

Meeting Notes –September 8, 2011 9:30-11:30

Location: 130 Nickerson St. Suite 105
Children’s Environmental Health Working Group
Collaborative on Health and the Environment- WA (CHE-WA)

Our **mission** is to work collaboratively with diverse groups to eliminate children’s harmful environmental exposures in the Puget Sound region and beyond during their most critical developmental years: pre-conception to age 8.

This is a fragrance-free event.

Today’s speaker

[PCC Natural Markets](#) recently conducted a personal care product review. Roxanne Green, Health & Beauty Coordinator at PCC and President of the [Natural Products Association Northwest](#), discussed the history, process and successes of this groundbreaking effort. She was joined by Wendy McLain, Health and Beauty Aids Merchandiser for PCC.

Discussion Items

1. We set the schedule for 2012 meetings. See below. Check upcoming agendas/notes for possible changes to schedule.

	Location	Host
October 2011	LHWMP	WA Department Of Health /Lauren Jenks
November	EPA	EPA/ Margo Young
December	American Lung Association	ALA/Aileen Gagney (via Aimee Boulanger)
January 2012	American Lung Association	ALA/Aileen Gagney
February	LHWMP	LHWMP/Gensler & Singer
March	Public Health-Seattle & King County	PH-S&KC/Nicole Thomsen
April	LHWMP	Elizabeth Loudon/ECOSS
May	LHWMP	INND/Steve Gilbert
June	LHWMP	LHWMP/Gensler & Singer
July	No meeting	
August	no meeting	
September	?	
October	EPA	Margo Young
November	?	
December	?	

2. CHE-WA Children’s Environmental Health Working Group subgroup updates

At the start of 2011 we decided not to host a large community forum as we had done in 2009. Instead, we chose to focus on a number of smaller projects aimed at improving children’s environmental health. Read below for an update for work done on these projects over the summer. NOTE: Over the summer, as part of doing these projects, we also updated our [CHE-WA website](#) substantially, adding project descriptions and bios on project members.

WSEHA children’s environmental health trainings (completed)

We partnered with the Washington State Environmental Health Association to develop and present their first Children’s Environmental Health trainings. In August 2011 three trainings were held in Shoreline, Tumwater, and Spokane. Forty-three people attended. At least one attendee will be sharing the information with her staff, further extending the training’s reach. The working group members who developed and presented this training were Lauren Jenks (WA DOH), Nicole Thomsen (PH-S&KC/LHWMP), Aileen Gagney (ALA), Holly Davies (DOE), and Margo Young (EPA) with Gail Gensler (LHWMP) organizing the events. Download the presentations and handouts at <http://www.doh.wa.gov/children/Training/default.htm>. Presentations cover:

- An introduction to children's environmental health
- How to identify and remediate common home environmental health hazards
- Possible sources of lead exposure, including ethnic remedies, among children in Washington
- Recommendations for future public health activities at the state and local levels to improve children's environmental health

The presentations were well received. We are considering doing this again as a webinar; it was suggested that we might do this through WSEHA's national parent organization.

Medical providers outreach/working with WA DOH Medical Home (in process)

Since the beginning of this year, we have been searching for a way to work directly with medical providers. This has proved to be very difficult. However, we have identified an outreach opportunity, and have had our first partnership call to plan this outreach. We will be working with the Washington Department of Health [Medical Home](#) program. This is a program that trains doctors and healthcare providers in a new paradigm of how to provide healthcare.

We will work with WA DOH to include children's environmental health messaging into the training for their 2012 cohort. WA DOH is especially interested in reaching out to pediatricians in the upcoming year of their Medical Program; they hope to affect 300,000-400,000 children through training these doctors. WA DOH is enthusiastic about working with us, and we are enthusiastic about working with an established program. Aileen Gagney suggested using asthma as a way to access the topic of children's environmental health. Working group members on this project: Gail Gensler, Nicole Thomsen, Lauren Jenks, Margo Young, Aimee Boulanger. Aileen Gagney and Steve Gilbert expressed interest in joining this subgroup.

