

Findings from the
CAPABLE Project

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California Safe
Cosmetics
Program

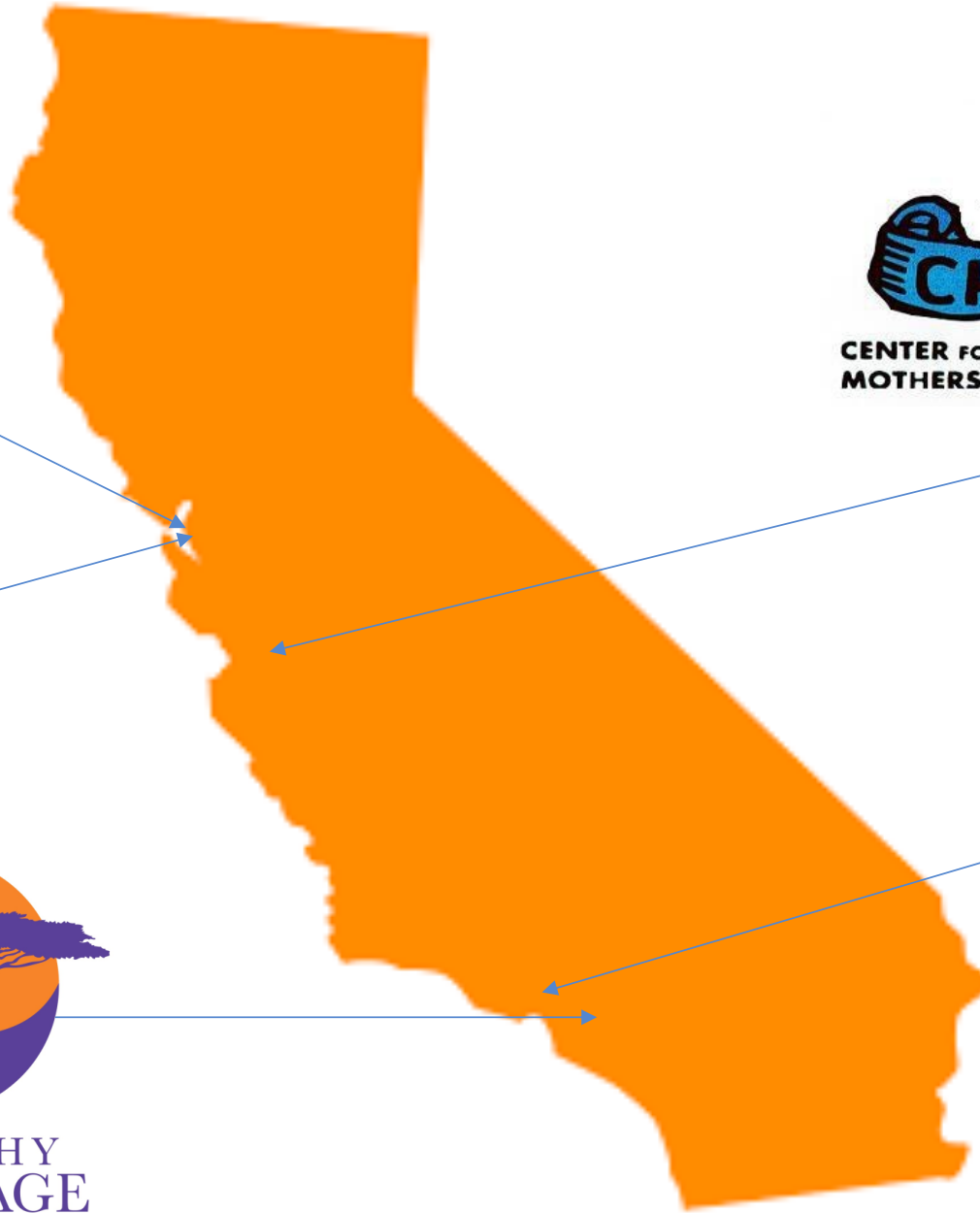
May 12, 2022 webinar for
Collaborative on Health and
the Environment

Personal Care Product Use and Chemical Exposure among Black, Latina, and Vietnamese Women in California Communities



CAPABLE (Chemicals And Personal care: Asian, Black, and Latina Exposure) Project Aims

- Build a diverse community-research collaborative
- Examine patterns of personal care product use among Asian, Black, and Latina women
- Identify chemicals of relevance to breast cancer toxicity in products
- Empower communities



CENTER FOR THE HEALTH ASSESSMENT OF MOTHERS AND CHILDREN OF SALINAS



CALIFORNIA
HEALTHY NAIL SALON
COLLABORATIVE


Liên Hiệp Ngành Móng Tay Lành Mạnh

Why cosmetics? Why women of color?

