

January 2018



CNHHE News



Happy 2018 everyone! We hope you are able to get out and savour all that winter has to offer for beauty, sanity sustenance, and just plain healthy fun!

Included below are many opportunities available for public comment on documents pertaining to various substances being scrutinized under the Chemicals Management Plan. Please get involved on behalf of the environment and human health!

There will be an opportunity to sign on to a response to the Pollution Prevention Planning Notice on Triclosan. We will circulate that when it is available.

As you know, we try to pass along tidbits of interest from other NGO's /government departments. We love to have articles that are already in both languages, but we can have some translated.

Below are informative pieces from the McMaster Optimal Aging Portal, the Public Health Agency of Canada, the office of the Auditor General of Canada, the UN Environmental Agency, the National Collaborating Centre for Environmental Health, Health Canada, and Parks Canada.

[Chemicals Management Plan \(CMP\) News:](#)

Trimellitates Group

- The [Draft Screening Assessment for the Trimellitates Group](#) was published for a 60-day public comment period ending on **January 31, 2018**.

Aliphatic Diesters Group

- The [Draft Screening Assessment for the Aliphatic Diesters Group](#) was published for a 60-day public comment period ending on **January 31, 2018**.

Carboxylic Acid Anhydrides Group

- The [Draft Screening Assessment for the Carboxylic Acid Anhydrides Group](#) was published for a 60-day public comment period ending on **February 7, 2018**.

BNST

- [A proposed order removing BNST from Schedule 1 of the Canadian Environmental Protection Act, 1999](#) was published for a 60-day public comment period ending on **February 7, 2018**.

Triclosan

- [A Consultation Document on a Proposed Pollution Prevention Planning Notice for Triclosan](#) was published for a 60-day public comment period ending on **February 11, 2018**.
- [The Federal Environmental Quality Guidelines for Triclosan](#) were published.

Selenium

- [The Final Screening Assessment for Selenium and its Compounds](#) was published. [The proposed risk management approach](#) was also published for a 60-day public comment period ending on **February 14, 2018**.

Substances with Low Human Health Hazard Potential

- [The Science Approach Document for Substances with Low Human Health Hazard Potential](#) was published for a 60-day public comment period ending on **February 14, 2018**.

Subset of Petroleum Substances

- [The Approach for a Subset of Petroleum Substances Prioritized during Categorization](#) was published for a 60-day public comment period ending on **February 28, 2018**.

Carboxylic Acids Group

- [The Draft Screening Assessment for the Carboxylic Acids Group](#) was published for a 60-day public comment period ending on **February 28, 2018**.

Benzoates Group

- [The Draft Screening Assessment for the Benzoates Group](#) was published for a 60-day public comment period ending on **February 28, 2018**.

Asbestos

- [The proposed Prohibition of Asbestos and Asbestos Products Regulations and the related publications](#) were released for a 75-day public comment period ending on **March 22, 2018**.

Chemicals Management Plan Progress Report

- The ninth issue of the [Chemicals Management Plan Progress Report](#) was published.

An Update to the Two-Year Rolling Risk Assessment Publication Plan (2017-2019)

- An update to the [Two-Year Rolling Risk Assessment Publication Plan \(2017-2019\)](#) was published.

Formic Acid and Formates Substance Group

- [The Final Screening Assessment for the Formic Acid and Formates Substance Group](#) was published.

Sulfurized Lard Oil

- [The Final Screening Assessment for Sulfurized Lard Oil](#) was published.

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Other Opportunities and Information:

[McMaster Optimal Ageing Portal](#)

[Want to reduce your risk of cancer? Try these evidence-based tips](#)

Did you know that in 2017, 206 200 people in Canada will be diagnosed with some type of cancer? (1) That's an alarming statistic but maybe it doesn't surprise you. Chances are cancer has affected your life in some way or another - either due to your own diagnosis or that of family members and friends. Thanks to medical advancements, many types of cancer can be effectively treated. Still, cancer remains the leading cause of death in Canada (2).

Fortunately, there are a number of strategies you can use to reduce your risk. In fact, 41% to 63% of all cancer cases in women and men are preventable, according to a recent study (3). Here are six scientifically proven strategies for lowering your chance of getting cancer.

Stay physically active

If it seems like the solution for everything health related is exercise, that's because it is a key to maintaining function. Our bodies were designed to move and when our muscles (including our heart) aren't maintained properly through physical activity, we put ourselves at great health risk. Aim for at least 30 minutes of moderate physical activity (such as brisk walking) every day to reduce your risk of cancer (4).

