Suffolk County
Cancer Awareness
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SUFFOLK COUNTY

CANCER

PREVENTION STRATEGY

SUFFOLK COUNTY

CANCER AWARENESS TASK FORCE

STEVE LEVY

COUNTY EXECUTIVE

2011 FINAL REPORT

SUFFOLK COUNTY CANCER PREVENTION STRATEGY
PREAMBLE

The Cancer Awareness Task Force, created in 2004 by Suffolk County Executive Steve Levy, serves as a focal point for cancer awareness advocates, researchers and County agencies who are working toward addressing cancer-related issues facing Suffolk County. With the assistance of the Office of Cancer Awareness and Environmental Assessment, the Cancer Awareness Task Force has enabled the mobilization and synergy of our local expertise in cancer awareness advocate organizations, cancer researchers, medical care organizations and county government.

In the 2009, the Cancer Awareness Task Force was charged with developing a Cancer Prevention Strategy. This strategy is aimed at putting information into the hands of Suffolk County residents so that they are empowered to take action to decrease their risk of cancer. During the development of this Strategy, many of the components, such as the Home Product Checklist and the Lunch and Learn Program, which has had over 700 participants over the last three years, have actually been implemented.

It is envisioned that this Cancer Prevention Strategy is a plan of action that will be used in the coming years to address the burden of cancer in Suffolk County, and serve as a model to other municipalities.

Cancer Awareness Task Force Members

Member Name	Organization
Arlene Allen	Cancer Services Program of Eastern Suffolk County
Lori Benincasa	Suffolk County Department of Health Services/Health Education
Stephen Boese	Learning Disabilities Association
Jane Corrarino	Suffolk County Department of Health Services
Colette Coyne	Colette Coyne Melanoma Awareness
Michele Crosby	Suffolk County Department of Environment and Energy OCEA
Brian Culhane	Commissioner of Suffolk County Department of Environment and Energy
Karen DeMairo	Leukemia and Lymphoma Society
Bob DeBenedetto	Health Planet, Healthy School Lunch Program
Debbie Epple	Civil Service Administration
Jacqueline Errico	Strength for Life
Alex Fezza	Breast Cancer Help, Inc.
Elsa Ford	Brentwood/Bay Shore Breast Cancer Coalition
Theodore Gabig, MD	Stony Brook University Cancer Center
Maida Galvez, MD, MPH	Mt. Sinai School of Medicine
Lori Green, RN	Women's Health Council
Stephen Green, MD	Brookhaven Hospital
Tess Helfman	Babylon Breast Cancer Coalition
Debra Hughes	Strength for Life
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Amy Juchatz, MPH	Suffolk County Department of Environment and Energy OCEA
Grace Kelly-McGovern	Suffolk County Department of Health Services
Gail King	Ms. Senior America
Gina Kommer	Suffolk County Executive's Budget Office
John Kovach, MD	Stony Brook University Hospital, Department of Preventive Medicine
Kathy Liguori	Colette Coyne Melanoma Awareness
Deanna Marshall	Suffolk County Office of Women's Services
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Angelica Medina	Adelphi NYS Breast Cancer Program
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Angela Papalia	Adelphi NYS Breast Cancer Program
Anita Pedulla	NYS Department of Health, Cancer Services Program
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Elinor Schoenfeld, Ph.D	Stony Brook University Hospital
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James Tomarken, MD, MPH	Commissioner of Suffolk County Department of Health Services
Donna Vaughan	WALK Radio Station 97.5
Jacqueline Wands	American Cancer Society

A. INTRODUCTION

The Suffolk County Cancer Awareness Task Force was created by Suffolk County Executive Steve Levy in 2004. The Cancer Awareness Task Force has been meeting regularly since then and serves as a focal point for cancer awareness advocates and county agencies to address some of the issues facing the county relating to cancer. The four primary focus areas of the Task Force have been:

- Access to Care
- Prevention and Outreach
- Environmental Links
- Dissemination of Information to Diverse Populations

In the 2009 State of the County Address, County Executive Steve Levy highlighted the efforts of the Cancer Awareness Task Force in developing a Cancer Prevention Strategy for Suffolk County.

> *And when it comes to prevention, the best way to start is right in our own homes.*
>
> *Experts tell us that there are everyday steps we can take to avert cancer risks – some as simple as ridding the cabinet under the kitchen sink of hazardous products. I am therefore charging my Cancer Awareness Task Force with the duty of developing a comprehensive educational program as to what families can do to lessen cancer risks. Information related to sun exposure, one's diet, and toxins in our environment and in our homes will all be part of the program that will be readily available to all.*

This Cancer Prevention Strategy represents the culmination of the efforts of the Cancer Awareness Task Force and the Suffolk County Department of Environment and Energy to lay out a plan for cancer prevention awareness activities in the County. It is envisioned that this Cancer Prevention Strategy will be a work in progress and updates may periodically be prepared.

B. IMPORTANCE OF PREVENTION

The New York State Comprehensive Cancer Control Plan estimates that as many as 12,000 annual cancer deaths in New York State are preventable (New York State Department of Health). Preventing any disease from occurring makes sense, but for long term chronic conditions such as cancer, where individual, societal and health care costs are exorbitant, prevention is particularly important.

In 2007, cancer killed an estimated 7.6 million people around the world. In 2009, the American Cancer Society estimated that approximately 1.5 million people would be diagnosed with, and approximately 562,340 people would die of cancer in the United States alone. Of those cancer deaths, approximately one third were expected to be caused by tobacco use and another third related to obesity, physical inactivity and poor nutrition,

all of which are preventable (American Cancer Society, 2009a). In Suffolk County, this means that at least 1,897 of the approximately 2,845 deaths a year from cancer are preventable (NCI and CDC, 2009).

Cancer's consequence is also monetary. In 2008, the Centers for Disease Control and Prevention estimated that cancer cost the United States approximately $228.1 billion, including $93.2 billion in direct medical costs and almost $135 billion in lost productivity, due to illness and premature death (American Cancer Society, 2009a).

As mentioned above, many cancers are preventable because the environmental factors that cause them are modifiable. These factors include tobacco use, poor nutrition, physical inactivity, obesity, certain infectious diseases, excessive ultraviolet light (UV) exposure, and exposure to other pollutants in the air, food, water and soil. Some of the more well known infectious diseases related to cancer include hepatitis B virus (HBV), human papilloma virus (HPV), human immunodeficiency virus (HIV), Helicobacter pylori (H. pylori), and others that can also be prevented through behavioral changes, vaccines and antibiotics (American Cancer Society, 2009a). In 2009, many of the more than one million cases of skin cancer expected to be diagnosed and approximately 8,650 deaths, due to melanoma alone, could have been prevented by the application of sunscreen when outdoors, avoiding indoor tanning and overall decreasing one's exposure to UV rays (American Cancer Society, 2009b).

In a 2003 report by the National Cancer Policy Board of the Institute of Medicine, it is estimated that 4,475 deaths from breast cancer, 3,644 deaths from cervical cancer and 9,632 deaths from colorectal cancer could be prevented each year if all eligible Americans underwent proper medical screening (Task Force on Community Prevention Services, 2009). Routine screening reduces mortality from, and can even prevent, cancers of the breast, uterine cervix, colon and rectum through the removal of precancerous growths and abnormalities. Early detection and diagnosis of cancer at an early stage is the best way to reduce mortality because it finds the cancer when it is most treatable (American Cancer Society, 2009b). For sexually active women and those over the age of 21, a Pap test should be performed routinely to find abnormalities in cervical cells, before those cells turn cancerous. This has been proven to reduce the rate of cervical cancer deaths by 20 to 60 percent in many countries. For women over 40, the risk of dying from breast cancer can be reduced by 20 to 25 percent during a 10 year period by getting a mammogram every 1-2 years. Routine screenings can also reduce colorectal cancer death by 60 percent or more (CDC, 2009).

According to the New York Prevention Agenda toward the Healthiest State 2008-2013, efforts on primary and secondary prevention activities can improve health outcomes and yield a return on investment through resulting savings in health care costs (New York State Department of Health). Dr. Walter Willett, a professor at the Harvard School of Public Health, as well as Harvard Medical School, has stated:

> The potential impact of a healthy diet, when you combine it with not smoking and regular physical activity, is enormous. For example, our studies have shown that we could prevent about 82 percent of heart attacks, about 70 percent of strokes, over 90 percent of

> type 2 diabetes, and over 70 percent of colon cancer, with the right dietary choices as part of a healthy lifestyle. The best drugs can reduce heart attacks by [only] 20 or 30 percent, yet we put almost all of our resources into promoting drugs rather than healthy lifestyle and nutrition. (Willett, 2004)

Clearly the most important factor in any cancer or chronic disease prevention strategy is the promotion of healthy living, which is what Suffolk County aims to do.

