Can I Wash My Fruit With Comet? Discovering How To Go Greener At Work And At Home



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NN/LM – MidContinental Region

What Is Environmental Health?

The field of science that studies how the environment influences human health and disease.

Environment = Natural Environment + Man-made Environment + Social Environment

Components of Environments

What are some examples of the following:

– Natural environment?

– Man-made, "Built" environment?

– Social environment?



What We'll Talk About Today

- Short history of the "Green Movement"
- Effectively utilize quality online environmental health information resources for research and education
- Identify appropriate environmental health and toxicology tools for a variety of age groups
- Increase awareness of techniques to have cleaner, greener homes and work spaces

How Did We Get Here?

- Industrialism
- Transcendentalism
- Roosevelt and National Parks/conservation
- WWII
- "Silent Spring" 1962
- EPA founded in 1964
- 1970s several major acts passed and Earth Day initiated

How Did We Get Here?

- Love Canal
- Three-Mile Island
- Exxon Valdez
- 1990s radical environmentalism
- Climate change
- Gas prices
- "Green Fatigue"

The Tipping Point: How Little Things Can Make a Big Difference NATIONAL BEATABLEE empercrow in The TIPPING POINT Make a Big Difference MALCOLM GLADWELL "A January but that make yet up the troots ra a different may."-Fortune

2007

According to TIME writer,
Bryan Walsh, 2007 will
be remembered as the
tipping point when
public understanding of
the existential threat of
climate change reached
critical mass.

Source: Antonelli, Monika. <u>"The Green Library Movement: An Overview and Beyond."</u> <u>Electronic Green Journal</u>. 1(27): 2008.





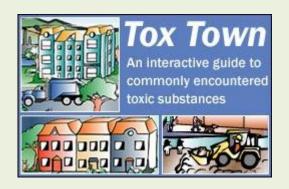


Green vs. Sustainable

- <u>Sustainable</u> = replenishing or rejuvenating resources
 - Goal is zero impact on environment

- Green = evaluating impacts of your actions
 - Making choices that factor in impact on your environment
 - Involves mitigation: recycling, reusing, reducing pollution

Online Environmental Health Resources from NLM

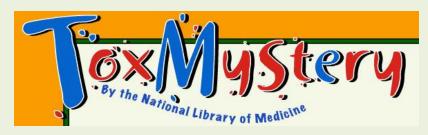








TOXMAP Environmental Health e-Maps





What is a good starting point for someone interested in learning more about environmental health?



http://medlineplus.gov



A service of the U.S. National Library of Medicine

NIH National Institutes of Health

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About Your Health

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Back Pain
COPD (Chronic Obstructive Pulmonary Disease)
Depression
Diabetes
Exercise and Physical Fitness
Heart Diseases
High Blood Pressure
Pregnancy



