

Hungry like the fish: Evidence and implications of starvation mortality on marine animal population dynamics

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1 **Abstract**

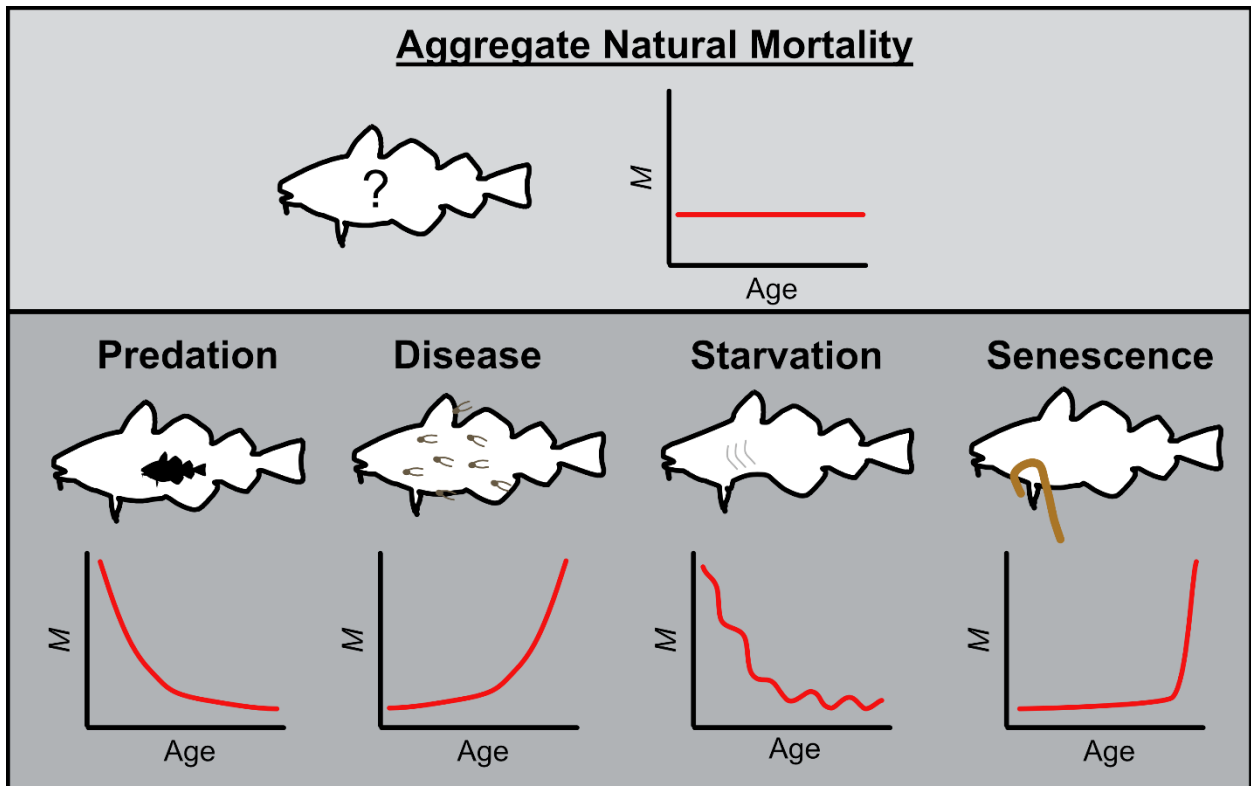
2 Stock assessment models are simplifications of a stock's population dynamics. One commonly
3 simplified component of population dynamics is natural mortality, which refers to all
4 components of mortality that are not attributed to harvest, including predation, starvation,
5 disease, and senescence. Although recent modeling advances have improved our ability to
6 estimate natural mortality, most research has focused on either estimating aggregate natural
7 mortality or predation mortality rates, while continuing to simplify other components. We
8 contend that starvation-induced mortality, particularly for mature marine animals, represents an
9 overlooked component of natural mortality and should be more frequently considered when
10 developing scientific advice for ecosystem-based fisheries management. To defend this
11 contention, we 1) describe marine animal energy maintenance and when starvation may be
12 important, 2) highlight three case studies where starvation-induced mortality of mature animals
13 may have affected population dynamics, 3) describe methods for measuring and estimating
14 starvation to improve ecosystem-based fisheries management, and 4) describe how starvation
15 risks may increase with climate change. Overall, improving stock assessment modeling requires
16 that we continually reassess whether model simplifications are sufficient to estimate how
17 populations are changing in support of fisheries management.

18 1. Introduction

19 Marine animal population dynamics models were developed over the last century to
20 understand and inform policy makers about the impacts of harvest on populations (Quinn 2003).
21 These models enable the estimation of fishing mortality on targeted species. However, models
22 are a simplification of real population dynamics. For example, biomass dynamics models assume
23 that population dynamics are not affected by age or size structure, or other characteristics, and
24 these models combine recruitment, growth, and natural mortality into a single parameter
25 (Hilborn and Walters 1992). The simplifications used in these types of single-species population
26 dynamics models produced a variety of unintended management consequences (e.g., Smith et al.
27 2011) and eventually led to the development of ecosystem-based fisheries management, which
28 seeks to address parameters that were initially overlooked (Goethel et al. 2023). For example,
29 multispecies and ecosystem models have been developed to address the potential for cascading
30 impacts of harvest of one species on other species or on entire ecosystems. However, no model
31 can fully address the complexity of natural ecosystem dynamics (sensu Collie et al., 2016) and
32 there always remains a risk that simplifications may produce consequences for effective
33 management.

