

Rosa and Carlos get Married

INSIDE:

**Recipes
Quick 'n
Healthy!**



OUR STORY SO FAR...

So...it finally
**HAPPENED...Carlos
PROPOSED!**

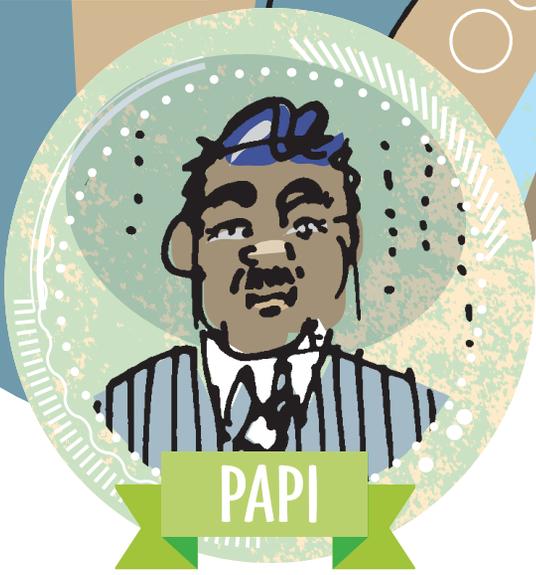


WOW!
Congratulations!
You must be **SO
EXCITED!**
We have some
PARTIES to
plan, girl!

By the way, is **CARLOS**
still thinking about
going to **ART SCHOOL**
nights for his **MURALS?**

And even **PAPI**
likes him!
(...You know they
work together
in his painting
business.)

We'll see, with the
WEDDING and all...
...but he's so **TALENTED**,
I **HOPE** so!

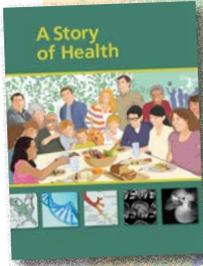


PAPI



A FEW WEEKS BEFORE THE BRIDAL SHOWER...

Rosa, you know we've talked about the environment and how it can affect our health?



I just took this online course for my job called *A STORY OF HEALTH*. I learned a lot of new things about POLLUTION and DISEASES...
...Even LEUKEMIA, you know, CANCER!



MAMI, that has nothing to do with me, LEUKEMIA!

Now that you're going to get MARRIED, mi hija, and maybe have CHILDREN you need to THINK AHEAD about these things and how to be HEALTHY.



Si, MAMI, I KNOW..., But can't this WAIT? ...I'm planning my WEDDING!

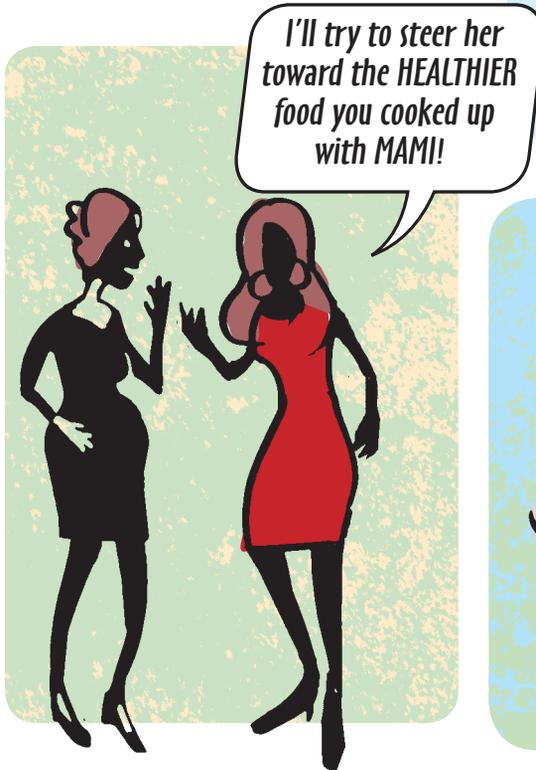


But you know, Amy told me about her daughter's ASTHMA. Her pediatrician said the POLLUTION in their neighborhood might be related...
...Can we talk about this LATER? I'm bidding on the SHOES!