Maintain a healthy body weight

More than 20% of Canadian adults have obesity (5), putting them at significantly greater health risk for other chronic and serious diseases, including cancer. One way to maintain a healthy body weight is through a combination exercise (see above) and a healthy diet (see

Eat for optimal health

Dietary recommendations from the World Research Fund/American Institute for Cancer Research include eating at least five servings of variety of non-starchy vegetables and/or fruits day and avoiding, or at least limiting, red meat processed meat (4).



of
below).
Cancer
a
every
and

Limit your alcohol

Happy hour sounds like good times, but alcohol is a risk factor for certain types of cancer. If you must drink, do so within recommend limits (4).

Practice safe sun

Skin cancers are extremely common and can be serious (1). Most are the result of too much exposure to the sun and people with a history of severe sunburns are most at risk (6).

Butt out!

Most people know smoking is bad for you. How bad? Tobacco use is the single greatest avoidable risk factor for death due to lung cancer, and roughly 80% of lung cancers could

be prevented if smoking was eliminated (3).

Do these tips sound familiar? No doubt you've heard them before but they bear repeating and are definitely worth heeding! It's never too late to make lifestyle changes that will help you stay healthy and active, while reducing your risk of cancer and other serious diseases.

Featured Resources

1. Web Resource Rating: [How to reduce cancer risk](#)
2. Web Resource Rating: [Cancer prevention: 7 tips to reduce your risk](#)
3. Web Resource Rating: [WHO report says eating processed meat is carcinogenic: Understanding the findings](#)
4. Blog Post: [5 diet changes supported by research evidence](#)
5. Web Resource Rating: [Healthy eating](#)
6. Web Resource Rating: [Alcohol use and cancer](#)
7. Web Resource Rating: [Melanoma](#)
8. Web Resource Rating: [Best sunscreen: Understand sunscreen options](#)

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[Public Health Agency of Canada](#)

[Urinary bisphenol A and obesity in adults: results from the Canadian Health Measures Survey](#)

This is the first Canadian study to investigate the association between bisphenol A (BPA) and adiposity measures.

A higher level of urinary BPA is associated with greater odds of being obese among Canadian adults 18 to 79 years of age.

Urinary BPA concentration is also positively associated with continuous measures of adiposity, including body mass index and waist circumference.

Prospective studies with repeated measures are needed to address temporality and improve exposure classification.

[Read the full publication here!](#)



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[Office of the Auditor General of Canada](#)

- [Environmental Petitions](#)
 - [Petitions Catalogue](#)
 - [By Federal Institution](#)
 - [By Issue](#)
 - [By Petition Number](#)
 - [Petitions Guide](#)

The petitions process was established by Parliament to make sure Canadians can get answers from federal ministers on specific environmental and sustainable development issues that involve federal jurisdiction. In addition to providing information to petitioners, petitions have prompted such action by federal departments as new environmental projects, follow-up on alleged violations, and changes or clarifications in policies and practices. The Commissioner of the Environment and Sustainable Development reports annually to Parliament on the petitions process.

The Office of the Auditor General of Canada has prepared a guide to the environmental petitions process. The guide, called [Getting Answers](#) (PDF), explains the purpose and mechanics of the petitions process, describes the kinds of requests that can be made, and provides advice on how to prepare a petition.

The full text of most petitions and responses can be found in the [petitions catalogue](#). The catalogue is a useful resource for preparing a petition. Other Canadians may have already raised similar issues. The responses to those petitions may have addressed the concern or they could form a useful basis for a more focused petition.

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[UN Environment](#)

[Erik Solheim: Bringing the world's dead zones back to life](#)

Hundreds of these dead zones exist around the world, transforming large parts of our oceans, seas and waterways into underwater deserts devoid of life.

All of us have a responsibility to advocate for bold, pollution-beating commitments from our politicians and business leaders.



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[National Collaborating Centre for Environmental Health](#)

[Advancing Health Equity through Environmental Public Health Practice](#)

Health equity is achieved when everyone has a fair opportunity to meet their health potential. Health inequities result from systematic disparities in the social determinants of health (the external social, economic, environmental, or political factors that influence their life circumstances). Public health organizations in Canada recognize a role for all public health professionals to advance health equity. Environmental public health practice is impacted by

determinants such as socioeconomic status, language or culture, education, geographic location, and mental health.

These determinants can impact:

- Exposure to unhealthy environments;
- Vulnerability to environmental health hazards;
- Ability to engage in health-supporting behaviours; and
- Access to services ([WHO, 2010](#)).

Environmental public health practitioners can advance health equity in two main ways:

1. They can support individuals who face barriers related to their social circumstances, thereby increasing the likelihood of long term compliance and improved public health.
2. They can advocate for and create policies and programs that remove structural barriers to health that affect various sectors of the population.

[Find more information here!](#)

The National Collaborating Centres for Environmental Health (NCCEH) and Determinants of Health (NCCDH) have an ongoing partnership to support health equity through environmental public health practice. Please visit [nccdh.ca](#) for additional information and resources.

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[Health Canada](#)

[Sodium Reduction in Processed Foods in Canada: An Evaluation of Progress toward Voluntary Targets from 2012 to 2016](#)

What is the issue?