34 The natural mortality rate (M) is an important parameter that affects stock assessment results,
35 and this parameter is usually simplified in practice because it is difficult to estimate (e.g., Punt et
36 al. 2021). M refers to all components of mortality that are not attributed to harvest, including
37 predation, starvation, disease, and senescence (Figure 1). Historically, single-species population
38 dynamics models did not distinguish between components of M and tended to assume that it was
39 constant across animal ages/sizes and years. This assumption was made due to the difficulty of
40 observing deaths of animals that live underwater. However, M is known to vary by age/size
41 (Lorenzen 2022) and over time (Johnson et al. 2015) and recent modeling advances have

42 permitted M estimation in single-species population dynamics models (see review by Maunder et
 43 al. 2023). These modeling advances have primarily been used to estimate fluctuations in
 44 predation mortality. For example, diet data are used to inform variability in predation mortality
 45 in single-species (Howell et al. 2021), multispecies (Lewy and Vinther 2004; Trijoulet et al.
 46 2019; Adams et al. 2022), and time-dynamic ecosystem models (Christensen and Walters 2004;
 47 Reum et al. 2019). Although these advances have benefited management outcomes, predation
 48 only represents a single component of M and models still tend to simplify other components.
 49 This matters because distinguishing among sources of M is necessary to identify appropriate
 50 indicators of population productivity and for incorporating data that can help inform M
 51 estimation within population and ecosystem models.



52
 53 Figure 1. Conceptual diagram of generic age-specific trends from different sources of natural
 54 mortality rates (M). Fluctuations for the starvation panel represent seasonal fluctuations.

55 Starvation-induced mortality represents a source of mortality that can play an important
56 role in population dynamics. Starvation refers to an animal that is willing and able to eat but is
57 unable to do so because of some extrinsic limitation on food resources (McCue 2010). Animals
58 may also undergo periods of fasting, which is commonly defined as a lack of feeding due to
59 some endogenous, rather than exogenous control (McCue 2012). We focus on starvation but note
60 that starvation and fasting may not necessarily be mutually exclusive. For example, an animal
61 may initiate fasting during a migration but die from starvation during the migration if energy
62 reserves run out. Further, starvation-induced mortality refers to mortality that is ultimately driven
63 by starvation but that may be proximately caused by increased susceptibility to predation
64 (Verdolin 2006), capture by fishing gear (Steingrund et al. 2009), and disease (Houston et al.
65 2007).

66 Marine animals, particularly fishes, are well known for their resilience to prolonged
67 periods of starvation (Bar 2014). Furthermore, given that many marine animals are mobile and
68 generalist consumers, there has been a tendency to assume that these animals may primarily
69 suffer from periods of reduced growth and reproductive success rather than fully succumbing to
70 mortality when confronted with limited prey availability (e.g., Ali et al. 2003; Rideout et al.
71 2005; Lorenzen 2016). These assumptions are not always borne out in reality, as mounting
72 evidence indicates that periods of starvation have promoted periodic increases in M , including
73 both incidences of mass-mortality and sustained increases in M (Stewart et al. 2021, 2023;
74 Queiros et al. 2021; Regular et al. 2022; Szuwalski et al. 2023; Weerasekera et al. 2024;
75 Robertson et al. 2025).

76 Here, we contend that starvation-induced mortality, particularly for mature marine
77 animals, represents an overlooked component of M and should be more frequently considered

78 when developing scientific advice for ecosystem-based fisheries management. To defend this
79 contention, we will 1) describe the basics of animal energy maintenance and when starvation
80 may be important, 2) focus on three case studies where starvation-induced mortality of mature
81 animals affected population dynamics, 3) describe how recognition and estimation of starvation
82 may occur and be used to improve ecosystem-based fisheries management and 4) highlight how
83 the risks of starvation may increase under anthropogenic climate change.

84 **2. Energy maintenance: the basics**

85 Animals eat to obtain energy and nutrients. Energy is critical to support basal metabolism
86 and daily activities such as locomotion, competition for mates, and predation escape (Brett
87 1976). Nutrients consist of the macronutrients (e.g., lipids, proteins, carbohydrates) and
88 micronutrients (e.g., Fe, Mg, Mn) needed for body tissue growth and maintenance. Animals
89 routinely encounter external and internal challenges (e.g., changing temperature, hypoxia,
90 disease), and energy and nutrients support the physiological responses to cope with these
91 challenges (e.g., morphological and biochemical acclimation processes; Hardison and Eliason,
92 2024). Malnutrition, or insufficient energy and nutrients to sustain life, can have severe
93 consequences on the performance, resilience and survival of animals (McCue 2012).

94 A mismatch between energy intake and energy use leads to starvation (McCue 2010).
95 This can arise from insufficient energy intake or excessive energy use. Basal metabolic rate
96 (BMR, term used in endotherms) or standard metabolic rate (SMR, term used in ectotherms) is
97 the minimum energy required just to maintain basic body processes (e.g., support cardiac output,
98 ventilation, protein turnover; Chabot et al. 2016). BMR/SMR needs must first be met before
99 energy is available for other activities such as locomotion, reproduction, consuming prey, tissue
100 growth, and energy storage. Insufficient food availability in the environment will result in a

101 reduction in energy intake which can have numerous consequences. Metabolic depression, or a
102 decrease in SMR/BMR, is a common response to resource limitation (Storey and Storey 2004).
103 Additional consequences include reduced energy stores and tissue mass (McCue 2010), lost
104 opportunities for reproduction or feeding (Guillou et al. 2000), altered social behaviours
105 (Frommen et al. 2007), and increased susceptibility to disease and predation (Yin and Blaxter
106 1987; Killen et al. 2011). Alternatively, animals may burn through their available energy stores
107 by having an excessively elevated BMR/SMR (e.g., SMR increases with warming; Brett 1971)
108 or via excessive activity (e.g., prolonged locomotion searching for food, getting lost during
109 migration; Ware 1975). Disproportionate energy use over a short period may have minimal
110 consequences on an animal; however, prolonged exposure could have phenological
111 consequences (e.g., mistimed arrival at reproductive or feeding grounds; Wilson et al. 2022),
112 physiological consequences (e.g., reduced energy stores and tissue mass, impaired ability to
113 respond to environmental perturbation; Macdonald et al. 2010), and can even lead to death
114 (Leung et al. 2018).

