



Years of Progress

Center for Health, Environment & Justice
Mentoring a Movement, Empowering People, Preventing Harm
A Project of People's Action Institute

Children and Environmental Health Training Call

Tuesday November 13, 2018

Dr. Maida Galvez, a pediatrician at the Mount Sinai School of Medicine
Kristie Trousdale, Deputy Director of the Children's Environmental Health Network (CEHN)

Toxic Threats to Children's Health



Maida P. Galvez, MD, MPH, FAAP



Icahn
School of
Medicine at
Mount
Sinai

*Children's
Environmental
Health Center*



Pediatric Environmental Health Specialty Unit
Region 2: NJ | NY | PR | USVI



New York State **Children's**
Environmental **Health Centers**



Simple Steps to Healthy Environments and Healthy Children





A network of experts in reproductive and children's environmental health

Looking for something specific? Search our [Resource Catalog](#)



ABOUT US

EDUCATION & RESOURCES

FIND AN EXPERT

HEALTH PROFESSIONALS

GENERAL PUBLIC

FAQs

CONTACT



ABOUT PEHSU

We are an interconnected system of specialists located throughout North America who respond to questions from public health professionals, clinicians, policy makers, and the public about the impacts of environmental factors on the health of children and reproductive-age adults.

WHAT'S NEW

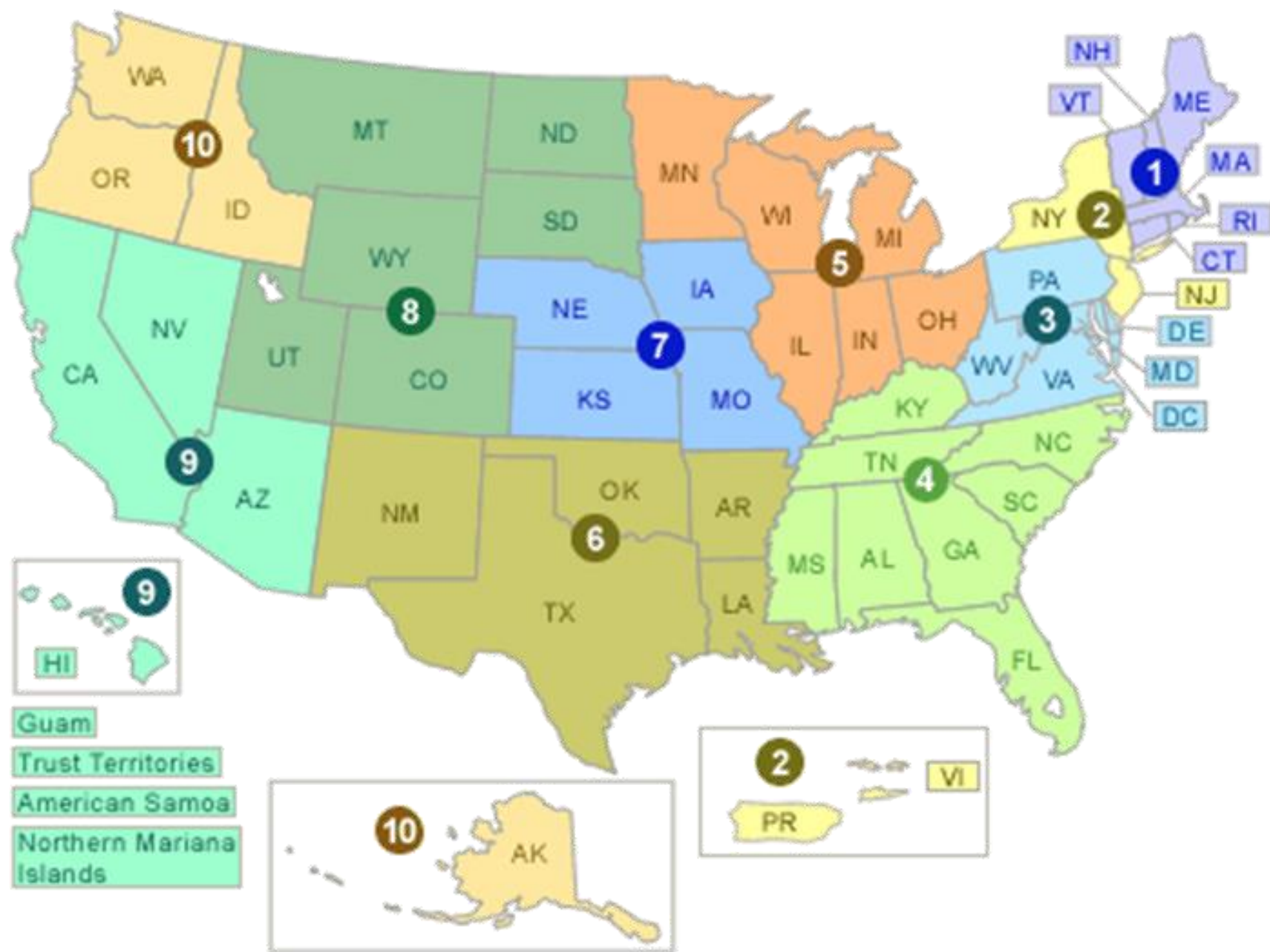
APR 27,
2018

New! eLearning Course: Endocrine Disrupting Chemicals in Consumer Products

-- Endocrine Disrupting Chemicals in Consumer Products: An Introduction, Identification and Health Impacts, and Prevention --
The Pediatric Environmental Health Specialty Unit (PEHSU) Program is excited...