Device Approved to Treat Brain Aneurysm

MRI Scans May Help Predict Alzheimer's Risk

Toll of Deepwater Oil Spill on Human Health Still Unknown

more health news

More From NLM http://nlm.nih.gov



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TOXNET

Images from the History of Medicine

Medicine

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Find a clinical trial
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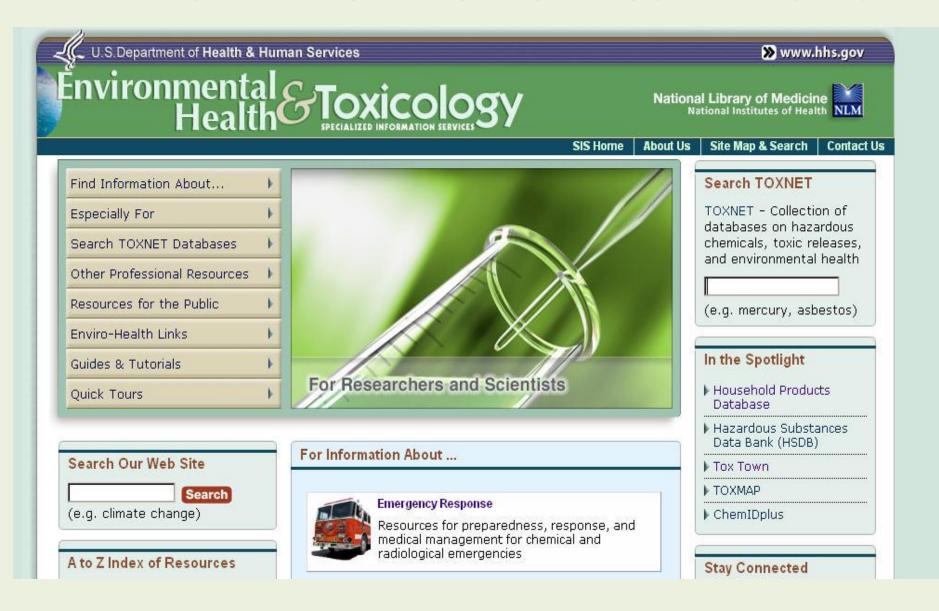
NLM for You

Grants & Funding
Training & Outreach
Network of Medical Libraries
Regional Activities
Visit the Library
Jobs at NLM

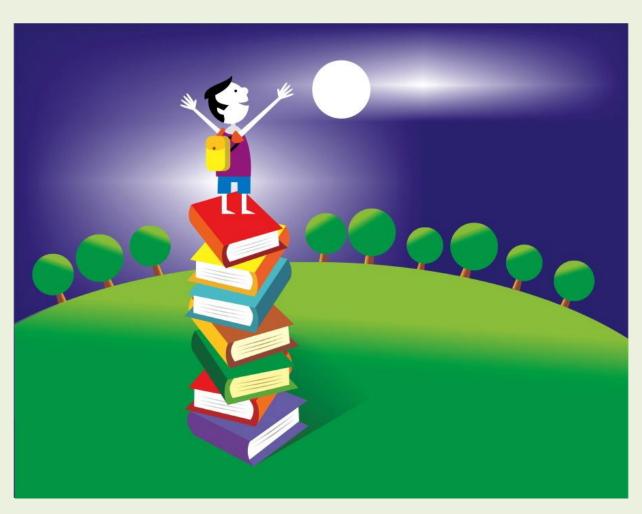
News & Events

- National Museum of American History Highlights Civil War Nurses (04/07/11)
- NLM's MedlinePlus Connect Wins Coveted HHSinnovates Award (04/06/11)
- Second Annual Preservation Week, April 25-29 (04/06/11)

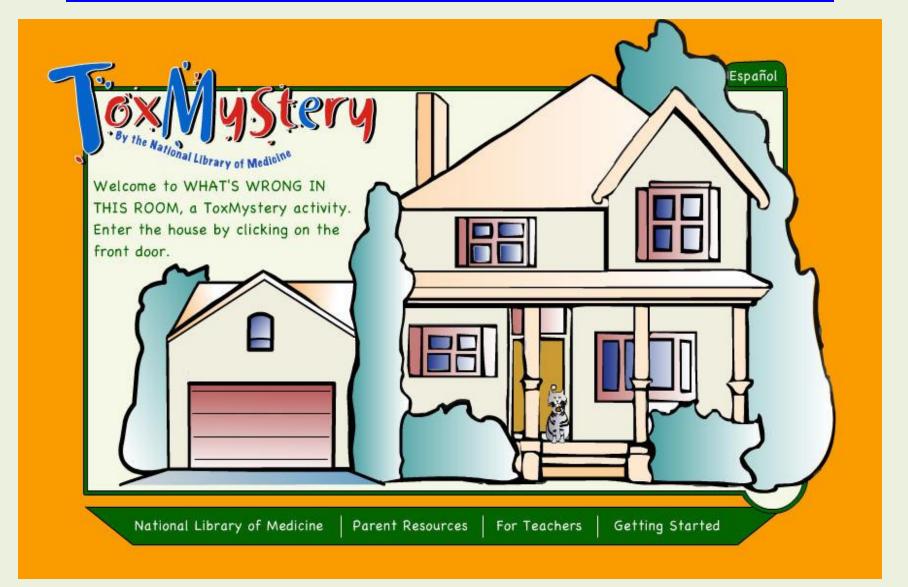
NLM's Environmental Health Portal



Where can kids learn about environmental health?



http://toxmystery.nlm.nih.gov/



http://toxmystery.nlm.nih.gov/



Also in Spanish!



