



Household & Consumer Product Label Literacy Workshop

Graduate Nursing Student: Lisa Chan RNC-OB

Faculty Advisor: Stephanie Chalupka, EdD, RN, PHCNS-BC, FAAOHN

Background

Very limited labeling requirements and regulations exist in the U.S. for listing ingredients on labels of household products.

We may unknowingly be exposed to numerous chemicals and environmental toxins from using everyday products

Purpose

Nurses play an important role in improving environmental health literacy about consumer products, and in translating scientific information so that it is easier to understand



What's Your Home Indoor Air Pollution?



Method

An interactive Pilot Program was designed to help nurses learn the basics of how to:

- Read ingredient labels on common household products
- Identify ways that three groups of chemicals may affect health
- Make an All-Purpose Cleaner
- Identify available resources and safer alternatives



Results

Nurses Had an Increased Awareness of the Topic

Were more likely to Share this Information with others, and Incorporate into Practice

Take Home Message

Small Changes = Safe + Healthy



References: www.healthychild.org;
www.householdproducts.nlm.nih.gov; www.epa.gov;
www.ewg.org; www.womensvoices.org

Central Massachusetts Health Literacy Project