QUICK LINKS

- [+ PEHSU National Classroom](#)
- [+ PEHSU National Resource Catalog](#)
- [+ PEHSU Event Calendar](#)
- [+ Frequently Asked Questions](#)







New York State **Children's**
Environmental Health Centers



Albany Region CEHC at Duker
Children's Hospital in Albany



Western NY CEHC at Oishei
Children's Hospital in Buffalo



Long Island CEHC (Nassau) at
Cohen Children's-Northwell



Long Island CEHC (Suffolk) at
Stony Brook Children's Hospital



NYC Children's Environmental
Health Center at Mount Sinai



Finger Lakes CEHC at Golisano
Children's Hospital in Rochester



Central NY CEHC at Upstate
Golisano's Children's in Syracuse

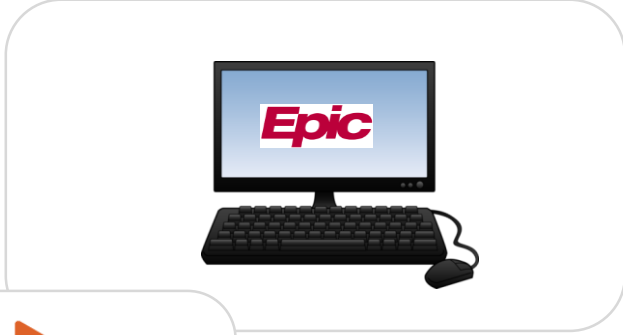


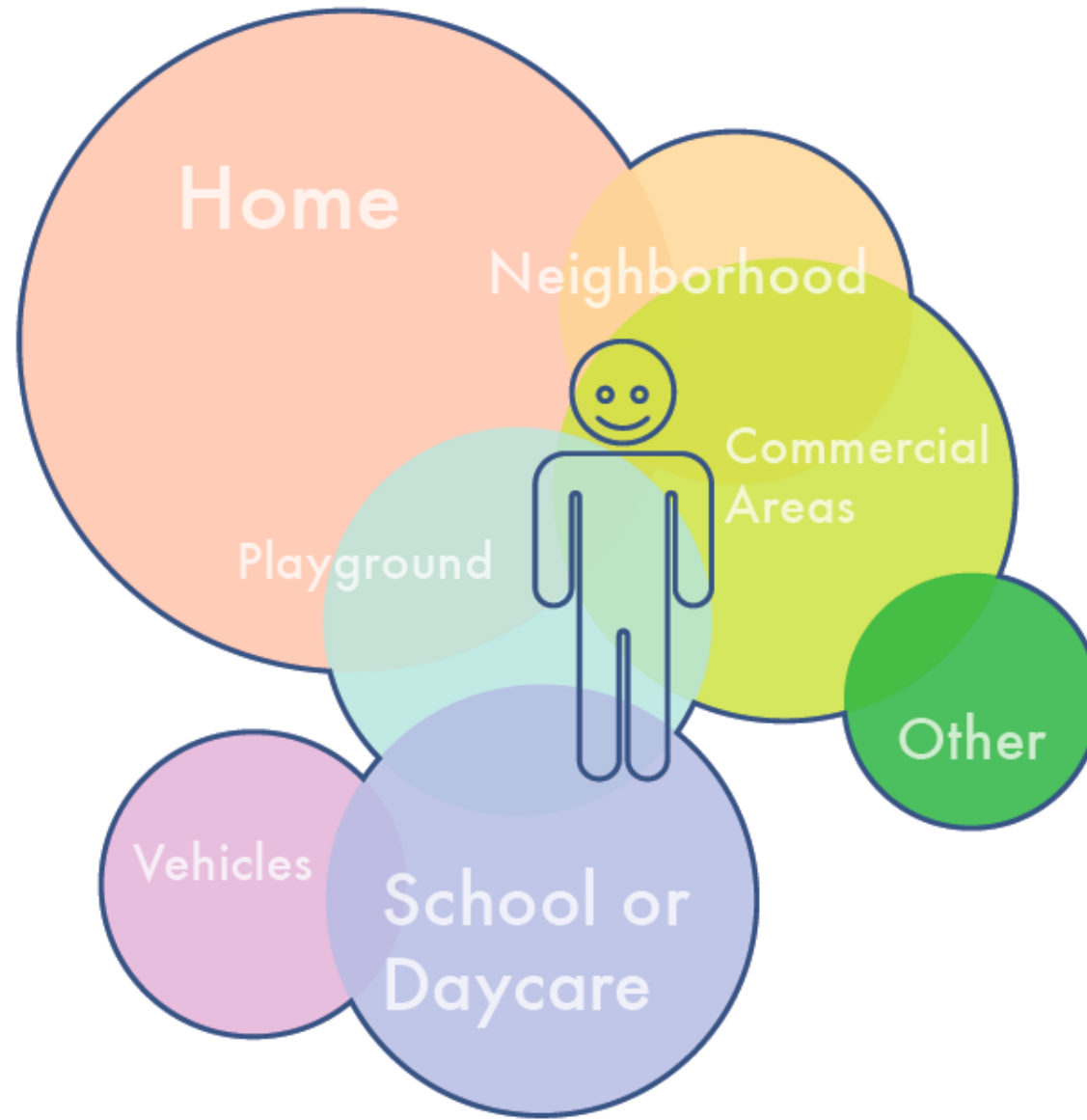
Hudson Valley CEHC at Maria Ferari
Children's Hospital in Westchester



New York State Children's
Environmental Health Centers







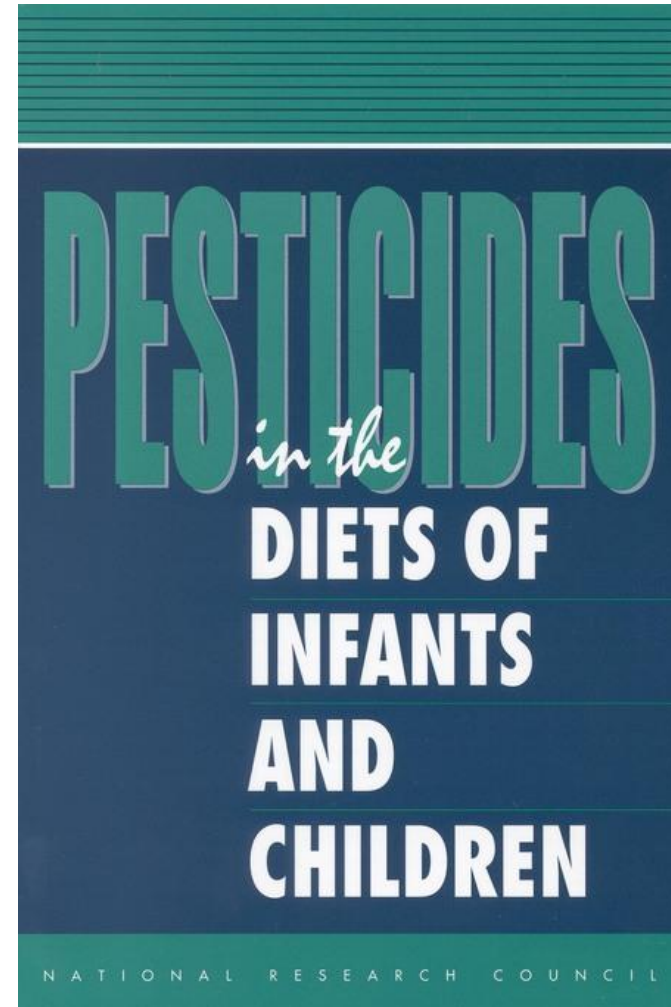
Major Concerns: Putting it into Context

- Substandard Housing
- Cigarette and Tobacco Smoke
- Clean Water and Air
- Pesticides
- Environmental Asthma Triggers
- Lead
- Mercury in Fish