Helping Kids Be Eco-Friendly

- Recycle
- Compost worm bin!
- Grow vegetables at home
- Use everyday household cleaners: vinegar, baking soda
- Turn off the lights



Helping Kids Be Eco-Friendly

- Have a "stop a leak" day at home
- Give away used toys to charity
- Plan outdoor activities instill appreciation of nature
- Clean up a stream or park
- Adopt an endangered animal zoo or other charity

Where can teens learn about environmental health?



http://toxtown.nlm.nih.gov/



Home Text Version Neighborhoods Locations Chemicals A-Z Index A-Z Disasters For Teachers What's New Site Map Español



Is there radon in your home?

- January is National Radon Action Month.
- · Visit the Radon page to learn how you might be exposed to this radioactive gas.
- Take steps to eliminate radon in your home.

A-Z Disasters Page now available in Spanish.

- Information on toxic chemicals and disaster health concerns.
- Consumer health information from MedlinePlus.

Clip Art & Promotional Materials for Tox Town

E-mail Updates

Contact Us: tehip@teh.nlm.nih.gov

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National Institutes of Health Department of Health & Human Services

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ToxTown in Spanish



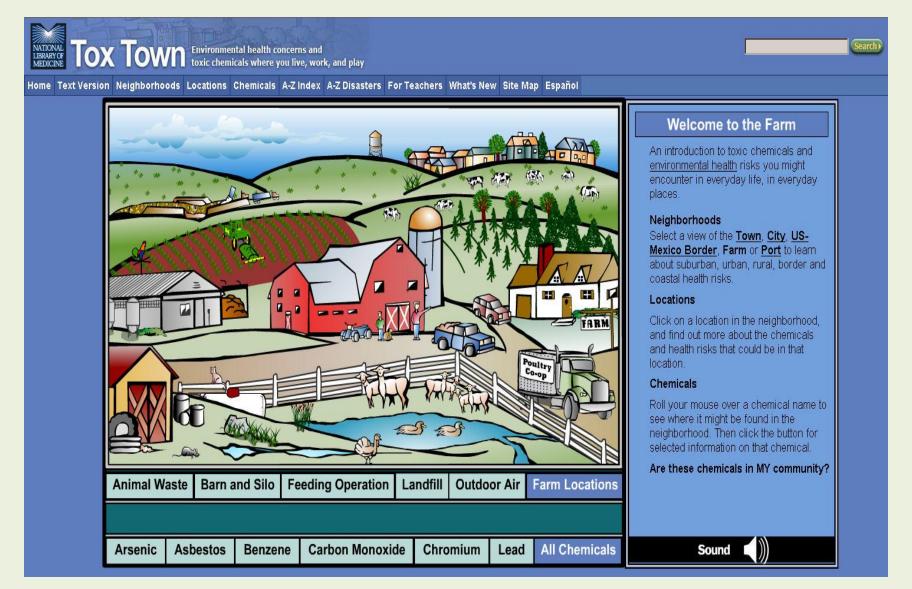
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del Aire (en inglés), 27 de abril – 1 de mayo, y haga clic en las páginas de Aire exterior y

Hogar.

http://toxtown.nlm.nih.gov/



Environmental Health Student Portal – NEW!



A A TEXT SIZE +|-

ENVIRONMENTAL HEALTH STUDENT PORTAL

Connecting Middle School Students to Environmental Health Information

TOPICS | FOR TEACHERS | HOMEWORK HELP | EXPERIMENTS | CAREERS | NEWS

SEARCH

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60

What is Environmental Health?

