

*Planning for a Healthy
Home, Body, and Baby*

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IRIS CANTOR-UCLA
WOMEN'S HEALTH
CENTER

EDUCATION
AND
RESEARCH CENTER

You often cannot see, smell,
or taste chemicals



Neighborhoods and workplaces affect health



Reproductive Justice

- ▶ African-American and Latino communities are especially exposed to toxins



Harmful chemicals are toxic



- ▶ Most pregnant women have some harmful chemicals in their bodies.
- ▶ This may cause problems during pregnancy for you and your baby.

Health Concerns

Problems for parents:

- ▶ Trouble getting pregnant
- ▶ Difficulties during pregnancy
- ▶ Miscarriage
- ▶ Cancer



Problems for children:

- ▶ Premature birth
- ▶ Birth defects
- ▶ Developmental delays
- ▶ Cancer



Harmful chemicals can be found in:

- Cribs, furniture, and seat belts
- Pesticides
- Cleaning products
- Some metals and plastics

What YOU Can Do!

How to avoid harmful chemicals at home



KEEPING BUGS AWAY

DO:

- ▶ Seal cracks
- ▶ Clean up crumbs
- ▶ Use bug traps



AVOID:

- ▶ Bug sprays
- ▶ Bug bombs



AVOID LEAD

USE:

- ▶ Water-based paints and glues
- ▶ HEPA filter vacuums
- ▶ Wet mops



AVOID:

- ▶ Dust
- ▶ Old house paint and pipes
- ▶ Cheap jewelry



GET RID OF DUST



- ▶ Wet mops and vacuums with HEPA filters help remove dust



- ▶ Dust can trigger asthma

NON-TOXIC CLEANERS

USE:

- ▶ Vinegar
- ▶ Sodium bicarbonate (baking soda)
- ▶ Hydrogen peroxide

AVOID:

- ▶ Fabuloso and Pinesol
- ▶ Bleach
- ▶ Ajax and Comet cleaners



It doesn't have to smell strong to be clean!

EAT FISH WITH LOW MERCURY

EAT:

- ▶ Salmon
- ▶ Tilapia
- ▶ Catfish
- ▶ Shellfish



AVOID BIG FISH:

- ▶ Shark
- ▶ Swordfish
- ▶ King mackerel
- ▶ Tilefish



EAT FRESH OR FROZEN PRODUCE

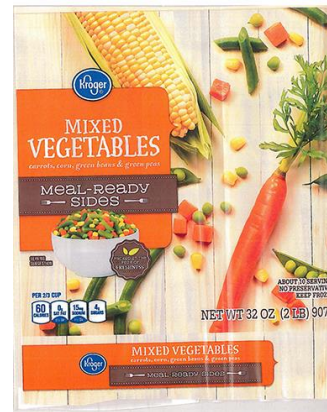
BUY:

- ▶ Fresh fruits and veggies
- ▶ Frozen fruits and veggies
- ▶ Fruits and veggies with thick skins that can be peeled



AVOID:

- ▶ Canned foods
- ▶ Food with animal fat



Check out EWG's pesticide report for fruits and vegetables at <https://www.ewg.org/foodnews/list.php#.WeZvJzuQx9M>

AVOID PLASTICS 3, 6, AND 7

3 TYPES OF PLASTIC CONTAINERS TO AVOID:



- 3**
- ▶ Canned foods
 - ▶ Disposable water bottles



- 6**
- ▶ Disposable cups and plates
 - ▶ Plastic straws



- 7**
- ▶ Some baby bottles

USE GLASS CONTAINERS



- ▶ Glass is safe and reusable
- ▶ Refrigerating and microwaving plastic can release chemicals into your food

AVOID FLAME RETARDANTS

DO:

- ▶ Buy products labeled “flame retardant free”
- ▶ Wash hands before eating
- ▶ Dispose of damaged cushioning

AVOID:

- ▶ Foam baby items
- ▶ Reupholstering furniture yourself
- ▶ Replacing carpet yourself



AVOID HARMFUL BEAUTY PRODUCTS

Hair straighteners



Benzyl Salicylate

Skin lighteners



Hydroquinone

Perfumes



Fragrance

Hair dyes



Lead

Loose powder



Propylparaben

READ LABELS

AVOID

Toulene

- ▶ Nail polish and treatments

Dibutyl Phthalate (DBP)

- ▶ Nail polish and treatments

Formaldehyde

- ▶ Nail polish and treatments
- ▶ Eyelash glue

Triclosan

- ▶ Soap, body wash
- ▶ Toothpaste

Parabens

- ▶ Makeup: foundation, lipstick, eye shadow, eye liner, mascara, powder, lip gloss, etc.