115 Malnourishment can also result from inadequate nutrient availability. Shifts in diet
116 options (e.g., changes to community structure such that ideal prey are less available; Rose and
117 O'Driscoll 2002) and shifts in diet quality (e.g., changing lipid levels in prey; Hixson and Arts
118 2016) can impact the available nutrients to animals. These shifts can occur naturally (e.g.,
119 geographical, Bird et al. 2018; seasonal changes, Vollenweider et al. 2011) and due to
120 anthropogenic stressors (e.g., marine heat wave, Von Biela et al. 2019; overfishing, González
121 Ortiz et al. 2025). Both macro and micronutrients provide essential components for cellular
122 function (e.g., membrane structure, gene regulation, cell signaling) so deficiencies can
123 profoundly alter physiological performance and plasticity, with deleterious consequences for

124 animal survival (Hardison and Eliason 2024). For example, thiamine deficiency is becoming a
125 major concern across taxa including mammals, fish and bivalves (Harder et al. 2018). Thiamine,
126 a water-soluble vitamin, is exclusively obtained from the diet for fishes and plays a key role in
127 energy metabolism and generating ATP. Deficiencies in thiamine result in impaired neurological
128 function, such as abnormal swimming behaviour and even death (Amcoff et al. 1998; Brown et
129 al. 2005).

130 The amount of energy that animals require depends on their ontogeny and life history
131 strategy. Fish have generally been expected to be at greatest risk of starvation (up to 99%
132 mortality rates) in the “critical period” following first feeding (Hjort 1914; China and Holzman
133 2014). The risk of starvation then decreases throughout the juvenile period as animals develop
134 the energy stores required to cope with unfavorable environmental conditions (Byström et al.
135 2006; Shoup and Wahl 2011; Martin et al. 2017). Adult marine animal energy reserves are then
136 expected to fluctuate seasonally (Figure 1) in response to food availability and dietary changes
137 (Rikardsen et al. 2006), reproduction (Smith et al. 1990), and migration (Braithwaite et al. 2015).
138 For example, animal energy reserves in temperate and Arctic ecosystems can decline over winter
139 due to a reduced resource base (Hurst 2007; Fernandes and McMeans 2019). Further, capital
140 breeders provision reproduction using stored energy resources, resulting in large seasonal
141 fluctuations (e.g., Lambert and Dutil 1997), while income breeders continue to feed during
142 spawning and therefore, tend to maintain more stable, lower amounts of stored energy (Jonsson
143 1997; McBride et al. 2015).

144 **3. Starvation mortality case-studies**

145 In recent years, there have been several high-profile marine animal populations where
146 evidence for mass-mortality events or sustained increases in mortality have been attributed to

147 starvation. Here, we will highlight case-studies for three marine animal populations with
148 disparate life-history strategies (i.e., a marine mammal, a teleost, and an invertebrate) where
149 there is evidence that starvation-induced mortality had population level-consequences.

150 3.1 Eastern gray whales

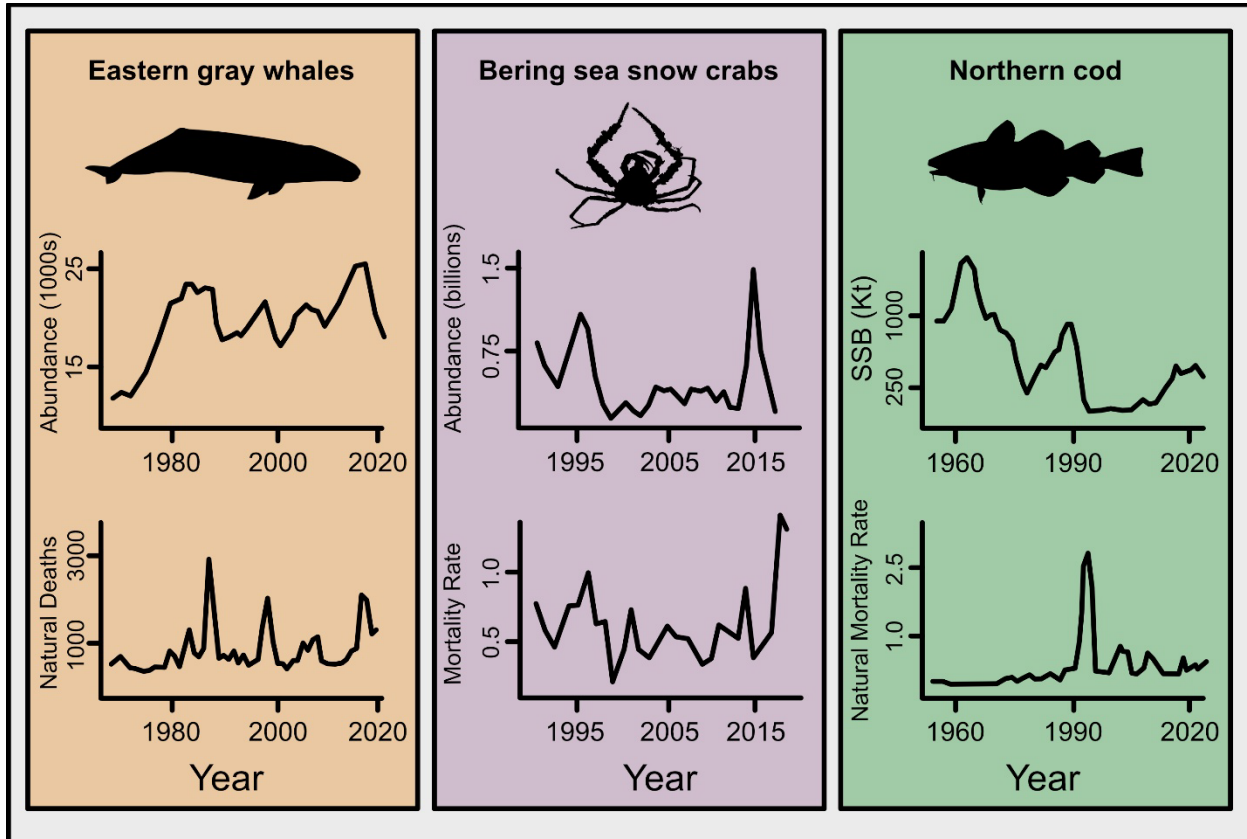
151 Gray whales (*Eschrichtius robustus*, Eschrichtiidae) that range from the Chukchi and
152 Bering Seas to Baja California, Mexico are considered a single stock (Eastern gray whales) that
153 is separate from the only other gray whale population (Western gray whales) in the Western
154 North Pacific (Lang et al. 2022). Both populations were depleted by commercial whaling by the
155 early 1900s, where Eastern gray whales have since recovered to estimated pre-whaling
156 population sizes (current population size >17,000 whales; Eguchi et al. 2024) while Western
157 gray whales have not recovered and are currently listed as critically endangered (current
158 population size ~ 130 whales; IUCN).

