



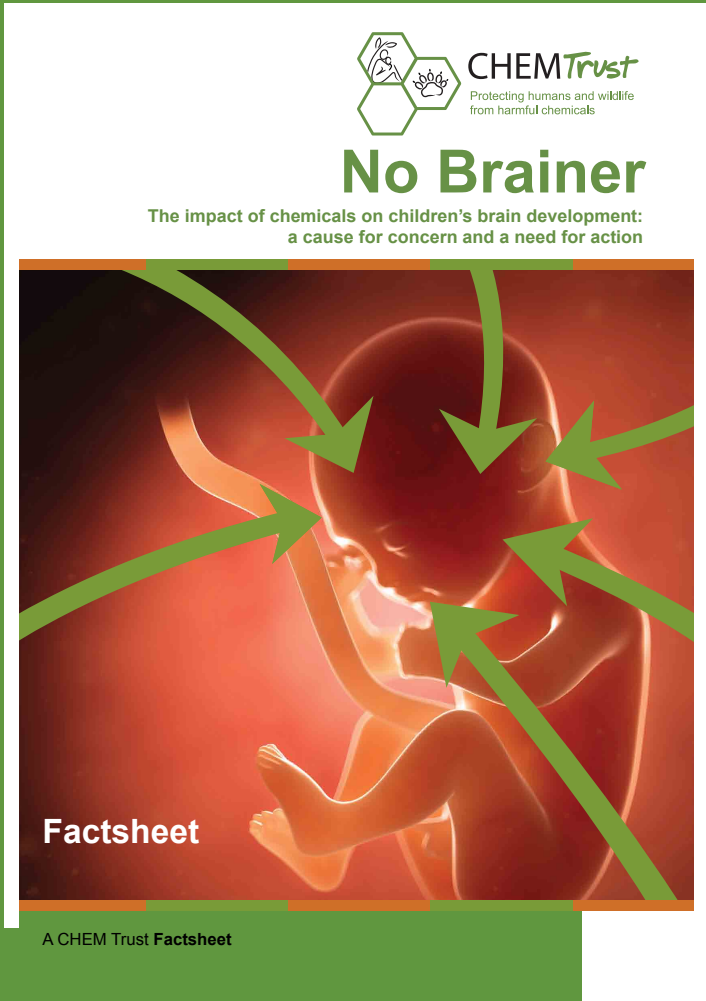
# CHEMTrust

Protecting humans and wildlife  
from harmful chemicals

 @CHEMTrust

chemtrust.org

*Health Care without Harm  
Dec 2022*



**No Brainer**  
The impact of chemicals on children's brain development:  
a cause for concern and a need for action

**Factsheet**

A CHEM Trust Factsheet

# Harmful chemicals and how to protect children's health

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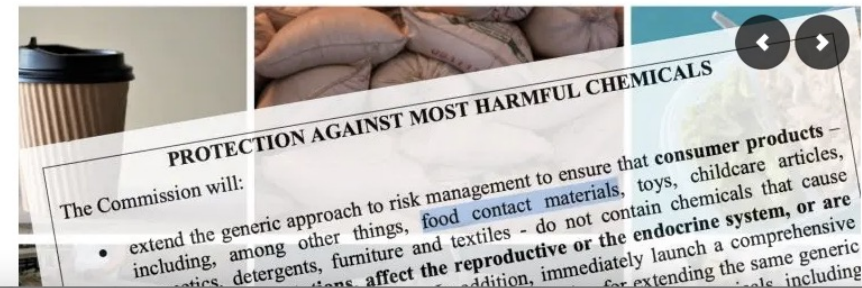
@1annawatson

# About CHEM Trust

- Registered charity working at UK, EU & Global levels to protect humans & wildlife from harmful chemicals
- Working at the science/policy interface, in partnership with academics, regulators and other civil society groups
- See our blog & twitter for more information: [chemtrust.org](http://chemtrust.org) [@CHEMTrust](https://twitter.com/CHEMTrust)

[Home](#)[About us](#)[Our work](#)[Problem chemicals](#)[Chemical impacts](#)[Chemicals policy](#)[Take Action](#)

CHEM Trust's overarching aim is to prevent synthetic chemicals from causing long term damage to wildlife or humans, by ensuring that chemicals which cause such harm are substituted with safer alternatives.

