

Healthy Pregnancy, Natural Pregnancy



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Babies are Born Pre-Polluted

Solvents

Phthalates

Industrial
Degreasers

Heavy
metals



Flame
retardants

Pesticides

Dioxins and Furans

Threats to Healthy Development



- Birth defects
- Low birth weight
- Preterm birth
- Impaired brain development
 - Autism?
 - ADHD?
 - Lower IQ?

Recognize Hazards

BPA



Non-stick
chemicals



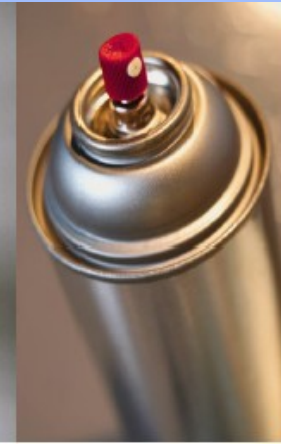
Phthalates



BPA



DEHP



Pesticides









Air pollution

Ask the Right Questions

Environmental Exposure Assessment

The growing fetus can be particularly sensitive to many of the chemicals a woman is exposed to in her daily life. However, there are many ways that a woman who is pregnant, or thinking of becoming pregnant, can reduce her risk of exposures to these chemicals. This assessment will help you identify some of these risks and give you suggestions on how you can minimize your exposure. If you have specific questions or would like more information put a check at the "?" box and discuss this assessment with your health care provider.

Name: _____ Date: _____

Question	Yes	No	?	Why do we ask this question?	Steps to Reduce Risks
 Was your house/apartment built before 1978? Has your home been tested for lead?				Buildings built before 1978 may contain lead paint. Lead can cause damage to the brain & neurological system. Babies & children are especially sensitive to these effects.	<ul style="list-style-type: none"> If your home was built before 1978 it should be tested for lead. Maintain your home to prevent paint from chipping or peeling. Chipping paint may release lead into the air.
 Does your home have a smoke detector? Does your home have a carbon monoxide detector?				Carbon monoxide is an odorless and colorless gas that is harmful to human health. Having working smoke and carbon monoxide detectors in your home can help save lives.	<ul style="list-style-type: none"> Smoke detectors should be on all floors & in bedrooms. There should be a carbon monoxide detector on all levels in home with a combustion-heating source (uses a flame to produce heat) or a garage.
 Has your home been tested for radon?				Radon is a cancer-causing gas & is the second leading cause of lung cancer.	<ul style="list-style-type: none"> All homes should be tested for radon. It's easy & inexpensive.
 Does your home water come from a well? Do you live in an older home or building?				Well water should be tested routinely for contaminants. Pipes in some older homes may contain lead.	<ul style="list-style-type: none"> Have your well water tested. Run the tap for at least 60 seconds to flush out sitting water and always start with cold water for cooking. Use a home water filter that removes lead.
 Do you use pesticides (chemicals used to kill insects, rodents, weeds): In your home? In your yard? On your pets? This includes flea collars, dips, once-a-month products At your workplace? If yes, what:				Many chemicals in pesticides are suspected of being harmful to the fetus. They may also cause health problems in infants, children, and even adults. There are alternatives to using pesticides, such as Integrated Pest Management (IPM), which is being used in many workplaces. This method of pest control works to reduce pests through a variety of methods so that fewer pesticides need to be used.	<ul style="list-style-type: none"> Eliminate items that attract pests. Keep surfaces clean of food residues, keep food in containers or in the fridge, & keep trash contained. Use less toxic methods of pest control such as sticky traps & boric acid. Take off you shoes when you enter the house to avoid tracking in pesticides, lead, and other toxins through the house.
 Do you smoke (cigarettes, cigars, pot, other substances)? Is smoking allowed in your home, car, or workplace?				Smoke contains chemicals that can be harmful to the growing fetus. Some of these can make the baby grow too slowly, develop asthma, or have learning problems after birth. Infants & children are also very sensitive to these chemicals.	<ul style="list-style-type: none"> Make your home and car smoke free. Do not allow family, visitors, or childcare providers to smoke in your home or car. If you smell smoke it means you're breathing in smoke.

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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 _____ Chat 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

Green Choices information is also online: www.plannedparenthood.org/greenchoices

Easy Information




GREEN CHOICES
Planned Parenthood

Pesticides

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 are pesticides?



- Pesticides are used to kill pests, including bugs, rodents, and weeds. They are made with thousands of different chemicals. They are used in many forms, including sprays, baits, crystals, gases, liquids, pellets, and powders.

- Many pesticides are toxic and can be harmful to people.
- The government keeps watch over how pesticides are used. But we all still come in contact with many that can cause health risks.


How would I have contact with pesticides?

- Most of us have contact with at least some pesticides. They are everywhere. They can be in all kinds of buildings — homes, schools, markets — and in all kinds of outdoor settings — parks, pastures, woodlands, golf courses. They can be
 - on the fruits, vegetables, grains, and meat you eat
 - in the air you breathe
 - in the water you drink and bathe in
 - in the dust on your skin
- Workers at highest risk of having contact with pesticides are
 - exterminators
 - farmers and other agricultural workers
 - gardeners
 - landscapers
 - livestock breeders

What are the risks of contact with pesticides?

