



## Dear Friend,

I hope you are having a wonderful spring! 2012 was off to a busy start through the publication of new papers and findings. We are making significant contributions to the dialogue on the impact of the chemical environment on children's health, an important issue gaining increased attention and concern. Below, some highlights of key papers published from our long-standing, longitudinal cohort study this year:

***Insecticide Linked to Alterations in Brain Structure and Cognition:*** Low to moderate levels of exposure to insecticide chlorpyrifos during pregnancy may lead to potentially irreversible changes in the brain. The Center was the first to use of MRI technology to observe changes in brain structure that are consistent with cognitive deficits found in children exposed to this chemical.



Center Director  
Dr. Frederica Perera

***Air Pollution (PAH) Exposure and Child Behavior at age 6-7:*** High prenatal PAH exposure, whether measured by maternal monitoring during pregnancy or DNA adducts in cord blood, was positively associated with symptoms of anxiety, depression and attention problems.

***PAH and Obesity:*** At age seven, 25% of our cohort children were considered obese. Children who were most highly exposed to PAH prenatally were significantly more likely to be obese, with a higher percentage of body fat at ages 5 and 7 than children who were less exposed.

***Explaining Varying Asthma Rates:*** Differences in the rates of childhood asthma may be explained by varying levels of air pollution from trucks and residential heating oil. Levels of black carbon (coming from sources like diesel trucks and oil furnaces) were high in homes of children with asthma. It was also found that the neighborhoods in which they resided had high densities of truck routes and burned low-grade, "dirty" heating oil than neighborhoods with lower asthma rates.

### BPA Tip-Sheet is Complete!

**BPA is harmful to our children's health**

- BPA is a chemical that looks like many plastics and is found in many products like:
  - plastic water & sports bottles
  - plastic food containers
  - plastic water
  - lining of canned goods
  - cashier receipts
- BPA can disrupt the balance of our hormones
- BPA can affect the health of our babies
- BPA can affect the health of our children
- BPA can affect the health of our adolescents
- BPA can affect the health of our adults

**removing BPA from our lives**

- avoid:
  - avoid microwaving, heating, and freezing plastics
  - try not to store food in plastic and wash plastics by hand
  - avoid using old or scratched plastics
- choose:
  - containers made from glass, metal, ceramic & porcelain
  - use fresh or frozen fruits and vegetables
  - replace canned goods with cartons
  - use dried beans, legumes, & grains (avoid tinned food)
- creating change:
  - call EPA today to tell BPA in the Chemicals Database
  - call (202) 564-6342 or email: [Perera@hhs.gov](mailto:Perera@hhs.gov)
  - ask your member of congress: the Safe Chemicals Act
  - contact your favorite companies and let them know BPA-free products
  - ask your employer to use BPA-free products

**Access Spanish and English versions of "Bisphenol-A is Harmful to our Health":**  
<http://ccceh.org/communityeducation.html>

## The Center is Partnering with Hike the Heights — Come join us on Saturday, June 2nd!



Center participants show off their crafting skills!

Hike the Heights is an annual community event and walk that links residents to their parks in Northern Manhattan. Participants will walk along a "giraffe path" that connects 7 parks and the surrounding neighborhoods, ending at a community party at the Sunken Playground in Highbridge Park in Washington Heights. Leading up to the event, Hike the Heights partners have been hosting giraffe making sessions (see a picture on the left from our most recent session!) from recycled materials, which will be used to line the paths and decorate the parks on the day of the event.

The Center will be forming a walking team comprised of staff, research, participant children and family members, and friends of the Center — we would love to have you join us! Please email Brennan Rhodes at [blr2125@columbia.edu](mailto:blr2125@columbia.edu) if you would like to attend. If you aren't able to attend, but would like to support the event or the Center's ongoing outreach work, please visit <http://ccceh.org/support.html>.

Have questions? Want to learn more? Please call us at 212-304-7283, or email us at [nu2110@columbia.edu](mailto:nu2110@columbia.edu).



Scan the QR code on the left to follow us on Facebook, or find us at <https://www.facebook.com/CCCEH>. We also have a twitter page <https://twitter.com/#!/cccehcolumbia>. Please keep in touch, and join us in the dialogue on the important issues facing children's environmental health today!