- Less regulated in the U.S.
- Racial and ethnic disparities in exposure and health outcomes
 - Premenopausal breast cancer
 - Breast cancer death rates

	STANDARDS	NO STANDARDS
FOOD	X	
DRUGS	X	
DRINKING WATER	X	
PESTICIDES	X	
CARS	X	
TOYS	X	
ELECTRONICS	X	
TOBACCO	X	
COSMETICS		X

source: <https://www.ewg.org/news-insights/news/80-years-later-cosmetics-chemicals-still-unregulated>



Misconceptions about the U.S. Food & Drug Administration's (FDA) Authority

- Does not have same authority over cosmetics compared to food and drugs
- Does not have authority to recall products
- Does not require premarket testing for cosmetics

[fda.gov/cosmetics](https://www.fda.gov/cosmetics)



source: <https://www.healthline.com/health/beauty-skincare/how-to-cut-through-the-toxins-and-know-whats-in-your-beauty-products>

Building Evidence

- Higher use of products associated with higher body burdens of chemicals (e.g., phthalates, parabens)

(Parlett et al.,2013; Philippat et al.,2015; Berger et al.,2018)

- Racial/ethnic differences in body burdens of chemicals that are found in personal care products

(Calafat et al.,2010; James-Todd et al.,2017)

- Racial/ethnic differences in personal care product use may contribute to these disparities

(Branch et al.,2015; McDonald et al.,2018; Llanos et al.,2017; Eberle et al.,2020)

CAPABLE Overview



Community Survey

The icon depicts three stylized human figures with a lightbulb above them, symbolizing a group discussion or survey.



Store "Inventories"

The icon shows a shopping cart, representing inventory management.



Product Label Review

The icon features a checklist with four items, indicating a review process.