Environmental Health is the interrelationship between human health and the environment, either natural or manmade.

LEARN MORE



Change





Green living in your community

- ✓ Recycle
- ✓ Reduce
- ✓ Reuse
- ✓ Proper disposal



How can college students learn more about environmental health?



Toxicology Tutorials

- Toxicology Tutorial 1: Basic Principles
- Toxicology Tutorial 2: Toxicokinetics
 Includes chapters on:
 - √ absorption
 - ✓ distribution
 - ✓ biotransformation
 - ✓ excretion
- Toxicology Tutorial 3: Cellular Toxicology
- NEW Toxlearn eventually will replace Toxicology Tutors

Toxicology Tutors



SIS Home > Environmental Health & Toxicology

NLM Toxicology Tutorials

The Toxicology Tutors and ToxLearn were developed to provide users of NLM's toxicology databases with a working knowledge of basic toxicology principles. The tutorials are written at the introductory college student level.

Text size: S M L XL

Bookmark and share

Toxicology Tutors (also called Tox Tutors)

- Toxicology Tutor I Basic Principles
- Toxicology Tutor II Toxicokinetics
- Toxicology Tutor III Cellular Toxicology

You can download the tutorials to run from your computer. Each tutorial is made up of about 800 files. You will need the WINZIP® utility to open the zipped files.

- Tox1.zip (5.4 MB)
- Tox2.zip (4.2 MB)
- Tox3.zip (6.0 MB)

Toxl earn

ToxLearn is an update to and expansion of the Toxicology Tutors, Module I: Basic Principles and Dose-Response is the first module available.

ToxLearn modules will be published as they are completed. Both Tox Tutor and ToxLearn will be available while ToxLearn is finished.

You will need Adobe Flash Player to run ToxLearn.

Where can I learn about health effects of products I might use at home?



Rank the Household Products from Least Hazardous to Most Hazardous





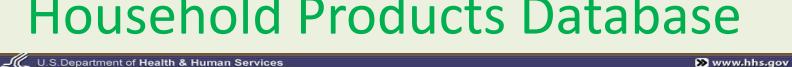








Household Products Database



Household Products Database

Health & Safety Information on Household Products

National Institutes of Health National Library of Medicine Specialized Information Services



Quick Search

രം Product, Manufacturer etc...

Advanced Search >

Browse by Category Auto Products Inside the Home **Pesticides** Landscape/Yard **Personal Care Home Maintenance** Arts & Crafts

Browse A-Z Product Names Types of Products Manufacturers

Pet Care

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Support **About the Database** FAQ **Product Recalls** Help Glossary **Contact Us** More Resources

Products

Manufacturers

Ingredients

Health Effects

What's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room? Learn more about what's in these products, about potential health effects, and about safety and handling.



Auto Products

Brake Fluid, De-icer, Lubricant, Sealant, and more...



Inside the Home

Air Freshener, Bleach, Cleaners, Toilet Bowl Cleaner, and more...



Pesticides

Animal Repellant, Fungicide, Herbicide, Insecticide, and more...



Landscape/Yard

Fertilizer, Lawn Care, Swimming Pool Products, and more...



Personal Care

Antiperspirant, Hair Spray, Makeup, Shampoo, Soap and more...



Home Maintenance

Caulk, Grout, Insulation, Paint, Putty, Stain, and more...



Arts & Crafts

Adhesive, Glaze, Glue, Primer, Varnish, and more...



Pet Care

Flea & Tick Control, Litter, Stain/Odor Remover, and more...



Home Office

Ink, Toner, Correction Fluid, Electronics Cleaners, Pens and

For advice if someone is poisoned, call your local Poison Center at 1-800-222-1222.

Home | Products | Manufacturers | Ingredients | Health Effects

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Green cleaning

The non toxic trio:

- ✓ Baking soda
- ✓ Castile soap
- ✓ White vinegar

Source: Gavigan, Christopher, Healthy Child Healthy World, Creating a Cleaner, Greener, Safer Home, 2008.

