

## **Your Health, Your Environment...They Matter!**

### **NYSNA Continuing Education**

*The New York State Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

This program has been awarded 4 contact hours. In order to receive contact hours participants must view 3 on-demand webinars, pass a comprehensive exam with at least 80%, and submit an evaluation.

Note: Contact hours will be awarded until **November 22, 2011**.

All American Nurses Credentialing Center (ANCC) accredited organizations' contact hours are recognized by all other ANCC accredited organizations. Most states with mandatory continuing education requirements recognize the ANCC accreditation/approval system. Questions about the acceptance of ANCC contact hours to meet mandatory regulations should be directed to the Professional licensing board within that state.

NYSNA has been granted provider status by the Florida State Board of Nursing as a provider of continuing education in nursing (Provider number 50-1437).

## **How to Take This Course**

Please take a look at the steps below; these will help you to progress through the on-demand modules, complete the course examination and receive your certificate of completion.

### **1. REVIEW THE OBJECTIVES**

The objectives provide an overview of each webinar and identify what information will be focused on. Objectives are stated in terms of what you, the learner, will know or be able to do upon conclusion of the presentation. They let you know what you should expect to learn by viewing a particular webinar and can help focus your study.

### **2. WATCH EACH WEBINAR IN SEQUENCE**

Keep your learning "programmed" by viewing the previously recorded webinars in order.

### **3. COMPLETE THE COURSE EXAM**

After watching all three webinars, click on the "Course Exam" option located on the course navigation toolbar. Answer each question by clicking on the button corresponding to the correct answer. All questions must be answered before the test can be graded; there is only one correct answer per question. HINT! The exam comprises approximately three and a half hours of content. Print and review the exam questions before viewing the webinars and answer the questions as you move through each webinar. Just remember to submit your final answers online.

### **4. GRADE THE TEST**

Next, click on "Submit Test." You will know immediately whether you passed or failed. If you do not successfully complete the exam on the first attempt, you may take the exam again. If you do not pass the exam on your second attempt, you will need to purchase the program again.

### **5. FILL OUT THE EVALUATION FORM**

Upon passing the course exam you will be prompted to complete an evaluation. You will have access to the certificate of completion after you complete the evaluation. At this point, you should print the certificate and keep it for your records.

## **Introduction**

Your Health, Your Environment...They Matter! is a collaborative webinar series from the Connecticut Nurses' Association (CNA), the Rhode Island State Nurses Association (RISNA), and the New York State Nurses Association (NYSNA) that was supported in part by a mini-grant from the Nurses Workgroup Initiative at Health Care Without Harm.

The series is targeted at healthcare professionals and other individuals interested in the impact of global environmental change on our health. The previously recorded webinars feature national and international experts in environmental health and advocacy, and addresses issues about climate change, safety of consumer products, chemical policy reform, and ways to take action. Participants will become resources for their communities to educate and advocate for green health.

## **Webinar Objectives**

### **Circle of Health: Impact of Climate Change**

At the conclusion of this webinar, the learner will be able to:

- Discuss how health is linked to the quality of the environment.
- Identify key environmental health issues affecting the global community.
- Explain the negative consequences to health from environmental injustices.

### **Consumer Products: What We Don't Know Hurts Us**

At the conclusion of this webinar, the learner will be able to:

- Recognize health issues associated with toxic chemical exposure from consumer products.
- Describe safer alternatives and practices for the home and workplace.

### **Join Team Green Advocacy**

At the conclusion of this webinar, the learner will be able to:

- Identify gaps in current laws and regulations related to chemical policy reform that can place the population at risk.
- Discuss ways to use principles of advocacy to engage others in chemical policy initiatives.

## **Circle of Health: Impact of Climate Change**

Take a journey to discover how health is linked to the quality of our environment by examining the causes of global climate change, the affect these changes have on our health, and the ways in which we can improve health through healing our environment.