UW children's environmental health community research symposium (in process)

This is a project of the University of Washington; however, Margo Young is our working group's liaison to the project and has offered our group's help. Dr. Elaine Faustman (National Children's Study) and Dr. Catherine Karr (PEHSU) are the University of Washington leads on this. The purpose of the symposium is to showcase children's environmental health research going on around the state of Washington. The possible dates are February 28 or 29. Nancy Bernard, Nicole Thomsen, Cindy Callahan, Aileen Gagney and Heather Trim (if there is a marine connection) expressed interest in this project.

Protect Kids from Toxics: new [children's environmental health brochure](#) (completed)

This brochure is an updated version of the older brochure with the same title. Working group members and many others from the community came together to rewrite, update, fund, and produce this new version. As a result, the statewide ChildProfile program will be able to continue to send this brochure to all parents of 9-month-old children in the state of Washington. The brochure is available in English and in Spanish through the Washington Department of Health through the link above. Working group members on this project: Michael Bergman, Gail Gensler, Margo Young, Nicole Thomsen, Teresa Lohr, Laura Hutchinson, Nancy Beaudet.

CHE-WA to table at La Leche League seminar on Sept. 16 (coming up)

CHE-WA is a major sponsor of the upcoming [La Leche League seminar](#). The audience for this seminar alternates yearly between healthcare providers and to the general public. This year the audience is healthcare providers, so participating in this event is one more way we are reaching out to healthcare providers. All participants will receive *Protect Kids from Toxics* in their packets; Gail Gensler will also be tabling. Gail requested additional volunteer support. Cindy Callahan, Suzanne Zitzer, and possibly Aileen Gagney expressed an interest

Children's environmental health community forum (coming up)

Margo Young is working on a mini-children's environmental health forum to be held in November. This forum would substitute for our regular meeting. It would also double as one of the CHE-WA public meetings that are held several times each year. Its purpose would be to recruit new partners, educate high-level players in the public about children's environmental health, celebrate accomplishments, share priorities, and generate enthusiasm and commitments for children's environmental health. The date is uncertain; Margo had intended it to be held on November 10, from 9 AM to 12 PM; however, Nancy Bernard pointed out that this conflicts with one of the dates for her statewide environmental health trainings. Stay tuned for more information.

The likely agenda/format would include a continental breakfast buffet followed by speeches from administrators and managers in high-level positions who could affect children's environmental health. It could also include small group discussions showcasing innovative children's environmental health programs statewide.

3. Member updates

There was very little time during this meeting for member updates. Read on for the few shares that happened.

- Miranda Taylor –Miranda updated us on the [Good Food truck project](#). The Good Food Truck will bring organic foods, fruits, and vegetables into neighborhoods where they are hard to access.
- Aileen Gagney – There will be a free Master Home Environmentalist training in Toppenish, WA on October 13. To register, contact John Thayer at johnht@yvwfc.org or (509) 865-6901. See flier attached to notes.
- Steve Gilbert –Steve will be teaching a class on Principles of Small and Large Dose Toxicology in Issaquah, WA on September 21 and 22. See <http://www.eosalliance.org/schedule/event/principles-of-small-and-large-dose-toxicology> for details. Steve also introduced a new term, [epiprecaution](#), signifying the need to move above and beyond doing no harm (preventing exposures to harmful material) to doing good. This builds on the concept of epigenetics which provides the scientific and biological foundation for the necessity of "doing good".

4. Speaker presentation

[PCC Natural Markets](#) recently conducted a personal care product review. Roxanne Green, Health & Beauty Coordinator at PCC and President of the [Natural Products Association Northwest](#) (NPA), discussed the history, process and successes of this groundbreaking effort. She was joined by Wendy McLain, Health and Beauty Aids Merchandiser for PCC. See highlights of the talk below. See related attachments: speaker PowerPoint, and list of PCC 'approved' personal care companies.