Toxic Soup



Kids Are Not Little Adults

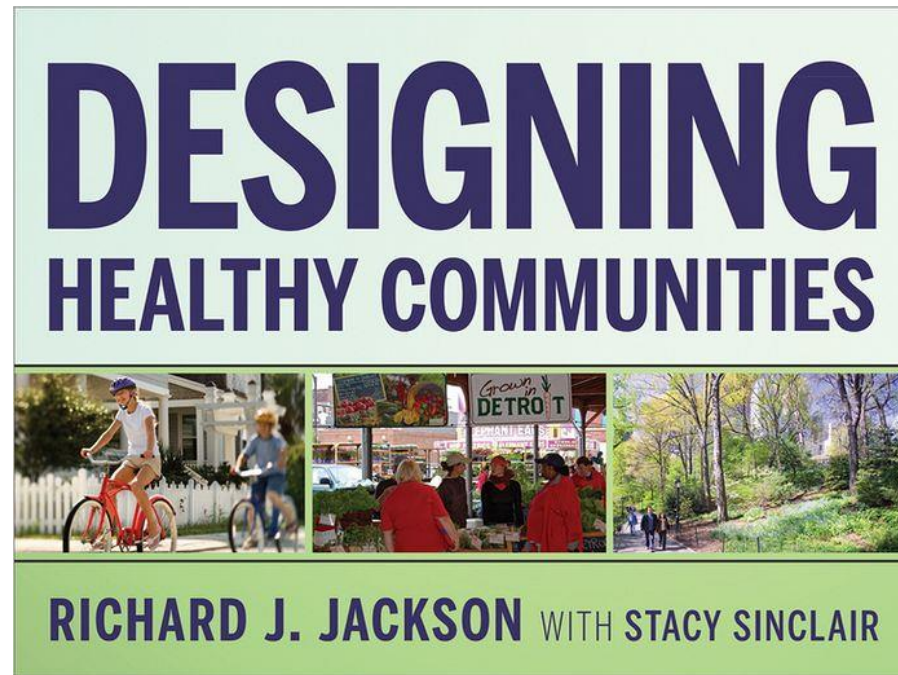
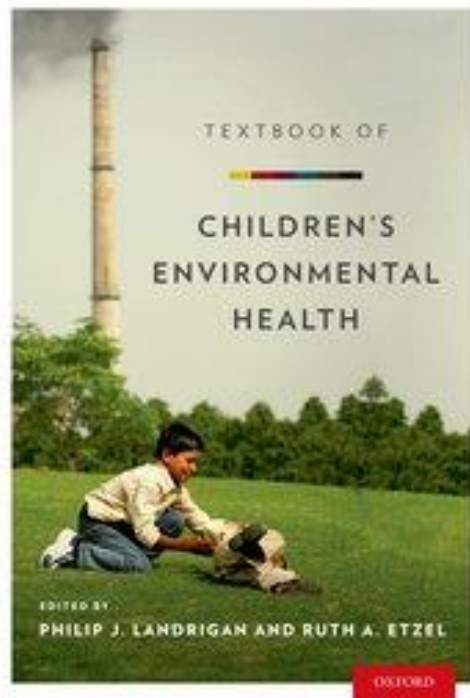
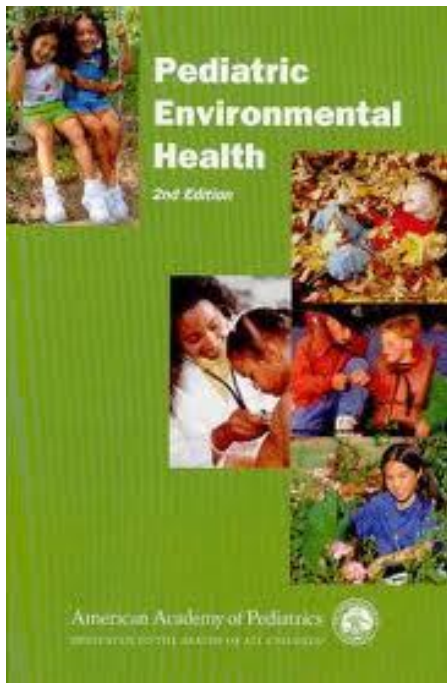


Children Are Uniquely Vulnerable

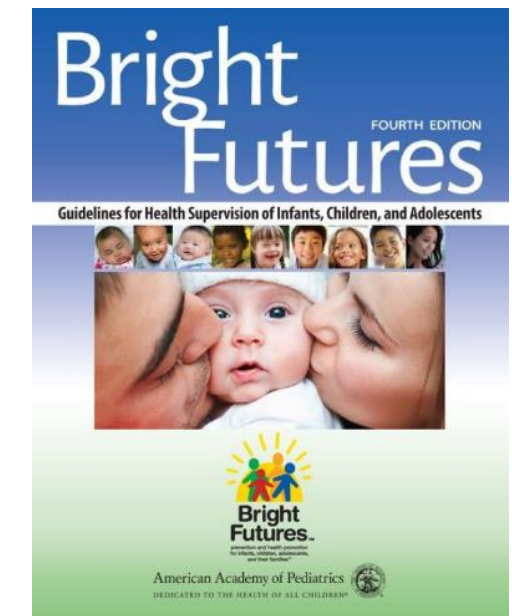
- Breathing zones close to the ground
- Age appropriate hand-to-mouth behavior
- Greater exposure pound-for-pound
- Lack of variety in diet
- Immature metabolism
- Developing organ systems
- More years of future life

Chemical Safety in the U.S.