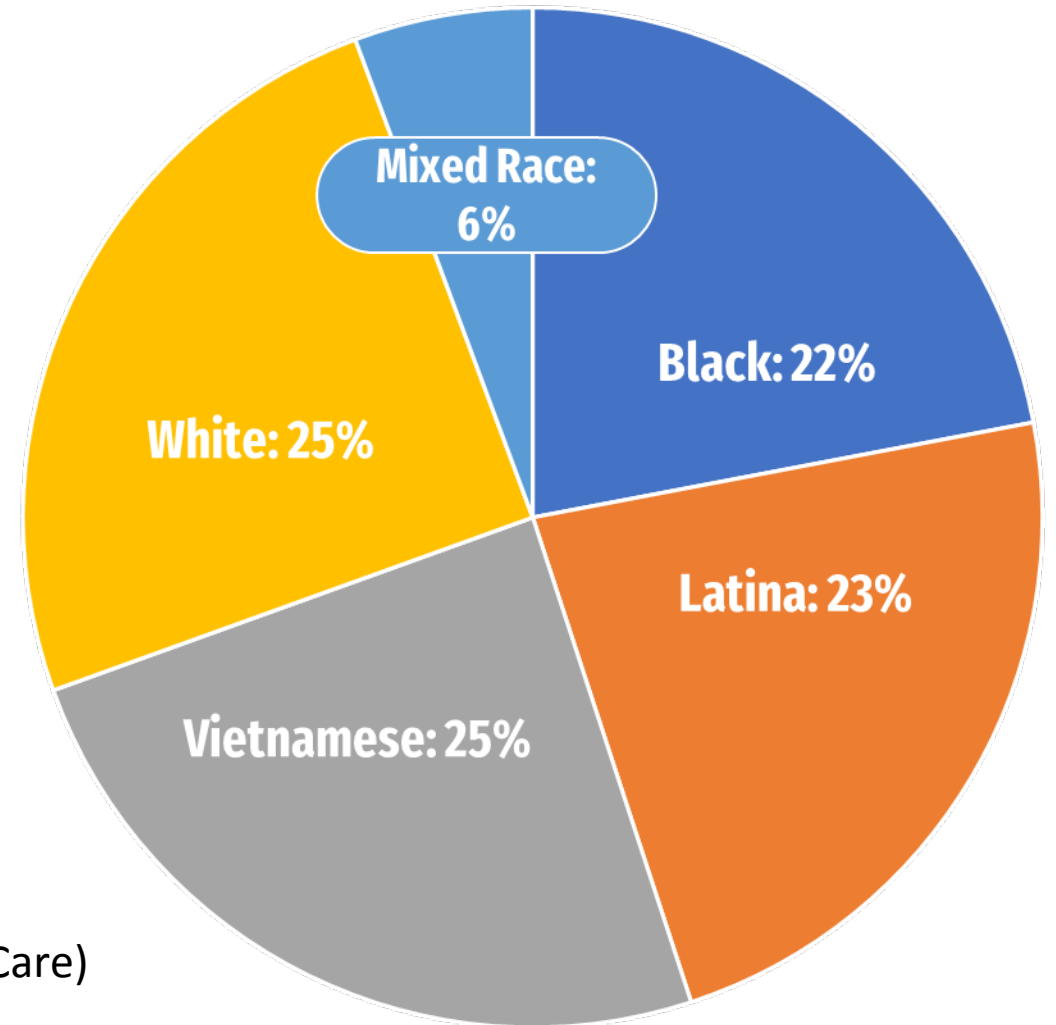
Product Lab Analysis

The icon shows laboratory glassware, including a test tube and a flask, representing analysis.



Partners administered 321 surveys at community events and venues

- How often women use products
(Hair, Skin, Makeup, Nail, Deodorant/Perfumes, Intimate Care)
- Where women buy these products
- How women choose products



Generally higher use of intimate care products among Black women and Latinas

