

Launching pilots and raising citizen awareness about hazardous substances: examples and experiences from the NonHazCity project

Monika Piotrowska – Szypryt –
co-ordinator of City on detox campaign
Gdansk Water Utilities Ltd.



PROJECT GOAL

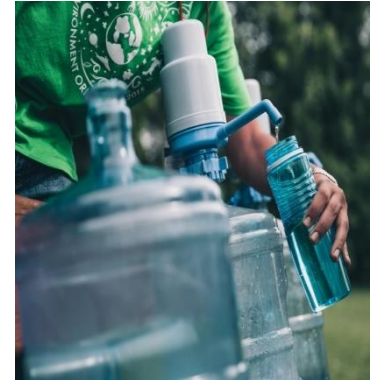
Minimizing the emissions of hazardous substances from urban areas into aquatic environment

PROJECT CONSORTIUM

	Partner	Country
1	Municipality of Stockholm- lead partner	Sweden
2	City of Västerås	Sweden
3	Swedish University of Agricultural Sciences	Sweden
4	Turku University of Applied Sciences	Finland
5	Pärnu City Government	Estonia
6	Pärnu Water	Estonia
7	Baltic Environmental Forum	Estonia
8	City of Riga	Latvia
9	Baltic Environmental Forum	Latvia
10	Gdańsk University	Poland
11	City of Gdańsk	Poland
12	Gdańsk Water Utilities	Poland
13	Baltic Environmental Forum	Lithuania
14	Klaipeda Regional Environmental Department (KRED)	Lithuania
15	Institute of Applied Ecology	Germany
16	Baltic Environmental Forum	Germany
17	Kaunas District Municipality	Lithuania
18	Municipality of Šilalė district	Lithuania



Hazardous substances are present everywhere



The most crucial and commonly present substances - EDC

EDs – compounds similar in structure to hormones, which means that when entering human body, they can disturb the work of hormone system

Phthalates - Softener, plasticisers

- E.g. flip-flops, shower curtains, floor coverings (PVC), toys, plywood furniture



Bisphenol A (S, F, etc) - Hardens and reduces biodegradability, gives transparency and resistance to shock and temperature

- E.g. single-use plates/cutlery, inside coating of cans, paper bills



Brominated flame retardants - Delays ignition of flammable plastics, slows down flame propagation

- E.g. electronic devices, cuddly toys, mattresses, curtains



Per- and polyfluorinated alkyl substances (PFAS) - Adds water/oil repellent properties to items

- E.g. not-stick coatings of pans; oil repellent food packaging, water-proof clothes