### **About the Presenter**

*Jonathan Patz, MD, MPH*

Dr. Patz is a Professor and Director of Global Environmental Health at the University of Wisconsin, Madison. He is an internationally recognized author for the United Nations Intergovernmental Panel on Climate Change, or IPCC, which is the organization that shared the 2007 Nobel Peace Prize with Al Gore. Dr. Patz co-chaired the health expert panel of the US National Assessment on Climate Change and was a Convening Lead Author for the United Nations/World Bank Millennium Ecosystem Assessment. He is President of the International Association for Ecology and Health and co-editor of the association's journal *EcoHealth*. He has written over 90 peer-reviewed papers and a textbook addressing the health effects of global environmental change.

Dr. Patz has been invited to brief both houses of Congress, served on several scientific committees of the National Academy of Sciences, and currently serves on science advisory boards for both the Centers for Disease Control and the Environmental Protection Agency. In addition to his sharing in the 2007 Nobel Prize, Dr. Patz received an Aldo Leopold Leadership Fellows Award in 2005, shared the Zayed International Prize for the Environment in 2006, and earned the distinction of becoming a University of Wisconsin-Madison Romnes Faculty Fellow in 2009. He has earned medical board certification in both Occupational/Environmental Medicine and Family Medicine. Dr. Patz received his medical degree from Case Western Reserve University in 1987 and his master of public health degree from Johns Hopkins University in 1992.

Recorded: April 28, 2010

Duration: 1 hour, 11 minutes

The recording may be accessed from:

<https://nysna.webex.com/nysna/lsr.php?AT=pb&SP=TC&rID=933582&act=pb&rKey=9db351d4093ae461>

## **Consumer Products: What We Don't Know Hurts Us**

Are you aware that there are common harmful chemicals in personal care products? In products that you may even use on a daily basis? We need to understand the health risks associated with exposure to these chemicals and identify what we can do personally and collectively to influence positive changes in consumer product laws that are more protective of public health.

### **About the Presenter**

*Stacy Malkan*

Ms. Malkan is the nationally-recognized author of the award-winning book, "Not Just a Pretty Face: The Ugly Side of the Beauty Industry", which exposes the toxic chemicals in cosmetics. She is currently the Communications Director of the Campaign for Safe Cosmetics and co-founder of the Campaign for Safe Cosmetics. Ms. Malkan is a graduate of the University of New Hampshire with a degree in English and Business. She speaks on the topic of toxic household products to individuals across the country.

For nine years, Ms. Malkan has worked alongside the leading researchers and advocates in the field of environmental health. Her focus has been to find ways to share the science and research through stories that will educate people about how to protect themselves and make safe choices.

Recorded: May 12, 2010

Duration: 1 hour, 6 minutes

The recording may be accessed from:

<https://nysna.webex.com/nysna/lsr.php?AT=pb&SP=TC&rID=991627&act=pb&rKey=e1dbc0e81b631a48>

## **Join Team Green Advocacy**

Climate change is the biggest global health threat of the 21st century. Sure, it is easier to ignore these messages, but the truth is that the environmental crisis is not going away. The connection between the condition of our environment and the impact on our health is clear.

Poor air quality, global climate change, chemicals in personal care products are all threats to our health. But you can make a difference! Discover how we can work together to advocate for changes in our workplace and home that will promote a healthier way of life.

## **About the Presenter**

*Gary Cohen*

Mr. Cohen is the current President of Health Care Without Harm, an international coalition of hospitals and healthcare systems, medical professionals, community groups, labor unions, environmental and environmental health organizations, and religious groups that share a vision of a healthcare sector that does no harm, and instead promotes the health of people and the environment. Mr. Cohen has been an activist all his life, and he cofounded Health Care Without Harm out of an awareness that the environmental movement needs to merge with the health movement and human rights.