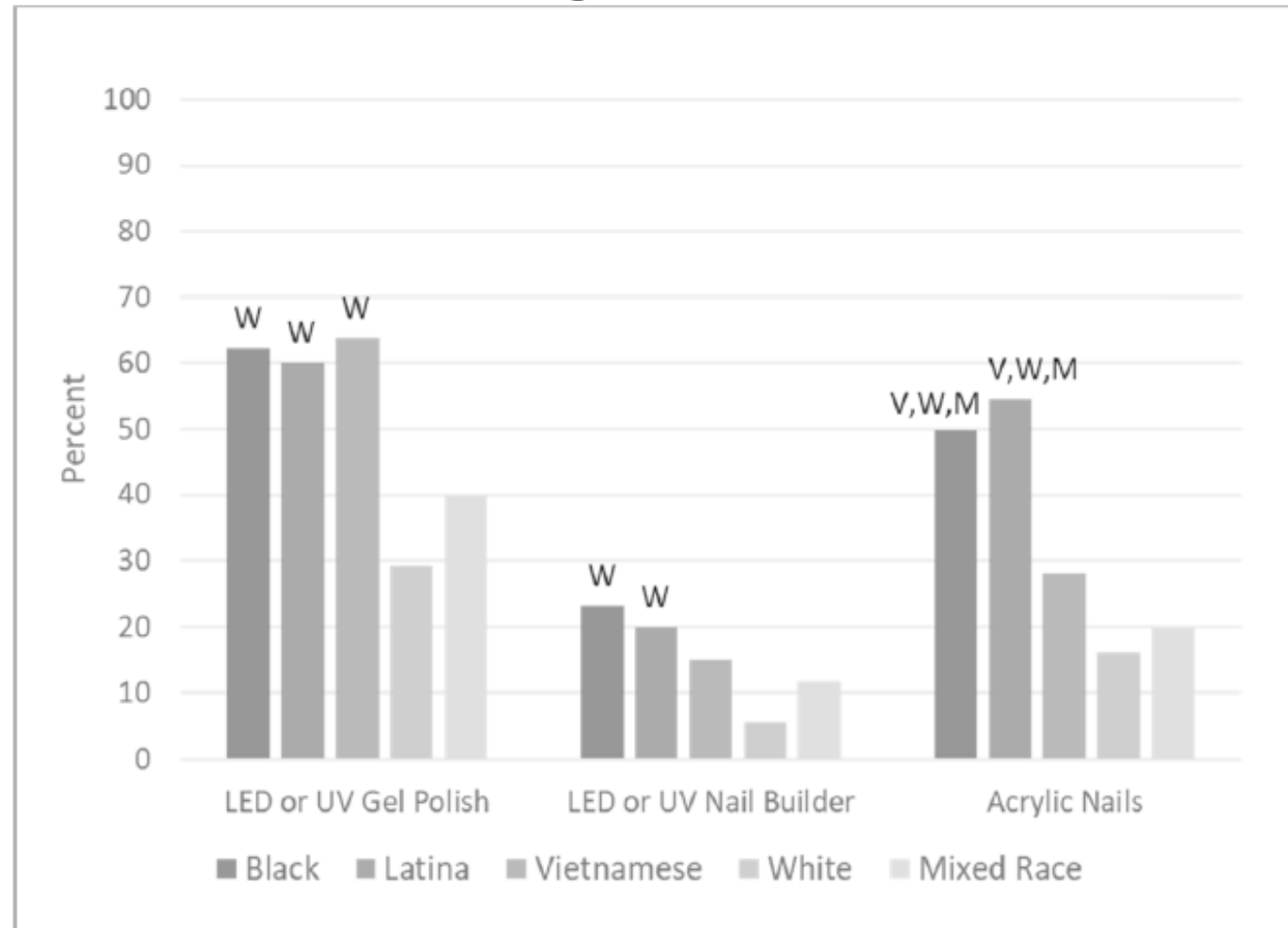
	Used at least once per month				
	Black <i>n</i> = 70	Latina <i>n</i> = 73	Vietnamese <i>n</i> = 78	White <i>n</i> = 79	Mixed Race <i>n</i> = 18
Feminine wipes	29.8%	54.0% ^{B, V, W, M}	19.8%	18.2%	25.6%
Feminine wash/cleanser	38.2% ^W	39.7% ^W	30.5% ^W	9.4%	42.0% ^W
Feminine spray	13.8% ^W	16.9% ^W	8.7%	2.6%	11.4%
Vaginal douche	8.9% ^{V, W}	6.1% ^{V, W}	0.0%	0.0%	13.3% ^{V, W}