- 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.
- Your level of risk 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


How can I avoid contact with pesticides?



- Buy organic food when you can.
- Some farmers grow food without using pesticides or other dangerous chemicals. This is called organic farming.


- Farmers' markets may charge less than grocery stores for organic foods. Find a farmers' market near you at www.localharvest.org
- Wash, scrub, and peel produce before you cook or eat it.

Green Choices information is also online: www.plannedparenthood.org/greenchoices



Toxic Matters

Protecting Our Families from Toxic Substances







An Introduction to Green Parenting

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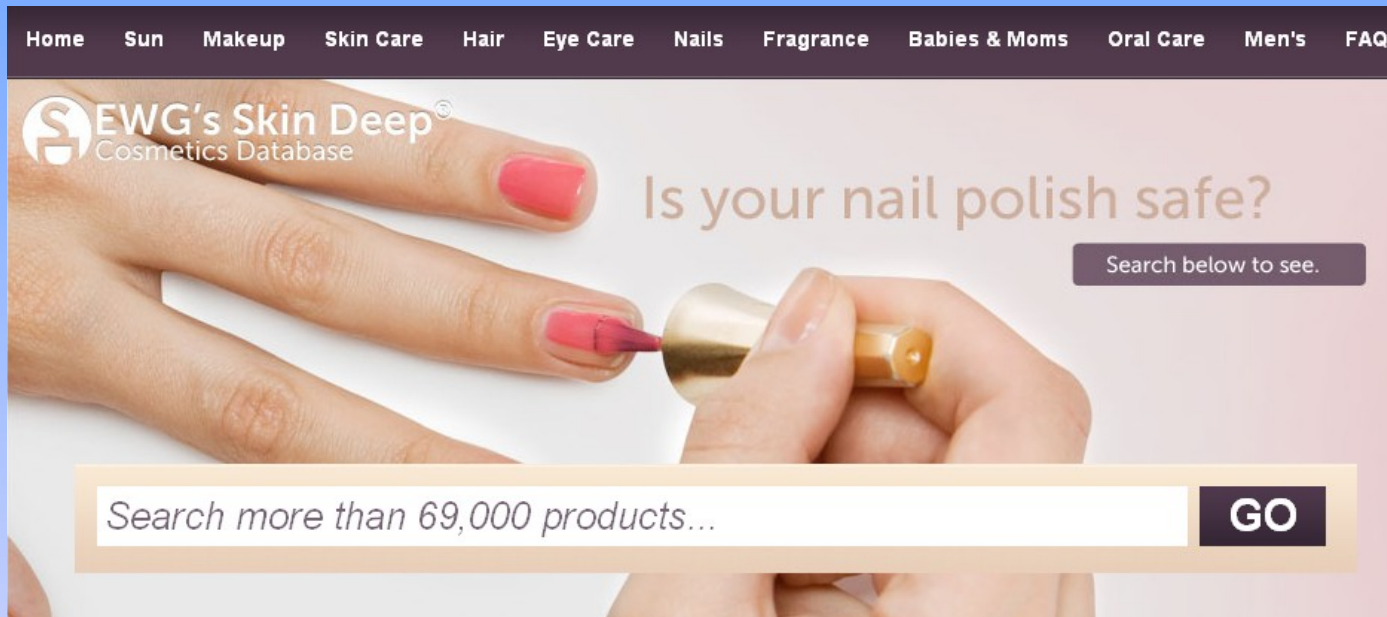
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Basic Training- Nutrition

- Eat fresh or frozen fruits and vegetables, organic if you can
- Use glass, ceramic, or stainless steel for cooking
- Never microwave plastic
- Drink plenty of water out of stainless steel or BPA-free bottles
- Consider a water filter



Basic Training- Personal Care



- Avoid artificial fragrances
- Postpone chemical hair treatments
- Avoid nail polish fumes
- Check out ingredients in cosmetics on Skin Deep
<http://www.ewg.org/skindeep/>

Basic Training- Around the House



- Clean with plant-based products
- Delay painting, have someone else paint, use low-VOC paint
- If your house was built in 1978 or earlier, have it tested for lead
- Use integrative pest management instead of pesticides

For more information...

- [Program on Reproductive Health and the Environment](#)
- [Green Choices](#)
- [Baby Steps to Green Parenting](#)
- [Collaborative on Health and the Environment](#)



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Fertility/Reproductive Health Working Group

CHE's Fertility/Reproductive Health Working Group sets the table for over 400 diverse members to come together around environmental impacts to fertility and reproductive health. The goal of this dynamic conversation is to discern what the science is telling us, where the research gaps are, and how we can effectively support and promote science-based education and action. [Read more...](#)

If you would like to join and are already a CHE Partner, send us an [email request](#). Or [become a CHE Partner](#) and indicate your interest in your application.

News and announcements related to environmental impacts on reproductive health, collected from a variety of sources, especially [Environmental Health News](#). Subscribe to [Repro Health newsfeed](#)

Fertility/Repro Health News

25 Feb CHE Fertility Teleconference: Environmental Contributors to Preterm Birth, March 19th at 10:00 am PT / 1:00 pm ET. Preterm birth is an intractable public health

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