E.E. and Gilliam J.F. 1984. The ontogenetic niche and species interactions in size-structured
515 populations. Ann. R. Ecol. Syst. 15(1): 393-425.

516

517

518

520 **Figure captions:**

521

522 Fig. 1:

523 ICES sub-divisions (bottom right panel) and stomach sampling coverage: number of *Gadus morhua*
524 stomachs by ICES statistical rectangle for each period specified on top of each panel.

525

526 Fig. 2:

527 Diet composition in *Gadus morhua* stomachs by average mass, given that the specific prey is found
528 in the stomach, before 1988 (black) and after 1994 (red). The transition period between ecological
529 regimes from 1988 to 1993 (Moellmann *et al.* 2009) is left out. The diet is given in average biomass
530 observed in the stomachs of a given length (cm) during the two respective periods. For *Saduria*
531 *entomon* the biomass in the stomachs is given in an insert for cod ≤ 40 cm total length.

532

533 Fig. 3:

534 Trends in daily food consumption rate of *Gadus morhua* in four length classes; LOESS-based
535 smoothed trends are plotted in blue together with shadowed confidence limits.

536

537 Fig. 4:

538 Feeding levels of *Gadus morhua* by length during the past five decades. LOESS-based smoothed
539 trends are plotted in blue together with shadowed confidence limits. The lower right panel: feeding
540 level over time for *G. morhua* of 21 - 30 cm total length.

541

542 Fig. 5:

543 Simulated growth trajectories of *Gadus morhua* in the total length range 21-35 cm for the five
544 decades covered by the stomach sampling programme.

545

546 Fig. 6:

547 Catches per unit of effort (CPUE) for Eastern Baltic cod by 1 cm cod length group for three different
548 periods since 2009.

549

550 Fig. 7:

551 Extent of hypoxic bottom areas in different basins of the Baltic Sea during the stomach sampling
552 program. Hypoxic condition is defined as $<1 \text{ ml l}^{-1}$ oxygen concentration and given in 10^3 km^2 . The
553 different basins are the Bornholm Basin (BB, ICES sub-division 25), the Gdansk Deep (GD, ICES sub-
554 division 26), and the Gotland Basin (GB, ICES sub-division 28).