- Other agents:
- ✓ Lemon
- √ Hydrogen peroxide
- ✓ Essential oils

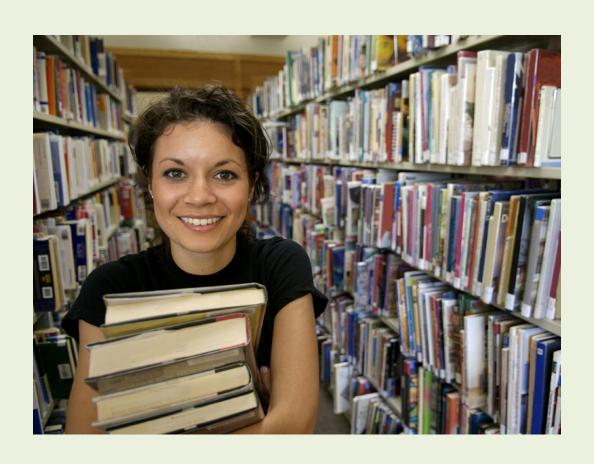


5 easy steps for a cleaner, greener home

- 1. Manage pests safely
- 2. Use nontoxic products
- 3. Clean up indoor air
- 4. Shop smart
- 5. Be wise with plastics

Resource: Gavigan, Christopher. Healthy Child, Healthy World, Creating a Cleaner, Greener, Safer Home, 2008.

How green is my job?





Search

More Searches Haz-Map Help

Glossary

References

Browse Haz-Map

· Hazardous Agents

Haz-Map Search

- By Types of Agents
- 2. By Adverse Effects
- Alphabetically
- · Occupational Diseases
 - By Types of Diseases
 - 2. By Jobs and Symptoms
 - Alphabetically
- High Risk Jobs
 - By Types of Jobs
 - 2. Alphabetically

Haz-Map: Information on Hazardous Chemicals and Occupational Diseases by Jay A. Brown, M.D., M.P.H.

Haz-Map Fact Sheet | Haz-Map Brochure (requires Adobe Acrobat Reader) | List of All Topics

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Search









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Browse Haz-Map

Search TOXNET

Job Name	Bartender
Description	Mix and serve drinks to patrons, directly or through waitstaff.
Category	Food Service
SOC Code	35-3011
	Related Information in Haz-Map
Job Tasks	High risk job tasks associated with this job: Handle limes, celery, parsnips, or figs Work continuously with wet hands



Search as Agent Disease Job Text Search

Browse Haz-Ma	p Search TOXNET
Job Name	Office Workers
Description	The term "office workers" is not a specific occupational group in the Standard Occupational Classification System. Some skin and respiratory problems related to the office environment have been identified: dermatitis from carbonless copy paper; low-humidity dermatitis; and allergic rhinitis, asthma, and hypersensitivity pneumonitis from molds. Contact dermatitis from phenol formaldehyde maleic anhydride in typewriter correction paper and thiourea in photocopy paper has been reported. Guidelines to prevent sick-building syndrome include maintaining relative humidity at 30-60% and bringing in outside fresh air at >20 cubic feet/minute per occupant. [LaDou, p. 718-29] [Levy, p. 633-5] [Marks, p. 341-3] [Schmidt CJ, Tebbett IR, Couch MW. Carbonless Copy Paper: A Review of Its Chemical Components and Health Hazards. AlHAJ, 61:214-222 (2000).] [A Brief Guide to Mold in the Workplace.
Category	Other Services
Synonyms	Clerical workers; Management occupations; Business and financial occupations; Office and administrative support occupations; Sales and related occupations;
	Related Information in Haz-Map
Job Tasks	High risk job tasks associated with this job: Handle agents that cause allergic contact dermatitis or contact urticaria Inhale bioaerosols in the home, school, or office environment Raise dust of excreta from rodents Work in building infested with rodent fleas or mites

Last updated: January, 2009

Where can I learn about the environment where I live?