- 100,000+ new chemicals since WWII
 - <20% have been tested for toxicity to children
- Toxic Substances Control Act 1976
 - Exempted 62,000 chemicals
- Lautenberg Act 2016
- Chemicals banned/restricted in cosmetics
 - EU: 1,100
 - US: 11

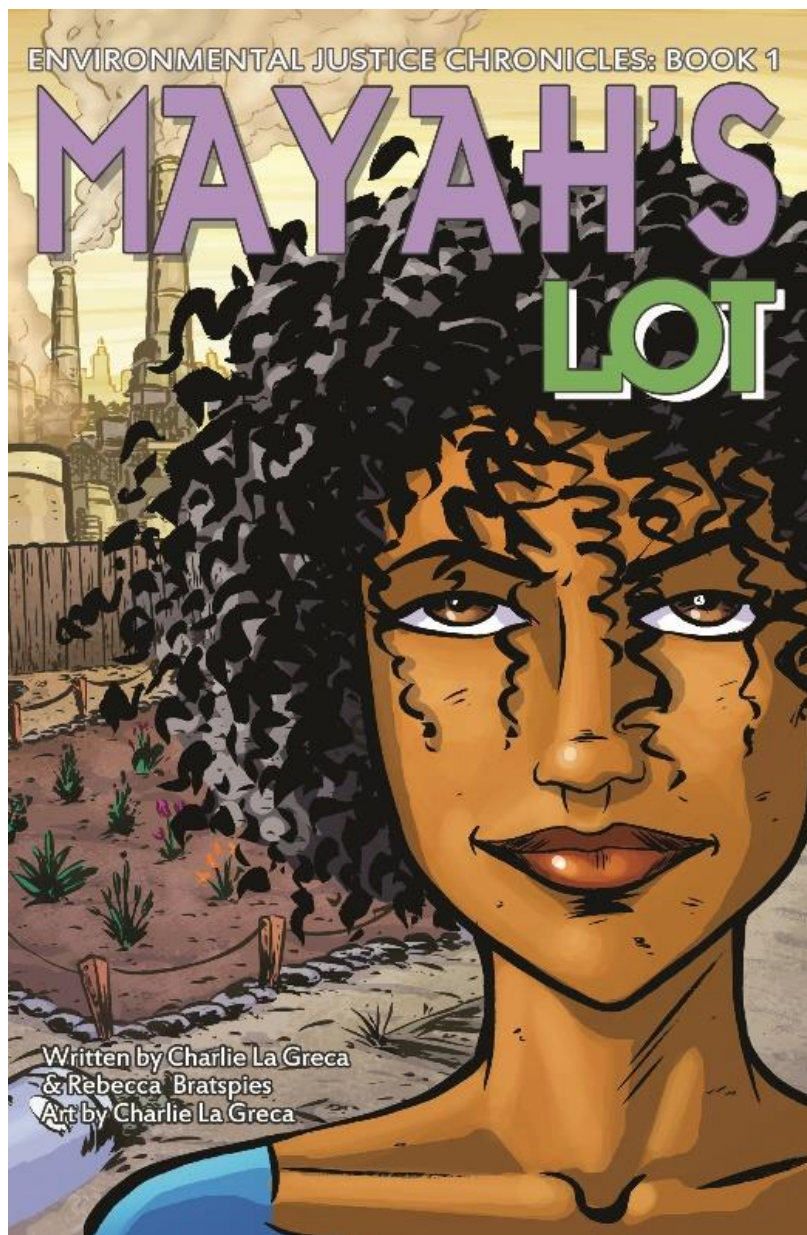


New Pediatric Environmental Health Web Toolkit for Providers



ENVIRONMENTAL JUSTICE CHRONICLES: BOOK 1

MAYAH'S LOT



Written by Charlie La Greca
& Rebecca Bratspies
Art by Charlie La Greca

Rosa and Carlos get Married

OUR STORY: ANA is hosting a bridal shower for her daughter ROSA. A nurse and promotora in their community, Ana has taken A Story of Health CE course and is excited to share important ENVIRONMENTAL HEALTH information with her daughter and their friend AMY...

FELICITACIONES!

And you are taking FOLATE pills right? And the multivitamins?

Hola!

MAMI!

...So has Rosa been complaining about my ANTI-TOXICANT campaign?

TOXI... WHAT?!

HOLA AMY! You look GREAT! You're DUE in a couple of MONTHS now, RIGHT?

OH! I hear you with your FRIENDS on the PHONE...

"MAMI says: No PAINT FUMES in the HOUSE!"

"Use GREEN CLEANING PRODUCTS!"

"NO SMOKING!"

YEAH! And "Make PAPI take off his STINKY WORK CLOTHES outside the HOUSE!"

(They DO smell BAD!)

And don't forget AMY, no painting the NURSERY while you're PREGNANT! Or anything else in your house!

My college friend also told me that CHEMICAL FUMES cause a lot of HEALTH PROBLEMS, maybe even be a risk for LEUKEMIA!

"gasp" LEUKEMIA!?

So what are "Green Cleaning Products"?

How can you TELL?

...to be continued!

...And dancing is good exercise and good for health, too!

Look for the fotonovela in December at wspehsu.ucsf.edu/



A network of experts in reproductive and children's environmental health



Key Message: Processed Foods can be a primary source of exposure



The Environmental Working Group's
2018 Dirty Dozen List
The Top Fruits And Veggies That Have The Most Pesticides



1. Strawberries



2. Spinach



3. Nectarines



4. Apples



5. Grapes



6. Peaches



7. Cherries



8. Pears



9. Tomatoes



10. Celery



11. Potatoes



12. Sweet bell peppers



Key Message: Eat Fruits and Vegetables

The Environmental Working Group's **2018 Clean Fifteen List**

The Top Fruits And Veggies That Have The Fewest Pesticides



1. Avocados



2. Sweet Corn*



3. Pineapples



4. Cabbage



5. Onions



6. Sweet peas, frozen



7. Papayas*



8. Asparagus



9. Mangos



10. Eggplant



11. Honeydew Melon



12. Kiwi



13. Cantaloupe



14. Cauliflower



15. Broccoli



* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.

SIMPLE STEPS TO A HEALTHIER HOME ENVIRONMENT

1 Ventilate



2 Wash hands with plain, fragrance-free soap and water



3 Support companies that reduce the use of toxic chemicals and disclose all ingredients



4 Shop smart; Read labels

5 Leave your shoes at the door



6 HEPA vacuum and wet mop

7 Make your own cleaners

Use white vinegar, baking soda, and lemons



Don't use unnecessary products



Don't smoke



Don't use aerosolized sprays and fragrance



Don't use 3, 6 and 7 plastics

It is easy to reduce exposure to BPA and phthalates.