555

556

557

558

559

560

561

562

563

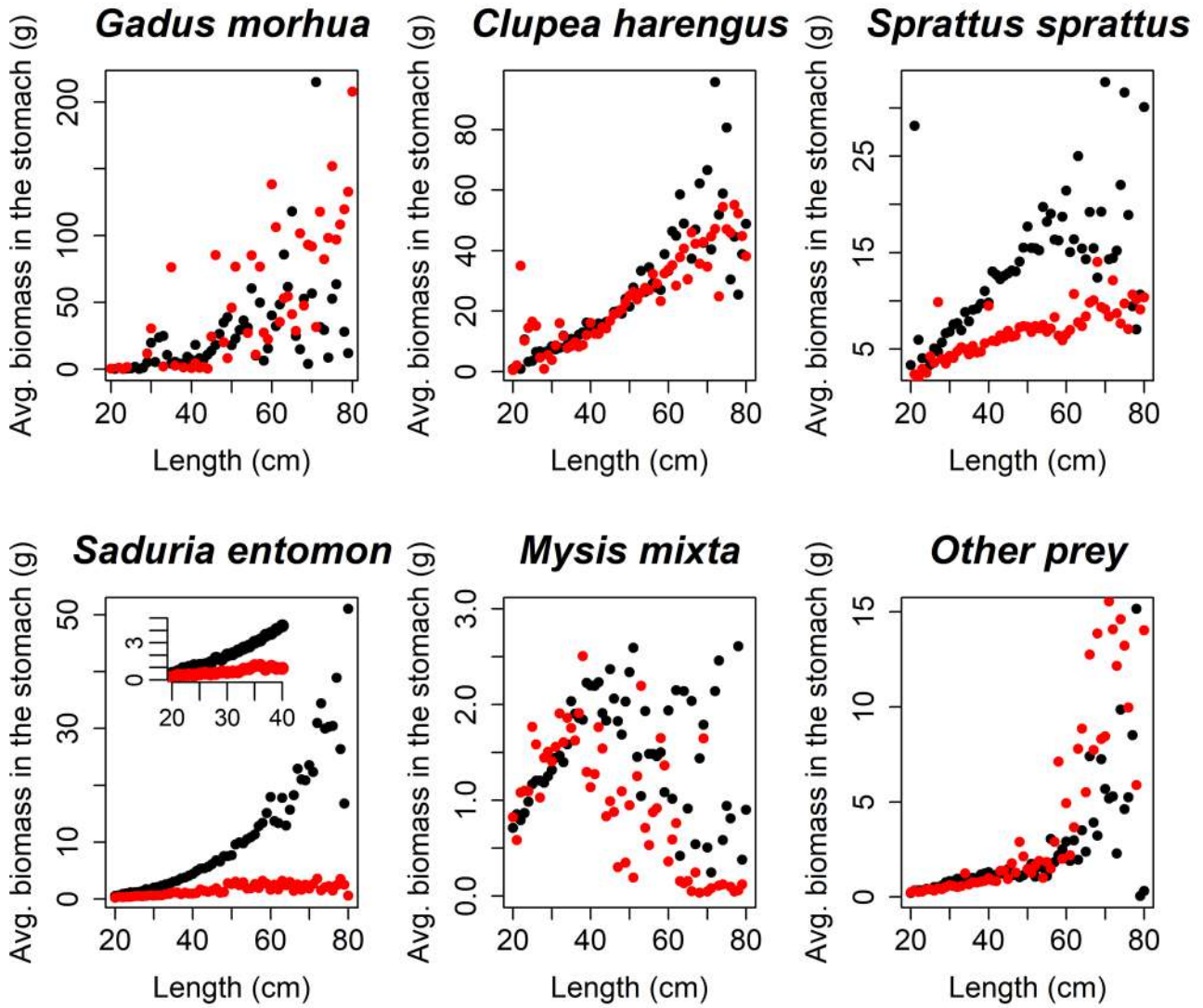
564

565

574

575

576



577

578