159 Being large, long-lived, migratory animals, gray whales are capital breeders that rely on
160 energy stored during the feeding season (May–November) to cover their needs during migration
161 and reproduction when they feed very little, if at all (November–April; Villegas-Amtmann et al.
162 2015). This energy storage strategy is particularly relevant for the Eastern gray whale population,
163 as these whales undergo one of the largest mammalian migrations between their southern
164 breeding grounds and northern feeding grounds (~8,000 km; Pike 1962). During this migration,
165 Eastern gray whales develop their energy stores primarily by suction feeding on infaunal
166 amphipods (Moore et al. 2022). Energy gained in this way is stored in blubber, muscle, and other
167 types of fat (Lockyer 2007). Maintaining a large energy store is necessary for reproductive
168 females given the energy intensive nature of lactation which can occur for most of the year
169 (Gittleman and Thompson 1988).

170 Twice in the last 25 years (1999–2000 & 2019–2020) “unusual mortality events” have
171 occurred for the Eastern gray whale population, where the number of unexpected die-offs
172 increased dramatically (mean = 41 dead, 1999–2000 = 651 dead, 2019–2020 = 384 dead;
173 Christiansen et al. 2021). These mortality events were also unique in that juveniles and adults
174 underwent similar levels of strandings compared to most other years where the majority of
175 stranded whales were juveniles. Visual observations and post-mortem findings during both
176 periods identified that whales were severely emaciated during their southward migration and on
177 the breeding grounds, providing evidence that starvation was a likely contributor to the increase
178 in mortality (Gulland et al. 2005; Christiansen et al. 2021; Raverty et al. 2024). The mechanism
179 underpinning this starvation remains unresolved, although evidence indicates that it may be due
180 to some combination of upwelling-induced shifts in primary productivity, ice-cover driven shifts
181 in foraging ground access, and prey biomass distribution (Soledade Lemos et al. 2020; Moore et
182 al. 2022; Stewart et al. 2023). Additionally, there is some evidence that vessel strikes, orca
183 predation, and gear entanglement contributed to whale strandings (Raverty et al. 2024),
184 indicating a complex combination of drivers of mortality which may be linked to starvation.

185 A population dynamics model was developed to account for these Eastern gray whale
186 unusual mortality events. This biomass dynamics model included a time-varying carrying
187 capacity term to represent shifts in feeding success, which was informed by estimates of body
188 condition over time (Stewart et al. 2023). Estimates indicate that although only several hundred
189 dead whales were observed in years with unexpected die-offs, these events likely represented
190 several thousand dead whales, ultimately reducing the population size by 15–25% (Figure 2). By
191 accounting for starvation-induced mortality using a time-varying carrying capacity term, this
192 research indicates that these types of starvation events have only become important as the

193 population has recovered (Moore et al. 2001). However, it is worth noting that the currently
 194 assumed drivers of these shifts (e.g., ice-cover, upwelling) are associated with large-scale climate
 195 variability and the model estimated substantial shifts in carrying capacity, ranging from 10,000
 196 to >60,000 whales, indicating that similar mortality events could occur at relatively small
 197 population sizes.



198

199 Figure 2. Estimated trends in population size (top row) and mortality (bottom row) for the three
 200 case studies. Redrawn from Stewart et al. 2023 (Eastern gray whales; 1968-2022), Szuwalski et
 201 al. 2023 (Bering sea snow crabs; 1988-2021), and DFO 2024 (Northern cod; 1954-2024). Axes
 202 reflect the metrics used to represent population size and mortality in each study. Abundance and
 203 mortality rates for the Bering sea snow crab study reflect estimates for the mature component of
 204 the population. Natural mortality rate for Northern cod reflects the average rate for ages 5+.
 205 SSB is spawning stock biomass. Kt is kilotons.