Prevention has been an important focus in Suffolk County. In January of 2008, the Department of Health Services created a new Division of Preventive Medicine. The following year, the task of developing a cancer prevention strategy was identified and charged to the Cancer Awareness Task Force. With the Suffolk County Cancer Prevention Strategy, we hope to further increase cancer awareness and thereby promote preventative measures throughout the county.

C. CANCER PREVENTION STRATEGY

1) Goals

The overall goal of the Cancer Prevention Strategy is to put information into the hands of the public so that they have the information (power) to take action to prevent cancer. Specifically the Cancer Awareness Task Force has identified these specific goals:

- identify important actions residents of the county can take to prevent cancer
- disseminate information on cancer prevention in powerful, understandable messages
- develop tools and programs to assist residents in reducing their risk
- identify obstacles that impair prevention activities and services
- establish plans to eliminate hurdles to prevention health care and activities

Though the emphasis of this prevention strategy is cancer, it is envisioned that by developing strategies designed to prevent cancer, benefits will be realized in the reduction of other chronic diseases and conditions, such as cardiovascular disease, diabetes and obesity.

2) Approach

The approach proposed in Suffolk County's Cancer Prevention Strategy is an evidenced-based, multi-pronged effort. The Cancer Awareness Task Force has adopted a precautionary approach, which utilizes credible evidence that risk may occur, or conversely, that risk can be reduced by taking certain action, even if the exact nature or full extent of the risk is not yet proven. The Prevention Strategy is a multi-pronged approach in that information will be disseminated and reinforced through multiple avenues, such as the website, smart tips, county bulletins, Lunch and Learns, etc. The Task Force has recognized that it is important to focus prevention efforts on children, so that healthy behaviors can begin early and to prevent unnecessary harmful exposures at an early age.

As the Cancer Awareness Task Force is a collaborative effort, so is the Cancer Prevention Strategy. Representation from advocacy groups, academia, medicine, government, and cancer services agencies have all contributed to the Prevention Strategy. In addition, the strategy will utilize outside resources for many of our educational efforts, such as the Lunch and Learns. Through this collaboration, we hope to be able to provide the public with well-balanced information that they can apply to their everyday lives.

The information prepared by the Task Force for the Cancer Prevention Strategy will be designed to be a starting point, providing information in an enticing way and then providing additional resources where more in-depth information can be obtained.

The target audience for the Cancer Prevention Strategy is Suffolk County residents. However, some of the programs, such as Lunch and Learns, will target county employees. It is envisioned that these programs can be used as a model for other entities, such as businesses or other municipalities, and can be extended county-wide. The ability to conduct community-wide programs will be hindered by limited county resources.

3) Focus Areas

The Cancer Awareness Task Force has identified focus areas to be addressed in the Cancer Prevention Strategy. Some of these are already under development and are in bold below. It is envisioned that this strategy will provide a template for future efforts and programs directed at cancer prevention.

A. Primary Prevention: Focus of Prevention and Education Committee (Bold items are already under development)

Promoting Healthy Lifestyle:

- ***Tobacco and Secondhand Smoke***
- ***Diet***
- ***Exercise/Activity Level***
- *Alcohol*
- ***Sun Protection (ultraviolet radiation)***
- ***Personal Care/Product Choices***
- *Sexually Transmitted Infections*
- *Drug Abuse*

Reduce Environmental Exposures:

- **Personal Care/Consumer Products**
- **Pesticides**
- Environmental Risk/Exposure Assessment (programs to evaluate environmental exposures and risks)
- **Pharmaceuticals in Water**
- Heavy Metals in Drinking Water
- **Energy-Related Exposures** (e.g., diesel exhaust (PAHs), benefits of alternative sources of energy, dovetail with Energy initiatives)

B. Secondary Prevention: Focus of Access to Care Committee

Access to Quality Healthcare (adopted from New York State Prevention Agenda): Access to quality healthcare is important for **all** individuals- insured AND uninsured.

- By the year 2013, increase the percentage of cancer cases diagnosed at an early stage of disease in New York residents to at least:
  - 80 percent for breast cancer
  - 65 percent for cervical cancer
  - 50 percent for colorectal cancer
- By the year 2013, reduce the age-adjusted cancer mortality rate to no more than:
  - 21.2 percent per 100,000 females for breast cancer
  - 2.0 percent per 100,000 females for cervical cancer
  - 13.7 percent per 100,000 for colorectal cancer
- Increase cancer screening for uninsured and underinsured men and women:
  - Integrate education and outreach to individuals regarding free or low cost cancer screening programs throughout the county, i.e., NYSDOH Cancer Services Program; Zwanger Pesiri Radiology, Give Back Sundays

4) Outreach and Education

Education and outreach are a key component of the Cancer Prevention Strategy. Our messages must be powerful, understandable and ongoing. The Suffolk County Cancer Awareness Task Force has developed a multi-pronged approach so that our message is delivered in multiple venues. We will continue to use all available tools from the internet to school curricula. We hope to develop relationships with the media (such as WALK

97.5 FM) and issue PSAs, press conferences, tagged to other related stories in the news when possible.

All of the outreach materials use the Cancer Awareness Task Force logo so that the public will recognize the source of the material. The elements of our outreach and education are listed below.

- ✓ Smart Tip: Research issue/topic and provide basis for residents to take action. Provide evidence-based follow-up recommendations and resources. Must be approved by Cancer Awareness Task Force prior to issuing

- ✓ County Bulletin: Smart Tips will be issued also in a county bulletin which will reinforce information from Lunch and Learn and also reach the general public.

- ✓ Website: Smart Tips, bulletins and a calendar of events will be posted on website along with additional links where residents can find follow-up information and resources.

- ✓ Lunch and Learns: Some Lunch and Learns will be geared toward topic of Smart Tip and occur during time frame when Smart Tip is issued. We had planned on taping a Lunch and Learn and posting it on the website, but that has not yet been feasible due to limited resources.

- ✓ Press Releases: Press releases will also be developed on topics relevant to Smart Tips, bulletins, or issues identified by the Cancer Awareness Task Force.

- ✓ Brochures/Pamphlets: Since not all communities receive information via the internet, brochures/pamphlets and "palm cards" will be developed on selected topics, such as, the Home Product Checklist or the Don't Sit, Stay Fit Exercise Contest, as a way to reach out to diverse communities.

- ✓ Contests: To raise awareness about various topics in the Cancer Prevention Strategy, the Task Force has used the concept of a "contest" to generate ideas and awareness. In 2010, the Don't Sit, Stay Fit Contest was held to promote awareness about the benefits of exercise in reducing the risk of cancer. Prizes were offered to the best ideas on how contestants fit exercise into their daily routine. Awareness about the benefits of exercise was promoted with each announcement of the contest, as well as when the winning ideas were announced. These ideas will now be used in the Task Force outreach materials.

For topics that are developed into Smart tips, they will initially be posted on the website. Smart Tips will also be developed into county bulletins, which are distributed to all employees, County legislative offices, public libraries, Town offices, civic associations, and school districts, when appropriate. Our hope is then to follow this release of the Smart Tip with a Lunch and Learn program that covers the same topic as the smart tip. It is anticipated that approximately seven Smart Tips will be developed during the first year

that would allow for the "release" of a Smart Tip every other month. This multi-pronged approach will enable the message of the Smart Tip to be reinforced.

5) Topic Specific

For each focus area, the strategy aims to develop programmatic objectives and goals that will help address identified needs. Goals will be broken down into short term and long term categories. In addition, identifying mechanisms to reach diverse populations will be explored.

A. Everyday, household exposures
- Significance in terms of cancer prevention
- Identifying diverse populations
- Short-Term Goals
  - **Smart Tips, household products, cleaning products, cosmetics**
  - **Home Product checklist**
  - **Lunch and Learn on plastics, cleaners, and toys**
- Long-Term Goals
  - Green Cleaning Expo during Earth Week
  - Change in market availability of healthier products
  - Increased awareness of household exposures and ways to minimize them

B. Healthy Eating
- Significance in terms of cancer prevention
- Identifying Diverse Populations
- Short-Term Goals
  - **Smart Tip**
  - **Lunch and Learn**
  - **Farmer's Market at work**
- Long-Term Goals
  - By the year 2013, increase the percentage of adult Suffolk County residents who have consumed fruits and vegetables five or more times per day to at least 33 percent (Adapted from the New York State Prevention Agenda).

