

The Team

The project, Tox it Out was a collaboration between the Industrial Hygiene Student Association (IHSA) and Students of Color for Public Health (SCPH), both graduate student organizations at UCLA's Fielding School of Public Health (FSPH).

The mission of the Industrial Hygiene Student Association is: To promote the principles and practice of Industrial Hygiene. To foster cooperation between other disciplines which are interested in employee health and safety.



SCPH helps strengthen the social support, career networking, and advocacy efforts for FSPH students and alumni of color. SCPH also contributes to improve the recruitment, retention, and graduation of students of color, while maintaining ongoing involvement with alumni and community service organizations.



Objectives

1. Increase knowledge among graduate students about the possible harmful chemicals in their personal-care products.
2. Increase awareness about the adverse health effects that chemicals in personal care products may cause.
3. Increase awareness regarding vulnerable populations, such as women, people of color, beauty salon workers, and nail salon workers that are most affected by toxic chemicals.
4. Empower graduate students to make informed decisions about personal care product use.
5. Teach graduate students how to make their own natural and environmentally safe personal care products

Introduction

The average woman uses 12 personal-care products a day that contain over 160 different ingredients, the average man uses 6 personal-care products daily with about 85 unique ingredients. Personal care products range from cosmetics, deodorants, toothpaste, shaving creams, feminine hygiene products and more.

- Personal care products are created with over 10,000 unique chemical ingredients. Many of these ingredients have not been tested for toxicity and some have been linked to adverse health effects such as reproductive health issues, endocrine system disruption, and increased cancer risk.
- Currently there is no premarket safety testing required for these products and the cosmetics laws have not been updated since 1938. The U.S. Food and Drug Administration has little power to regulate what goes into personal care products.
- Working together, SCPH and the IHSA would like to increase awareness on campus among graduate students of the harmful effects of personal care products may have on their health.

Results and Conclusion

Tox It Out! Personal Care Product Workshop

At the Tox It Out! Personal Care Product Workshop 17 graduate students made 9 shaving soaps, 15 body scrubs, and 12 shampoos. 10 of the 17 participants had never made their own personal care products before and 16 participants said that they would attempt to make their own personal care products in the future. 11 of the 17 participants agreed that they had learned about harmful toxins in personal care products.

Tox It Out! Personal Care Product Discussion

At the Tox It Out! Personal Care Product Discussion 25 graduate students attended to listen to speaker Alexandra Scranton from Women's Voices of the Earth. 18 surveys were filled out at the conclusion of the discussion. 14 of the 18 participants who filled out the survey agreed that they learned about harmful toxins in personal care products. 17 participants of the discussion agreed that they learned how to minimize harmful toxins in their personal care products and where to find safer alternatives. 18 participants agreed that they learned about harmful exposures hair and nail salon workers face in regards to the products they use for work.



Methods

Tox it Out took place on April 7th, 2015 during National Public Health Week in the Center for Health Sciences.

The first part of the event consisted of hands-on demonstrations, in which students had the opportunity to create their own natural and environmentally friendly products such as: shampoo, body scrub, and shaving cream. Materials and instructions for the products were provided and students were able to take home anything they created.

During the second part of the event, we had an expert in the field, Alexandra Scranton of Women's Voices of the Earth, discuss the latest research in personal care products and their health effects. Ms. Scranton addressed both the toxic chemical and advocacy side of the right to know movement.

During both parts of Tox it Out, representatives from nonprofit and advocacy organizations were present to educate and inform students on how vulnerable populations were impacted by these products and chemicals.

Participants were asked to fill out surveys at the end of both parts of Tox it Out!



Flyer and materials for Tox it Out.

Acknowledgements

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