206 3.2 Newfoundland and Labrador Atlantic cod

207 Three populations of Atlantic cod (*Gadus morhua*, Gadidae) exist along the eastern coast
 208 of Newfoundland and Labrador. Northern cod is the infamous cod population which has become

209 a global example of overfishing, while more southerly Newfoundland cod populations (NAFO
210 Divisions 3NO and 3Ps) have historically received less global attention due to their smaller
211 fisheries. However, all three populations underwent population collapses over the past forty
212 years and none of the populations have recovered to historical population sizes (DFO 2020;
213 Cadigan et al. 2022a; DFO 2022). The population collapse, especially of Northern cod, has
214 outstanding questions about how much of the collapse can be attributed to overfishing or
215 environmental change (Rose and Walters 2019; Cyr et al. 2025), since the time-period of
216 collapse coincided with the coldest ocean temperatures ever observed in the region which was
217 followed by an ecosystem regime shift (Pedersen et al. 2017; Dempsey et al. 2018).

218 The majority of Atlantic cod around Newfoundland and Labrador undergo seasonal
219 migrations from offshore spawning grounds to inshore feeding grounds (Rose and Rowe 2024).
220 Cod in this region tend to mostly feed during the spring, summer, and fall, with a short period of
221 reduced feeding during reproduction in the spring and summer (March–September; Krumsick
222 and Rose 2012), and a prolonged period of very little feeding over winter (Schwalme and
223 Chouinard 1999). In addition to seasonal variability in feeding, Atlantic cod undergo an
224 ontogenetic diet shift. Juvenile fish (<30 cm) predominantly feed on zooplankton, benthos, and
225 shrimp, intermediate-sized fish (30–60 cm) consume more forage fishes, and the largest fish
226 (>60 cm) tend to be generalists (Link and Garrison 2002; Sherwood et al. 2007). Cod store
227 energy gained during feeding in the form of protein in white muscle tissue and as lipids in the
228 liver (Lambert and Dutil 1997). Given the limited degree of feeding over winter, cod body
229 condition has been observed to gradually decrease from fall to spring as their energy stores are
230 depleted (Schwalme and Chouinard 1999; Mello and Rose 2005).

231 All three cod populations on the east coast of Newfoundland and Labrador have been in a
232 period of reduced population productivity since the 1990s despite reduced levels of fishing
233 mortality. Recent research has indicated that all three stocks have undergone major fluctuations
234 in body condition (Cadigan et al. 2022b; Weerasekera et al. 2024; Soares et al. In Press), where
235 reductions in body condition, specifically during the spring, have been directly related to
236 increased M for all three populations (DFO 2020; Regular et al. 2022; Cadigan et al. 2024). The
237 timing of body condition reductions correspond to timing of declines in the abundance of key
238 forage fish prey, namely capelin (*Mallotus villosus*, Osmeridae; Regular et al. 2022) and
239 Northern sand lance (*Ammodytes dubius*, Ammodytidae; Cadigan et al. 2022b). Although
240 estimated starvation-induced mortality rates have been particularly high in some years (e.g.,
241 during the collapse of Northern cod), it is notable that estimated starvation-induced mortality
242 rates have been elevated for prolonged periods of time. Recent estimates indicate that starvation-
243 induced mortality has consistently impacted Atlantic cod population dynamics around
244 Newfoundland and Labrador, especially over the last three decades.

245 The stock assessments for each of these cod populations currently account for shifts in M ,
246 although the methods implemented to do so differ. The Northern cod stock assessment
247 implements an extensive tagging program which directly informs time-varying M in a state-space
248 age-structured stock assessment model (Cadigan 2016; DFO 2022). Additionally, this model
249 incorporates an index of capelin to account for shifts in M based on evidence that capelin
250 availability has aligned with shifts in starvation-induced mortality (Regular et al. 2025).
251 Meanwhile both NAFO Divisions 3Ps and 3NO cod stock assessments use integrated state-space
252 assessment models where an index derived from body condition data is used to account for
253 process error in M (Ings et al. 2024; Cadigan et al. 2024). In both cases, the condition indices

254 estimate the proportion of cod below a critical condition threshold which was shown to lead to
255 starvation-induced mortality in laboratory settings (Dutil and Lambert 2000; Casini et al. 2016).
256 Despite similar approaches, M estimation differs slightly between 3Ps and 3NO cod models.
257 Where the 3Ps cod model uses an aggregate condition index across ages and assumes that all
258 other sources of M are not time- or age-varying, while the 3NO cod model uses an age-based
259 condition index and assumes that predation composes the other main source of M , and is
260 assumed to vary by time and age based on body weight (e.g., Lorenzen, 1996).

261 3.3 Bering Sea snow crab

262 Southeast Bering Sea snow crab (*Chionoecetes opilio*, Oregoniidae) are one of the most
263 economically important fisheries in the United States with a mean ex-vessel revenue >USD\$100
264 million from 2018–2022 (Garber-Yonts and Lee 2024). Given its economic value, this
265 population has received substantial research attention focused on describing how its productivity
266 and spatial distribution are modified by environmental changes (e.g., Fedewa et al. 2020;
267 Szuwalski et al. 2021).

268 Bering sea snow crabs undergo an ontogenetic migration which may influence their
269 feeding requirements and energy storage. Juvenile Bering Sea snow crabs are associated with
270 cold temperatures, specifically with the cold pool (2°C bottom temperature isotherm; Parada et
271 al. 2010). As snow crabs mature they migrate to warmer, offshore waters and once they reach
272 maturity, they undergo a terminal molt and no longer grow (Parada et al. 2010). Our
273 understanding about the mechanisms underpinning this ontogenetic migration remain somewhat
274 limited, although water temperatures have been found to affect snow crab growth, survival, and
275 molt timing (Dutil et al. 2010; Yamamoto et al. 2015; Siikavuopio et al. 2017). Additionally,
276 although snow crabs are expected to be relatively opportunistic consumers of bivalves,

277 polychaetes, crustaceans, ophiuroids, and gastropods, juvenile crabs tend to be most abundant in
278 locations with an abundance of amphipods and small bivalves (Kolts et al. 2013).

