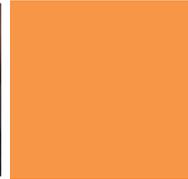
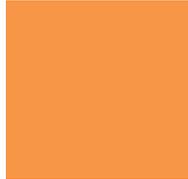




Children's
Environmental
Health
Network



What's Inside:

*CEHN Policy
Updates*

*Save the Date—
CEHN 10th
Annual Child
Health Advocate
Awards
Reception*

*Eco-Healthy Child
Care® Updates*

Upcoming Events

*Fragrance
Products and
Asthma*

*DIY Air
Fresheners
Infographic*

**Letter From Our Executive Director
Nsedu Obot Witherspoon**



Dear Friends,

It is hard to believe that the end of summer is upon us already! We at CEHN to hope that you and your loved ones have been enjoying these beautiful summer months and enjoying as much time outside as possible.

In May, CEHN co-hosted a successful event titled "The Social and Economic Implications of Climate Change on Children's Environmental Health" with the Center for Environmental Policy at American University's School of Public Affairs and the Woodrow Wilson International Center for Scholars. The high caliber of speakers that participated and strategic panel discussions that engaged the audience were key in leveraging the realities of climate change upon the lives of current and future generations of children.

CEHN staff enjoyed the opportunity to serve as a sponsor and participate in a fun and educational event in July around climate change and children's environmental health. The Second Play-In for Climate Action was held on July 7th in Senate Park on Capitol Hill, in Washington, DC. It was a wonderful experience to see children, parents, grandparents, and community members from different areas of the country engage in activities promoting education, stewardship and specifically the health implications of climate change to children.

Our dedication to leveraging the necessary health discussion around the implications of climate change to children and their families continues to be a very important part of CEHN's work moving forward. I invite you to read further to learn about other key program highlights and milestones.

*--Nsedu O. Witherspoon, MPH
CEHN Executive Director*



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CEHN Policy Updates

Climate change as a public health crisis gained much attention and traction through the summer-and CHEN was part of the action!

June 23 was a momentous day for climate and health. The Pope released his encyclical ([Our care for a common home](#)) identifying climate change as a moral issue and calling for moral leadership. Click [here](#) to read CEHN's statement on the encyclical! The Lancet Commission released its [report](#) on climate and health which offers both domestic and global policy solutions, and the White House held a summit on climate and health with visionary leaders. The summit featured Surgeon General Vivek Murthy and Environmental Protection Agency (EPA) administrator Gina McCarthy both confirming the need for action on climate change. Dr. Ruth Etzel, previous CEHN board member, and director of EPA's Office of Children's Health Protection, participated in a panel at the summit focusing on protecting vulnerable populations from the public health impacts of climate change – focusing on the unique needs of children.

The festivities and focus on climate and health continued through the summer with a climate change action play-in on July 7th led by [Mom's Clean Air Force](#), with many sponsors including CEHN, on the grounds of the Capitol. Activities at the play-in included making posters, marching to the Capitol, a press conference, and more.

Several additional opportunities – in particular for health professionals to engage and learn - include: a [report](#) by the Health and Environmental Funders Network on the role of philanthropy and a [climate and health summit](#) for health professionals led by Physicians for Social Responsibility.

CEHN will continue to stay engaged with important and timely climate change activities and work to raise the visibility and unique vulnerability of children's health to the issue.



CEHN staff and interns (left) and Lilyana Distler, Ahian, Adiaha, and Ajani Witherspoon (right) participate in the Mom's Clean Air Force Climate Change Action Play-in on July 7th, 2015

CEHN has joined Pinterest! Check out our page [here](#) —we will be posting resources and new infographics!