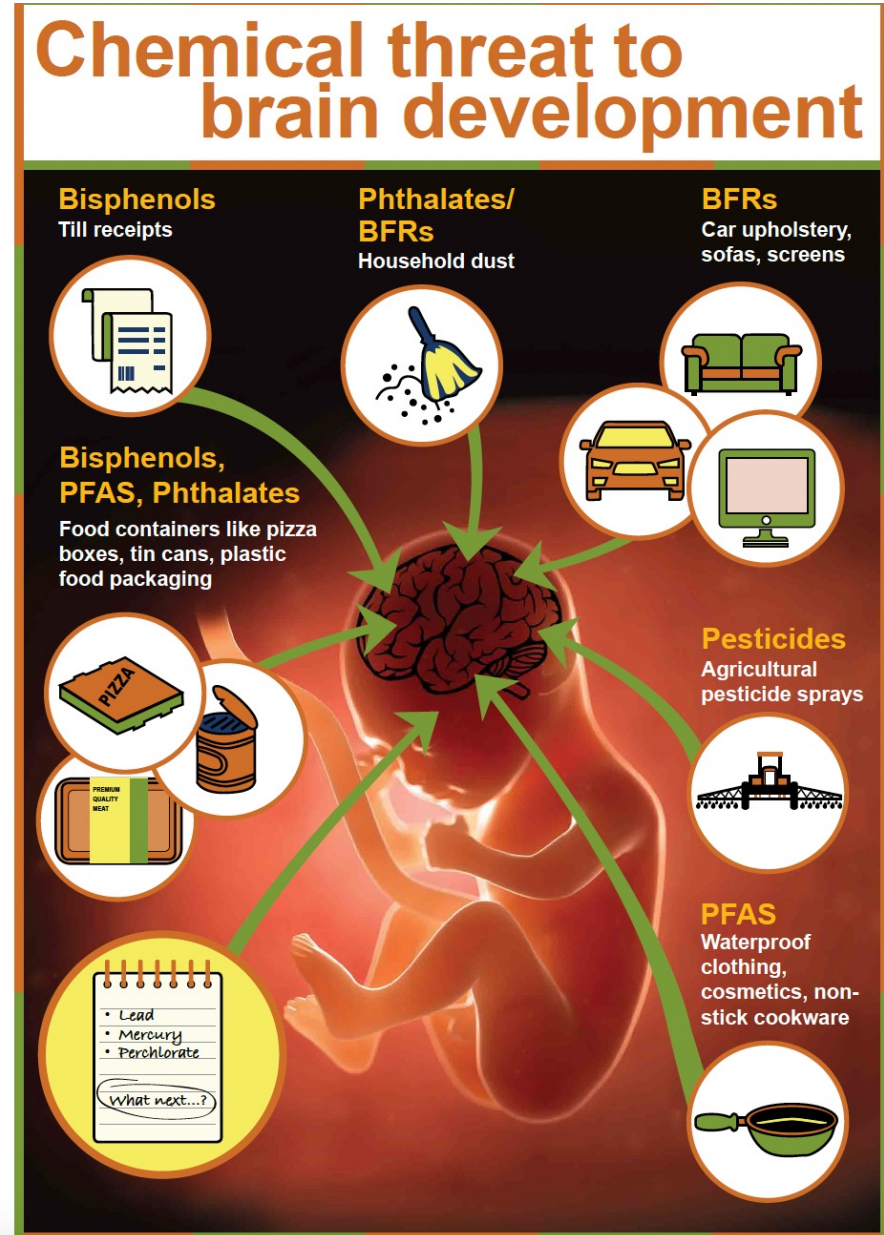


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# Chemicals of concern

- Bisphenols (BPA, BPS etc)
- Phthalates
- PFAS
- Pesticides
- Flame retardants
- Lead
- PCBs



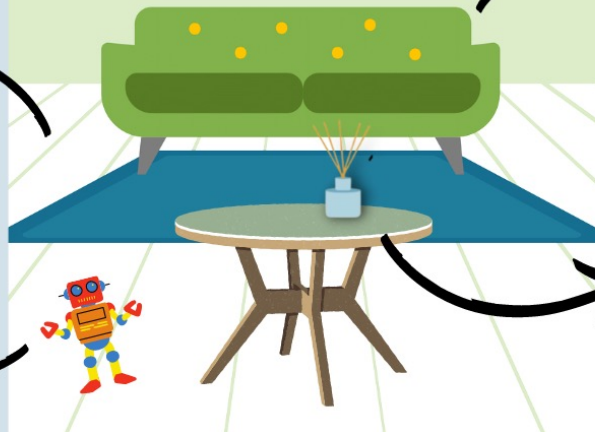
# Harmful chemicals are used throughout our homes

**DID YOU  
KNOW?**

Everyday items in your home can be a source of exposure to harmful chemicals

Phthalates, flame retardants and volatile organic compounds in vinyl flooring

Phthalates, flame retardants and bisphenols in children's toys



Flame retardants in furniture like sofas and mattresses

Phthalates, and thousands of secret compounds in fragrances in air fresheners

# Getting ready for a new life

- A [major review of research](#), found an estimated 50-60% drop in sperm count in developed nations since 1973.
- 1 in 5 young men in several EU countries have sperm counts so low that they are considered sub-fertile.
- Studies have shown associations between pre- or post-natal exposure to certain pesticides or [phthalates](#) and effects on reproductive disorders or male hormones.