Check out EWG's Skin Deep Cosmetics Database at <http://www.ewg.org/skindeep/#.WeZuCzuQx9M>

NO LABEL? DON'T BUY!



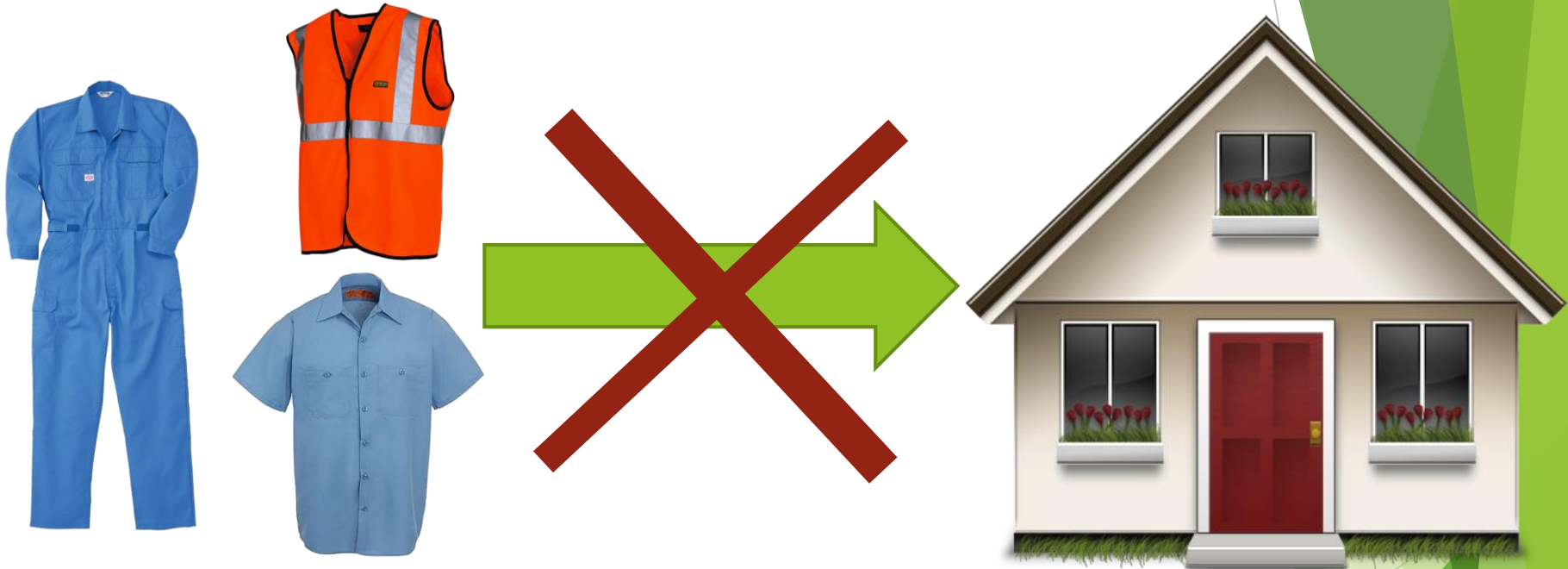
Saving up for a few good products is better than many cheap and dangerous products.

Better to be safe than sorry!

Minimizing Exposure at Work



SEPARATE CLOTHING WORN AT WORK FROM THOSE WORN AT HOME



- ▶ Change clothes before going home
- ▶ Wash your work clothes separately
- ▶ Leave shoes at the door

LIMIT CONTACT WITH CHEMICALS



- ▶ Frequently wash your hands
- ▶ Use gloves
- ▶ Use protective gear



WORKPLACE ADVOCACY

Workplace wellness programs promoted by employers are a cost effective way of improving your health!



Minimizing Community Exposure

Organizations taking an initiative

Community Organizing



Legal
Advocacy



***Environmental
Justice***



Tenants' Rights

Science



HEALTHY HOMES

- ▶ Community-based research
- ▶ Community education
- ▶ Home visits by Promotoras de Salud
- ▶ Hazard assessment of indoor/outdoor environment
- ▶ Prevent lead poisoning and asthma triggers from injuring families



ACCOUNTABILITY

- ▶ Guarding against industry attacks on regulations
- ▶ Protecting communities from pollution
- ▶ Legally ensuring clean air in LA and Central Valley



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