[The Natural Products Association Standard and Certification for Personal Care Product](#) is a set of guidelines that dictates whether a product can be deemed truly "natural." It encompasses all cosmetic personal care products regulated and defined by the FDA. The NPA has been in existence since 1936. It has focused on food and supplements until very recently. According to our PCC speakers, it selected the most conservative of European standards to follow when creating its standards for personal care products. PCC will soon add certification standards for home care products (laundry products, baby wipes, candles, etc...) expected out by the end of 2011.

The following is the [NPA standard for personal care products](#) as of Sept 01, 2010. For more details, see the link above. The standard includes the following key points:

- States requirements for all products that are labeled or branded "Natural". "They *must*: – Be made with *at least 95%* natural ingredients – excluding water and contain only synthetic ingredients specifically allowed under this standard and environmentally-friendly products that are nurturing to us and as harmless as possible to the earth (see Appendix I) "
- Defines "Natural": "Ingredients that come or are made from a *renewable resource found in nature* (Flora, Fauna, Mineral), with absolutely no petroleum compounds. (See Appendix IV for allowed processes) "
- States when a synthetic non-natural ingredient *can* be used: "Only when there is not a readily available natural alternative ingredient (See Appendix II for an illustrative list of allowed synthetics) and only when there are *no* suspected human health risks as indicated by peer-reviewed third-party scientific literature"
- Lists specific ingredients that are prohibited
- Lists allowed natural ingredients ([NPA's list of acceptable ingredients](#))
- Lists allowed processes used to produce many of the ingredients they cite as positive
- States other requirements

The NPA website also includes a [list of NPA-certified products that carry the NPA Natural Seal](#)

When asked about the credibility of the NPA as a third-party certifier, the speakers replied that the NPA:

- does full testing on products that are getting their seal
- finds out where the raw materials come from
- Works with the FDA to get supplement companies to have manufacturer requirements-- Good Manufacturing Practices (GMP's)
- helped get legislation enacted that allows consumers to report adverse reactions to products to the FDA ("Adverse Event Reporting")
- meets twice each quarter to update standards

Within the last 2 years, PCC notified all its suppliers that they would need to meet the NPA standard in order for the store to carry their products. As a result, many companies are reformulating their products to meet their standards. PCC will drop the brands that do not reformulate. This is an ongoing process, although PCC has done almost 90% of the products. Whole Foods is also working on a process like this; they are following NSF (National Sanitation Foundation) & ANSI (American National Standard for Personal Care made with organic ingredients). Many other national companies are joining PCC's trend to move toward naturally certified products.

Note that in selecting its standards and products, PCC evaluates not only human health impacts but also aquatic toxicity, sustainability, biodegradability, local production, and the need for the product. See the attached current list of PCC-approved products.

NPA-certified personal care products will specify all fragrances in the product under INCI labeling laws (International Nomenclature of Cosmetic Ingredients).

The speakers felt that the NPA recommendations are better than those given on the Skin Deep database although the database is a good start.

Attendance (* indicates by phone)

Julia Singer (facilitator)	Local Hazardous Waste Management Program in King County (LHWMP)
Nancy Bernard	Washington State Department of Health -- School Environmental Health and Safety
Diane Bailey	Washington State Department of Health -- Community Health
Cindy Callahan	Citizen
Alice Chapman	LHWMP
Susan Colton	Citizen
Michelle Gaither*	Pollution Prevention Resource Center
Aileen Gagney	American Lung Association of the Mountain Pacific
Gail Gensler – (note taker)	LHWMP
Steve Gilbert	INND
Rachel Koller	www.healthyhomefocus.com
Erin Mader	EPA
Toni Nunes	WA chapter of the American Academy of Pediatrics
Heather Trim	People for Puget Sound
Elizabeth Loudon	ECOSS
Barbara Ross	EPA – Lead Program
Paul Shallow	PHSKC
Margaret Shield	LHWMP
Cynthia Shurtleff	WA chapter of the American Academy of Pediatrics
Miranda Taylor	The Good Food Truck/Gesundheit Acupuncture
Dennis Weaver	Change Your Food! Change Your Life!
Margo Young	EPA Children’s Health
Sandy Ziemer	Island County Community Health Advisory Board
Suzanne Zitzer	EPA intern working with Margo/Evans School of Public Affairs, U.W.