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### **Green Choices**

**Date November 16, 2011**

**healthy  
people**

**in  
healthy  
families**

**living in healthy  
environments**



## PPFA Environmental Responsibility policy 2010

*Planned Parenthood supports the creation of a **sustainable world** by providing and advocating for voluntary programs that **enhance the sexual and reproductive health and rights of all individuals worldwide.***

*Planned Parenthood recognizes that **environmental contaminants have a significant negative impact on the genetic, sexual, and reproductive health of all women, men, children, and youth, as well as on developing pregnancies.***

*Planned Parenthood is committed to helping its clients, the general public, and legislators **understand and eliminate these threats to human life and well-being.***

## Environmental health education is part of the Well Woman Exam



## Advisory Group Identified Topics for Patient Information Sheets

- Lead
- Plastics
- Pesticides
- Cleaning products
- Smoke/secondhand smoke
- Cosmetics and personal care products
- Fish
- Fruits and vegetables

## Environmental health toolkits sent to all PP health centers in April 2011

- **Over 200** health centers held lunch events to learn about environmental health and become familiar with contents of toolkit
- **~ 2000** PP staff members attended events

# Environmental Health Assessment Form



## Environmental Health Assessment Form

Every day we eat, drink, breathe, and touch chemicals that exist around us. This assessment will help you identify some of your exposures to common chemicals. Planned Parenthood GREEN CHOICES and our staff will then give you the information you need to make choices for better health and a greener environment – for yourself, your family, and your community.

To be completed by staff: Staff name \_\_\_\_\_ Chart number \_\_\_\_\_

Name \_\_\_\_\_ Today's date \_\_\_\_\_

### 1. Tell us about the food you eat.



- I eat fish and/or seafood.  Regularly  Sometimes  Never
- I eat meat and/or poultry (chicken, turkey, etc.)  Regularly  Sometimes  Never
- I eat fruits and/or vegetables.  Regularly  Sometimes  Never
- I eat organic fruits and vegetables.  Regularly  Sometimes  Never

### 2. Tell us about the things you or your family use when cooking, eating, or storing food.



- I (or my family) microwave food in plastic containers or use plastic wrap.  Regularly  Sometimes  Never
- I (or my family) eat food that comes from a can (soups, beans, baby formula, etc).  Regularly  Sometimes  Never
- I (or my family) drink from plastic bottles or cups.  Regularly  Sometimes  Never
- I (or my family) store food in plastic.  Regularly  Sometimes  Never
- My take-out comes in plastic.  Regularly  Sometimes  Never

### 3. Tell us about the personal care products you use.



- I use personal care products with fragrance (smell), like lotion or soap.  Regularly  Sometimes  Never
- I chemically straighten, relax, highlight, perm, or dye my hair (on head or body).  Regularly  Sometimes  Never
- I use cosmetics such as perfume/cologne, lipstick, nail polish, or mascara.  Regularly  Sometimes  Never

### 4. Tell us about where you live. (This can be your house, dorm, apartment, or other living quarters).



- My home was built before 1978.  Yes  No  I don't know
- My home was tested for lead.  Yes  No  I don't know
- There is shower mold or mildew in my home.  Yes  No  I don't know
- There are working smoke detectors in my home.  Yes  No  I don't know
- There are working carbon monoxide detectors in my home.  Yes  No  I don't know

## Environmental Health Information Sheets





## Spanish-language tools



### Productos Para El Cuidado Personal

Todos los días comemos, bebemos, respiramos y tocamos sustancias químicas a nuestro alrededor. Estas sustancias químicas pueden afectar nuestra salud. Planned Parenthood GREEN CHOICES le proporcionará la información necesaria para que usted pueda tomar decisiones que protejan su salud y el medio ambiente – para usted, su familia y nuestra y su comunidad.

#### ¿Qué debo saber sobre los productos de belleza y para el cuidado personal?



- Piense en los productos que usa – desodorante, fijador para el cabello, loción, lubricantes, maquillaje, esmalte para las uñas, protectores solares, champú, jabón y pasta dentífrica.

- Muchos de estos productos contienen sustancias químicas que pueden dañar su salud:
  - Puede inhalar estas sustancias químicas.
  - Pueden penetrar en su cuerpo a través de la piel.
  - Puede tragarlas si entran en su boca.
- No hay ninguna agencia gubernamental que apruebe la seguridad de todos los ingredientes en estos productos.