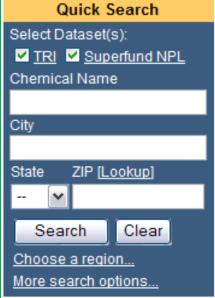




TOXMAP Environmental Health e-Maps

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▶ Welcome News Accessibility Fact Sheet For Teachers Tour About Site Map



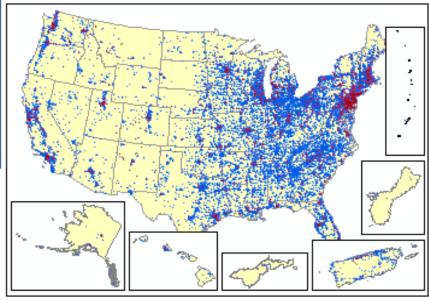
What is TOXMAP?

Search TOXNET TRI

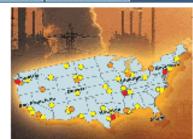
- What is the Toxics Release Inventory (TRI)?
- What is the "Superfund" Program? more...

Use Quick Search or click on a map

to explore on-site toxic releases and hazardous waste sites from the EPA's Toxics Release Inventory (TRI) and the Superfund National Priorities List (NPL).



TRI facilities (blue) and Superfund NPL sites (red).



- Improved user interface, updated
 mortality data, and addition of hospital locations in TOXMAP
- TOXMAP Brochure now available (PDF, 2.07MB)
- TOXMAP now includes 2006 Toxics
 Release Inventory (TRI) data

Environmental News from EPA:

- Four New England Developers
 Pay Fines for Clean Water
 Violations
- Noah Webster Basic School takes steps to comply with asbestos law, protect students Mesa, Ariz., charter school lacked management plan, properinspection
- Shell to Pay \$1 Million Penalty,
 Enhance Pollution Controls for

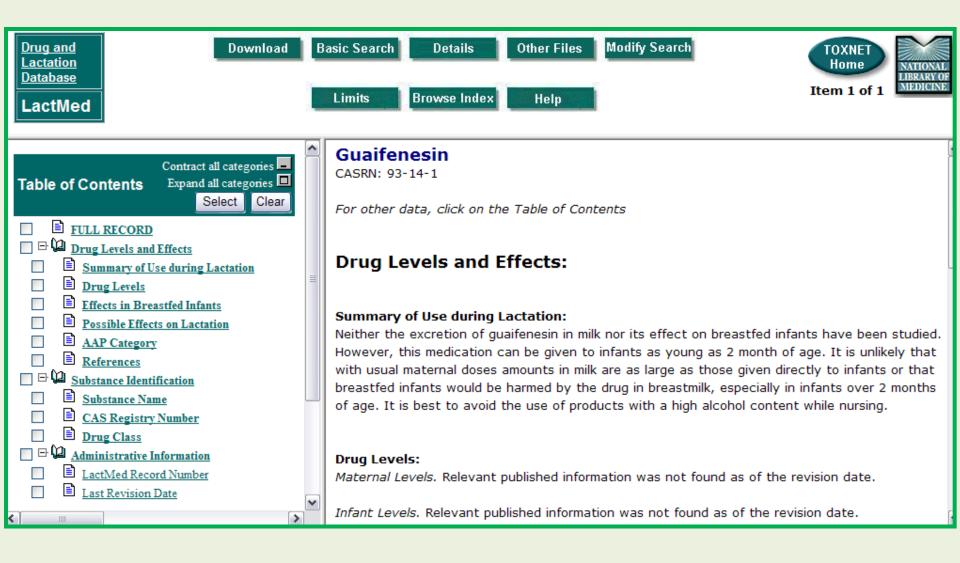
LactMed

http://toxnet.nlm.nih.gov

- Free online database with information on drugs and lactation
 - ✓ Over 800 drugs
 - ✓ Data mined from scientific literarue
 - √ Fully referenced
 - ✓ Links to PubMed citations
 - ✓ Breast feeding links