The following items did not differ by racial/ethnic group and are not included in the table: feminine powder/baby powder, lubricant.

^{B, L, V, W, M}Superscripts indicate that mean is significantly higher ($p < 0.05$) in pairwise comparison than mean for Black (B), Latina (L), Vietnamese (V), White (W), or Mixed-Race (M) women, respectively.

Collins, et al., 2021: *Differences in personal care product use by race/ethnicity among women in California: implications for chemical exposures*
Journal of Exposure Science & Environmental Epidemiology; <https://doi.org/10.1038/s41370-021-00404-7>

Nail products at least once/year – more common among women of color



Collins, et al., 2021

Did not differ among groups: nail polish and remover (not included in graph).



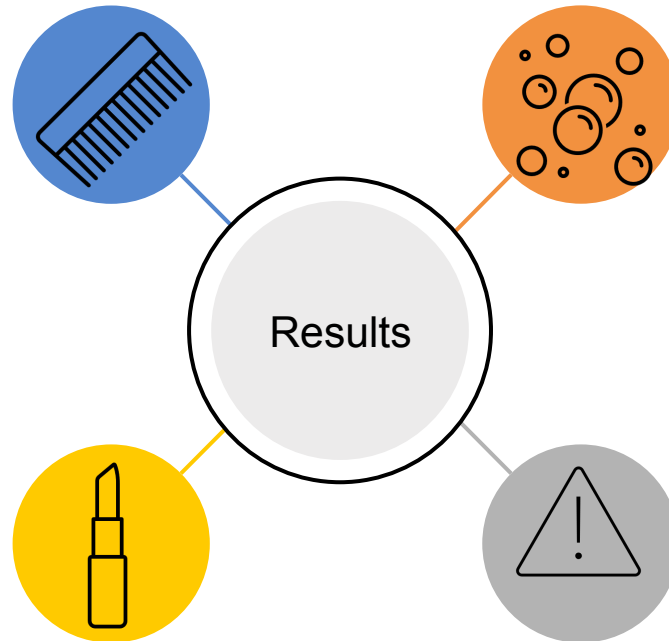
Community Survey: Summary of Findings

Black Women

Used professional hair services most frequently, and body butters, essential oils

Latina Women

Used makeup, acrylic nails, and home hair dye most frequently



Vietnamese Women

Used facial cleansing products and leave-in hair conditioners most frequently

Latina & Vietnamese Women

Were *less* likely to try to avoid certain ingredients in their products



Community Survey: Summary of Findings

Women are Concerned about Chemicals



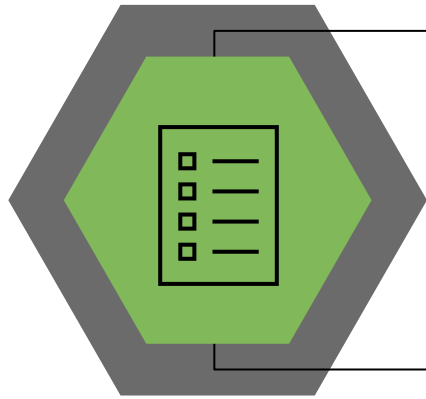
- 30% said they try to avoid specific ingredients
- A few women named:
 - ✓ Parabens ✓ Phthalates
 - ✓ Aluminum ✓ Perfumes/Fragrance
 - ✓ Sulfates
- Majority of women said they would choose “Fragrance free” if available