Mr. Cohen has been one of Health Care Without Harm's Executive Co-Directors since 1996. He has worked with nurses for over fourteen years to help the profession become critical change agents in the healthcare sector.

In addition, Mr. Cohen edited the book "Fighting Toxics: A Manual for Protecting Your Family, Community and Workplace." He is also the author of several articles including: "First Do No Harm," a chapter in a Robert Wood Johnson white paper series titled "Designing the 21st Century Hospital."

Recorded: June 9, 2010

Duration: 1 hour, 16 minutes

The recording may be accessed from:

<https://nysna.webex.com/nysna/lsr.php?AT=pb&SP=TC&rID=1118392&act=pb&rKey=97bb95ef6546a31a>

## Resources

The following list of resources was compiled from the webinar series, **Your Health, Your Environment...They Matter!** Please note that this is not an all-encompassing list, and additional resources were provided throughout each previously recorded webinar.

### **Addressing Climate Change in the Health Care Setting Opportunities for Action**

[http://www.noharm.org/lib/downloads/climate/Addressing\\_Climate\\_Change.pdf](http://www.noharm.org/lib/downloads/climate/Addressing_Climate_Change.pdf)

### **American Nurses Association**

#### **Center for Occupational and Environmental Health**

<http://nursingworld.org/MainMenuCategories/OccupationalandEnvironmental.aspx>

### **Center for Sustainability and the Global Environment (SAGE)**

[www.sage.wisc.edu](http://www.sage.wisc.edu)

SAGE examines the connections between natural resources, technology and policy, human health and security, and changes in the global environment.

### **EcoHealth**

[www.ecohealth.net](http://www.ecohealth.net)

Official journal of the International Association for Ecology & Health

### **Environmental Health News**

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

### **Green Guide for Health Care**

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

### **Health Care Without Harm**

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

### **Safer Chemicals Healthy Families**

[http://www.saferchemicals.org/join/get\\_involved.html](http://www.saferchemicals.org/join/get_involved.html)

### **Skin Deep Cosmetic Database**

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

### **The Campaign for Safe Cosmetics**

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

### **The Luminary Project**

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



## References

The following list of references was compiled from the webinar series, **Your Health, Your Environment...They Matter!** Please note that this is not an all-encompassing list, and additional references were provided throughout each previously recorded webinar.

Curriero, F. C., Patz, J. A., Rose, J. B., & Lele, S. (2001). Analysis of the association between extreme precipitation and waterborne disease outbreaks in the United States, 1948-1994. *Am J Public Health*, 91, 1194-99.

Environmental Working Group, American Nurses Association, Health Care Without Harm, & Environmental Health Education Center at the University of Maryland School of Nursing. (2007). Nurses' health and workplace exposures to hazardous substances. Retrieved from <http://www.ewg.org/reports/nursesurvey>

Friedman, M. S. Powell, K. E., Hutwagner, L., LeRoy M. Graham, L. M., & Teague, W. G. (2001). Impact of changes in transportation and commuting behaviors during the 1996 Summer Olympic Games in Atlanta on air quality and childhood asthma. *JAMA*, 285, 897-905. Retrieved from <http://jama.ama-assn.org/cgi/content/abstract/285/7/897>

Nemet, G. F., Holloway, T., & Meier, P. (2010). Implications of incorporating air-quality co-benefits into climate change policymaking. *Environmental Research Letters*, 5. doi:10.1088/1748-9326/5/1/014007

Sutton, R. (2008). Adolescent exposures to cosmetic chemicals of concern. Retrieved from <http://www.ewg.org/reports/teens>

Wilding, B. C., Curtis, K., & Welker-Hood, K. (2009). Hazardous chemicals in health care: A snapshot of chemicals in doctors and nurses. Retrieved from <http://www.nursingworld.org/DocumentVault/OccupationalEnvironment/Hazardous-Chemicals-In-Health-Care.aspx>

## Your Health, Your Environment... They Matter!

### Course Exam

This is a comprehensive course exam comprising questions from the following previously recorded webinars:

Circle of Health. Impact of Climate Change  
Consumer Products: What We Don't Know Hurts Us  
Join Team Green Advocacy

After viewing the on-demand webinars, please select the best answer to the questions below.