C. Physical Activity
- Significance in terms of cancer prevention
- Identifying diverse populations
- Short-Term Goals
  - **Smart Tip**
  - **Lunch and Learn**
  - **Don't Sit, Stay Fit Contest**
    - **Press releases, press conferences**
    - **Website notices**
    - **Brochures**
    - **Sponsors for prizes**

        - **Award ceremony**
        - **County bulletin with hints for how to incorporate exercise into daily lives**
    - Implement worksite programs such as "WALK It Up" Suffolk County
        - Use existing models
        - Seek sponsors for pedometers
    - Long-Term Goals
        - Walking clubs at work
        - Yoga or other movement classes at lunch time
        - By the year 2013, increase the percentage of adult Suffolk County residents who engage in some type of leisure time physical activity to at least 80 percent (Adapted from the New York State Prevention Agenda).

D. Smoking
- Significance in terms of cancer prevention
- Identifying diverse populations
- Short-Term Goals
    - Smart Tip
    - Lunch and Learn
- Long-Term Goals (adapted from the New York State Prevention Agenda)
    - By the year 2013, reduce the age-adjusted incidence of lung cancer in Suffolk County to no more than:
        - 62 percent per 100,000 for males
        - 41 percent per 100,000 for females
    - By the year 2013, reduce the prevalence of smoking in Suffolk County residents so that:
        - The percentage of adults who smoke is no more than 12 percent
        - The percentage of adolescents who smoked in the past month is no more than 12 percent

E. Sun Protection
- Significance in terms of cancer prevention
    - **Smart Tip**
    - **County bulletin**
- **Identifying diverse populations**
    - **Skin Cancer**
        - **Fair skinned individuals**
        - **Teens and tanning**
    - **Vitamin D Deficiency**
        - **Elderly**
        - **Dark skin tones**
        - **Muslims**
        - **Pregnant/nursing mothers**

- **Education and Outreach**
  - Smart Tip
  - **Bulletin (May 2010, 2011)**
  - Lunch and Learn to coincide with Melanoma Awareness Month
  - Cross Education regarding all cancers
  - Sun Safety to be included in "New Mom" training in hospitals
  - Pediatricians focus on sun safety as well as tobacco harm

- Legislation
  - **Tanning laws regarding minors should be enforced and tanning restrictions can be raised to 18**
  - Sunscreen law requiring expiration dates be passed

- Policy/Programs to implement
  - Shade covering provided for all lifeguards at the beach or pools to prevent sun damage and melanoma as occupational hazards
  - School and public playgrounds should have shady, as well as sunny, play areas
  - **Baseball field dugouts should have shade coverings**.
  - Solar covering could be a plus both ways for schools - energy and shade

F. Access to Care
- Significance in terms of cancer prevention and screening activities
- Identifying diverse populations and underserved communities
- Short-Term Goals
  - Smart Tip- statistics related to early detection
  - **Lunch and Learn**
- Long-Term Goals
  - Educating community leaders on sustainability and importance of federal and state programs such as the NYSDOH Cancer Services Program.
- Educating Medical Care Providers on Prevention
  - Significance in terms of cancer prevention
  - Identifying diverse populations and underserved communities
  - Short-Term Goals
  - Long-Term Goals
    - ➢ Educate on community programs for screenings and prevention

Conclusions/Path Forward

The Suffolk County Cancer Awareness Task Force is a unique collective of dedicated individuals and organizations, committed to the mission of educating Suffolk County residents on cancer prevention and access to cancer services. This Cancer Prevention Strategy provides a rationale and starting point for the county. It is not meant to be an all-encompassing document, but a starting point to be built upon. The overall goal is to empower residents to make informed decisions about the lifestyles that they choose. We hope to provide them with the tools and opportunities they need to make healthy choices.

However, the Suffolk County Cancer Awareness Task Force recognizes that though these individual changes and choices are important, the greatest impact on cancer prevention comes when such individual changes are supported by changes in society at large, such as better sidewalks for walking and healthier offerings in school cafeterias and Suffolk County facilities. Only through the synergy of such changes can the true cancer prevention potential of healthy lifestyles be reached.

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APPENDICES

Appendix A	**Tobacco and Secondhand Smoke**
Appendix B	**Diet:** Suffolk County Proposal for CSA Arrangement at the H. Lee Dennison Building in Hauppauge
Appendix C	**Exercise:** "Get Up and Move Suffolk County" WALK It Up Suffolk County!
Appendix D	**Sun Protection**
Appendix E	**Personal Care/Product Choices:** Home Product Checklist Cancer Prevention Through Well-Informed Consumer Practices

APPENDIX A
Tobacco and Secondhand Smoke

Cancer Prevention through Tobacco Control, Prevention & Cessation

Tobacco use and exposure to environmental tobacco smoke causes cancers of the lungs, bladder, kidneys, larynx and esophagus. It is also a causal factor in cancer of the cervix, pancreas and breast. Tobacco use is a major cause of heart disease, stroke and many other chronic and acute illnesses.

The Centers for Disease Control and Prevention (CDC) recommends that comprehensive tobacco control programs combine community-based interventions that focus on: preventing initiation of tobacco use among youth and young adults; promoting quitting among adults and youth; eliminating exposure to secondhand smoke and identifying and eliminating tobacco related disparities among population groups.

The Department of Health Services' Office of Health Education offers prevention and cessation programs to Suffolk County schools at no charge. Cessation classes are available to adults at convenient sites throughout the county. Medically eligible participants are entitled to receive free pharmaceuticals. All state and local laws regarding tobacco control, the sale and distribution of tobacco products and smoking prohibitions are strictly enforced by the office.

Every day, 3,500 children in the United States try their first cigarette and 1,000 kids under the age 18 become regular, daily smokers. Approximately one-third of all youth smokers will die prematurely from smoking-caused diseases.

The tobacco industry spends $36 million per day to market their deadly products. Is it any wonder kids are still starting to smoke?

What can you do to improve the health of your community through tobacco control?

If you smoke:

Quit. It's not easy; nicotine is extremely addictive.

Join a cessation program. Education and medication have been shown to be very effective in helping smokers quit. If you relapse, keep trying. Even short periods of no smoking are beneficial to your health. To find out about cessation programs in your area, call 853-4017.

Don't smoke in your home or car even if no one else is present. Toxins linger in carpet, upholstery and on surfaces.

Explain to your children how difficult it is to quit and why you hope they never start to smoke.

For your family:

Make your home totally smoke-free.

Talk to your children; tell them you don't want them to smoke. Help them develop a negative attitude about smoking by giving them the true facts. Talk about the immediate effects of tobacco use as well as the effects on physical appearance.

For information about the harmful effects of smoking and the truth about the tobacco industry, visit www.tobaccofreekids.org.

For your community:

Report violations of Clean Indoor Air laws and if you suspect a local business of selling tobacco products to minors to the Department of Health Services at 853-3162.

Check with your school district to find out what they are doing to prevent the next generation from becoming addicted to nicotine.

Get involved. Support regulations that improve health:

a- Every increase in taxes on tobacco products prevents kids from starting to smoke. They have the least disposable income.

b- Clean Indoor Air laws improve the health of all - smokers and non-smokers.

c- Banning smoking at entrances to businesses and in outdoor public places, such as parks and beaches, sends a message to children that smoking is neither glamorous nor socially acceptable.

For additional ways to get involved locally, visit the Tobacco Action Coalition of Long Island at www.breathefreely.org.

APPENDIX B
DIET

Suffolk County Proposal for CSA Arrangement
At the H. Lee Dennison Building In Hauppauge

Promoting healthful eating is a key component of the Suffolk County Cancer Awareness Task Force's Cancer Prevention Strategy. To that end, the county is interested in encouraging involvement in Community Supported Agriculture (CSA) programs.

In these arrangements, community members pay local farmers a flat fee, usually in the fall, for a weekly share of a farm's harvest in the next growing season. Garden shares may include vegetables, fruit and even cut flowers. Prices vary, but a 29-week organic vegetable and fruit share can cost as much as $600.

Some Suffolk farms, including Hamlet Organic Garden in Brookhaven Hamlet, offer a discount to share members who work in the garden a set number of hours. This option enables members to contribute to the process of growing their own food and also strengthens the bond between farmers and consumers.

CSA program members may pick up their weekly share at their CSA farm, or in some programs, pick-up sites are set up in towns across Long Island. The Golden Earthworm Farm in Jamesport, for example, has CSA pick-up sites in Huntington, Holbrook, Setauket and Stony Brook, among other Suffolk locations.