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CEHN Policy Updates Continued

FY 16 Appropriations

In late April, CEHN submitted written testimony to the House Appropriations Committee in support of the Department of Health and Human Services and EPA initiatives and associated funding that are protective of children's health. CEHN also joined several coalition partners in letters to Congress in support of the Centers for Disease Control and Prevention, the National Institute for Environmental Health Sciences and other vital funding initiatives. However, the Appropriations bills that have made it out of committee have stalled. In addition, the Administration issued a letter in strong opposition to the House appropriations bill and the Office of Management and Budget sent a letter to the Chairman of the Senate Appropriations committee sharing additional concerns -- both due to drastic budget cuts across several federal agencies and programs including programs that are protective of public health. CEHN will continue to monitor the process and weigh in when possible.

Save the Date!

November 12, 2015, 5:30pm-8pm

The Children's Environmental Health Network's
10th Annual Child Health Advocate Awards Reception
*Location: The Milken Institute School of Public Health at George Washington
University, Washington, DC*

Join us to honor child health advocates who work tirelessly to create safe and healthy environments for children!

Confirmed awardees

Carol Stroebel

Dr. Walter Rogan

NOW Youth Award Winner: Annie Willis

To see our sponsorship opportunities and to register, visit: <https://www.regonline.com/CEHNAward2015>

CEHN is a national non-profit 501(c)3 organization that relies on contributions and grants to sustain our programs. Your contributions provide direct support for CEHN's work to protect our children's health.

**I WOULD LIKE
TO SUPPORT CEHN'S WORK**

Recent and Upcoming Events:

Eco-Healthy Child Care®
Train the Trainer
Fort Lauderdale, FL
August 31, 2015

Eco-Healthy Child Care®
Train the Trainer
Columbia, SC
September 10 and 11, 2015

Virginia Head Start Association Health Institute
Health, Mental and Beyond: The Family Connection
CEHN presentation:
Creating Healthier Environments for Smarter, Healthier Children
Charlottesville, VA
October 29, 2015

Eco-Healthy Child Care®
Train the Trainer
Bloomington, Illinois
November 4, 2015

10th Annual CEHN Child Health Advocate Award Reception
Washington, DC
November 12, 2015

Child Care Safer Siting Meeting, Hosted by CEHN, ATSDR, and APHA
Washington, DC
November 19th

[More Event Information](#)



**Eco-Healthy
Child Care®**

The national Eco-Healthy Child Care® (EHCC) program delivers technical assistance and training to child care professionals on reducing environmental health hazards within child care settings through our 5 hour in - person train the trainer (TtT) workshops. The EHCC program is expanding the TtT program to our online audience with an online curriculum. EHCC's 5- hour in-person TtT course will be distilled into approximately 2.5 hours of online learning. The online curriculum will cover pesticides, air quality, household chemicals, lead, mercury, furniture and carpets, art supplies, plastics and plastic toys, treated playground equipment, radon, recycling and garbage storage, and environmental education and awareness - all the topics covered during the in - person training. With this online resource CEHN will:

- 1) continue to educate those in the child care profession on children's environmental health;
- 2) increase the convenience and accessibility of our training;
- 3) reach isolated geographic locations; and
- 4) reach those who are unable to travel to training locations due to budget, time restrictions, and or scheduling conflicts.



CEHN is working to develop and pilot EHCC's on-line curriculum. The e-learning course will be broken into small topical modules, 5-10 minutes in length, so child care professionals can quickly and easily digest the content. The course will be accessible from CEHN's website. Individuals will have the option to take the individual modules separately or all at once. A certificate will be available for higher-level child care professionals (educators, child care trainers, licensing staff, and health/nurse consultants) who complete and pass all training modules. CEHN intends to launch this new tool by early 2016.

Eco-Healthy Child Care® is a science-based and award-winning national program that supports child care professionals in reducing children's exposure to environmental health hazards while directing parents and caregivers to child care facilities that are eco-healthy.