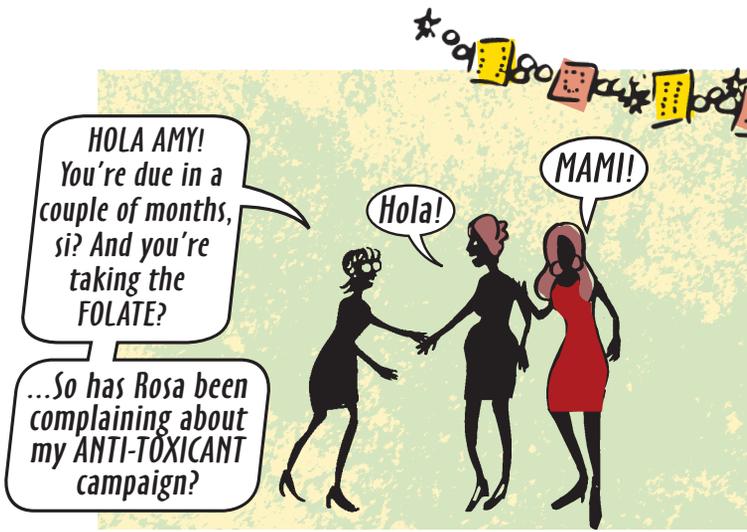


Si, I have to run... PROMOTORAS never REST!
SIGH It's always "LATER"!

LATER, AT THE BRIDAL SHOWER



See recipes on p. 15!



HOLA AMY!
You're due in a couple of months, si? And you're taking the FOLATE?

...So has Rosa been complaining about my ANTI-TOXICANT campaign?

Hola!

MAMI!



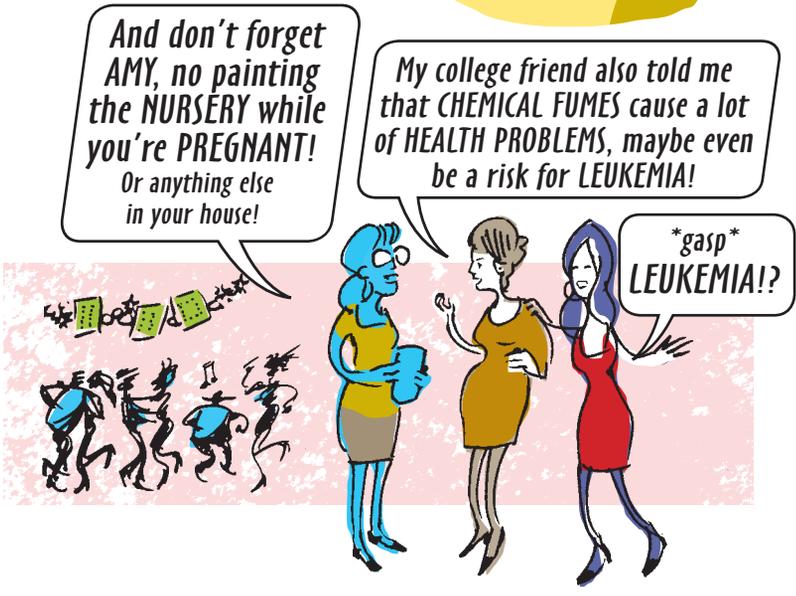
TOXI... WHAT?!



OH! I hear you with your FRIENDS on the PHONE...

"MAMI says:
No PAINT FUMES in the HOUSE!"
"Use GREEN CLEANING PRODUCTS!"
"NO SMOKING!"

YEAH! And "Make PAPI take off his STINKY WORK CLOTHES outside the HOUSE!" (They DO smell BAD!)



And don't forget AMY, no painting the NURSERY while you're PREGNANT! Or anything else in your house!

My college friend also told me that CHEMICAL FUMES cause a lot of HEALTH PROBLEMS, maybe even be a risk for LEUKEMIA!

gasp LEUKEMIA!?

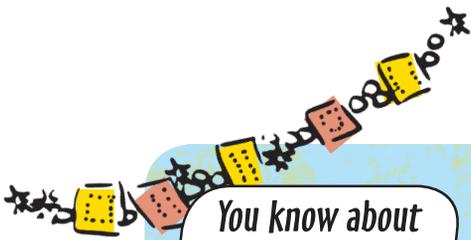


So what are "Green Cleaning Products"?

How can you TELL?

The SAFER CHOICE LABEL by EPA!





You know about our little Ava's asthma...well, it may be caused by air pollution... fumes from all the trucks that go by our house.

I heard that closing the windows near the street can help keep out the pollution.

Ava's friend Brett has asthma TOO!



These pollutants have been linked to other problems like paying attention and learning... You know, Rosa, like your cousin AMELIA?

Yes, she's had a LOT of PROBLEMS in school.



That makes me think of the NEWS recently about LEAD in the CITY WATER... Those POOR KIDS! they may end up with PROBLEMS like AMELIA!



Thinking is good! AMY, you just mentioned LEUKEMIA...



Yes, is there MORE?



I learned that if a guy smokes even BEFORE he wants to have children, or works with lots of pesticide chemicals... That can INCREASE the risk for his child to have LEUKEMIA!