The benefit of CSA membership includes fresh, seasonal organic produce, but such programs also help sustain local organic farms and encourage the "locavore" practice of eating seasonal, organically grown food that doesn't have to travel far from farm to table. Cutting down on carbon emissions from food transport is another component of the county's Cancer Prevention Strategy.

One way that the county intends to encourage CSA membership is to approach a CSA farm in Suffolk to request that the H. Lee Dennison Building in Hauppauge become a pick-up site. This would enable county employees to participate and would also provide residents in the Hauppauge area with a nearby CSA pickup opportunity. A CSA program would be cost-effective for the farm involved because unlike a farmers' market arrangement, CSA memberships are prepaid.

Pick-up sites are generally operated on an honor system basis and often require no staffing. In some cases, membership may require that one occasionally help at the pick-up site. In other cases a member may earn a free garden share by agreeing to transport their site's produce from the farm to the pick-up site. County employees living near a

CSA farm (and having a van or minivan) would be prime candidates for such an arrangement.

In addition to CSA's, the county recognizes that while CSA's offer the opportunity for residents to purchase organic produce at reduced prices, this very important component of a healthy diet will still be unobtainable for low-income families relying on food pantries and those without transportation to a CSA site. The county will work to identify alternative solutions to address this problem, including ways to partner with existing community and faith-based organizations to find ways that organic produce can supplement community pantries. For instance, the Central Islip Civic Council is a community-based organization located on a five-acre historic homestead. The property contains a greenhouse and organic vegetable garden that supplements the council's community food pantry, which feeds over 2,000 residents annually. With a stipend to offset materials and labor, the county can partner with the council to increase the size and yield of their garden and perhaps be able to offer fresh produce to additional surrounding community pantries. There are many church properties that have sufficient property on which to start organic gardens that can supplement existing and newly established pantries. The county will work to identify potential partners that may provide new sources of organic produce for residents.

A list of farms that the county may approach to arrange a CSA program follows:

Biophilia Organic Farm
211 Manor Lane
Jamesport, NY 11947
Contact Information
Phil Barbato
631-722-2299

Garden of Eve Organic Farm
P.O. Box 216
Aquebogue, New York 11931
631-680-1699
farmer@gardenofevefarm.com

Golden Earthworm Organic Farm
652 Peconic Bay Boulevard
Jamesport, New York 11947
631-722-3302
CSA & General Inquiries
info@goldenearthworm.com

Hamlet Organic Garden
P.O. Box 256
Brookhaven, NY 11719
mail@hamletorganicgarden.org for general farm information

Sang Lee Farms, Inc.
25180 County Road 48
Peconic, NY 11958
www.sangleefarms.com

APPENDIX C
Exercise

Cancer Prevention Through Exercise

Strategy: "GET UP AND MOVE SUFFOLK COUNTY"

Conduct research to form basis of recommendation

Smart Tip on Website

Press Release on joint Task Force and Steve Levy SOTC Initiative: why exercise is beneficial to reduce cancer and other adverse health effects, how you can incorporate exercise into daily routine. (use stairs, park car far away from building entrance, get up from desk and change position, etc).

Use Suffolk County Government as a model:

- Lunch and Learns: bring in speaker knowledgeable on exercise and health, how to incorporate exercise into work day
- All Employee Memo with tips and suggested exercises staff can do at work
- Develop exercise groups with trained or paid leaders (?). Perhaps we could seek a grant (stimulus for prevention??) to pay an exercise professional who could lead staff in appropriate work day exercises. Aim is to develop movement and exercise that all staff can participate in. (NPR spot 2/26/09)
- Obtain grant money also for software employees can use called "Stretch Break Pro." There is also a stretching program – www.paratec.com we could look into
- Benefit: health outcome, decreased health care costs, morale, productivity. Suffolk again can be a leader to other municipalities and businesses.

WALK it Up Suffolk County!

Cancer Prevention through Lifestyle Changes and Healthier Living

In New York State alone, it is estimated that as many as 12,000 annual cancer deaths are preventable (NYS Comprehensive Cancer Control Plan). The question to ask, however, is how? In 2009, the American Cancer Society estimates that approximately 1.5 million people will be diagnosed with, and approximately 562,340 people will die of cancer in the United States alone. Of those cancer deaths, approximately one-third are expected to be caused by tobacco use and another third are to be related to obesity, physical inactivity and poor nutrition, all of which are preventable (Cancer Facts and Figures). In Suffolk County, this means that at least 1,897 of the approximately 2,845 deaths a year from cancer are preventable (Death Rate Report for NY by County).

If cancer can be prevented by simple lifestyle changes, why would anyone not put forth that small bit of effort to prevent a life threatening chronic disease? This is why Suffolk County has put together a Cancer Prevention Strategy that focuses on cancer prevention through environmental and lifestyle changes, which will ultimately culminate in a healthier lifestyle for the Suffolk County Community. The big question now is: where to start? The answer is: close to home, of course!

Walking Program for Cancer Prevention

Suffolk County has put together a cancer prevention walking program for its employees. This program aims to educate Suffolk County employees about cancer and the benefits of a healthy lifestyle and promote actions to work toward the goal of cancer prevention through simple lifestyle changes.

Why Walking?

Being overweight or obese is not only proven to be unhealthy, in and of itself; it has also been linked to an increased risk of developing heart disease, high blood pressure, diabetes, osteoporosis and several different cancers, including cancers of the breast (in post-menopausal women), colon, uterus, esophagus and kidney. Obesity is also believed to raise the risk of other cancers, including cancer of the cervix, gallbladder, Hodgkin lymphoma, multiple myeloma, ovary, pancreas, thyroid and aggressive forms of prostate cancer.

It is scientifically proven that walking, a moderate form of physical activity, in sufficient amounts, greatly improves a person's health, and can work to prevent cancer. A sedentary individual may only take 700 steps in a day, however, Shape Up America! recommends that on average, a healthy person should be taking approximately 10,000 steps in a day to maintain adequate levels of physical activity (for suggestions on how to increase your steps, look to section "Increasing Your Steps" below). The American Cancer Society recommends that adults ought to complete at least 30 minutes, but ideally 45 to 60 minutes, of additional moderate to vigorous physical activity at least five days a week, on top of one's usual activities, to maintain a healthy lifestyle (ACS Guidelines on Nutrition and Physical Activity for Cancer Prevention). Taking those extra steps, in order to achieve the 10,000 step goal can be done easily in the recommended timeframe. Take note, however, that it is not recommended to begin a vigorous exercise regiment after having done little physical exercise in the past. Rather, start slowly and progress toward your goal. For example, start with 10 minutes of intentional activity a day and add 5 minutes to your regiment each day, until you reach your desired goal of 60 minutes a day. This way, injury is best prevented.

How the Program Works

Walk it Up! will last approximately two months, from September 14, 2009- November 16, 2009. In this time, participants will be expected to make a virtual walk to Granada. Suffolk County Employees will be divided into teams of 8. In 63 days, these teams of 8 will be expected to walk 2107 miles total (the distance from New York to Granada). This means that in 63 days, each individual participant will have to walk approximately 263.375 miles.

The math looks something like this:

2000 steps (on average) = 1 mile
10,000 steps = 5 miles
Walking 10,000 steps a day, one person can walk 315 miles in 63 days!
If it takes 2107 miles to get from New York to Granada, then one person will have to walk 263.375 miles total in 63 days and average 4.2 miles a day to complete the virtual walk. That means one person will have taken a total of 529,200 steps in 63 days. Cool, huh?

These steps will be calculated by a pedometer, which must be worn at all times during the 63 days of competition, in order to accurately count the total number of steps taken by each participant. At the end of each week, the total number of steps taken by each participant will be tallied by each team's captain. Individual and group standings will be totaled, as well as group total mileage and remaining miles until the virtual walk is complete. These numbers will be compiled in a pre-programmed spreadsheet and given to the program's coordinator at the end of every two weeks. At the end of each two week period, the group and individual participant with the greatest number of miles (from the two week period) will win a cancer-prevention themed prize.

At the end of the program a Caribbean themed lunch-party will be thrown and the group that reached the finish line first will be recognized and awarded a cancer-prevention themed prize. The individual participant who took the most steps in 63 days will also be recognized and awarded a cancer-prevention themed prize. At this party, an evaluation questionnaire will be given to all participants for program feedback and improvements for the next virtual walk.

Increasing Your Steps

Here are some suggested activities to help you increase your daily steps.