For more information visit:
www.cehn.org/ehcc or email:
info@ecohealthychildcare.org



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Fragrance Products and Asthma

An estimated 7 million children under 18 in the United States have asthma. Childhood asthma is the leading cause of school absenteeism, accounting for an estimated 14.4 million lost school days each year⁶. Reducing asthma triggers by improving indoor air quality is an important part of managing the disease. One such trigger that is often overlooked is the presence of fragrances in a child's environment.

There are many consumer products that contain fragrances; dish soap, laundry detergent, shampoo, lotion, perfume, cleaning products, and many more. These scented products can emit a variety of chemical compounds into the air, including volatile organic compounds (VOCs)¹ and phthalates², both of which are associated with asthma exacerbations, among other health effects.

The fragrance industry is self-regulated and has voluntary standards.⁷ Manufacturers are not required to disclose the ingredients of their fragrances on product labels or on material safety data sheets¹. Of the thousands of chemicals used in fragrances, most have not been tested for toxicity alone or in combination with other chemicals⁸. Studies examining scented products have found that even products labeled "green", "natural", or "organic" still emit compounds that are toxic by federal law standards⁹.



Image courtesy of Ambro at FreeDigitalPhotos.net

Thus, it is best to avoid purchasing any scented product, even if there are no children (or adults) diagnosed with asthma in your home or child care facility. When cleaning, remember that the state of cleanliness does not have a smell, and for deodorizing, ventilation is preferred over masking an odor with potentially harmful fragrance chemicals. In addition to opening a window, there are a few other, safer ways to deodorize a room instead of turning to commercial air fresheners. Check out our new infographic on the next page for some DIY alternatives!

[Follow us on Pinterest](#) for more helpful infographics.

1. <http://www.drsteinemann.com/Articles/Steinemann%20et%20al.%202010.pdf>
2. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3404651/>
3. http://www.mountsinai.org/static_files/MSMC/Files/Patient%20Care/Children/Childrens%20Environmental%20Health%20Center/Fact%20Sheet%20-%20VOCs.pdf
4. http://www.cdc.gov/biomonitoring/phthalates_factsheet.html
5. [http://www.cehn.org/files/PVCandPhthalates_August2014\(1\).pdf](http://www.cehn.org/files/PVCandPhthalates_August2014(1).pdf)
6. <http://www.lung.org/lung-disease/asthma/resources/facts-and-figures/asthma-children-fact-sheet.html?referrer=https://www.google.com/>
7. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1533259/pdf/envhper00535-0024-color.pdf>
8. <http://davidsuzuki.org/issues/health/science/toxics/fragrance-and-parfum/>
9. <http://ehp.niehs.nih.gov/119-a16/>



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Click [here](http://www.cehn.org/ehcc) to get started!

AIR FRESHENERS & DEODORIZERS

Healthier ways to eliminate odors without covering it up with a fragrance:



Eco-Healthy Child Care®

VENTILATE
 Open a window!



BAKING SODA

Open a box of baking soda in an out of reach spot.

VINEGAR

Combine 1/2 vinegar and 1/2 water in an empty spray bottle and use as a countertop cleaner. Or leave small bowls of vinegar in areas out of reach of children. The vinegar smell disappears quickly and so does the offending odor!



If you must use a fragrance, consider these options rather than purchased air fresheners or essential oils:

BAKING SODA & LEMONS

In a container with holes on top, pour baking soda and small pieces of lemon peels. Baking soda will absorb odors and the lemons will produce a citrus aroma.



ORANGE POMANDER BALLS



Take an orange and insert whole cloves in any pattern. Then hang throughout house with ribbon. This is a fun activity that older children can help out with!

SIMMERING POTPOURRI

On a back burner, bring a small pot of water to a gentle simmer, and add any combination of the following to the water: • citrus peels • cloves • allspice • nutmeg • cinnamon stick or ground cinnamon. Allow the potpourri to simmer for an hour or longer, adding water as necessary.



CHILDREN'S ENVIRONMENTAL HEALTH NETWORK

Eco-Healthy Child Care® (EHCC) is a program of the Children's Environmental Health Network.