#### ¿Importa si los uso sólo de vez en cuando?



Es posible que no haya suficientes sustancias químicas nocivas para hacerle daño si usa estos productos solamente alguna vez. Pero con el tiempo, pueden acumularse en el cuerpo

- Pueden aumentar el riesgo de **cáncer**.
- Pueden alterar el **sistema hormonal** y dificultar un embarazo.
- También pueden causar otros problemas de salud.

#### ¿Cómo puedo usar productos para el cuidado personal de manera más segura?

No le podemos decir qué marcas usar, pero estas son nuestras recomendaciones:

- Siempre lea las etiquetas de los productos.



- Evite productos que tengan
  - fragancia — ftalatos — se utiliza en todos los perfumes y algunos desodorantes, fijadores para el cabello, hidratantes, esmaltes para uñas y champúes.

- mercurio — timerosal — se utiliza en gotas para los ojos, rímel y pomadas
- placentas — se utiliza en relajantes para el cabello, lociones y tonificadores
- Disminuya la cantidad de productos que usa.
- Utilícelos con menos frecuencia.
- Utilice productos más seguros.

#### ¿Cómo puedo encontrar productos más seguros?

- Muchas compañías hacen sus productos con ingredientes más seguros. Visite [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com) (solamente en inglés) para encontrar compañías que han firmado un acuerdo para fabricar productos cosméticos más seguros.

#### ¿Cómo puedo tomar medidas para usar productos para el cuidado personal más seguros?

- Visite [http://www.safecosmetics.org/downloads/Unmasked\\_espanol.pdf](http://www.safecosmetics.org/downloads/Unmasked_espanol.pdf) para obtener más información sobre la **Campaña para productos cosméticos más seguros**.

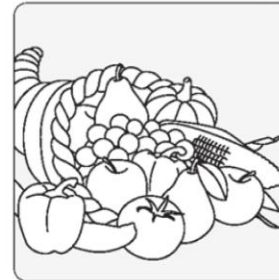
## Black and white



### Fruits & Vegetables

Every day we eat, drink, breathe, and touch chemicals that exist around us. The chemicals can affect our health. Planned Parenthood GREEN CHOICES will give you the information you need to make choices for better health and a greener environment — for yourself, your family, and your community.

#### What do I need to know about fruits and vegetables?



- Eating fruits and vegetables is **good for your health**:
  - They contain many vitamins and nutrients.
  - They can lower your risk of getting cancer, diabetes, heart disease, and high blood pressure.
- Today, most fruits and vegetables have *pesticides* on them.

#### What should I know about pesticides?

- Most farmers use pesticides to grow fruits and vegetables.
- Pesticides are used to kill pests, including bugs, rodents, and weeds.
- They are made with thousands of chemicals that can be harmful to your health.
- Pesticides can **disrupt hormones** or **cause cancer** and other health problems.
- They can increase a child's risk of having **birth defects** and **learning disabilities**.

#### What should I know about pesticides? (continued)

- How much harm may be done depends on
  - how harmful the pesticide is
  - how you come in contact with it — through your skin, breathing it in, or eating it
  - how long you are in contact with it
  - your age — fetuses and very young children are at the highest risk of harm
  - your genes (family history)
  - other pesticides and chemicals with which you've had contact
- The government keeps watch over how pesticides are used, but we all still come in contact with many in fruits and vegetables.

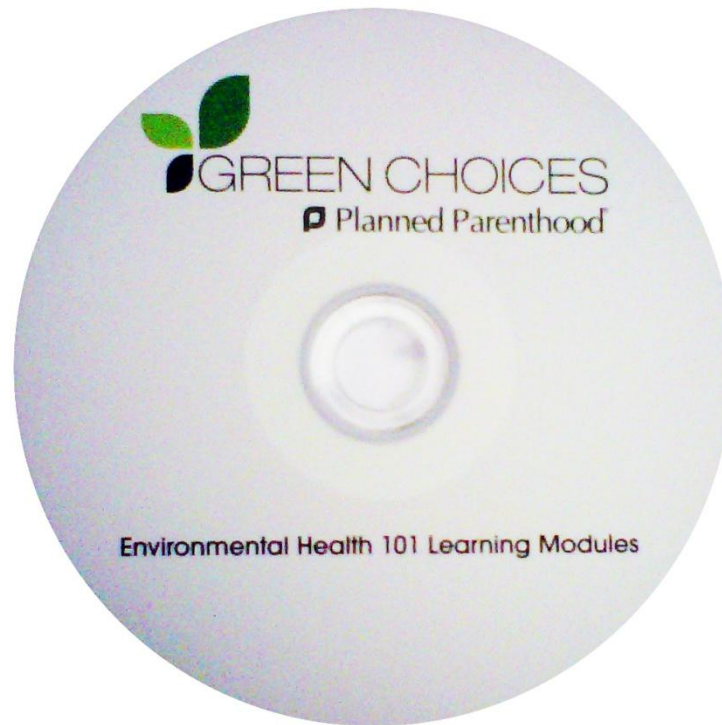
#### How can I avoid pesticides in my food?

