

**We hope that you will agree to help with this survey.**

### **How was I selected?**

We selected housing authority properties in Renton and Seattle that served families. We are asking girls and women ages 6–44 and boys and men ages 6–19 living in subsidized units to take part.

### **Why should I help?**

You can help us learn:

- How diet, cooking food in plastic, and the use of beauty and skin care products and pesticides affect the amount of chemicals that get into the body.
- If people living in subsidized units have more of these chemicals in their bodies compared to other people in our state or around the country.
- How to reduce these chemicals in people.

### **Will I receive anything if I take part?**

- Adults will get a \$25 VISA card.
- Youth ages 12–17 will get a \$15 VISA card.
- Each household will get information to help lower exposure to pesticides.
- Everyone will get a stainless steel water bottle.



### **If you take part in the survey:**

Adults and teens receive VISA gift cards. Everyone gets a stainless steel water bottle.

### **For more information:**

Call 1-877-494-3137 or visit <http://www.doh.wa.gov/biomonitoring>

This brochure is available in Spanish, Russian, Somali, Vietnamese, Cambodian, Amharic/Tigrinya, and traditional Chinese.

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).

WASHINGTON  
**Environmental  
Biomonitoring**  
SURVEY

## **Women, Children, and Teenagers:**

**You can help us learn about exposures to pesticides and chemicals in plastics.**

**Washington State Department of Health invites you to take part in an important survey about chemicals in your home.**

 Washington State Department of  
**Health**  
DOH 210-089 March 2013

## The survey will ask you about your use of these kinds of products



Makeup



Plastic containers



Plastic water bottles



Canned food



Pesticides

## What happens next?

Soon, field staff who work for the Washington State Department of Health will visit your home to explain the survey and ask if you want to take part. They will have photo IDs and will wear a vest that says Washington State Department of Health. If you want to take part this visit could take up to 45 minutes depending on how many people in your home want to take part. Staff will provide or call for interpreters if needed.

## What will I be asked to do if I take part?

- Give us two urine samples to test for pesticides and chemicals in plastics.
- Freeze the urine until we pick it up.
- Answer questions about you and your home, such as foods you ate, plastic products you used, and use of bug sprays.
- All of this will take about 30 minutes.

## Who will know my results?

Only the Department of Health survey team will know who is taking part in the survey. We will keep all information confidential. Names will not appear on any of the information we collect. We will report only on the results of the survey group as a whole.

## What are the chemicals you want to learn about?

Pesticides, BPA, and phthalates.

- **Pesticides** are used to control insects in and around buildings and in farming.
- **Bisphenol A (BPA)** is used in some hard plastics, such as older baby bottles and water bottles, and in the lining of food cans.
- **Phthalates** are used to make soft, flexible plastics, vinyl products, and food packaging materials. They are found in some beauty and skin care products such as shampoos, lotions and makeup.

## Why does the Department of Health want to know about these chemicals?

- Department of Health works to protect health through prevention and education.
- Research shows that these chemicals can be harmful to animals in early life. Scientists want to learn more about how much of these chemicals are in children, teenagers and women ages 20–44.

## What if I don't want to take part?

Taking part is your choice. You can drop out at any time. You can call the Washington State Department of Health toll-free at 1-877-494-3137 for more information or if no one in your home wants to take part. You can also call if you are not living in a subsidized unit, or if there are no girls or women ages 6–44 or boys or men ages 6–19 living in your home. If you decide later that you want to take part, call us.