



COLUMBIA CENTER
FOR CHILDREN'S
ENVIRONMENTAL
HEALTH

MAILMAN SCHOOL OF PUBLIC HEALTH
Columbia University

Summer Update

August 2011

Dear Friend,

I hope you have been having a wonderful summer. We at the Center have been very busy, and I wanted to share with you a community event that was held on Saturday, July 16th to promote healthy lifestyle choices to prevent childhood illness. We partnered with CHALK Vive Tu Vida as a co-sponsor for the event. We invited our research participants, some of whom have been with us for over 13 years, as well as the community of northern Manhattan and the South Bronx.



Center staff were on hand to provide educational materials (in English and Spanish), including resources on asthma management, how to reduce pesticide exposure in the home, a list of alternatives to toxic household chemicals, and BPA/lead-free aluminum water bottles for attendees (look to your right for some handy tips from our water bottles!)

The Center also provided toxin-free toys for toddlers that promote physical activity, including phthalate-free balls, a play tent, wooden blocks and a non-toxic bubble making station. All in all, it was a day of great fun in the sun — all possible because of your wonderful support. Your aid not only sustains this critical research and subsequent translational and community outreach initiatives in the short term, but the results of our work has the power to also yield long term contributions to the field of children's health that can greatly benefit future generations. Thank you very much for your continued interest in our work. We look forward to updating you throughout the year on our progress.



Sincerely,

Frederica Perera

Director, Columbia Center for Children's Environmental Health



Healthy Habit Tip: Drink Water!

- Drink a glass of water every morning.
- Drink water instead of soda or juice.
- Try using BPA-free water bottles. Avoid plastics #3, 6, and 7 because they can release potentially toxic chemicals.
- Drink extra water when you feel thirsty.
- NYC water is clean and delicious. (Only five U.S. cities have water so clean and fresh that it doesn't need filtration. New York City is one of them!)

Sources: Center for Disease Control, CCCEH, National Institute of Environmental Health Sciences, NYC Dept of Health and Mental Hygiene.

For the latest info about the Center, visit us at our website: www.cceh.org, or contact us at 212-304-7283 or nu2110@columbia.edu.