We come into contact with many chemicals each day. They are used in industry and agriculture. They are in common products, such as cosmetics, toys, and plastics.

Some of these chemicals get into our air, water, soil, dust, and food. As a result, all of us have chemicals in our bodies. We may have more or fewer chemicals—depending on the products we use, the jobs we do, and the places we live.

Chemicals and Our Health

Some chemicals can harm our health. They can cause birth defects, learning problems, weight gain, cancer, asthma, and other illnesses. However, many chemicals have not been well studied, so we do not know if they affect our health.

What is Biomonitoring?

Biomonitoring (bi-o-MON-i-tor-ing) is a way to measure the chemicals in a person’s body. It can tell us which chemicals are there and how much.

Scientists usually test for chemicals in samples of blood and urine. There are only a few labs that can do this testing.

Why is Biomonitoring Important?

Biomonitoring helps us learn which chemicals get into our bodies. This information can be used to:

- Learn more about how chemicals affect our health.
- Help keep harmful chemicals out of our environment and the products we buy.
What is Biomonitoring?

Biomonitoring California was created to help protect the people of California from harmful chemicals.

Biomonitoring California measures levels of certain chemicals in Californians and how the levels change over time.

Biomonitoring California helps evaluate how well government programs protect the public from harmful chemicals.

To find out more about Biomonitoring California, or for more information about biomonitoring,

email: biomonitoring@oehha.ca.gov
visit: www.biomonitoring.ca.gov

A joint program of the California Department of Public Health, Office of Environmental Health Hazard Assessment, and Department of Toxic Substances Control.