ATHLETE
The Exposome from Evidence to Translation

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Reducing chemical exposures from dietary intake and personal care products

Exposures to endocrine disrupting chemicals (EDCs) such as phthalates, synthetic phenols, and glycol ethers can impact human health and disrupt the normal functioning of our bodies' hormone system.

The prevalent use of these chemicals in personal care products, food contact materials and other consumer products people use daily means that we are habitually exposed to them. There are growing public health concerns over our exposure to EDCs, particularly during vulnerable periods like early life.

Researchers from the EU-funded ATHLETE project conducted a scoping review to describe the types of interventions which can alter exposures to phthalates, glycol ethers, and common synthetic phenols including BPA, triclosan, parabens, and UV filters present in the diet, food packaging, and in personal care products.

INTERVENTIONS STUDIED:

- **Providing participants with products that contain EDCs** such as body creams, toothpaste, and polycarbonate bottles to see if exposures increase (n=9)
- Changing participant behaviours through education (n=6) on how to **avoid personal care products with EDCs**
- **Removing and replacing products with EDCs with EDC-free products** (n=11) such as providing organic foods, glass or stainless steel food and beverage containers, or EDC-free personal care products

Removing or replacing products containing EDCs can reduce exposures:

- Changes in the amount of chemicals present in the body could be seen **in as few as 2 days**
- **Educational and product removal/replacement interventions reduce exposure**, but need participant compliance, motivation, and ability to find suitable replacements
- **Food contamination from packaging and unclear ingredient lists** in personal care products make it challenging to reduce individual exposure to EDCs
- To maximize impact while minimizing burden, **policy should target the use of EDCs across various sectors,** including processing, manufacturing, and packaging

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HEAL HEALTH AND ENVIRONMENT ALLIANCE

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