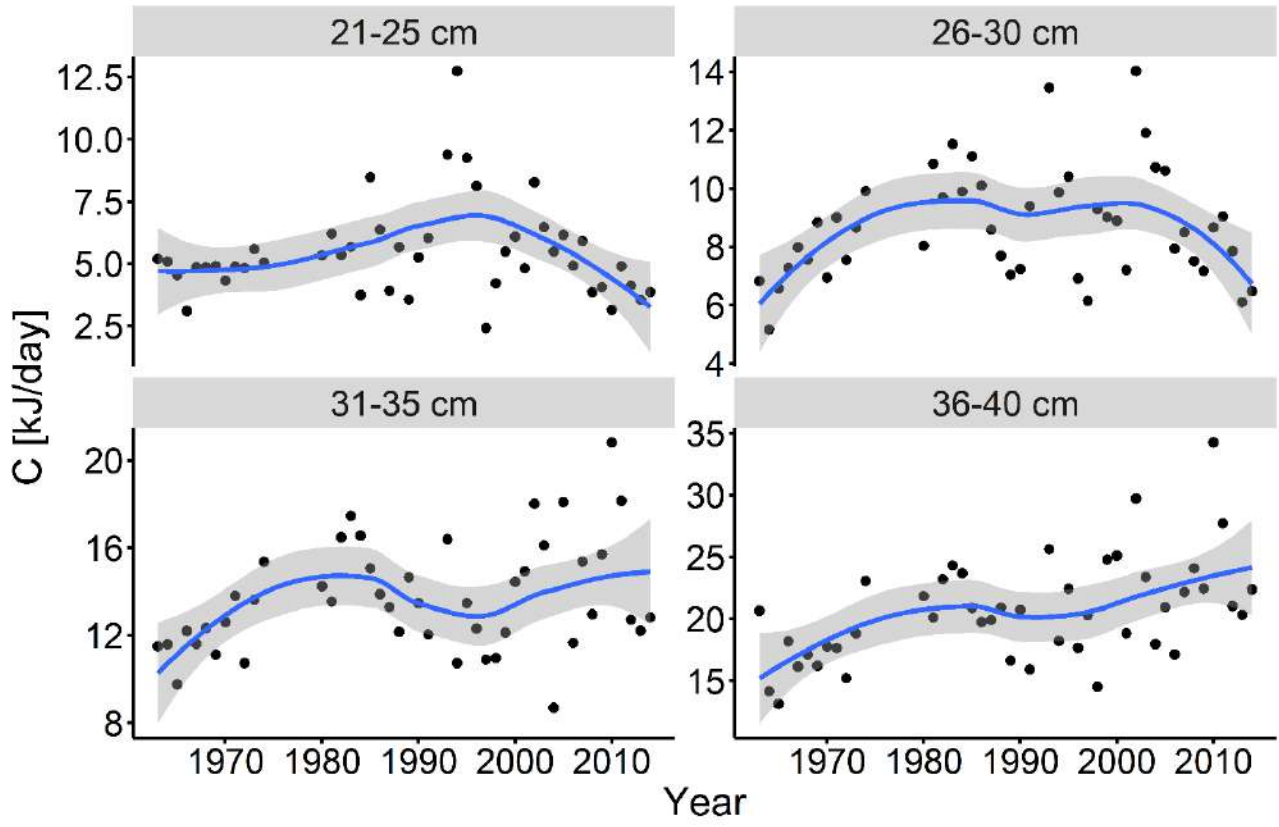
579

580 Fig. 2

581

582

583



584

585

586

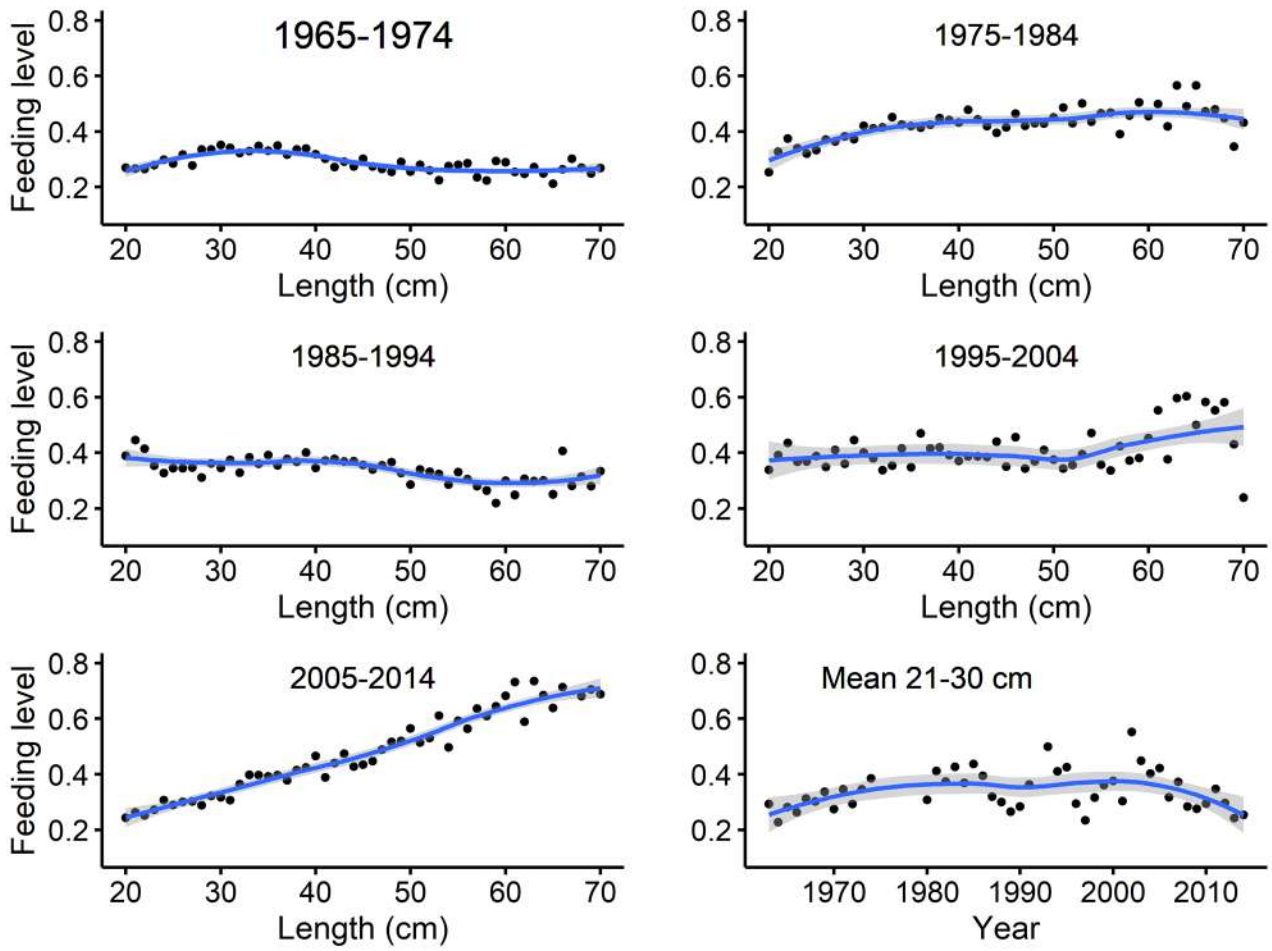
587

