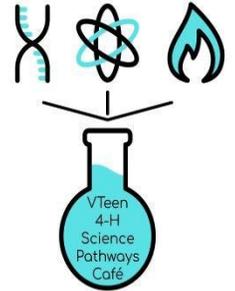




# VTeen Science Explorations



## Consumer Products & Your Health: An Intro to Environmental Health and Exposure Science

Wednesday, November 11, 2020, 3:30-4:45 pm

Open to all youth entering grades 7-12 in VT and across the country!

Register@ [www.uvm.edu/extension/youth/announcements](http://www.uvm.edu/extension/youth/announcements)

“Like” us @[www.facebook.com/VTeen4HScienceCafe](https://www.facebook.com/VTeen4HScienceCafe)



Our health is not entirely dictated by our genetics. It can also be affected by chemical and biological agents in our ambient environments--including built environments like our homes, schools, and workplaces. In the field of Environmental Health, the term 'health' refers to your health, and the term 'environment' refers to your personal surroundings: the air you breathe, the food you eat, the places where you spend time, the products that touch your skin. Unlike the field of Medicine, Environmental Health focuses on preventing illness rather than treating illness. Environmental Health starts with the identification of a pollutant or toxin, then investigates how that pollutant travels through the environment. Next, we examine how the pollutant enters the body, how much of it is getting in, and which bodily system or organ it is going to target and potentially harm. In this cafe, Julie Marks will provide an overview of basic concepts in Environmental Health and demonstrate some simple ways you can help reduce your exposure to the most common chemicals found in your everyday environment.

### ABOUT OUR SPEAKER

**Julie Marks** earned a Master's of Science in Environmental Health from the University of Washington in Seattle in 2015. Her research-based thesis focused on measuring the rate at which chemicals migrate from clothes through the skin and into the bloodstream. She earned a Bachelor's of Science in Environmental Science from James Cook University in Australia in 2007. With 10 years of combined experience working in environmental conservation, WaSH (water, sanitation, and hygiene), and consumer product manufacturing sectors, Julie is committed to supporting actions that lead to reduced human exposure to untested or harmful chemicals and to the development of products that support healthier communities. Julie grew up in Vermont and attended CVU High School. She now lives in Jericho, Vermont.

**What is a Virtual Teen Science Café?** It is a free, fun way for teens to explore science, engineering and technology with local scientists, engineers and technology experts. Teens will “meet a scientist”, learn about their work, and be able to participate in informal discussions.

**Questions?** Contact [lauren.traister@uvm.edu](mailto:lauren.traister@uvm.edu)

*To request a disability-related accommodation to participate in this program, please contact the 4-H Office at 802-888-4972 or [lauren.traister@uvm.edu](mailto:lauren.traister@uvm.edu) by October 21, 2020 so we may assist you.*



[www.uvm.edu/extension/youth](http://www.uvm.edu/extension/youth)