279 The snow crab molting period and adult male migrations likely also influence seasonal
280 cycles in energy reserves. Snow crabs molt each winter (February–March) prior to their terminal
281 molt (~age 4 for females and age 8–9 for males; Parada et al. 2010; Ernst et al. 2012) and do not
282 feed for 3–6 weeks before and for 3–4 weeks after their molt (O'Halloran and O'Dor 1988). This
283 reduction in feeding, coupled with the energy requirements of molting, have been associated
284 with decreased snow crab body condition, indicating that this is a period when snow crabs have
285 reduced energy reserves (Dutil et al. 2009). Finally, adult male snow crabs in the Bering Sea
286 undergo spawning migrations in the spring (Nichol and Somerton 2015).

287 In 2018–2019 tens of billions of Bering Sea snow crabs disappeared following a marine
288 heatwave (Szuwalski et al. 2023; Litzow et al. 2024). This disappearance resulted in the
289 population size declining by 90% from a historical high in 2018. Initially, there were questions
290 about whether the fisheries independent survey simply did not observe the crabs due to a
291 potential change in crab spatial distribution, however, it has become more certain that this
292 disappearance reflected a mortality event rather than a distribution shift. A size-structured
293 population dynamics model for snow crabs was used to assess variability in mortality (Szuwalski
294 et al. 2023). This model estimated time-varying M and identified that the recent spike in
295 mortality (Figure 2) was best explained by variability in bottom-water temperatures that crabs
296 occupy. The mechanism(s) underpinning this spike in mortality remains disputed, however, the
297 leading hypotheses include starvation, predation, and disease (Szuwalski et al. 2023; Litzow et
298 al. 2024; Fedewa et al. 2025). The hypothesis for starvation-induced mortality posits that
299 increased bottom-water temperatures increased the metabolic demands at a time when foraging

300 areas (i.e., cold-water habitat) and prey availability (i.e., benthic secondary production) were
301 reduced. Given that reduced energy reserves can increase the susceptibility of organisms to
302 predation and disease, it is likely that these effects synergistically contributed to this massive
303 mortality event.

304 **4. How fisheries management can consider starvation mortality**

305 A range of approaches are available for identifying and incorporating starvation mortality
306 into fisheries management, including population indicators, single-species assessment models,
307 ecosystem models, and bioenergetic frameworks (Table 1). The first step towards considering
308 starvation mortality in fisheries management involves monitoring population indicators for when
309 starvation mortality may be more likely to occur. Morphometric body condition indices (i.e.,
310 length and weight) are frequently recorded on research surveys, alongside other population
311 indicators, to provide information on major spatial or temporal shifts in population productivity
312 (Link et al. 2021). In instances where body condition appears to have dramatically changed, this
313 could spur increased data collection on other physiological indicators (e.g., Brosset et al. 2021)
314 and diet to more thoroughly assess the likelihood that starvation mortality is widespread. For
315 example, physiological condition can be assessed with limited additional time resources in the
316 field using a range of approaches, including fatmeter measurements (Brosset et al. 2015) and
317 collection of blood (Sadoul and Geffroy 2019), stable isotope (Hatch 2012), proteomics (Raposo
318 De Magalhães et al. 2020), or metabolomics (Roques et al. 2020) samples. Each of these forms
319 of sampling would require additional time and monetary investments after sampling, which may
320 limit the feasibility of regular collection, but they could provide options when additional
321 sampling is desired to evaluate starvation risk more thoroughly.

322

323 Table 1. Summary of approaches used in fisheries science to identify, represent, and incorporate
 324 starvation mortality into population assessment and management. This table illustrates how each
 325 method represents starvation mortality, key data requirements, the relevance of each approach to
 326 fisheries management, and references to example applications for illustration.

Method	Representation of starvation mortality	Data needs	Management relevance	Example applications
Population indicators and monitoring	Explicit or implicit representation by identifying changes in condition, physiology, and/or diet	Length–weight, physiology, diet	Early warning indicators; motivation for model refinement	Brosset et al. 2015; Regular et al. 2022
Single-species models with time-varying parameters	Implicit representation via temporal, age-, and/or size-varying process error	Abundance, life-history, age/size composition, fisheries catch and effort	Direct stock status estimation and catch advice	Szuwalski et al. 2023
Single-species models with starvation covariates	Explicit representation by starvation indicator and process error correlation	Assessment model data (see above) and condition, prey, or environmental indices	As above with improved interpretation of productivity and uncertainty	Stewart et al. 2023; Cadigan et al. 2024; Robertson et al. 2025
Marine ecosystem models	Explicit or implicit representation via energy limitation or prey dynamics	Abundance, diet composition, growth, fisheries catch, primary production	Evaluates how ecosystem productivity and fishing interact to limit stock growth	Fu et al. 2017
Bioenergetic models	Explicit representation using mechanistic thresholds for starvation based on energy balance	Life history, physiology	Identifies conditions when starvation is likely	Lyons 1997; Chudzińska et al. 2024

327

328 Morphometric fish body condition data can also be collected by fisheries observers or
 329 other fisheries monitoring programs (Gilman et al. 2017). Fisheries often operate during different
 330 times of year and in different areas than research surveys. As a result, fisheries-dependent data
 331 may provide a better understanding about how fish body condition varies within a year and
 332 across space (e.g., Pecquerie et al. 2004). Given that starvation mortality is often an acute
 333 phenomenon that occurs during stressful life-history events (e.g., following reproduction) and
 334 after prolonged periods of reduced feeding (e.g., winter) or periods of heightened metabolic rates

335 (e.g., marine heat-waves), having more complete spatial and temporal coverage may increase the
336 likelihood of identifying starvation mortality risks. However, it is worth noting that fish in poor
337 body condition may be less likely to outswim fishing gear (Martínez et al. 2003) and therefore,
338 poor condition fish could be overrepresented in fisheries or research survey trawls. This issue has
339 received limited research attention and would require an evaluation of relative selectivity
340 between fish of different lengths and condition factors to correct for any overrepresentation of
341 poor condition fish.