588 Fig. 3

589

590

591



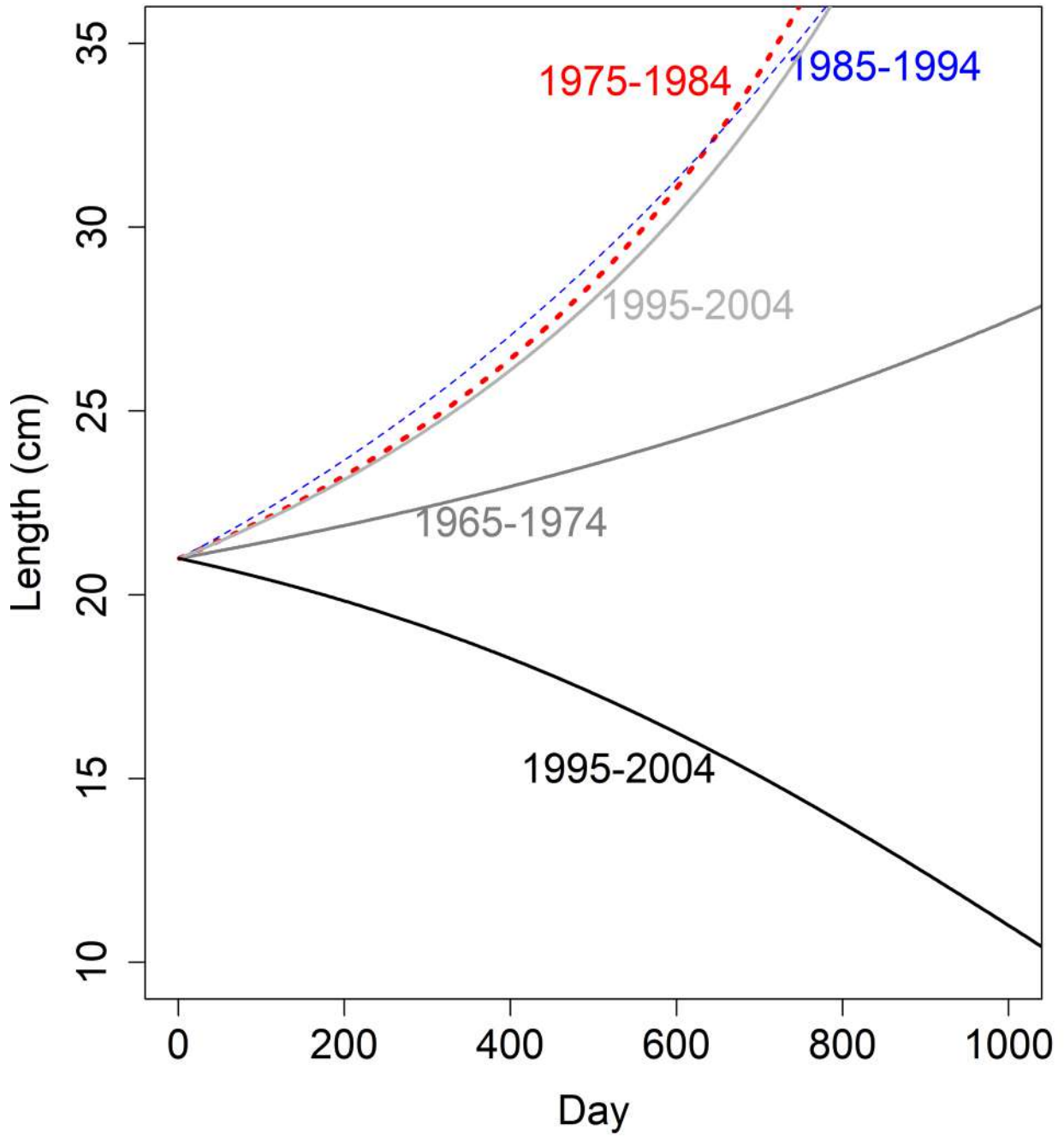
592

593

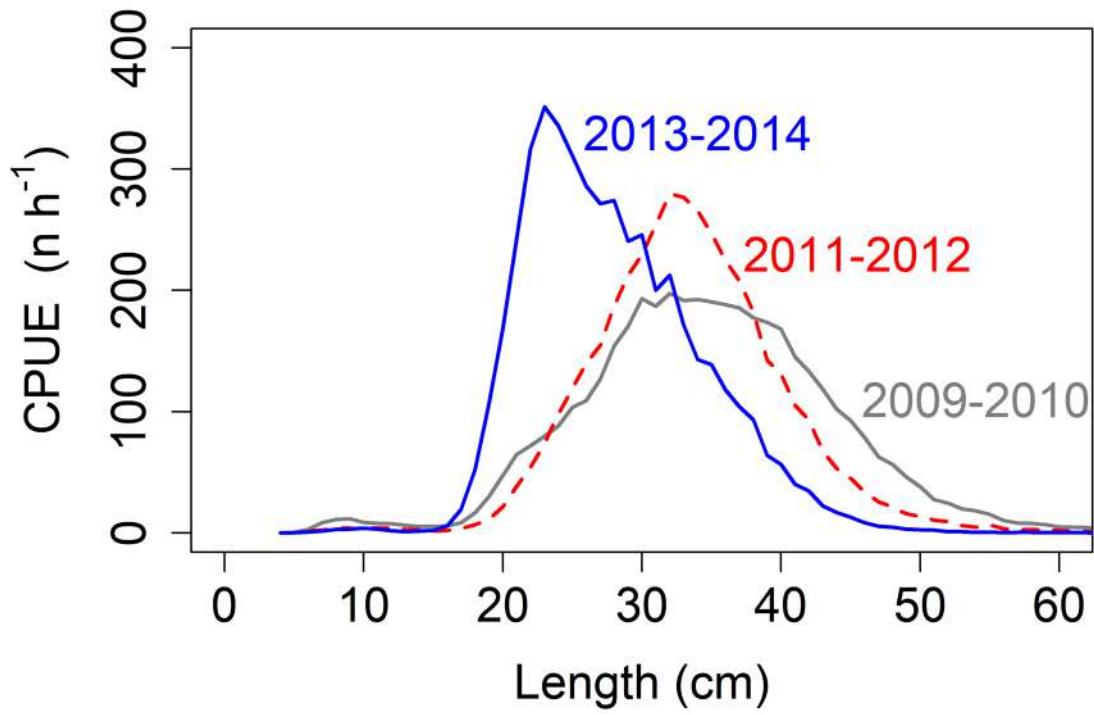
594