Check the symbol on the bottom of plastic items.

Choose safer plastics:



Polyethylene
terephthalate



High-density
polyethylene



Low-density
polyethylene



Polypropylene

Plastics to avoid:



PVC or vinyl
Can contain
phthalates



Polystyrene
Foam



Can contain
Bisphenol A
Polycarbonate



Avoid heating plastic
containers.



Avoid #3, 6, and 7 plastics and
products labeled vinyl or PVC.
Choose stainless steel or glass.



Choose fragrance-free
products.



Avoid canned, processed
or packaged foods.
Choose fresh or frozen.



Opt for e-receipts
instead of paper.



Reduce dust by wet mopping or
vacuuming with a HEPA filtered
vacuum.

CAUTION

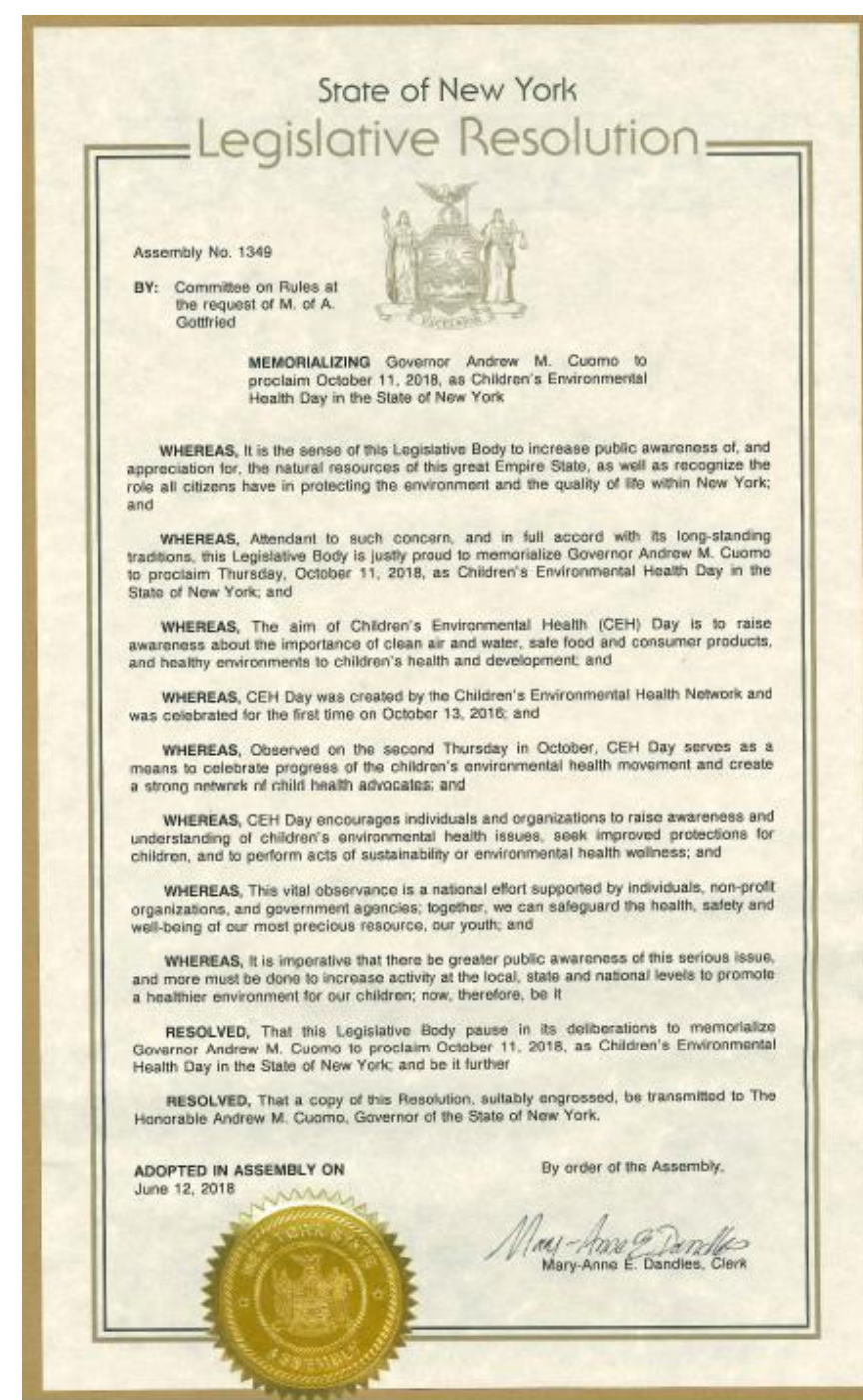
**Recognize our own role in
shifting the burden to the
consumers.**

