

## CHILDREN'S SUSCEPTIBILITY

The following, fully referenced statements come from "The Risks that Pesticides Pose to Children" by Becky Riley, October 2000. Report published by Northwest Coalition for Alternatives to Pesticides.

\*Children's brains and nervous systems are not completely developed, making them more susceptible to the effects of nerve poisons. Several major classes of insecticides are nerve poisons.

\*Children's livers and kidneys are unable to detoxify or filter and excrete certain chemicals as quickly as adults. This contributes to greater toxicity of some substances to infants and young children.

\*Children are growing and their cells are dividing more quickly than those of adults, making them vulnerable to the effects of cancer-causing chemicals.

\*Children's immune systems are not fully developed until adolescence. This means they may be more susceptible to harm from exposure to foreign compounds such as pesticides.

\*Children receive relatively greater doses than adults when exposed to pesticides in their environment, due to the fact that they breath in a greater volume of air and have a greater skin surface area relative to their smaller body weights.

\*Children who eat a diet of organic food show a level of pesticides in their body that is six times lower than children who eat a diet of conventionally produced food.

## RESOURCES

<http://www.cehn.org>

**Children's Environmental Health Network** 1604 Solano Avenue Berkeley, California 94707 Phone: 510/ 526-0081

<http://www.healthychild.org>

**Healthy Child Healthy World** 12300 Wilshire Blvd, Suite 320, Los Angeles, CA 90025 310/820-2030 Their mission is to protect the health and well being of children from harmful environmental exposures.

**"Home, Safe Home: Protecting Yourself and Your Family from Everyday Harmful Household Products"** by Debra Dadd (Putnam, 1997).

<http://www.rachel.org>

Provides understandable scientific information about human health and the environment.

<http://www.panna.org/panna/>  
**Pesticide Action Network North America**

49 Powell Street, Suite 500 San Francisco, CA 94102 415/981-1771 A comprehensive list of alternatives to pesticides for virtually every pest problem.

[www.ehnca.org](http://www.ehnca.org)

**EHN [of California] Environmental Health Network** P.O. Box 1155, Larkspur, California, 94977-1155 415/541-5075

<http://foodnews.org>

Discover how many pesticides your child is consuming due to contaminated food supply; a good reason to choose organic.

[www.healthandenvironment.org](http://healthandenvironment.org)

**Collaborative on Health & the Environment** Research information source.



# YOUR CHILD

## PERSONAL CHOICES

## A GUIDE TO REDUCING ENVIRONMENTAL RISKS

**Pesticide Free Zone**

Box 824  
Kentfield, CA 94914  
[www.pesticidefreezone.org](http://www.pesticidefreezone.org)

888/590-3993

## PROBLEMS

**STATEMENT:** Toxins can be absorbed from the air we breathe, through our skin and from the food we eat.

**PROBLEM:** An estimated 80% to 90% of all cancer in humans is caused by exposure to carcinogens found in the environment.

Philip Landrigan, M.D. and Herbert Needleman, M.D., *Raising Children Toxic Free* 1996.

**FACT:** Childhood cancer has risen 10.8% in the past decade. Miller, BA, et al (ed), *SEER Cancer Statistics Review 1973-1990*. National Cancer Institute, NIH pub. #93-2789, 1993

**FACT:** Among children ages 1-14, cancer causes more deaths in the U.S. than any other disease. American Cancer Society, *Cancer Facts & Figures* 1996.

**FACT:** Asthma is now the leading cause of hospital admissions for children.  
EPA News Release, September 11, 1996.

**FACT:** 17% of American children (12 million) suffer from one or more, developmental, behavioral or learning disorders. *Report on Environment & Health presented at The National Academy of Sciences* by Timothy Wirth, President, United Nations Foundation, June 2000.

**FACT:** Learning disabilities alone may affect up to 10% of children in public schools.

**PROBLEM.** Scientists estimate that each year up to 7 million Americans become sick from contaminated tap water, which can also be lethal. (NRDC)

**FACT** Inspector general reported EPA data audits show that about 77% of known monitoring and reporting violations, and 35% of known health standard violations, are not included in EPA's compliance database so they lied about compliance gains in 2003-4.

## SOLUTIONS

**SOLUTION:** Be aware of what substances including cleaners, pesticides, lawn care products, personal care products & foods pose threats in your household. Replace toxic agents with non-toxic alternatives. See Resources.

**SOLUTION:** Eat organic foods. Not only will children avoid consuming pesticides; foods taste better and contain more vitamins & minerals. Organic Retailers & Growers Association of Australia

**SOLUTION:** Eat foods low in fat. Trim the fat from meat, fish and poultry - many toxins are stored in fat cells. Consider buying dairy and meat raised without bovine growth hormone (BGH). Choose foods without nitrate as a preservative.

**SOLUTION:** Thoroughly wash and peel your produce, especially if it is waxed & dyed, which tend to hold in pesticides. Discard outer leaves of lettuce. This reduces but does not completely remove pesticides.

**SOLUTION:** Drink filtered or R.O. water. (Reverse Osmosis)

**SOLUTION:** Inquire if your town water is up to standards. Test your well for:

- bacteriological quality
- physical characteristics
- chemical characteristics
- volatile organic chemicals
- insecticides:  
carbaryl, chlordane, chlopyrt/os, DDT-DDE, diazinon, dicofol, isenphen-fos, lindane, malathion, methoxychlor
- herbicides:  
2, 4-D, dicamba, dacthal, MCPA, MCPF, trifiuralin
- fungicides:  
chloroth