# Nesting



Very important to reduce exposures to harmful chemicals during pregnancy.

- Renovations – using water based and low VOC paint, using natural flooring and not new carpets.
- Minimise new furnishings – airing anything new .
- Cut down on personal care and cleaning products.
- Ventilate rooms frequently.

# Food and food packaging








- Food consumption is the most common way we are exposed to harmful chemicals.
- Some harmful chemicals build up in certain foodstuffs including fish – ie mercury.
- Some harmful chemicals in food packaging and tableware can migrate into food and drink – such as bisphenols, PFAS, phthalates.
- Some plastics tend to release more chemicals into food at higher temperatures.

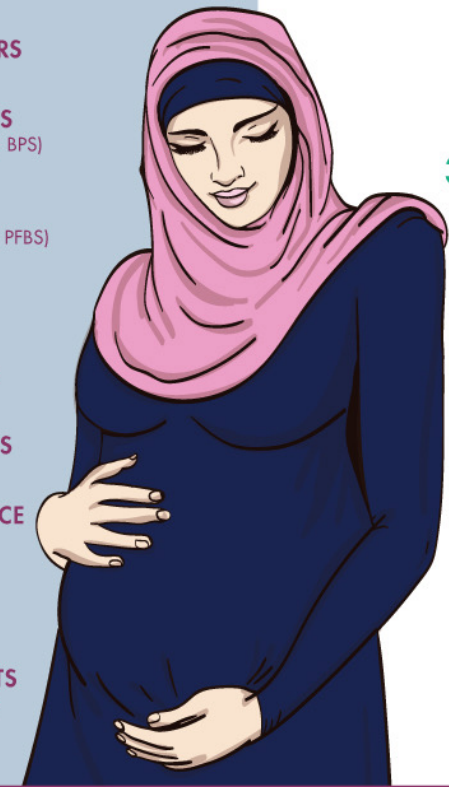
# Important to provide practical advice to parents.



## TOXIC CHEMICALS & PREGNANCY


### 10 WAYS TO AVOID TOXICS DURING AND AFTER PREGNANCY

-  **PLASTICIZERS**
-  **BISPHENOLS**  
(BPA, BPB, BPF, BPS)
-  **PFAS**  
(PFOA, Gen-X, PFBS)
-  **MERCURY**
-  **PESTICIDES**
-  **PHthalATES**
-  **PERC and TCE**
-  **LEAD**
-  **FLAME RETARDANTS**  
(PBDEs, OPFRs)



- 1 Avoid eating, drinking or storing food in plastic
- 2 Don't microwave in plastic
- 3 Cook with cast iron or stainless steel rather than non-stick pans
- 4 Avoid eating fish high in mercury or PCBs like shark and swordfish
- 5 Eat fresh, organic foods whenever possible
- 6 Limit cosmetics use
- 7 Avoid dry cleaning or stain treating clothes
- 8 Use a wet mop when cleaning
- 9 Avoid consumer products with flame retardants
- 10 Remove shoes before entering your home

### WHAT HEALTH PROFESSIONALS AND POLICYMAKERS CAN DO



Advocate for policies to prevent exposure to toxic environmental chemicals



Work to ensure a healthy food system for all



Make environmental health part of health care



Champion environmental justice



**FIGO**  
International Federation of Gynecology and Obstetrics



**HEAL**  
HEALTH AND ENVIRONMENT ALLIANCE



**UCSF** Program on Reproductive Health and the Environment

For more information  
**FIGO.ORG**



# Reducing children's exposure

- Nappies
- Care products
- Baby bottles
- Toys
- Clothing
- Food



# No place for harmful chemicals in everyday products

**Every year of delay in banning harmful chemicals threatens the health of future generations and the environment**

CHEM Trust and others are calling for:

- A ban on the most harmful chemicals in consumer products by 2030.
- An acceleration in the identification of hormone disrupting chemicals and highly persistent chemicals.
- An introduction of a “mixtures assessment factor” to reflect that fact we are exposed to chemicals from multiple of sources.
- Chemicals to be addressed as groups – and not one at a time.

# More information and calls for action

- CHEM Trust: <https://chemtrust.org>
- HEAL: <https://www.env-health.org>
- Women Engage for a Common Future: <https://www.wecf.org>
- Break Free From Plastic: <https://www.breakfreefromplastic.org>
- Toxic Free Food Packaging: <https://toxicfreefoodpackaging.com>

# Resources

- CHEM Trust website and [No brainer factsheet: https://chemtrust.org/advice-for-parents/](https://chemtrust.org/advice-for-parents/)
- Project Nesting: <http://nestbau.info/broschueren/>
- [10 tips to avoid toxic chemicals during and after pregnancy](#), by the Federation of Gynecology and Obstetrics (FIGO), the University of California – San Francisco (UCSF) and the Health and Environment Alliance (HEAL).
- [Green Baby briefing](#) – Women’s Environment Network