ENVIRONMENTAL POLLUTION

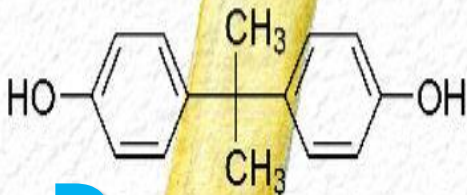
WILDLIFE, MARINE ORGANISMS IMPACT

BPA

OBESITY

ENDOCRINE
DISRUPTORS

**METABOLIC
DISORDERS**



DIABETES

HAZARDOUS SUBSTANCES

ALERGIES

CANCER

PCOS

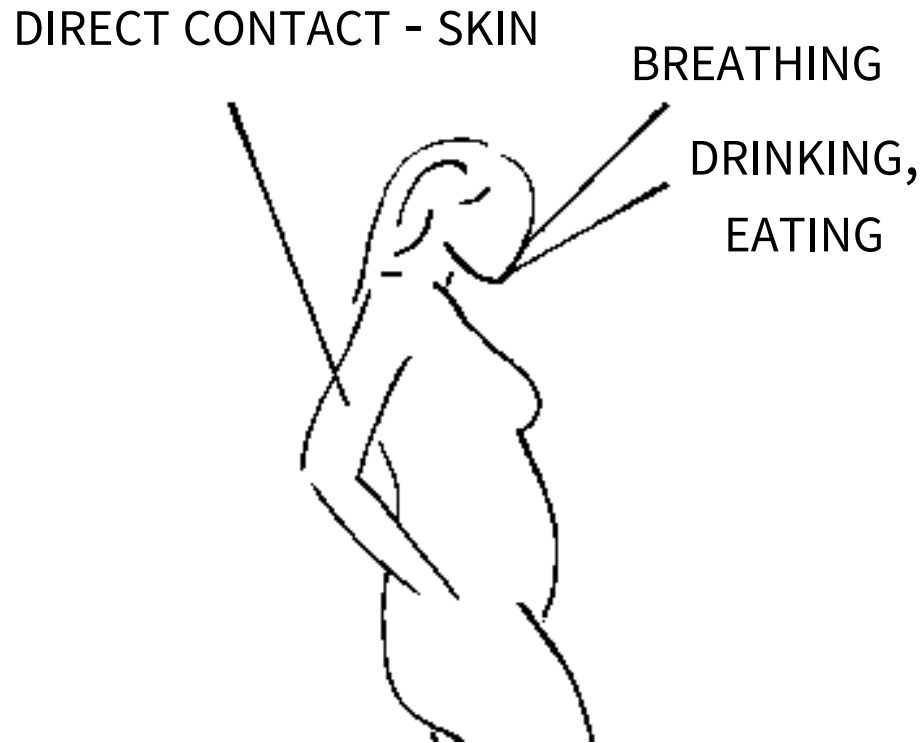
FERTILITY DISORDERS

Intensity

SPE



Hazardous substances – exposure paths



When using products containing hazardous substances we can cause the emission of those compounds to the environment:
e.g. via wastewater or inappropriate waste disposal



NonHazCity – aimed to eliminate hazardous substances in the cities

- Is it possible to avoid hazardous substances?
- What can we do about this problem?
- Isn't it too late to save our health and the environment?
- Where to look for necessary information and ecofriendly alternatives?
- Can the possible changes be effective?



Within NonHazCity we decided to prove that small steps and behaviour change at the source can really make the difference following the rule „think globally, act locally”



CITY ON DETOX – pilot campaign in Gdańsk

STRATEGY, CATCHY SLOGAN, „FACE” AND PARTICIPANTS

Our strategy was based on the activities planned for all project partners and on the activities within our cyclic events organised by the company.



CITY ON DETOX - participants

RECRUITMENT OF VOLUNTEERS – to have the proof that small steps are possible and give results

RESULT: 24 applications



26

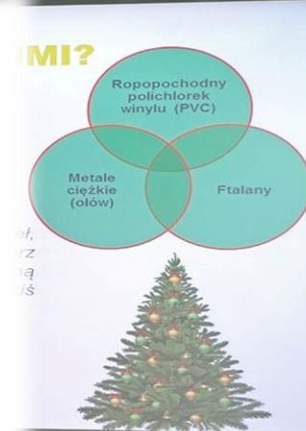
VOLUNTEERS – HOW TO KEEP THEM ACTIVE?

1/2 a year pilot needs to be for the participants:

1. Attractive
2. Helping
3. Professional
4. Easy
5. Effective
6. Giving confidence
7. Assuring incentives
8. Giving feedback



