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# NEWS YOU CAN USE

from the

## Committee on Environmental Health

CHAPTERS 2 AND 3, NEW YORK STATE AAP

If you are interested in Environmental Health, we welcome new members.

### Arsenic, Babies and Rice Cereal

Arsenic has been in the news lately, especially its occurrence in rice products and apple juice, two foods often offered to babies. There is no safe level of arsenic, it is considered a Class I carcinogen, may reduce IQ, and the FDA has set no safe limits on exposure. The AAP recommends limiting children's rice consumption to no more than 1 ¼ cup per week, and limiting infants to no more than ¼ cup of rice cereal per day. Parents should be encouraged to offer a wide variety of grains and cereals. Thickening of formula can be done with grains other than rice. Consumer Reports discusses arsenic and food content [here](#). Mount Sinai Med. Ctr. discusses arsenic toxicity [here](#).

The AAP offers advice to parents [here](#).

### Legislative Initiatives in New York State

The NY State Senate and Assembly have proposed funding for Centers of Excellence in Children's Environmental Health in Stony Brook, Manhattan, Westchester, Albany, Syracuse, Buffalo and Rochester. These centers could help address rising rates of chronic diseases such as autism, attention deficit/hyperactivity disorder, asthma, cancer, birth defects and obesity and offset the estimated cost of chronic diseases of environmental origin in New York State of \$4.35 billion each year.

More details available on *New York State's Children and the Environment* at <https://drive.google.com/file/d/0B3qkzoNNqnCcajR5T3BLaFNrcDg/edit?usp=sharing>

Contact Governor Cuomo to ask him to also include funding for these centers in his budget. Email the Governor at:

<https://www.governor.ny.gov/contact/GovernorContactForm.php>

or call: (518) 474-8390.

### What is a PEHSU and what can it do for me?

Pediatric Environmental Health Specialty Units (PEHSU) are a national network of experts in children's environmental exposures. Founded in 1999 with support from the Agency for Toxic Substances and Disease Registry (ATSDR) of the [Centers for Disease Control and Prevention \(CDC\)](#) and the [US Environmental Protection Agency \(EPA\)](#) this network can answer healthcare provider questions about their pediatric patients.

Questions are often regarding management of low lead level exposures, exposures in former industrial buildings converted to childcare or school facilities, and safer construction practices in areas where children are present. Factsheets and your local PEHSU contact information are available at [www.pehsu.net](http://www.pehsu.net).

### Interested?

Learn more about Children's Environmental Health! Get to know other interested pediatricians, collaborate on workshops for national conferences, policy statements and other initiatives, and help reduce children's toxic exposures by joining the Council on Environmental Health at [www.aap.org](http://www.aap.org).

### New Resource for Safe Cosmetics

California's Safe Cosmetics Program has a new website that professionals and consumers can access to avoid products with ingredients that are known or suspected to cause cancer or are associated with reproductive issues. The URL is

<http://www.safecosmeticsact.org/search/>

### Resource for Drugs and Breastfeeding

LactMed is an amazing peer-reviewed database from the NIH that can be used to counsel breastfeeding mothers about safe medication and supplement use. There is a new free cell phone app available as well.

<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

If a link does not open in your browser, cut and paste the URL.