- Take a walk with your spouse, child, or friend
- Walk the dog
- Use the stairs instead of the elevator
- Park farther from the store or office
- Get up to change the channel
- Window shop
- Plan a walking meeting
- Walk over to visit a neighbor
- Get outside to walk around the garden or do a little weeding
- Exercise at lunch with your co-workers, family, or friends
- Take an exercise break at work to stretch or take a quick walk
- Walk to visit co-workers instead of phoning or sending an email
- Go dancing with your spouse or friends
- Plan active vacations rather than sit-down trips
- Join a sports team
- Use a stationary treadmill while watching TV
- Spend time playing with your kids

Walking around your home and neighborhood may get a little dull after a while, but have no fear! Long Island has many beautiful places to get in those steps on your own, with family or with friends. Below are some suggested parks, boardwalks, beaches and recreational localities for walking and hiking around Suffolk County.

Blydenburgh County Park
Smithtown
(631) 854-3713

Caumsett State Historic Park
Huntington
(631) 423-1770

Cedar Point County Park
East Hampton
(631) 852-7620

Fire Island Lighthouse at Robert Moses State Park
Fire Island
Phone: (631) 661-4876

Gardiner County Park
West Bay Shore
(631) 854-0935

Heckscher State Park
East Islip
(631) 581-2100

Indian Island County Park

Riverhead
(631) 852-3232

Melville
(631) 854-4423

Lakeland County Park
Islandia
(631) 853-2727

Nissequogue River State
Park
Kings Park
(631) 269-4927

Orient Beach State Park
Orient
(631) 323-2440

Pine Barrens Trails
Manorville
(631) 852-3449

Raynor Beach County Park
Lake Ronkonkoma
(631) 854-9168

Robert Moses State Park
Babylon
(631) 669-0470

Sears Bellows County Park
Hampton Bays
(631) 852-8290

Southaven County Park
Brookhaven
(631) 854-1414

Sunken Meadow State Park
Kings Park
(631) 269-4333

Theodore Roosevelt
County Park
Montauk
(631) 852-7878

West Hills County Park

For more information on these and other state and county parks and recreational facilities, visit:
http://nysparks.state.ny.us/
http://www.co.suffolk.ny.us/Sections/Fun%20and%20Recreation.aspx

If you are still at a loss for those steps, try joining an already established walking club on Long Island. Below are some suggestions.

- Smith Haven Mall Walkers Club
- Meetup.com/b-o-a-r-d-w-a-l-k

Additional Advice on Cancer Prevention through Healthy Lifestyle Choices

Outside of daily physical activity, there are several other choices one should make to prevent cancer. Eating a healthy diet is crucial. Five or more servings of vegetables and fruits should be consumed daily. Choose to eat whole grains instead of processed grains and refined sugars. Also, choose fish, poultry or beans instead of processed and red meats, and when you do eat meat, select lean cuts and eat smaller portions. If you drink alcoholic beverages, limit your intake to no more than two drinks per day for men and one drink per day for women (alcohol is known to cause cancers of the mouth, throat, voice box, esophagus, liver, breast and may also increase the risk of colon and rectum cancer) (ACS Guidelines on Nutrition and Physical Activity for Cancer Prevention).

Participant Contact Sheet

This Sheet is for the team Captain to be able to contact each participant on the team. A copy, however, should be distributed to each team member and to the program coordinator.

Name	Phone Number	Email Address
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		

Program Coordinator Contact Information:

WALK it Up!

Suffolk County

Who? All Suffolk County Employees are invited to participate.
What? A friendly walking and fitness competition where you and your team of 8 will virtually walk to Granada!
When? September 14, 2009 - November 16, 2009.
Where? Anywhere you are!
Why? Raise awareness for and help prevent cancer through healthy physical activity.

For more information

- Attend the "Lunch and Learn: Physical Activity" on _____
- Contact _____

American Cancer Society. "Cancer Facts & Figures 2009." Atlanta: American Cancer Society; 2009.

Kushi ScD,Lawrence H., Tim Byers, MD, MPH, Colleen Doyle, MS, RD, Elisa V. Bandera, MD, PhD, Marji McCullough, ScD, RD, Ted Gansler, MD, MBA, Kimberly S. Andrews, Michael J. Thun, MD, MS, and The American Cancer Society 2006 Nutrition and Physical Activity Guidelines Advisory Committe. "American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention: Reducing theRisk of Cancer With Healthy Food Choices and Physical Activity." *CA: Cancer Journal of Clinicians* 56 (2006): 254-281.

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APPENDIX D

SUN PROTECTION

Sun Protection

Melanoma (a form of skin cancer) is the fastest growing cancer in America and the second most prolific cancer for 15 – 29 year olds. It is caused primarily by skin damage due to excessive sun exposure. Thus, limiting your time in the sun between the hours of 10am to 4pm, when the sun is strongest, is a good idea.

For those individuals who cannot avoid being in the sun for long periods of time, precautions should be taken to protect skin from sun damage. Water, sand, snow and cement all reflect damaging UV Rays. Thus, sunscreen, hats, sunglasses and protective clothing, particularly in the warmer months, is essential. In warmer climates closer to the equator, this is especially important year-round. Regularly applying sunscreen of SPF 15 or higher throughout the day can help protect the skin. It should be slopped on and reapplied due to sweating, swimming and other daily activities.

Melanoma/Skin Cancer

Anyone can develop melanoma. Therefore, it is a good idea to check for and take note of changes on your own skin. The basics of clinical diagnosis of melanoma are as follows (think of it at the ABC's of melanoma detection):

A: **A**symmetry in two directions
B: irregular **B**oarder of moles or birth marks
C: existence of more than two different **C**olors
D: **D**iameter greater than 6 mm
E: recent **E**levation of a spot on your skin

However, some people simply have a greater risk of developing melanoma. Some of the risk factors for developing melanoma are:

1. Personal or family history of melanoma
    B. Skin that always burns and never tans
    C. Blond or red hair
    D. Freckles on the lower back, sun spots, three or more atypical birthmarks or moles especially on the upper extremities
    E. Experiencing more than three blistering sunburns before the age of 20
    F. Living in a sunny area
    G. Being over the age of 50
    H. Men are at greater risk than woman
    I. Not seeing a dermatologist regularly.

(Prevention of Malignant Melanoma, Chaidemenos et al)

The Benefits of Vitamin D

Vitamin D, which is essential for the maintenance of healthy bones, is synthesized from exposure to the sun, as well as orally through certain foods, like oily fish and fortified dairy products, and vitamin supplements. Vitamin D is essential for the maintenance of healthy bones because it is necessary for intestinal absorption of both calcium and phosphate (Vitamin D: A Hormone for all seasons, Morris). Most people can get enough vitamin D from a balanced diet, oral supplements or sun exposure for 10 – 15 minutes on the face and hands several times a week. People of darker skin tones may need more time in the sun and those with sun sensitive skin may need as little as 3 minutes in the sun for adequate vitamin D. Of course never allow the skin to redden (a sign of sun damage) and do not sun bathe or use indoor tanning facilities.

Vitamin D and Cancer

Vitamin D is transformed by the liver to 25-hydroxyvitamin D_3 [25(OH)D], which is a marker of vitamin D status in the blood. In the kidney and other tissues (including prostate), 25(OH)D is converted into hormone 1,25 dihydroxyvitamin D_3 [$1,25(OH)_2D$]. $1,25(OH)_2D$ slows tumor growth and inhibits the ability of cancer to spread. (Li, et al, 2007). Low vitamin D production is associated with internal cancers, in particular, those of the breast, colon, prostate and ovaries (Chaidemenos, et al, 2008).

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APPENDIX E

Personal Care/Product Choices

Home Product Checklist:

In an effort to Promote Healthy Homes, the Suffolk County Cancer Awareness Task Force developed a Home Product Checklist to help residents identify possible health hazards in the home and also inform the public of healthier alternatives. A Glossary and a list of References have also been provided.

Cancer Prevention Through Well-Informed Consumer Practices

Strategy: Teach Suffolk County employees how to choose safer alternatives to standard personal care items

Smart Tip on Website: 60 percent of everything you put on your skin is absorbed into your blood stream. What you put on your body is just as important as what you put in your mouth. Whenever possible, opt for products made entirely of plant-based ingredients and choose products with the **least amount** of ingredients. Visit www.safecosmetics.org to find safer alternatives to conventional shampoos, makeup, body lotion and other personal hygiene items.