- Buy **ORGANIC** produce when you can.
  - Some farmers grow food without using pesticides or other dangerous chemicals. This is called **organic farming**.
  - Organic fruits and vegetables that meet government standards will have the USDA Organic label shown here:
    - The government guarantees that foods with this label are farmed without
      - pesticides
      - chemical fertilizers
      - sewage sludge
      - bioengineered seed or plants
  - Most of the time, if a **fruit or vegetable is not labeled as organic**, it is **not organic**.

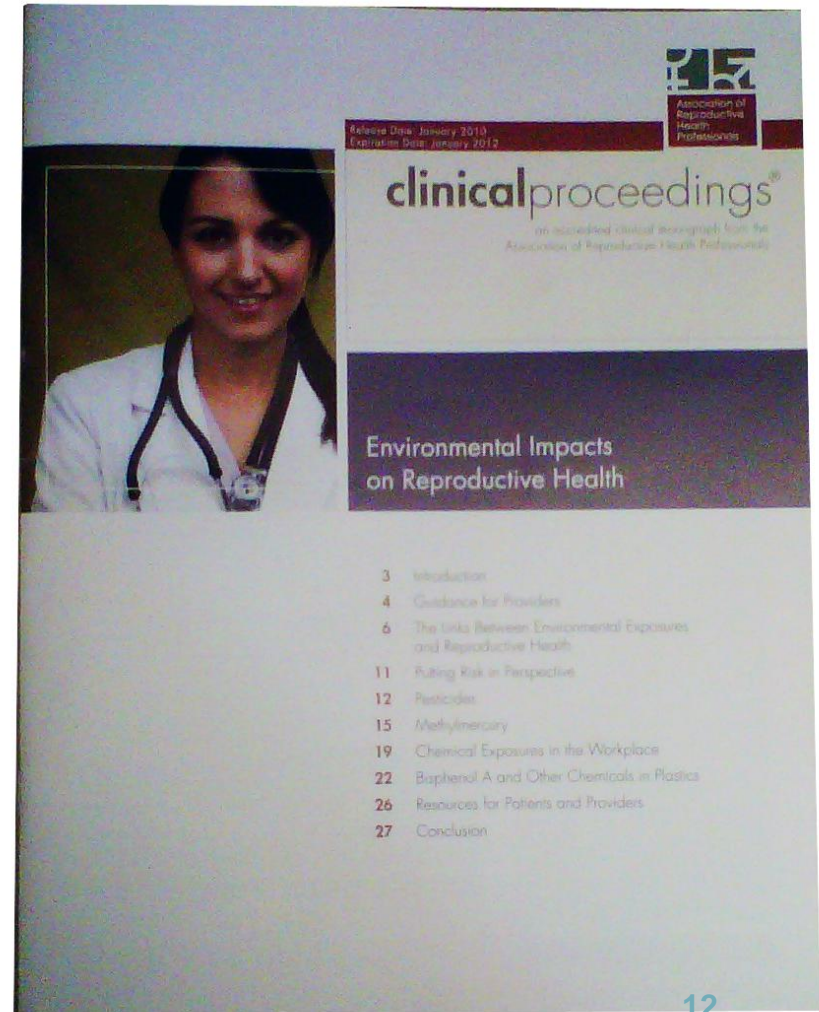


(USDA stands for United States Department of Agriculture.)