Note: Contact hours will be awarded for this online course until **November 22, 2011**.

1. In 2010, extremes of the hydrologic, also known as the water cycle, resulted in a 9" rainfall on the east coast and a 5 foot snowfall in Washington, D.C. The cause of the extreme weather is the result of:
  - a. Global warming
  - b. Global climate change
  - c. Global population growth
  - d. Global economy
2. Ice melt in the North Pole demonstrates that melting is occurring at a rate that is faster than anticipated by scientists.
  - a. True
  - b. False
3. The *urban heat island* effect will cause changes to our health that is best represented by which of the following examples?
  - a. Encephalitis and hantavirus
  - b. Malnutrition and diarrhea
  - c. Cardiorespiratory failure and heat stress
  - d. Chronic obstructive pulmonary disease and asthma
4. In the highlands of Africa today, the risk for contracting malaria is increased.
  - a. True
  - b. False
5. Phthalates are found in shower curtains, lunch boxes, back packs and many personal care products. Research has shown that phthalates interfere with the male hormone androgen and may lead to birth defects of the male reproductive system.
  - a. True
  - b. False
6. Certain periods of fetal development are now known as "critical windows of development" in which exposure to toxic chemicals is associated with harm much later in life.
  - a. True
  - b. False

7. Teenagers' length of exposure to toxins in personal care products is much less than that of adults so teen exposure is not a big health concern.
- True
  - False
8. In a 2006 study on umbilical cord blood, what was the number of industrial chemicals found in the blood?
- >50
  - >100
  - >200
  - >400
9. A recent study on popular baby shampoo and bath products found the presence of 1-4 dioxane and formaldehyde. These chemicals are known animal carcinogens and probable human carcinogens.
- True
  - False
10. The Food and Drug Administration regulates the use of lead in lipstick.
- True
  - False
11. A recent study on top selling perfumes, colognes and body sprays showed the presence of allergens which can cause headaches, respiratory problems and skin rashes.
- True
  - False
12. Personal care products that are labeled organic are assured to be safe.
- True
  - False
13. Some things that can be done in your own home to reduce exposure to toxic chemicals include:
- Avoid dry cleaning
  - Use green cleaners
  - Buy organic, local fresh food
  - Avoid products with scents
  - All of the above
14. There has been a revolution in environmental health sciences in the past 15 years which makes the thinking "the dose makes the poison" obsolete.
- True
  - False
15. Name two (2) 21st century chronic diseases that have increased in the past five or more years due to exposure to chemicals in the environment.
- HIV and sexual transmitted infections
  - Asthma and pneumonia
  - Cushings Disease and thyrotoxicosis
  - Non-Hodgkin's lymphoma and endometriosis

16. What organization has underestimated the connection of breast cancer and environmental interactions?
- Oncology Nursing Society
  - American Cancer Society
  - Healthcare Without Harm
  - None of the above
17. Name one (1) health problem that the Nurses' Health Survey suggests may be associated with nurses' exposures to radiation, chemicals and pharmaceuticals?
- Headaches
  - Mental illness
  - Fractures
  - Birth defects
18. There is great concern in the health care sector regarding antibiotic resistance. One reason is that use of antibiotics in animals is now about 30% and in humans 70%.
- True
  - False
19. What nurse leader was ahead of her time in understanding the importance of a healthy environment to the health of people?
- Martha Rogers
  - Imogene King
  - Florence Nightingale
  - Patricia Benner
20. What organization has a Healthier Hospitals Agenda?
- American Cancer Society
  - International Panel on Climate Change
  - Health Care Without Harm
  - Center for Atmospheric Science