Lunch and Learns: Babylon Breast Cancer Coalition is available to present their free TIME FOR A CHANGE program to Suffolk County employees. The program focuses on how changing lifestyle and consumer practices in just three areas: food, household cleaners, personal care items, can significantly reduce exposure to chemicals and consequently improve personal and environmental health.

ALL Employee Memo: Genetics plays only a part in your overall health. Lifestyle and environment go a very long way in predicting your overall health picture. Visit www.realage.com to take a comprehensive personal health survey that will tell you how old your body really is and the many strategies you can employ to improve your health, enjoy your life and live longer.

Benefit: Decreased health costs, better educated consumers, environmental protection.

SUFFOLK COUNTY

CANCER AWARENESS Task Force

Home Product Checklist

Choices You Can Make

Concerns • Alternatives

Cancer Awareness

Educate • Empower • Act

Steve Levy • County Executive

Suffolk County Home Product Checklist

http://www.suffolkcountyny.gov/Home/departments/ environmentandEnergy/CancerAwareness.aspx

Preface: In Suffolk County Executive Steve Levy's 2009 State of the County Address, the Suffolk County Cancer Awareness Task Force was charged with developing a Cancer Prevention Strategy. This Home Product Checklist was developed as part of that cancer prevention strategy, however, for completeness; hazards relating to effects other than cancer are also identified in the checklist.

Consistent with the United States Surgeon General "Call to Action" to Promote Healthy Homes, the purpose of the Suffolk County Home Product Checklist, is to identify possible health hazards in homes, as well as the steps residents can take to minimize those hazards.

The Cancer Awareness Task Force has adopted a Prevention and Education Action Plan that includes a precautionary evidence-based approach to environmental factors and cancer prevention. The attached home product checklist has been developed in a manner consistent with this philosophy. It will be updated periodically as new information becomes available.

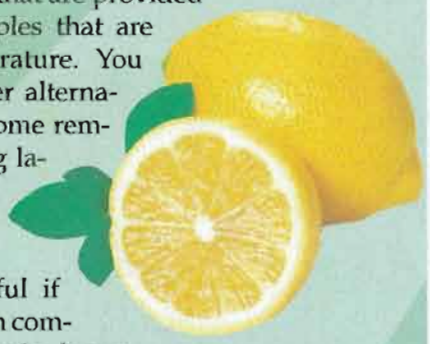
It is important to understand that if a particular health effect is listed as being associated with a particular ingredient, it does not mean that if you use a particular product with that ingredient, it will result in the health effect occurring. As with all chemical exposures, the nature and extent of any chemical-related health effects from the use or misuse of a consumer product depend, in part, on the amount and duration of exposure (for example, the amount of product used, the way the product is used, the frequency of use and other factors). The sensitivity of the exposed person is also an important factor (for example, health, age, sex, or underlying health condition such as asthma).

Disclaimer: The County of Suffolk, its agents, officers, employees, elected officials, as well as the Suffolk County Cancer Awareness Task Force and its members do not attest to the effectiveness of the products or "home remedies" provided in this checklist. They have been obtained through literature references and not independently tested by Suffolk County.

Cautionary statements in this checklist are made and pertain to the knowledge base relating to ingredients in certain products. The County of Suffolk, its agents, officers, employees, elected officials, as well as the Suffolk County Cancer Awareness Task Force and its members are not concluding that proper use of such products will cause those effects to occur.

Instructions: The Checklist is organized by product category, such as Cleaning Products, listed on the left-hand side of the checklist. Products and ingredients that have some concern are listed as well as alternative products and practices that can be taken. When you are following the alternatives suggested, check the box on the right. The goal of the survey is to empower residents with knowledge so that over time, they can make healthy lifestyle changes resulting in more boxes on the right being checked.

Note: The home remedies that are provided in the checklist are examples that are widely available in the literature. You may wish to research other alternatives as well. However, home remedies do not carry warning labels or directions on use, so care must be taken. Even home remedies have the potential to be harmful if misused. Therefore, as with commercial products, never mix home remedies and only use in the intended fashion. Refer to Household Cleaning Products-What About Substitutes? Cornell Cooperative Extension, 1992 ***(http://waterquality.cce.cornell.edu/publications/CCEWQ-90-HouseholdCleaningSubstitutes.pdf).***



Resources:

#1. Household Cleaning Products-What about Substitutes? Cornell Cooperative Extension, 1992 *http://waterquality.cce.cornell.edu/publications/CCEWQ-90-HouseholdCleaningSubstitutes.pdf*

#2. US EPA Design for the Environment Screening Program *http://www.epa.gov/dfe/pubs/projects/gfcp/index.htm*

#3. Green Seal Certification Program *http://www.greenseal.org/about/index.cfm*

#4. Safe Use and Storage of Hazardous Household Products. Cornell University Program on Breast Cancer and Environmental Risk Factors (BCERF), 1999. *http://envirocancer.cornell.edu/FactSheet/General/fs22.safeUse.cfm*

#5. National Library of Medicine's Household Product Database. http://hpd.nlm.nih.gov/index.htm

#6. Greenguard Environmental Institute *http://www.greenguard.org/?tabId=1*

Home Product Check List Choices You Can Make

CLEANING PRODUCTS

Product	Concern	Alternatives	Check if Using Alternatives
Dry Cleaning	Typical dry cleaning processes use perchloroethylene (also known as tetrachloroethylene or PERC) which is considered a potential carcinogen[1] and can enter your indoor air from your dry cleaned clothes.	Use dry cleaners that use wet or carbon dioxide cleaning processes[2] or air out dry cleaned clothes before bringing them inside your living space. Purchase clothes that do not require dry cleaning when possible.	☐
Furniture Polish	Furniture polish typically contains petroleum ingredients, which are complex mixtures, some ingredients of which can cause nervous system effects[3].	See Resource #1 - #3, for more information on selecting household cleaning products and their use. You may wish to try a simple home remedy of 1 part white vinegar, 3 parts vegetable oil and a few drops of fresh lemon juice (see note).	☐
Glass Cleaners	Glass cleaners may contain alcohols, glycol ethers, and ammonia. Avoid products containing alcohols and glycol ethers due to concerns about effects on the nervous system[4].	See Resource #1 - #3, for more information on selecting household cleaning products and their use . You may wish to try club soda in a spray bottle and wipe as you would glass cleaner. Alternatively, you may want to try a solution of 1 tablespoon of vinegar or lemon juice in a quart of water (see note).	☐
All Purpose Cleaners	Many all purpose cleaners contain a variety of ingredients such as diethanolamine (DEA) or triethanolamine (TEA) which may form carcinogenic by-products[5,6]; fragrances, ammonia or chlorine which may irritate the respiratory system.	See Resource #1 - #3, for more information on selecting household cleaning products and their use. For grease, you may wish to try making a paste with baking soda and scrubbing. For other purposes, try a combination of vinegar, water and lemon juice (see note).	☐
Oven Cleaners	Oven cleaners contain very corrosive lye or sodium hydroxide which can cause burns to the skin and eyes. Aerosol sprays may be irritating to the respiratory system.	Prevent spills from being baked on floor of oven by lining it with aluminum foil. See Resource #1 - #3, for more information on selecting household cleaning products and their use. When cleaning is required, you may want to try leaving a mixture of baking soda, water and soap on oven surfaces overnight. In the morning, scrub off with baking soda and a soapy sponge, then rinse again with water[6] (see note).	☐
Toilet Bowl Cleaners	Toilet bowl cleaners often contain sodium hydroxide, bleach or phosphoric acid which can be irritating to the respiratory system, skin and eyes.	See Resource #1 - #3, for more information on selecting household cleaning products and their use. You may want to try using a toilet brush and baking soda or vinegar (see note).	☐
Bath & Shower Cleaners	Some bath and shower cleaners contain alcohols, acetone and glycol ethers which can enter your indoor air; as well as fragrances which may cause allergic reactions[6]. Avoid products containing alcohols and glycol ethers due to concerns about effects on the nervous system[4].	See Resource #1 - #3, for more information on selecting household cleaning products and their use. You may want to try mixing 1 part white vinegar to 1 part water and adding to a spray bottle. Spray the shower wall and tub. Let sit for at least 30 minutes and rinse. For rust stains, mix cream of tartar and water until the consistency of toothpaste. Put a little on the stain and use a sponge to wash off (see note).	☐