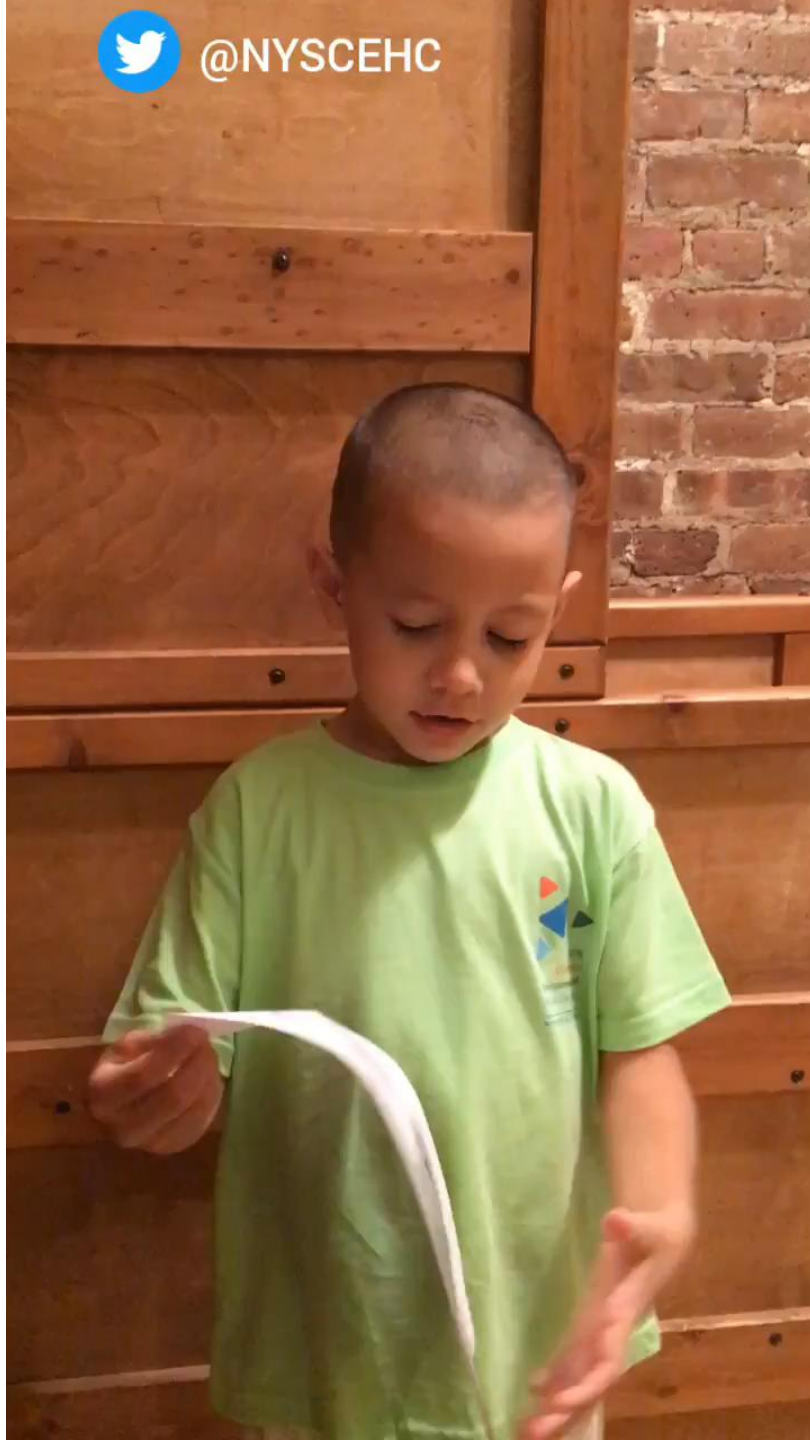
A group of diverse children are in a wooded area, holding sticks and looking towards the camera. The background is a soft-focus forest with trees and foliage.

NIEHS/EPA CHILDREN'S ENVIRONMENTAL HEALTH AND DISEASE PREVENTION RESEARCH CENTERS

IMPACT REPORT

**PROTECTING CHILDREN'S HEALTH
WHERE THEY LIVE, LEARN, AND PLAY**





The aim of
Children's Environmental Health Day is to
raise awareness
about the importance of
clean air and water,
safe food and consumer products, and
healthy environments
to children's health and development.



- [PEHSU](#) @PEHSUNational
- [NIEHS PEPH](#) @NIEHS_PEPH
- [NYS CEHC](#) @NYSCEHC



Acknowledgements



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New York State Children's
Environmental Health Centers

It Takes A Village...



Healthy Schools Network





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- *Acknowledgement: The U.S. Environmental Protection Agency (EPA) supports the PEHSU by providing partial funding to ATSDR under Inter-Agency Agreement number DW-75-95877701. Neither EPA nor ATSDR endorse the purchase of any commercial products or services mentioned in PEHSU publications.*



CHILDREN'S
ENVIRONMENTAL
HEALTH
NETWORK

Children's Environmental Health:

Resources for Advocacy & Education

November 13, 2018





**CHILDREN'S
ENVIRONMENTAL
HEALTH
NETWORK**

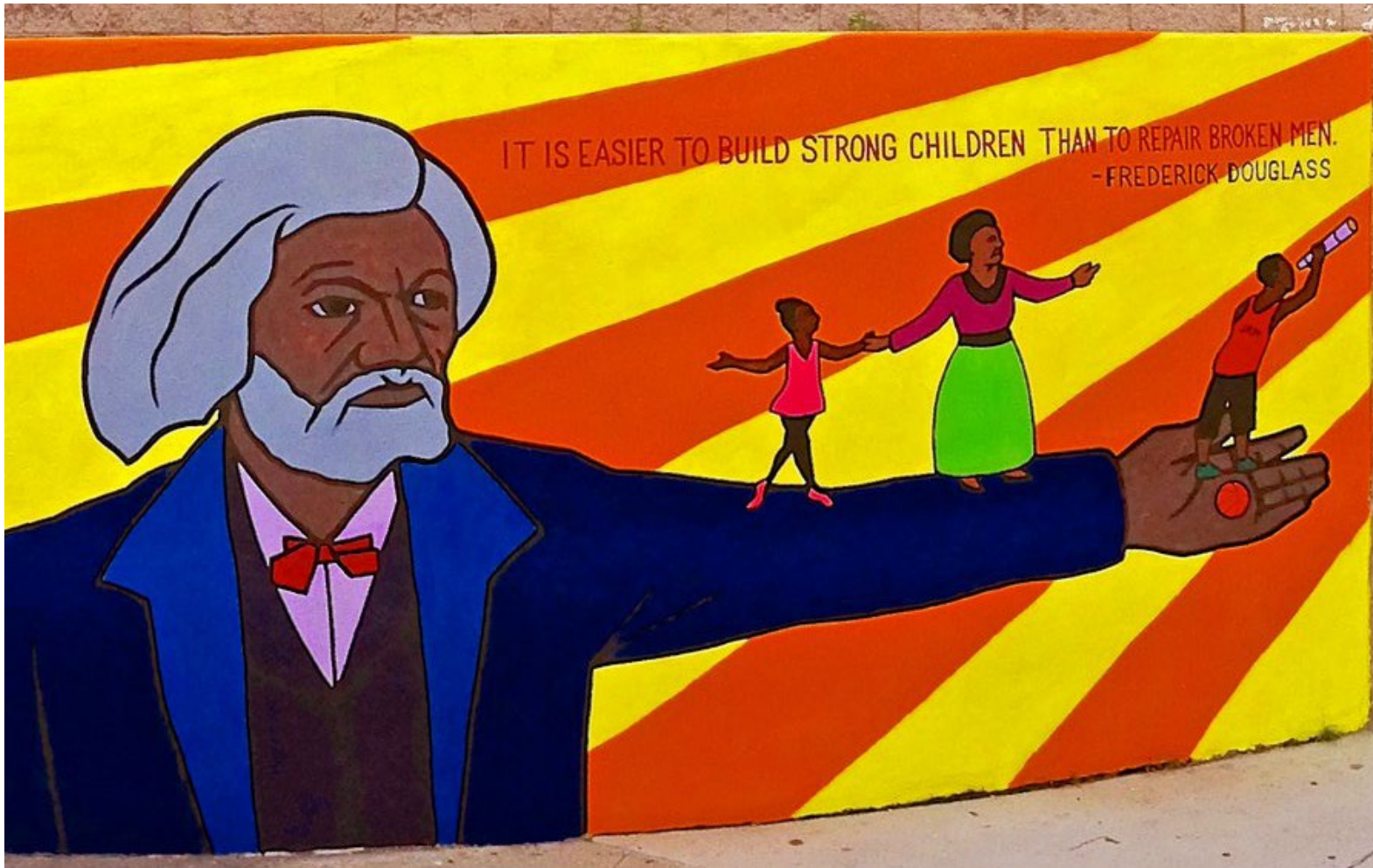


Our mission:

To protect the developing child from environmental hazards and promote a healthy environment.

Our work:

1. Stimulate and support preventive research
2. Promote sound policies
3. Raise awareness, Educate/Train
4. Provide leadership



“There can be no keener revelation of a society’s soul than the way in which it treats its children”

Nelson Mandela, former President of South Africa

“Children are our most valuable resource”

Herbert Hoover, 31st US President

“The public health community’s voice has always been vital; with climate change, our obligation to speak for children’s health and to act to protect it is as clear as ever.”

Gina McCarthy, former EPA Administrator



CEH Movement



www.cehn.org/ceh-movement

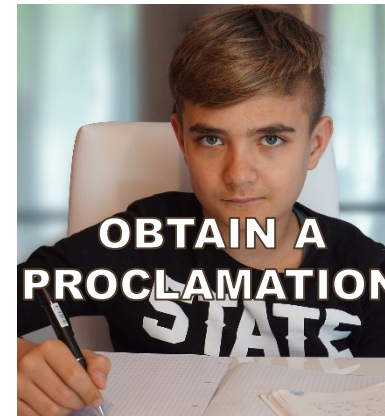
#ChildrenAtTheCenter



www.cehn.org/cehday



Promote



Make it Official



Send a Message



Share

Join the Movement!

Join a vibrant community devoted to placing children at the center.

First Name *

Last Name *

Email *

ZIP/Postal Code *


[Not in the US?](#)


How did you hear of the CEH Movement? *

CEHN email ▼

If you chose "other" above, please explain.

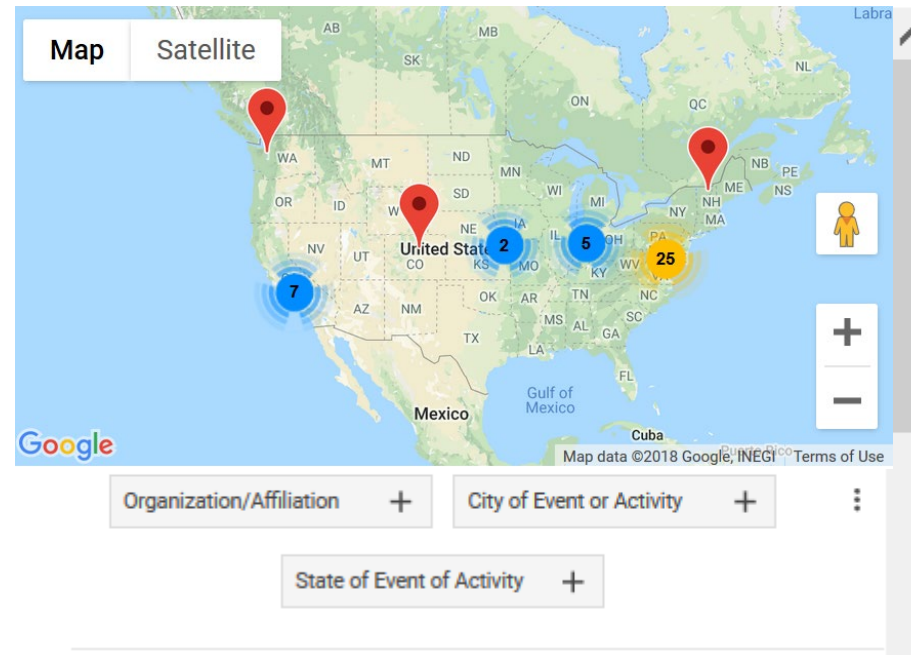


 Events & Activities Map

 Submit Your Events & Activities

What will YOU do for CEH Day?

Click on the location pins to learn more about each event or activity. Are you planning to request a [CEH city or state proclamation](#), organize a stream clean-up, host an educational workshop, release a new report or launch a new initiative concerning children's environmental health, or meet with an elected official about important children's environmental health issues? If so, please submit details below so it can be displayed on the map too!



Join the Movement!

Join a vibrant community devoted to placing children at the center.

First Name *

Last Name *

Email *

ZIP/Postal Code *

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How did you hear of the CEH Movement? *

If you chose "other" above, please explain.



Monthly Education-to-Action Series

- January: Movement Launch
- February: Health Equity
- March: Childhood Poisoning Prevention
- April: Children's Health Month
- May: Air Pollution Month
- June: Healthy Homes, Healthy Children
- Movement Partners

**Tell Us
What You
Think!**

Act Now

#ChildrenAtTheCenter

April is Learning & Care Settings and Children's Health Month

Where are children when they are not at home? Approximately 66 million children in the U.S. spend a significant portion of their time in schools or child care facilities. What do we know of the environmental health and safety of these settings? Find out from our partners, [Healthy Schools Network](#) and the [American Public Health Association \(APHA\)](#), by clicking on their logos below!



Children's health and the environmental conditions of our schools



Early learning and care environments
and children's health

Donate to the Movement

Click [here](#) to help us continue to bring together and highlight the critical work being done to protect children's health, galvanize support, and motivate society to take action.

What can individuals and organizations do to prevent harmful childhood exposures and promote wellness in learning and care settings?

1. Organize a day of action for children in a local school or child care program. Ideas for parents and/or teachers include:

- Add a children's health issue to your school board meeting or PTA meeting. For example, is there mold in classrooms or portable buildings? Has the school's drinking water been tested for lead?