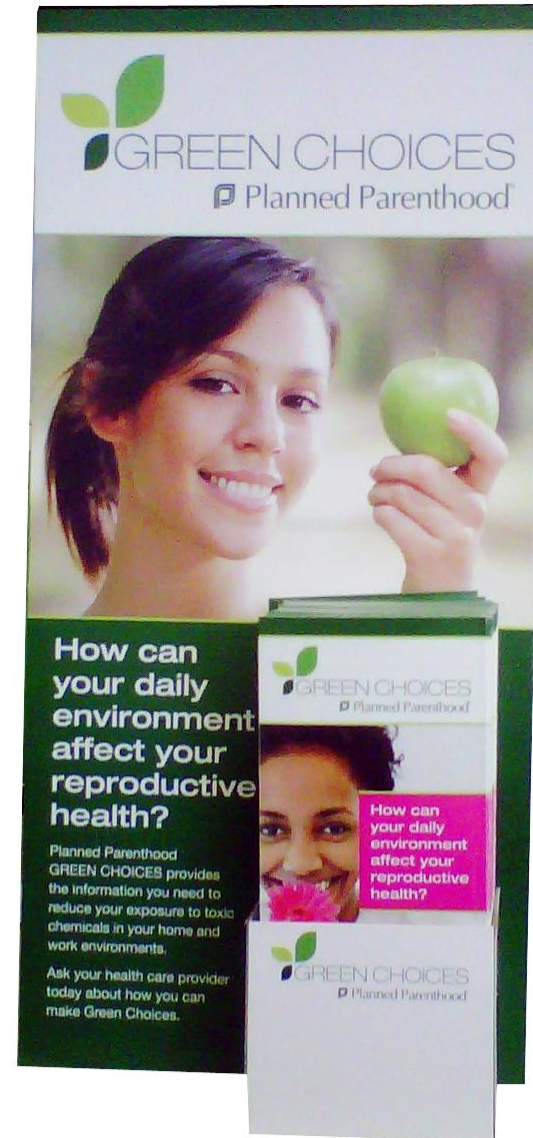
# Interactive Learning Modules



## ARHP Clinical Proceedings



## Stand-up poster and brochures for waiting areas



## Brochure outside

Every day we eat, drink, breathe, and touch chemicals that exist around us. Some of these chemicals can affect our health. Planned Parenthood GREEN CHOICES will give you the information you need to make choices for better health and a greener environment—for yourself, your family, and your community.

**GREEN CHOICES**  
Planned Parenthood

[www.plannedparenthood.org/greenchoices](http://www.plannedparenthood.org/greenchoices)

How can your daily environment affect your reproductive health?

Planned Parenthood GREEN CHOICES provides the information you need to reduce your exposure to toxic chemicals in your home and work environments. Ask your health care provider about how you can make Green Choices.

## Brochure inside

### What are toxic chemicals?

The U.S. Environmental Protection Agency defines a toxic substance as "any chemical or mixture that may be harmful to the environment and to human health if inhaled, swallowed, or absorbed through the skin." Some toxins are naturally produced by the environment and can be found in plants like wild mushrooms or berries. However, the toxic chemicals we live with every day are mostly manmade chemicals that were created in a lab.

Not all chemicals are harmful, but studies show that some can affect our hormones and can cause cancer, diabetes, and Parkinson's disease. They can also cause learning disabilities, reproductive problems, and birth defects.



### Where might I encounter toxic chemicals?

Toxic chemicals can be found all around us, often as part of our daily routines. Harmful pesticides can be found in fruits and vegetables; artificial growth hormones can be found in meat and dairy products; chemicals that can disrupt our endocrine system can be found in soap, shampoo, makeup, perfume, nail polish, and other personal care products. Plastics can also contain chemicals that can damage our health.

Knowing this can be overwhelming and scary. There are ways you can reduce your exposure to toxic chemicals. Planned Parenthood GREEN CHOICES can help guide you.

### Who is affected by toxic chemicals?



Because toxic chemicals are found in household products and in our food, air, and water, these chemicals affect people of all ages in all places. Pregnant women, children, and infants are especially at risk.

Women of childbearing-age are also highly at risk because these chemicals can affect the future health of their children. People who work with toxic chemicals on a daily basis, such as farmers and nail salon workers, are also at a higher risk.



### Why are we exposed to so many toxic chemicals?



The current U.S. law on chemical regulation is weak, outdated, and contains many loopholes. Today, there are more than 84,000 chemicals registered with the U.S. Environmental Protection

Agency and most have not been carefully tested for safety.

The good news is that many organizations and individuals are working hard to update chemical laws to better protect our health, as well as the health of our environment.

### How can I avoid toxic chemicals?

You can't completely avoid them, but you can reduce your exposure. Planned Parenthood GREEN CHOICES will help identify your highest risk areas and provide tips on how to live in a less toxic environment. GREEN CHOICES can also tell you how to take action to make changes in your own community.

Talk to your health care provider, or go online to [www.plannedparenthood.org/greenchoices](http://www.plannedparenthood.org/greenchoices) to download environmental health information sheets. The information sheets cover the following topics:

- Fruits and vegetables
- Personal care products
- Fish
- Lead
- Cleaning products
- Tobacco smoke
- Plastics
- Pesticides



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## Goodies for staff