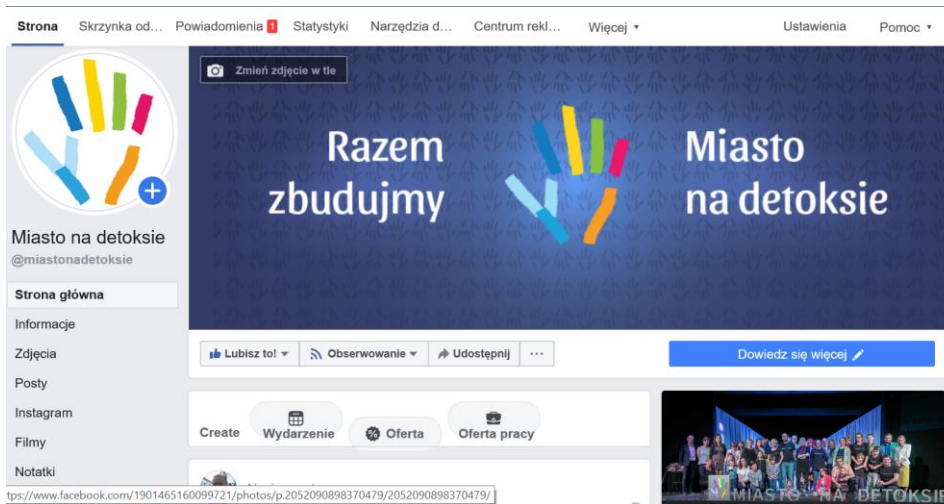
VOLUNTEERS – HOW TO KEEP THEM ACTIVE?



CITY ON DETOX

VOLUNTEERS – HOW TO KEEP THEM ACTIVE?

Professional: FB profile and closed group assisted by experts



[facebook.com/miastonadetoksie/](https://www.facebook.com/miastonadetoksie/)

ALMOST 5000 FOLLOWERS

[Zobacz więcej komentarzy \(3\)](#)



Aleksandra Wysocka Kupiłam.i zachodzą w głowę czy jest stalowy czy jednak aluminiowy 😬 A jeśli ten drugi to czy bezpieczny? Czy na wysokie temperatury ok? Na wodę, soki dla dzidzi?

Lubię to! · Odpowiedz · 5 t



Aleksandra Wysocka



Lubię to! · Odpowiedz · 5 t



Aleksandra Wysocka odpowiedziała · 2 odpowiedzi



Napisz komentarz...



CITY ON DETOX

VOLUNTEERS – HOW TO KEEP THEM ACTIVE?

Easy and effective: simple recipes to be applied, sub-products easy available and cheap, advices (guidebooks, brochures)



CITY ON DETOX

VOLUNTEERS – HOW TO KEEP THEM ACTIVE?

Giving confidence: acting together (household checks);
remain THE REAL PERSON



CITY ON DETOX

VOLUNTEERS – HOW TO KEEP THEM ACTIVE?

Assuring incentives: gifts, gadgets, final celebratory gala



CITY ON DETOX

VOLUNTEERS – HOW TO KEEP THEM ACTIVE?

Giving feedback: urine and dust tests (Nov. 2017 and June 2018) – 7 families, 6 substances



Urine samples

Dust samples



**Exposure
questionnaire**



Date	
1. Name	
2. Address	
3. Phone	
4. Email	
5. Age	
6. Sex	
7. Occupation	
8. Education	
9. Marital status	
10. Number of children	
11. Number of pets	
12. Number of vehicles	
13. Number of cigarettes smoked per day	
14. Number of alcoholic drinks per week	
15. Number of times per week you use recreational drugs	
16. Number of times per week you use prescription drugs	
17. Number of times per week you use over-the-counter drugs	
18. Number of times per week you use herbal supplements	
19. Number of times per week you use essential oils	
20. Number of times per week you use CBD oil	
21. Number of times per week you use marijuana	
22. Number of times per week you use cocaine	
23. Number of times per week you use heroin	
24. Number of times per week you use fentanyl	
25. Number of times per week you use other drugs	
26. Number of times per week you use prescription drugs	
27. Number of times per week you use over-the-counter drugs	
28. Number of times per week you use herbal supplements	
29. Number of times per week you use essential oils	
30. Number of times per week you use CBD oil	
31. Number of times per week you use marijuana	
32. Number of times per week you use cocaine	
33. Number of times per week you use heroin	
34. Number of times per week you use fentanyl	
35. Number of times per week you use other drugs	

Before:

**ED in 100%
of samples**

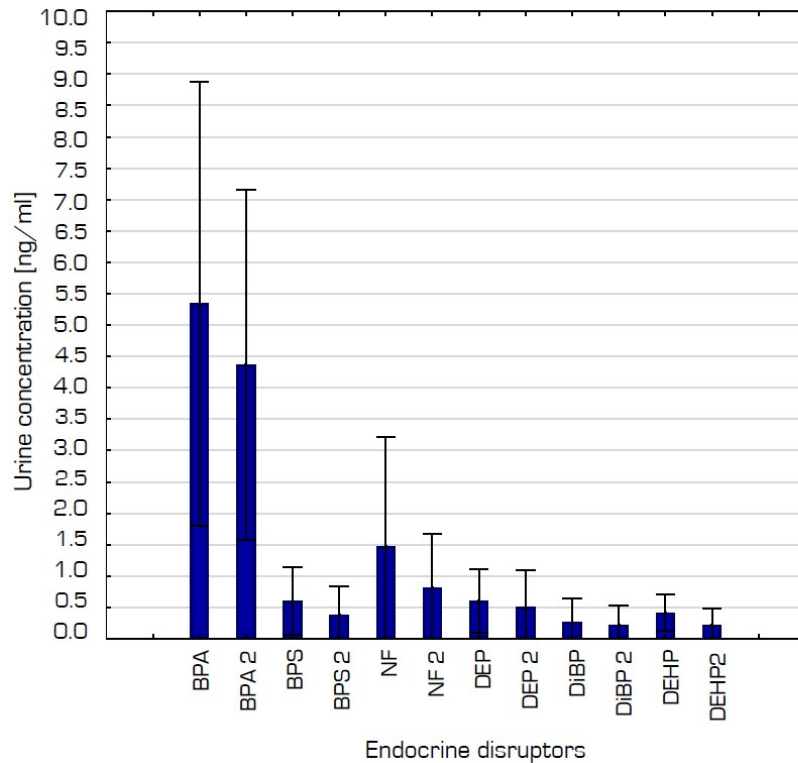
After:



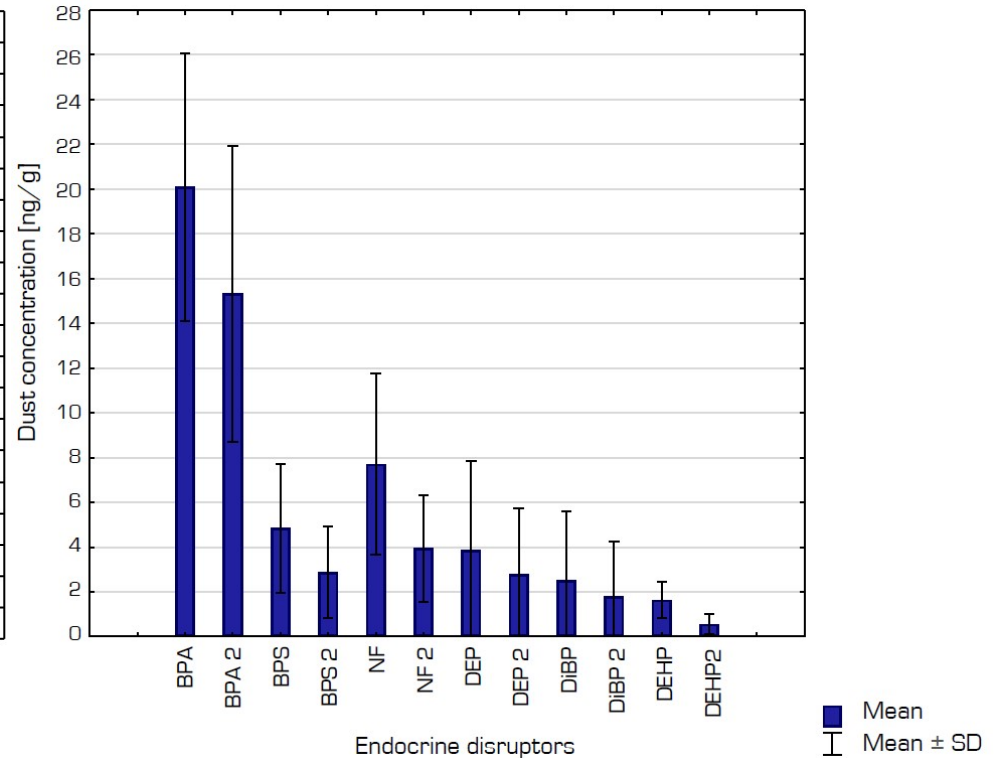
CITY ON DETOX

RESULTS:

URINE



DUST





Higher BPA



Higher phenols



CITY ON DETOX – pilot campaign in Gdańsk

SUNDAY STORY, WHY REPLACING DOMESTIC DETERGENTS WITH ECOLOGICAL ALTERNATIVES MAKES SENSE... by Weronika Gasperczyk

For one week now I have been alone with my daughter at home. This means that my energy resources are rather poor, and while being tired I can make stupid mistakes by coincidence.

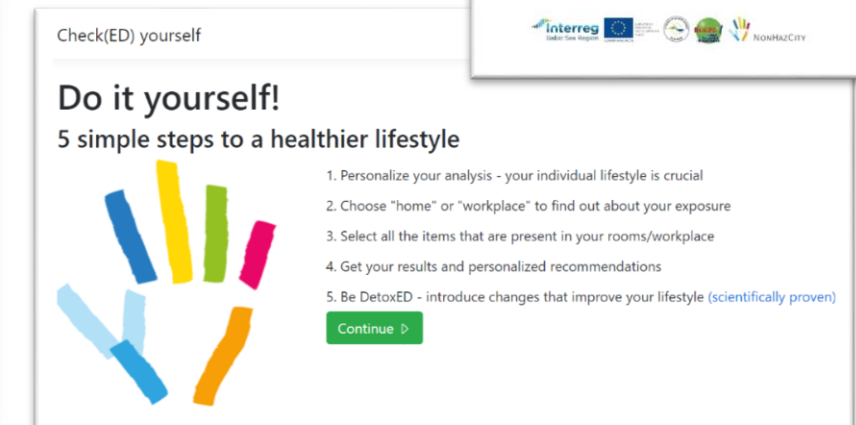
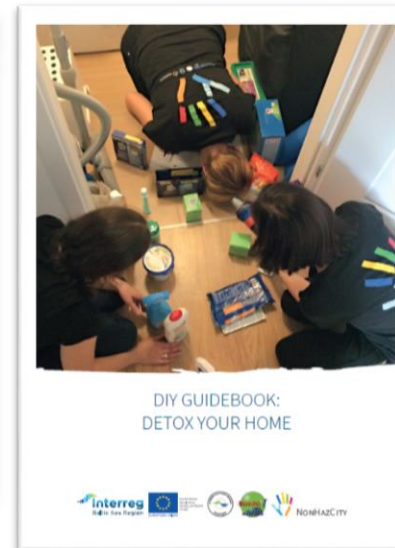
Yesterday, I was cleaning my kettle from the scale, but I forgot about that. Not for long, I remembered when I poured the water from the kettle into the bottle for my child and I tried it just to be sure that the temperature is OK...

Fortunately, it was only water with a citric acid instead of the descale product available on the market*.

*can contain harmful sulfamic acid



NonHazCity2 – DIY tools to measure HS exposure and to eliminate HS from our lives



Hazardous substances summary

- HS including ED are everywhere
- HS can be found in many everyday life products including toys and childrens' items (often in alarming concentrations)
- HS can have negative impact on our health and the environment
- Although pilot studies proved that HS are present in human bodies, their levels can be reduced by changing everyday life habits and consumer behaviour
- Many companies ensure that the level of HS in their products comply with the regulations, however they do not take into account that we „receive” many small doses from different sources (combined exposition) – it's better to eliminate than to accumulate!
- Search for information – it is available! and DIY



Thank you for your attention!

mszypryt@giwk.pl

Tel. +48 601 97 97 88

www.nonhazcity.eu



EUROPEAN
REGIONAL
DEVELOPMENT
FUND



NonHazCity