LactMed



- 1. Clean kindly
- 2. Be wise with laundry
- 3. Choose natural personal care and products
- 4. Go for recycled toilet paper, paper towels and tissues
- 5. Use unbleached coffee filters





- 6. Install a water filter
- 7. Get a low flow toilet or make your existing toilet low flow
- 8. Don't be a drip fix leaky faucets and toilets
- 9. Kick off your shoes
- 10.Bring in houseplants



Source: Loux, Renee. Easy Green Living. The Ultimate Guide to Simple, Eco-Friendly Choices for You and Your Home. New York: Rodale, 2008.

- 11. Plant a tree every year.
- 12. Opt out of getting junk mail.
- 13. Go veggie one day a week.
- 14. Energy efficient light bulbs save energy, money and emissions.
- 15. Turn the thermostat down 2 degrees F.



Source: Loux, Renee. Easy Green Living.

The Ultimate Guide to Simple, Eco-Friendly Choices for You and Your Home. New York: Rodale, 2008.



- 16. Set your water heater at 120 degrees F.
- 17. Smarten your fridge and freezer. Turn their thermostats up and make sure seals are tight.
- 18. Use power strips and unplug appliances.
- 19. Choose green residential services.
- 20. Buy local

Source: Loux, Renee. Easy Green Living. The Ultimate Guide to Simple, Eco-Friendly Choices for You and Your Home. New York: Rodale, 2008.

- 21. Go organic
- 22. Take a cloth bag to the store
- 23. Inflate your tires to the proper pressure to save gas and money
- 24. Get a travel mug!
- 25. Recycle your cell phone.

Source: Loux, Renee. Easy Green Living. The Ultimate Guide to Simple, Eco-Friendly Choices for You and Your Home. New York: Rodale, 2008.

National Prescription Take Back Day

Even your medicine cabinet can go green!

- Safely dispose of your unwanted, unused, expired prescription drugs
- April 30, 2011 10:00a 2:00p
- Find a disposal location near you @ www.dea.gov or 877-462-2911
- At last year's event, more than 121 tons of pills were returned

How are libraries going green?

MIT Hayden Library

roof top solar panels

San Jose's Public Library

 natural day lighting and chemical free fabrics to enhance indoor air quality

Seattle Public Library

 rainwater irrigation tanks that irrigate trees and provide natural heat reduction

UMASS Medical School Library

 Eco Team, natural cleaners, Earth Day, plants, techno trash recycling



How are libraries going green?

Clark County Public Library, Kentucky

Growing and saving heirloom seeds

Serving as a link between agricultural resources and community, programming

Richmond Main Library, CA

- Community Garden
- Berkeley Public Library
- Tool lending library, from cement mixer to lawn mower

Goshen Public Library, New York

 Summer 2008, adult summer reading program focused on environmental health issues, "Change your world @ your library"

Top 10 tips to go green @ your location

Start small...



- 1. Form a green committee
- Link going green to saving energy costs to earn administrative support
- 3. Recycle books (<u>Better World Books</u>)
- 4. Turn down the heat 1 or 2 degrees
- Use energy efficient lighting and automatic timers and/or collect batteries and CFL bulbs for recycling

Top 10 tips to go green @ your location

- 6. Encourage telecommuting if possible
- 7. Encourage people to turn off lights when a room is not in use
- 8. Encourage people to bring mugs rather than disposable cups
- 9. Clean green
- 10. Start a community garden or have more houseplants







How is your location going green?



Would You Wash Fruit in Comet?

- Mild eye irritant
- Mild respiratory irritant
- Mild skin irritant
- Oral ingestion may result in gastrointestinal irritation

Questions?



Take home point

Take advantage of:

 The "suite" of free online environmental health resources available to you through the National Library of Medicine

Reflection

Think of:

- ✓ One step you can take for yourself and your family to protect your environmental health
- ✓ One step you can take at your location to go green and support the global environment



Thank you!!



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