342 Single-species population dynamics models are becoming more capable of estimating time,
343 size, and/or age-varying M (Maunder et al. 2023). While there is not a single, best method for
344 estimating the impacts of starvation mortality, using a flexible framework in which time-varying
345 M represents a minimum level of complexity, is likely most appropriate. As shown in our case-
346 studies, M estimates can either be derived from models that have implicit assumptions about the
347 impacts of starvation (e.g., time-varying carrying capacity; Stewart et al. 2023), can be correlated
348 to potential mechanisms/ecosystem drivers after estimation within the model (Szuwalski et al.
349 2023), or can be explicitly driven by starvation estimates internally (Cadigan et al. 2024;
350 Robertson et al. 2025). Whether these models implicitly or explicitly account for starvation
351 mortality depends primarily on data availability and model structure (Table 1). State-space
352 population dynamics models are considered an essential part of next-generation stock assessment
353 (Punt et al. 2020) and are likely the best framework for estimating the effects of starvation
354 regardless of model structure (e.g., catch-at-age or biomass dynamics models). State-space
355 models are useful because they allow for the estimation of process and observation errors
356 (Aeberhard et al. 2018). As a result, these models can implicitly account for starvation effects by
357 estimating variability in population carrying capacity or M process errors (Szuwalski et al. 2023;

358 Stewart et al. 2023) or explicitly through the inclusion of starvation indicators (e.g., body
359 condition or prey population abundance) as drivers of mortality processes (Cadigan et al. 2024;
360 Robertson et al. 2025).

361 Marine ecosystem models such as Ecopath with Ecosim (Christensen and Walters 2004),
362 Atlantis (Fulton et al. 2011), OSMOSE (Grüss et al. 2016), and mizer (Scott et al. 2014),
363 represent food web interactions through predator and prey feeding relationships. While the most
364 complex marine ecosystem models can explicitly represent starvation (e.g., Atlantis, OSMOSE;
365 Audzijonyte et al., 2019; Travers et al., 2010), simpler models implicitly account for starvation
366 through feeding interactions. For example, in Ecopath with Ecosim and mizer, declines in prey
367 abundance or competition with other predators can lead to declines in predator population size
368 (Andersen et al. 2016; Vajas et al. 2025). A major benefit of marine ecosystem models in the
369 context of starvation, is that they are energy constrained. In essence, because marine ecosystem
370 models represent primary production inputs to a food web, there are limits to the amount of
371 energy available (Eddy et al. 2021). When primary and/or secondary production decreases,
372 energy flow is limited, leading to resource limitation or starvation. Regardless of the model used,
373 most ecosystem models have not yet been employed to evaluate risks of starvation mortality but
374 have instead been employed to understand how modified fishing scenarios or climate change
375 may have cascading consequences throughout an ecosystem (Worm et al. 2009; Smith et al.
376 2011; Eddy et al. 2025). Ecosystem models have sometimes been used to inform M in single-
377 species models, especially in Europe (ICES 2024), however, they have primarily been used to
378 inform predation rather than starvation or other sources of M .

379 Bioenergetic models such as the Wisconsin Energy Budget (WEB; Kitchell et al. 1974),
380 Dynamic Energy Budget (DEB; Kooijman 2009), and Physiological Energy Budget (PEB; Sibly

381 et al. 2013) can be used to improve mechanistic understanding about the circumstances where
382 starvation may be most likely. Bioenergetic models are related to the balanced energy budget of
383 individual animals (i.e., energy consumed and energy used for growth, metabolism, and waste;
384 Brownscombe et al. 2022). As such, these models can be used to evaluate impacts of changing
385 prey fields and environmental conditions to population dynamics, predator-prey dynamics, and
386 habitat use. Examining the circumstances in which starvation mortality occurs has been the focus
387 of several bioenergetics model applications (Lyons 1997; Jonas and Wahl 1998; Breck 2008;
388 Dambrine et al. 2020; Chudzińska et al. 2024). Bioenergetic models can then be scaled up to
389 assess whether individual processes can lead to population level consequences via the use of
390 individual based models (Rose et al. 2024) or by integrating components of bioenergetics models
391 into single-, multi-species (e.g., Holsman et al. 2016), or ecosystem models (e.g., Punt et al.
392 2016).

393 Models that account for starvation mortality need to be cognizant of the spatial, temporal,
394 and demographic extent of its impacts. For example, animals that undergo ontogenetic diet shifts
395 may only have some age/length groups that are impacted by reductions in a prey's population
396 size if that prey is only consumed by smaller/larger animals. Furthermore, as discussed
397 previously, starvation mortality is often an acute phenomenon and therefore, surveys are likely to
398 over/underestimate the extent of starvation mortality depending on their spatial and temporal
399 coverage. Misspecifying M can impact important aspects of models that inform management
400 advice (Punt et al. 2021). This risk of misspecification, however, highlights the importance of
401 conducting further research on the ubiquity of large-scale starvation-induced mortality for
402 marine animal populations given the growing predominance of the length-inverse mortality
403 hypothesis applied to account for predation mortality (Lorenzen 2022). The length-inverse

404 mortality hypothesis assumes that M will be relatively low for larger individuals, which may be
405 violated during periods of increased starvation-induced mortality.