595 Fig. 4

596



601



602

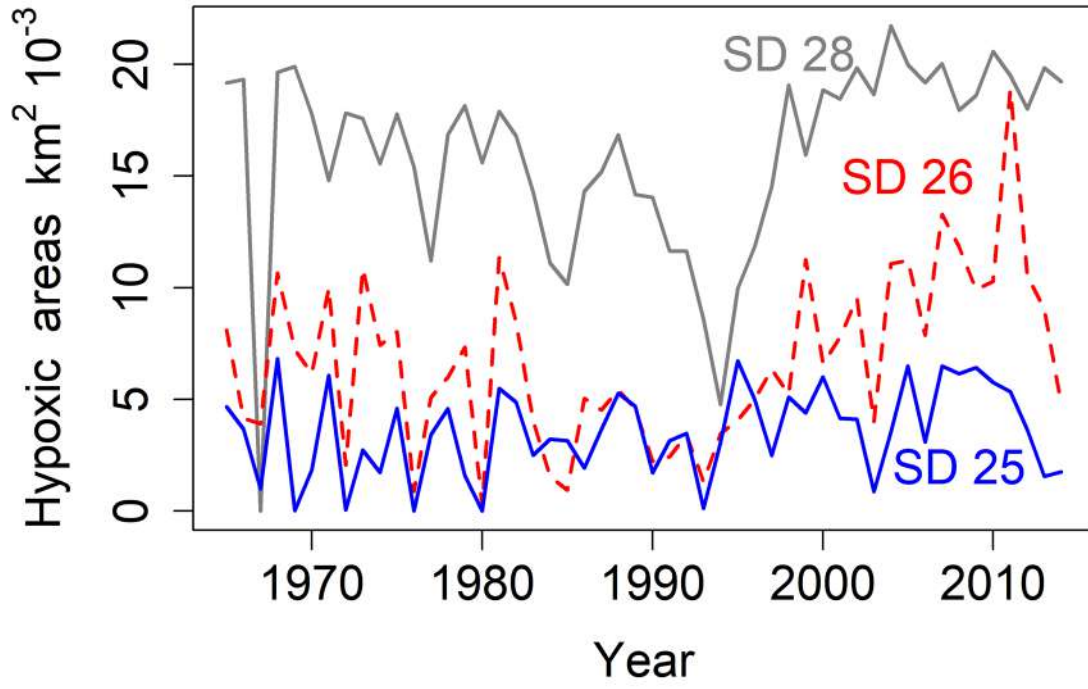
603

604 Fig. 6

605

606

607



608

609

610

611 Fig.7