Home Product Check List

Choices You Can Make

CLEANING PRODUCTS

Product	Concern	Alternatives	Check if Using Alternatives
Anti-Bacterial Soaps	Use of anti-bacterial soaps may encourage the growth of bacteria that are resistant to antibiotics[7]. Anti-bacterial soaps often contain triclosan, which has been found in 75 percent of urine samples from the US population[8] and has also been detected in the environment, including groundwater in Suffolk County[7, 9].	Wash your hands with soap and water for 20 seconds (as long as it takes to sing "Happy Birthday" twice)[10]. Rinse thoroughly.	☐
Carpet Cleaners and Stain Removers	Carpet cleaning products can contain various chemicals including, glycol ethers, methyl methacrylate, as well as petroleum solvents which can contain carcinogenic components and cause drowsiness[3]. Avoid products containing alcohols and glycol ethers due to concerns about effects on the nervous system[4].	See Resource #1 - #3, for more information on selecting household cleaning products and their use. Or you may wish to try simply washing with water and a mild soap, then rinsing, soon after soiling occurs (see note).	☐
Fabric Softeners	Fabric softeners contain fragrances and may contain alcohols[11].	If you consider it necessary to use fabric softeners, refer to Resources #1 - #3, for more information on selecting household cleaning products and their use.	☐

PLASTICS

Product	Concern	Alternatives	Check if Using Alternatives
Baby bottles, sippy cups and sports water bottles	Avoid bottles that are made of polycarbonate plastics since these contain bisphenol A (BPA) which is an endocrine disruptor. There is evidence that BPA affects the breast and prostate glands as well as produces neurological and behavioral effects in young children[12].	Choose glass or stainless steel bottles when possible or those that are labeled BPA-free and do not contain the recycle code "7" or "7-PC".	☐
Plastic Food Containers	These may contain polyvinyl chloride, BPA and phthalates which have evidence of carcinogenicity and endocrine disruption and may be released when heated[13, 14].	Choose glass, stainless steel (not suitable for microwaving), and lead-free ceramic containers.	☐
Plastic Baby Toys	Some soft plastic toys and teethers may contain phthalates, some of which are considered endocrine disruptors and possible carcinogens[13, 15].	Look for toys labeled as phthalate-free.	☐

HOUSEHOLD

Product	Concern	Alternatives	Check if Using Alternatives
Non-Stick Cookware	Non-stick pans may contain small amounts of perfluoroalkyl compounds, which are a concern because of evidence that they may be carcinogens and endocrine disruptors[15]. They are also very persistent in the environment.	Choose glass, enamel, or iron cookware.	☐
Air Fresheners	Air fresheners contain either perfume oils or fragrances which can cause allergic reactions[5].	To remove odors, increase ventilation by bringing in more fresh air. Baking soda may help to remove odors. See Resource #1 - #3, for more information on selecting household products and their use.	☐

SUFFOLK COUNTY CANCER WARENESS Task Force

Home Product Check List Choices You Can Make

PERSONAL

Product	Concern	Alternatives	Check if Using Alternatives
Cosmetics	Some cosmetics contain formaldehyde, a potential carcinogen or ingredients that are considered endocrine disruptors[1, 14].	Limit the use of cosmetics that contain: formaldehyde, parabens, placental extracts, benzophenone-1 or -2, homosalate, octinoxate, oxybenzone, or sulisobenzone[16].	☐
General Personal Care Products	Personal care products such as deodorants, cologne, hairspray etc., often contain fragrances which can cause allergic reactions[5]. Alcohols and propellants, such as isobutane, and propane, which can be irritating to the eyes, nose and throat.	Read the label and avoid formaldehyde, parabens, placental extracts, benzophenone-1 or -2, homosalate, octinoxate, oxybenzone, or sulisobenzone[17]. See Resource #3, for more information on selecting personal care products.	☐

HOBBIES & CRAFTS

Product	Concern	Alternatives	Check if Using Alternatives
Glues	Some craft and hobby glues contain formaldehyde and acetaldehyde which have evidence of carcinogenicity[1].	Read the label carefully and avoid formaldehyde and acetaldehyde. Open windows and increase fresh air circulation when in use. See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products.	☐
Art Material	Art materials may contain toxic ingredients and are particularly a concern for children. Clay can contain asbestos and silica which are concerns if inhaled. Paints and markers may contain volatile organic chemicals which enter the indoor air[17].	See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products. Here are some helpful recommendations: **a)** Use wet or liquid clays, pigments, paints and glazes, especially around children **b)** Use water-based glues, paints, and markers **c)** Avoid products that contain heavy metals **d)** Use vegetables dyes when possible **e)** Avoid instant papier-mâché which may contain asbestos fibers **f)** Open windows and increase fresh air circulation when in use.	☐

HOME FURNISHINGS

Product	Concern	Alternatives	Check if Using Alternatives
Carpets	New carpets, as well as the adhesives, padding and stain resistance products that are used, can release volatile organic chemicals (VOC) which can be irritating to the nose, eyes and throat, and cause nervous system effects such as drowsiness.[18]	Consider alternative flooring such as wood or ceramic tile or purchase carpet certified by the Carpet and Rug Institute as "low emission" (CRI Green Label Program). Ensure that low VOC adhesives or glues, certified by the Carpet and Rug Institute, are used during installation[19]. "Air out" material before installing and ventilate rooms after new carpets are installed.	☐
Upholstery	Often contain flame or stain resistant materials such as brominated flame retardants (PBDEs), which have evidence of carcinogenicity and endocrine disruption[14, 15, 20].	Ask your retailer about what kind of fire retardant is used. Consider less flammable fabrics such as leather, wool, or cotton[21]. See Resource #6, for more information on selecting household furnishings.	☐

Home Product Check List Choices You Can Make

HOME CONSTRUCTION

Product	Concern	Alternatives	Check if Using Alternatives
Products Containing Asbestos	Because of its fire retardant nature, asbestos was used in building materials such as some insulation, especially around heating systems and pipes, sound-proofing material, floor tiles and house shingles. Inhalation of high amounts of asbestos fibers can lead to asbestosis, mesothelioma (cancer of the lining of the lung) and lung cancer[22].	If you have asbestos and its condition and location make it unlikely that it will get into the air, it may be best to leave undisturbed. If the asbestos is damaged, have a professionally trained contractor inspect and remove.[23]	☐
Pressed Wood Products	Pressed wood products are made with wood chips or saw dust and an adhesive that often contains formaldehyde-based resins. As the pressed wood product ages, formaldehyde can be released into the indoor air[23].	When possible select non-pressed wood products or low formaldehyde emission products. Open windows and increase fresh air circulation in your home when new pressed wood products are used.	☐

LEAD

Product	Concern	Alternatives	Check if Using Alternatives
Lead	In addition to lead-based paint, lead can be found in some ceramics used for cooking, hobbies such as stained glass and older pipes and solder used for household drinking water. Some ethnic medicines or cosmetics also contain high levels of lead. Lead is sometimes found in the paint used in toys. Lead is very toxic, especially to young children[24, 25].	Test suspect materials by sending to a certified laboratory or using a kit available in most home centers. Never burn products containing lead. If you have lead pipes or solder consider replacing or use cold water for drinking and cooking and run the water before using[25]. Contact the Suffolk County Lead Poisoning Prevention Program (631-853-8495) or the New York State Department of Health (http://www.health.state.ny.us) for more information.	☐
Lead Paint	Lead was banned in household paint in 1978. Homes built before 1978, but especially before the 1950's, may, therefore, have lead paint [24]. Lead is very toxic, especially to young children[24,25].	Test suspect materials by sending to a certified laboratory or using a kit available in most home centers. Hire a professional to remove lead-based material. Do not sand wood covered with lead paint. Never vacuum lead paint dust, but clean using wet methods. Never burn lead painted wood[25]. Contact the Suffolk County Lead Poisoning Prevention Program (631-853-8495) or the New York State Department of Health (http://www.health.state.ny.us) for more information.	☐

HOME MAINTENANCE

Product	Concern	Alternatives	Check if Using Alternatives
Paints	Oil-based (alkyd-based) paints contain petroleum solvents which can enter your indoor air. Petroleum solvents may contain benzene and ethyl benzene, both potential carcinogens[1]. Never use an exterior paint indoors because it may contain mercury which can enter the indoor air[23].	Select products with a low amount of volatile organic chemicals (VOCs) or water based paints. Open windows and increase fresh air circulation when in use. See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products.	☐