Excess sodium (salt) in the diet causes high blood pressure, an important risk factor for heart disease and stroke. Heart disease and stroke are the leading cause of death in Canada, after cancer.

Canadians of all ages consume too much sodium. A major source of sodium in the diet is processed food. A cost-effective way to lower sodium intake is to reduce the amount of sodium in processed foods.

What is Health Canada doing?

Quick Facts

25% of Canadians live with high blood pressure

80% of Canadians consume too much sodium

93% of kids aged 4 to 8 years consume too much sodium

77% of sodium in Canadians' diet comes from processed food

In 2012, Health Canada published voluntary targets for reducing sodium in processed food by the end of 2016. The targets were developed through consultation with the food industry, health sector and research experts. The targets were designed to encourage gradual reductions, while still maintaining food safety, quality, and consumer acceptance.

In 2017, Health Canada evaluated the food industry's efforts to meet the sodium reduction targets. Figure 1 summarizes the results of this evaluation. Only 14% of food categories met the targeted reduction. In total, 48% did not make any meaningful progress toward sodium reduction; in fact, among the 48%, the sodium levels in several categories increased. In terms of the saltiest products on the market, only 30% lowered sodium content to levels similar to other foods in the same category.

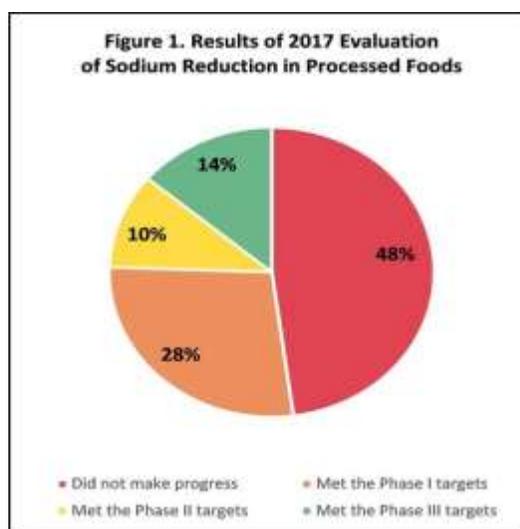
What do these results mean?

The reduction of sodium in processed foods was much lower than anticipated. For most food categories, manufacturers did not do enough to reduce the sodium levels in the foods that they sell to Canadians.

What more can be done?

Stronger efforts are needed to achieve sodium reduction in Canada. Further actions could include an ongoing monitoring program and public commitments by manufacturers to reduce sodium. The Healthy Eating Strategy includes robust sodium reduction initiatives, such as front-of-package nutrition labelling and restrictions on marketing to children. Together, these actions will encourage the changes needed to address the high rates of chronic disease in Canada.

[Read the full report!](#)



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[Parks Canada](#)

[Fall in love with nature.](#)

[#NatureForAll](#) is a global movement to inspire love of nature and support its conservation.

Many studies have shown that time in nature makes us happier and healthier. It improves our mood and creates feelings of pleasure. We also know that the more people experience nature, the more they appreciate, love, and care for it.

However, the loss of connection to nature is having social and health impacts on Canadians.

- **1.1 million** - Number of Canadians who have a Vitamin D deficiency
- **90%** - Decline in the radius of play for a nine-year-old since the 1970s
- **28% vs 58%** - Proportion of today's students that walk to school, compared to their parents

The time to rediscover our connection to nature locally, regionally and nationally is now.

Connecting with nature at a Parks Canada place

Research is proving again and again that nature is good for Canadians. And Canada's parks are some of the best places for Canadians to experience, connect with, and fall in love with nature. Parks Canada offers many ways to connect people with nature.

[BioBlitz](#)

[Learn-to Camp](#)

[Campus Clubs](#)

Get outdoors inspired with the Nature Playbook

The Nature Playbook includes ideas to get people outside. It can be as easy as taking a kid to the local park, or as ambitious as starting a new nature school. Anything goes!

[Download your free copy or purchase a print copy.](#)

Learn more about the global #NatureForAll movement

Join in the conversation on social media using the hashtag [#NatureForAll](#)

#NatureForAll is driven by an [International Union for Conservation of Nature](#) (IUCN)-led coalition of over a 150 partner organizations. Parks Canada is playing a leadership role in developing and implementing #NatureForAll.



The Canadian Network for Human Health and the Environment (CNHHE) is concerned with broad human health-related environmental issues relating to air, water, soil, food, climate- change and consumer products.

Membership is open to non-governmental, research, and healthcare professionals, government policy-makers and individuals who are interested in the connections between human health and environmental exposures.

A primary focus of the network is to educate about and engage members in the [Chemicals Management Program \(CMP\)](#) of [Health Canada](#) and [Environment and Climate Change Canada](#)

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