39 Store “Inventories”

Documented products marketed to women in our communities





546 Product Label Reviews

- Community partners chose products
- Found ingredients online
- Identified products with “chemicals of concern”



Terms

**Chemical of
Concern (CoC)**



Chemicals linked to cancer, developmental/
reproductive toxicity,
or endocrine disruption

**Undisclosed
"Fragrance"**



"Fragrance" or "parfum" on a product label
represents any number of unidentified
substances, some of which may be CoCs

“Chemicals of Concern”

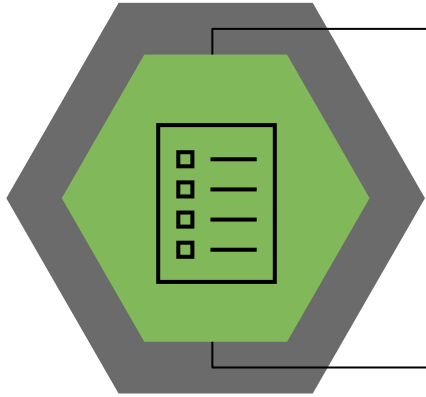
Carcinogens, Developmental/Reproductive Toxicants,
Endocrine Disruptors

International Agency for Research on Cancer



OEHHA
California Office of Environmental
Health Hazard Assessment





Product Label Review Findings

546

Total Products

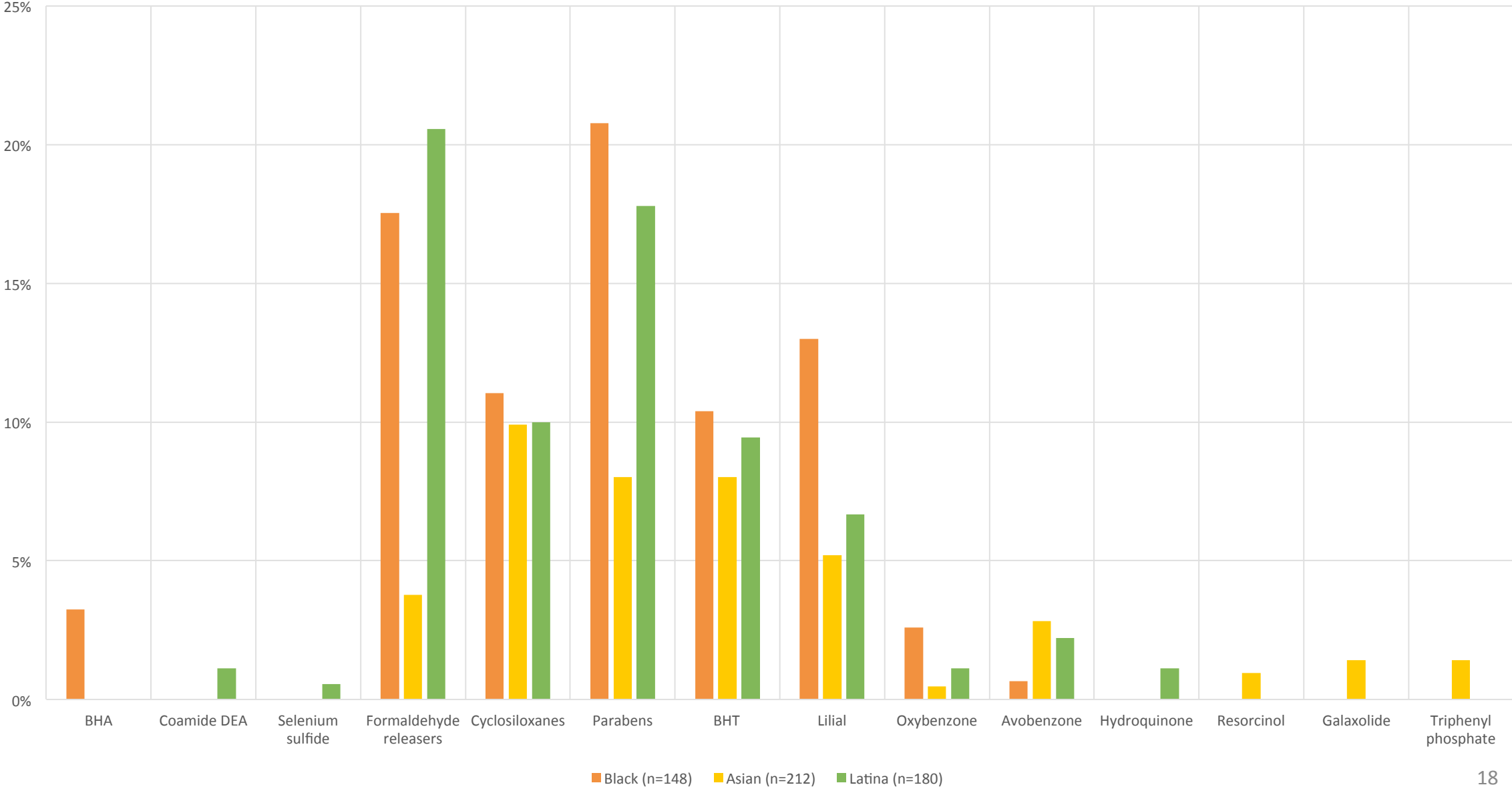
>50%

Products with
Chemicals of Concern (CoCs)

74%

Products with
undisclosed “fragrance” chemicals


Chemicals of Most Concern (All 546 Products)





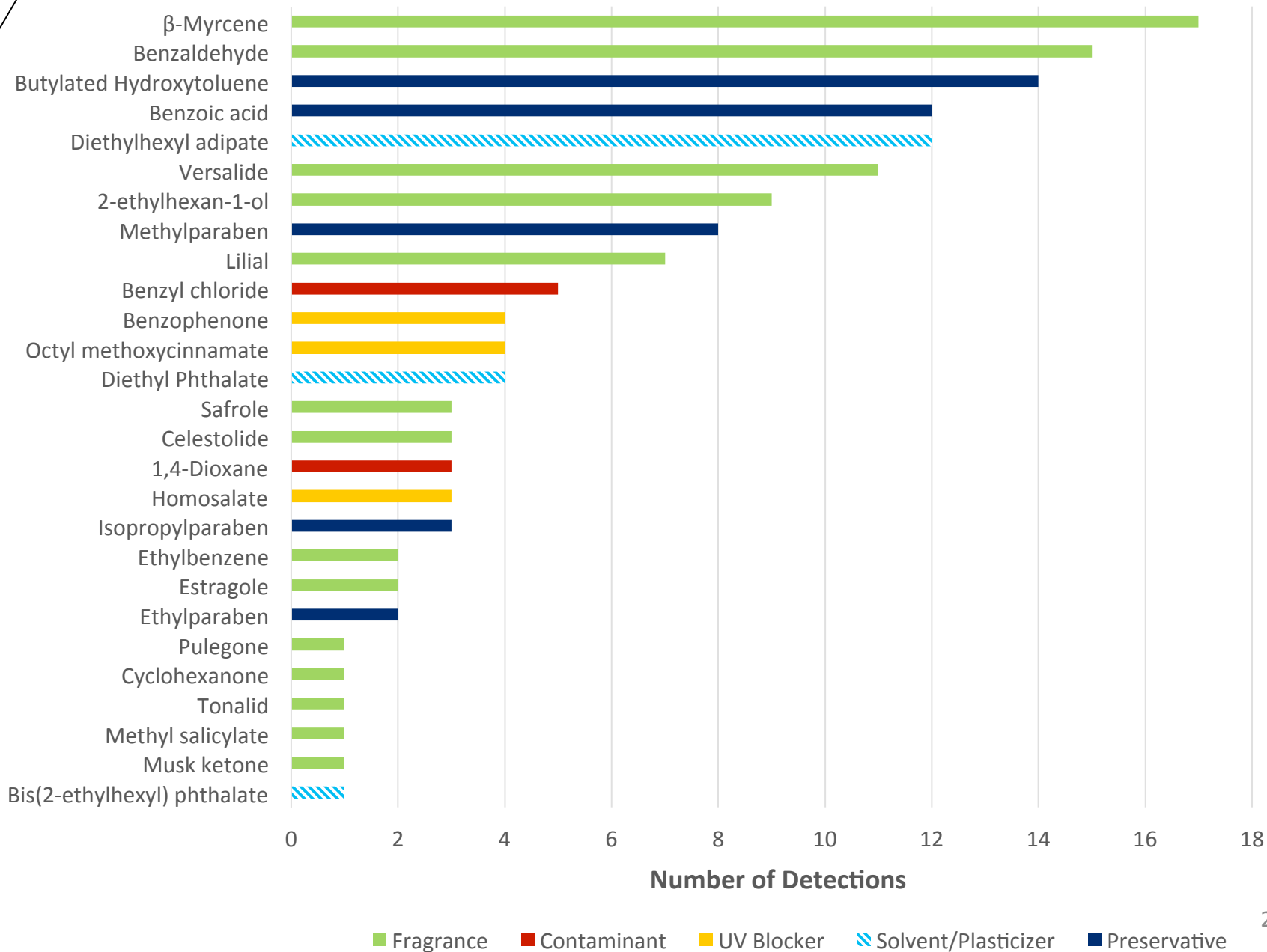
Two-Dimensional Gas Chromatography and Time-of-Flight Mass Spectrometry (GCxGC-TOFMS)