406 Finally, recently developed approaches have proposed methods to modify catch advice
407 using ecosystem indicators (Hill et al. 2020; Howell et al. 2021) which could benefit from
408 starvation indicators for species at greater risk of starvation mortality. For example, the
409 ecosystem-based fishing mortality reference point approach (F_{ECO}) adjusts fishing mortality
410 reference points up or down when ecosystem indicators for a stock vary (Bentley et al. 2021;
411 Howell et al. 2021). This approach represents a means of coupling results from single-species
412 population dynamics models with ecosystem models, where ecosystem productivity or resource
413 availability estimates from an ecosystem model may serve as ecosystem indicators that modify
414 catch advice derived from single-species models.

415 **5. Climate change may increase the risk of starvation**

416 Temperature profoundly impacts chemical and biochemical reactions, and thus
417 physiology and behaviour (Brett 1971). As temperatures rise, SMR increases exponentially, so
418 ectothermic animals must eat more just to sustain their maintenance metabolism (Brett 1976). If
419 resource supply cannot keep pace with rising metabolic demands, this can lead to 'metabolic
420 meltdown' (Huey and Kingsolver 2019). Maximum metabolic rate (MMR) increases with
421 warming up to a point, thereafter, it will typically plateau or decline with continued warming.
422 Aerobic scope (the difference between MMR and SMR) represents the aerobic capacity for an
423 animal to perform any activity above maintenance (e.g., move, compete for mates, digest a meal,
424 escape predation, Brett 1971). The shape of the thermal performance curve (TPC) for aerobic
425 scope varies but typically displays a gradual rise to a peak (termed the optimal temperature,
426 T_{opt}) followed by a steep decline (Schulte 2015). Animals cease feeding entirely at thermal

427 extremes, likely due to insufficient aerobic capacity to digest a meal (Sinclair et al. 2016; Jutfelt
428 et al. 2021). Even if food is abundant, animals may not be able to digest and assimilate it outside
429 their optimal thermal range (Peck et al. 2008; Sinclair et al. 2016). Furthermore, changes in
430 temperature often co-occur with other oceanographic changes, disease prevalence, and parasite
431 burdens which may synergistically modify a species aerobic scope (Pörtner et al. 2005; Hvas et
432 al. 2017). As such, animals are at risk of starvation when temperatures are too cold or too hot,
433 which is becoming increasingly frequent with climate change.

434 Modifications to an animal's aerobic scope, cardiac output, and muscle development can
435 modify swimming performance and behaviors related to predator-prey interactions (Domenici et
436 al. 2019). In fact, temperature driven changes to metabolic rates were identified as a primary
437 mechanism driving projections of fish biomass decline with climate change (Heneghan et al.
438 2021). Depending on the level of warming and the predator and prey species, modifications to
439 metabolism and muscle development can alter predator attack success and prey escape
440 performance. Climate warming is also expected to affect fish growth, where fish (and other
441 animals) are generally expected to become smaller (Sheridan and Bickford 2011; Cheung et al.
442 2013), although some species may get larger (Audzijonyte et al. 2020). Body size is a major
443 structuring force for predator-prey interactions (Persson and De Roos 2006; Andersen et al.
444 2016) and therefore, changes in predator or prey size could affect the number and strength of
445 predator-prey interactions as well as the amount of energy obtained from consuming a given
446 prey.

447 Marine species are moving in space and modifying their phenology in response to climate
448 change (Brown et al. 2016; Asch et al. 2019; Pinsky et al. 2020) which can affect overlap
449 between predators and their prey (Durant et al. 2007; Carroll et al. 2024; Bas et al. 2025).

450 Phenological and spatial shifts may reduce availability of prey at critical life history periods. The
451 importance of prey availability at specific periods has often been discussed in relation to fish
452 larvae (i.e., the critical period hypothesis; Hjort 1914; Houde 2008). However, if predators and
453 prey do not overlap in areas and times historically used as part of a feeding migration (Stewart et
454 al. 2023) or prior to/after energy intensive behaviors (e.g., reproductive periods; Rideout et al.
455 2006) the predator may be at greater risk of starvation. Most marine animals are not restricted to
456 consuming a single type of prey, and therefore spatial and phenological shifts that alter overlap
457 with favored prey species may simply result in prey switching and in turn may not greatly affect
458 total prey consumption. However, prey switching may lead to consumption of prey that do not
459 have the same quality. For example, Northern cod shifted from consuming primarily capelin
460 (high protein, high lipid) to consuming shrimp (high protein, low lipid) following the collapse of
461 capelin (Rose and O'Driscoll 2002). The shift to consuming more shrimp aligned with a period
462 of reduced population productivity that has been at least partially driven by periods of increased
463 starvation-induced mortality (Regular et al. 2022). Insufficient energy and nutrients can impair
464 animal performance and tolerance, and ultimately impact persistence (Hardison and Eliason
465 2024).

466 **6. Summary**

467 Marine animals die from a variety of processes that are difficult to observe in the field
468 and that have historically been poorly understood, aggregated, and treated as static assumptions
469 when modeling population dynamics. Although modeling complex biological processes requires
470 the use of simplifying assumptions, generating accurate predictions for how populations will
471 respond to harvest under a changing climate will require re-considering which assumptions are
472 reasonable. This paper discussed how starvation mortality may represent an overlooked

473 component of natural mortality, which may become more relevant with climate change. We
474 described how, despite a historical assumption that starvation is mainly a concern for larval and
475 juvenile marine animals, starvation has resulted in large mortality events for mature animals
476 across life-history strategies. In general, this work has highlighted a key population process that
477 has not often been considered in single-species stock assessment models, and we discuss a
478 variety of data streams and modeling platforms that could be leveraged to inform when
479 populations may be at a greater risk of starvation. Continuously reassessing our assumptions and
480 how we can test their validity will continue to be an important component of progressing
481 ecosystem-based fisheries management.

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492 **Conflict of Interest Statement**

493 The authors declare no conflicts of interest

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