SUFFOLK COUNTY CANCER AWARENESS Task Force

Home Product Check List

Choices You Can Make

HOME MAINTENANCE

Product	Concern	Alternatives	Check if Using Alternatives
Stains and Polyurethane	Stains and polyurethane contain petroleum solvents which can enter your indoor air. Petroleum solvents may contain benzene and ethyl benzene, both potential carcinogens[1, 23].	Select products with a low amount of volatile organic chemicals (VOCs). Open windows and increase fresh air circulation when in use. See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products.	☐
Caulks and Sealants	Caulks and sealants may contain vinyl acetate or petroleum solvents, which may volatilize and enter indoor air[1, 26].	Select products that do not contain vinyl acetate and contain low volatile organic chemicals (VOCs). Open windows and increase fresh air circulation when in use. See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products.	☐
Paint and Stain Strippers	Paint and stain strippers may contain methylene chloride and petroleum solvents which are considered potential carcinogens; and may also contain alcohols[1, 23, 26].	Select products with a low amount of volatile organic chemicals that do not contain methylene chloride. Open windows and increase fresh air circulation when in use. See Resource #4 and #5, for more information on safe use and storage, as well as ingredients in household products.	☐
Chimney and Other Combustion Sources	Improperly vented combustion sources, including furnaces, can release some very dangerous pollutants including: carbon monoxide which can be deadly, nitrogen dioxide, formaldehyde and polycyclic aromatic hydrocarbons (PAHs).	Be sure all combustion sources are vented to the outdoors and have your chimney and furnace inspected regularly. Install a carbon monoxide detector (as well as a smoke detector) in your home. Do not use charcoal grills or generators indoors[23].	☐
Air Filters	Improperly maintained air filters in heating and air conditioning units may limit efficiency of these units and contribute to poor indoor air quality[23].	Routinely inspect and clean or replace air filters.	☐
Moisture Control	Moisture and humidity can encourage the growth of mold and dust mites which can lead to allergic reactions and diseases[33] and unwanted pests, such as termites and ants, which may need to be controlled with the use of pesticides.	Repair leaks and seepage problems quickly, prevent standing water in basements, drip pans of refrigerators and air conditioners. Drain rainwater away from your house. In your bathrooms and kitchen, install fans that exhaust to the outside and use dehumidifiers or air conditioners in humid areas.[23]	☐

PEST CONTROL

Product	Concern	Alternatives	Check if Using Alternatives
Pesticide Products	Some pesticides are potential carcinogens (DDT, chlordane, napthalene, paradichlorobenzene)[1] and endocrine disruptors (malathion, 2,4 D, methoxychlor)[14]. In 2009, it was estimated that there were [19] pesticide active ingredients that are registered for use on lawns and ornamentals that are classified by EPA as likely or probable carcinogens.[27] Pesticides used outside can be tracked indoors. Once inside, a pesticide can persist for months.[28] Infants and toddlers are particluarly at risk.	a) Prevent pest problems before they occur b) Explore nonchemical pest control options; remember some "pests" are not harmful c) Consider Integrated Pest Management (IPM)[29] and consult Cornell Cooperative Extension (631-727-7850) for advice concerning specifc pest problems.	☐

Home Product Check List Choices You Can Make

PEST CONTROL

Product	Concern	Alternatives	Check if Using Alternatives
Moth Balls	Moth balls typically contain either para-dichlorobenzene or naphthalene, both of which are potential carcinogens[1].	Seal your clothes in air tight containers so that moths cannot gain entry and store in dry conditions. Consider natural alternatives such as cedar.	☐

MISCELLANEOUS

Product	Concern	Alternatives	Check if Using Alternatives
Attached Garages	An attached garage often contains products such as; gasoline, pesticides, auto-repair supplies, paints etc. Some of these products can enter the air (volatilize) and migrate into the living space of your home.	Never idle the car in the garage. Store products in tightly sealed containers and out of the reach of children. Purchase only the quantity that you need to limit the amount stored. Read the label and select the least toxic products with a low amount of volatile organic chemicals and keep the entrance between the garage and the living area well sealed.	☐
Radon	Radon is a naturally occurring radioactive substance in some soils and bedrock, especially granite. Because it is a gas, it can enter the air of homes from cracks in foundations or well water. Inhalation is a concern due to the risk of developing lung cancer.[30]	Though radon is not a widespread problem in Suffolk County[31], there are homes that have radon in indoor air above the level at which the US Environmental Protection Agency recommend some action be taken (4 pCi/L). Therefore, it is recommended that you purchase a radon kit to test your indoor air and refer to the US EPA website for recommendations if your level is above the action level.[30]	☐
Drinking Water	Public water supplies are routinely tested to ensure water quality. However, if you have a private well, it is not part of a routine testing program. In addition, piping within the home may add lead and copper to the water, especially if the water supply is corrosive. Some private drinking water supplies may be vulnerable to biological and chemical contaminants.	If you have a private water supply, you should have your water tested periodically. Contact the Suffolk County Department of Health Services at 631-852-5810 or a private water testing company to schedule an appointment. If you have lead pipes or solder, consider replacing or using cold water for drinking and cooking and run the water before using [25].	☐

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Home Product Checklist Glossary

Acetaldehyde: A volatile, colorless, water-soluble liquid, having a pungent, fruitlike odor. Used in organic synthesis. Exposure to acetaldehyde is a concern due to carcinogenic risks.

Asbestos: Fibrous mineral, formerly used for making incombustible or fireproof articles but has been discovered to be highly toxic if inhaled, leading to asbestosis and cancer.

Asbestosis: A disease of the lung that can occur from exposure to asbestos. The lung tissue becomes scarred leading to shortness of breath and coughing.

BPA: Bisphenol A, an ingredient in polycarbonate plastic used in bottles, sports equipment, CDs/DVDs and as a resin in the lining of some food and beverage containers. It has been found to be an endocrine disruptor.

Carcinogen: Cancer causing substance.

Carcinogenicity: Having the ability to cause cancer.

Caustic: Capable of burning, corroding or destroying living tissue.

Endocrine disruptor: Destroys or interrupts the functions of the endocrine, or hormonal system, thus upsetting normal growth, behavior, and reproduction.

Estrogen: Predominantly female hormone that is responsible for promoting the menstrual cycle.

Exposure: Contact with a contaminant, by breathing, ingestion or touching, and getting it in or on the body.

Formaldehyde: a chemical that is used in foam insulation and pressed wood products. It can be released from these products and enter the indoor air of homes. There is concern that exposure to formaldehyde may increase the risk of getting cancer.

Heavy metals: Generally refers to a group of metals, such as lead, mercury or cadmium, that are either toxic to humans, environmental pollutants or both.

Lye: Most commonly, sodium hydroxide (NaOH), is valued for its use in food preparation, soap making, biodiesel production, and household uses, such as oven cleaner and drain opener but is an extremely corrosive alkaline substance.

Neurological: Having to do with the nervous system.

Parabens: A category of chemicals used as preservatives in cosmetics and pharmaceutical products. Some of these are considered endocrine disruptors.

Perfluoroalkyls: A group of chemicals that have been used in surface coatings and to protect textiles, carpets, leather and upholstery from soiling. Some have also been used in non-stick cookware. They are a concern because of potential carcinogenicity and endocrine disruption.

Petroleum solvents: Highly flammable mixture derived from petroleum (oil). Some components are considered possible carcinogens.

Phthalates: Mainly used as plasticizers, but are easily released into the environment and thereby ingested, absorbed and inhaled. Some phthalates are a concern because of potential carcinogenicity and endocrine disruption.

Polycyclic aromatic hydrocarbons (PAHs): Group of approximately 10,000 compounds that are formed in the environment from the incomplete burning of carbon-containing materials like oil, wood, garbage or coal. Found in products such as mothballs, blacktop, and creosote wood preservatives as well as in low concentrations in some special-purpose skin creams and anti-dandruff shampoos that contain coal tars. Also found on grilled meats. Some PAHs are considered potential carcinogens.

Polyvinyl chloride (PVC): PVC is a common component (polymer) used in certain plastics. It is used in many household construction items such as pipes, hoses, roofing, and insulation on electric wires. It is also used in fabrics, upholstery, figurines, and inflatable products such as waterbeds, pool toys. Plasticizers, such as phthalates, are often added to make it softer and more flexible.

Recycle code: Plastic products are labeled with a recycle code which helps to identify what type of plastic is used to make the product.

Silica: A white or colorless crystalline compound, SiO_2, occurring abundantly as quartz, sand, flint, agate, and many other minerals and used to manufacture a wide variety of materials, especially glass and concrete.

Solder: Any of various alloys fused and applied to the joint between metal objects to unite them without heating the objects to the melting point.

Volatile: Capable of evaporating rapidly, and thus becoming a gas.

VOC: Volatile organic chemical. A chemical which can easily become a gas at room temperature. Examples include benzene, and perchloroethylene.

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