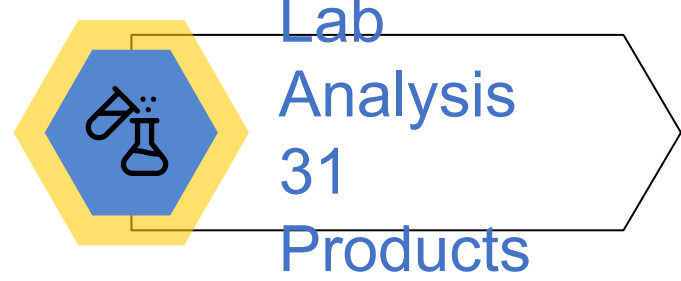
31 products of high concern to community partners:
Hair, Skin, Makeup, Intimate care



Lab Analysis 31 Products

- 27 CoCs detected
- 6 *sometimes* on labels
- 1 *always* on labels (ethylparaben)
- 20 never on labels

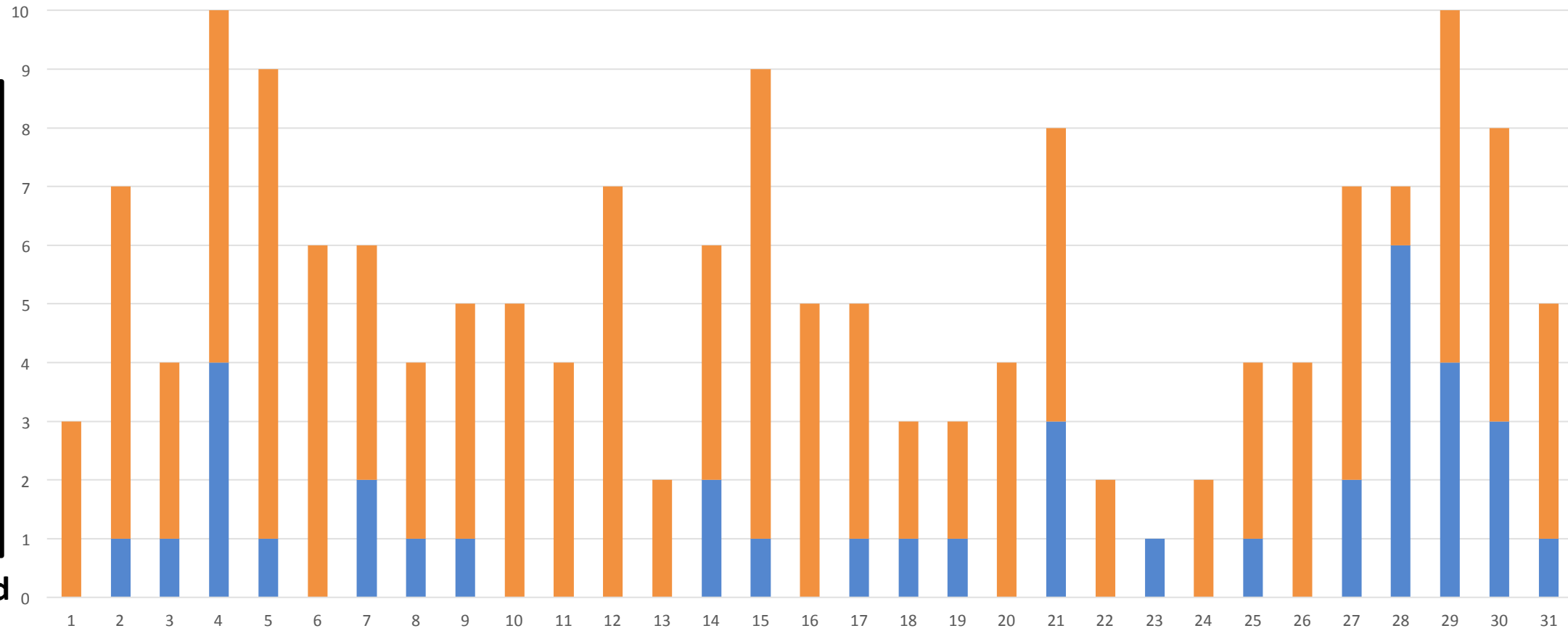




Lack of Labeling Transparency

Represents
CoCs NOT
listed on the
product label

Represents
CoCs listed on
the product
label



CAPABLE materials...

What can I do to protect my health?

- You can avoid many of the chemicals found in these products:
 - Choose products that say “paraben-free” or “fragrance-free” on the label.
 - Promote natural beauty by using fewer products or by making your own products.
 - Before you buy, check product ingredients using apps and online tools that make it easy — CDPH’s California Safe Cosmetics Product Database, Clearya, EWG’s SkinDeep, Detox Me, Think Dirty.
- **Take action!** Demand that manufacturers remove potentially toxic chemicals from their products. Tell your lawmakers that we need stronger oversight of cosmetics and personal care products.
- Learn more at bit.ly/CAPABLE-Study.



Study Limitations

- May not be able to generalize to all Latinas, Black and Vietnamese women
- Limited number of stores and products
- Relied on online ingredient labels
- Did not include products only available online
- Comparisons were limited - Different product types across communities, no “mainstream” products
- Additional lab methods may have found additional CoCs

Implications of California Policy

- California Safe Cosmetics Act of 2005
- Cosmetic Fragrance and Flavor Ingredient Right to Know Act of 2020
- Toxic Free Cosmetics Act (2025)
***Bans** dibutyl phthalate, diethylhexyl phthalate, formaldehyde, paraformaldehyde, methylene glycol, quaternium-15, mercury, isobutylparaben, isopropylparaben, m-Phenylenediamine and its salts, o-Phenylenediamine and its salts, and several per- and polyfluoroalkyl substances (PFAS) and their salts*



Cosmetic Fragrance and Flavor Ingredient Right to Know Act of 2020



All ingredients
on 5 lists of
Carcinogens / Developmental /
Reproductive Toxicants

Fragrance and flavor ingredients
on 23 lists adds
Endocrine Disruptors,
Neurotoxicants, Allergens, PBTs



California Safe Cosmetics
Program Database
cscpsearch.cdph.ca.gov

CFFIRKA reporting January – April 2022

97 newly reported ingredients, including...

Fragrance Allergens	(Thousands of products already)
Lilial – Reproductive toxicant banned in EU	1000+ products
Glycol ethers – Respiratory toxicants	600+ products
Reproductive tox, Endocrine disruptors	
Cyclosiloxanes	350+ products
Phthalates	150+ products
Parabens	100+ products

Conclusion

- There are a lot of chemicals of concern in personal care products!
- Practical tips specific to communities
- Policies – hard to shop your way out of exposures
- Online tools to avoid/choose products



California Safe Cosmetics
Program Database
cscpsearch.cdph.ca.gov

A blue rectangular advertisement for the Clearya app. At the top left is the Clearya logo, a white 'C' in a circle followed by the word "Clearya". Below the logo is the text "KEEP TOXIC CHEMICALS OUT OF YOUR HOME" in white, bold, uppercase letters. Underneath that is the text "Shop online as usual. We'll tell you if your cart has unsafe ingredients." in a smaller white font. A white rounded button with a Chrome icon and the text "Add Clearya to Chrome" is centered. At the bottom, it says "Or get the mobile app:" followed by two icons: "Download on the App Store" and "GET IT ON Google Play".

Thank you!

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Research partners and staff: **Phyllis Clark**, April Gillis, **Kim Harley**, Hannah Collins, Jennifer Jarin, **Norma Morga**, **Lisa Fu**, Caroline Nguyen, Dung Nguyen, Amy Le, Jude Balmin, Emilia Krubnik, Riya Young
(Co-PIs in bold)

Study participants and advisory boards

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BREAST CANCER
RESEARCH PROGRAM