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[Not in the US?](#)

How did you hear of the CEH Movement? *

If you chose "other" above, please explain.

If you have suggestions for actions partners can take across the country to stand up for children and their health please let us know!

Add Your Name

☒ opt in to updates from Children's Environmental Health Network

Sponsored by: Children's Environmental Health Network



2018 Partner Organizations



CLIMATE
for HEALTH™

CLEAN
WATER
FOR ALL



GREENLATINOS



PEHSU
Pediatric Environmental
Health Specialty Units

National Indian
Health Board



Alliance of Nurses for
Healthy Environments



HEALTHY SCHOOLS NETWORK





**Eco-Healthy
Child Care®**

Protecting Children's Environmental Health in Child Care Settings



Child care

~13,000,000 children in child care nationally

Spend Up to 10 hr/day, 5 days/week



How well is child care doing?

Few environmental health issues were addressed by:

- Professional development
- State Licensing Regulations
- National Accreditation Standards
- State Quality Rating Systems

Progress is being made!!



Creating Eco-Healthy Child Care®

- Identified information gap re: environmental health
- Assessed which EH hazards are the most common within and around child care facilities --Center-based, Family Child Care, Head Start and Early Head Start
- Determined free/low cost, realistic and effective best practices
- Aimed to empower and educate child care professionals and parents served



Eco-Healthy Child Care®

- Goal: to protect children and their caregivers from harmful environmental toxicants
- Science Based
- National Advisory Committee (28+ members)
- Provides :
 - Resources (Fact Sheets, FAQs, Checklist)
 - Technical assistance
 - Training (in person, online and webinars)
 - ❖ www.prosolutionstraining.com/ehcc
 - Endorsement



Eco-Healthy Child Care® curriculum

Core Topics:

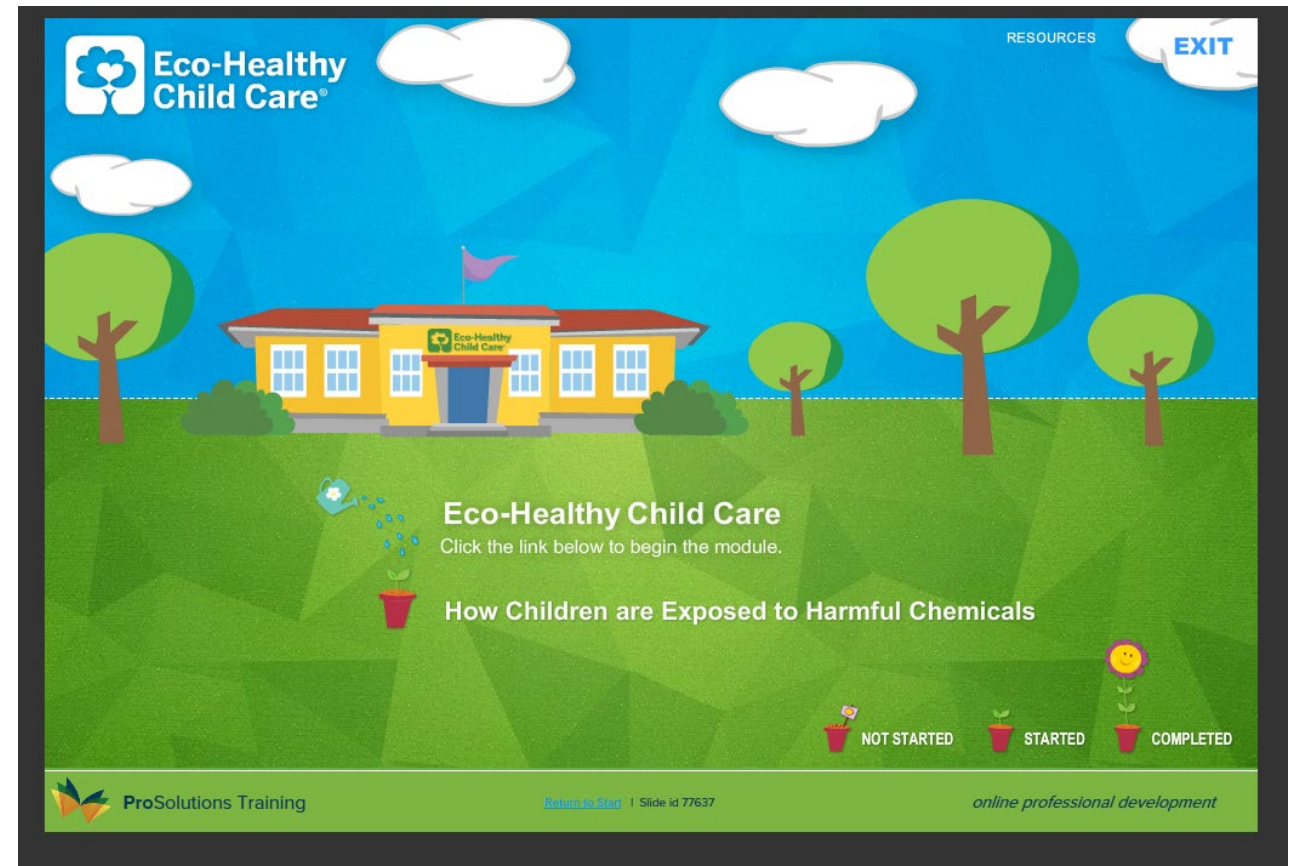
- Pest control
- Air quality
- Household chemicals
- Lead
- Mercury
- Furniture & carpets
- Art supplies
- Plastics/Plastic Toys
- Arsenic
- Radon
- Garbage & recycling

Additional Topics:

- Noise Pollution
- Built Environment
- Asbestos
- Improving Nutrition/Physical Activity
- Making Celebrations Healthy

FAQs:

- Wireless Radiation
- Sunscreen Use
- Food Packaging
- Artificial Turf
- Pet Allergens
- Fragrances
- And more!!



Eco-Healthy Child Care® Reach

- 1300+ EHCC trainers
- 2,800+ child care facilities endorsed
 - 150,000+ children
- 18 Early Head Start (EHS), 18 Head Start (HS), and 3 combined EHS and HS programs endorsed
- Adopted into 2 states' QRIS programs
- Incorporated into accreditation criteria





Thank you!

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