NO WAY!



...So ROSA, you have to make sure CARLOS quits SMOKING!



I know, I know, he says he will QUIT before the WEDDING — but SOONER would be BETTER!



Yes! We'll all gang up on him. ...Make it an INTERVENTION!

And make sure he wears the MASK around PAINT FUMES and other CHEMICALS!



AMY, Are you thinking about **MOVING AWAY** from the **HIGHWAY ...**to a neighborhood with less **NOISE** and **POLLUTION**?



We can't **AFFORD** to move yet. **CHRIS** is working with our neighborhood group to keep **TRUCKS** off our **STREETS!**

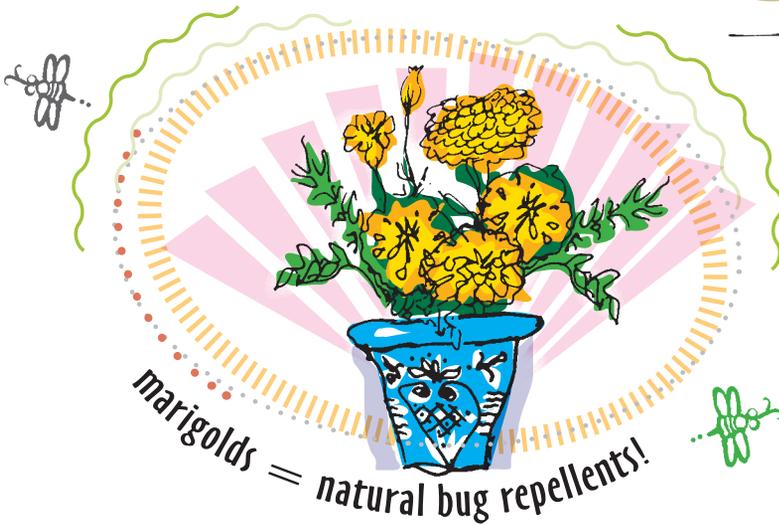


And I've talked to my **NEIGHBOR** about cutting back on the **PESTICIDES** she uses near our **HOUSE**.
...And how she can find **SAFER** ways to **KEEP THE BUGS AWAY**.



Good work!

Rosa, You're so **LUCKY** to have your **MOTHER** and so many of your **FAMILY** here tonight, I wish I had such a **BIG LOVING FAMILY**.



You **ARE** family!



And Rosa... You know it's **HEALTHY** to be with good **FRIENDS** and **FAMILY!**



Ay MAMI! did you learn that in the **COURSE**, too?



NO mi hija, I saw it on my favorite **TELENOVELA!** ...Of course, I knew that from my work in the **COMMUNITY...**



Andele! Let's go **DANCE** and get some **EXERCISE!**



REMEMBER, stay healthy now and you'll be *llena de vida*, **FULL** of **LIFE** when you're old like me!

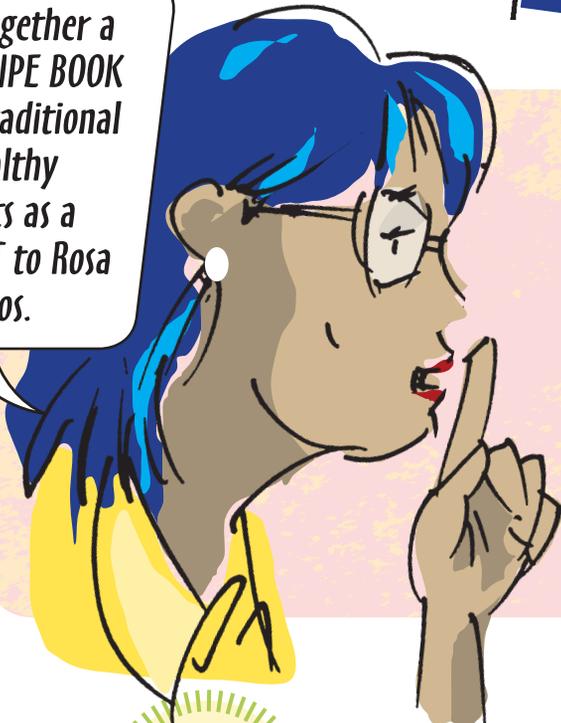


...And have **HEALTHY BABIES!**

WAIT.. AMY, While they're DANCING... I have to TELL YOU...



...I put together a FAMILY RECIPE BOOK that uses traditional and healthy ingredients as a WEDDING GIFT to Rosa and Carlos.



You're a GOOD MAMI, ANA!

(It's a SURPRISE, so don't TELL HER!)

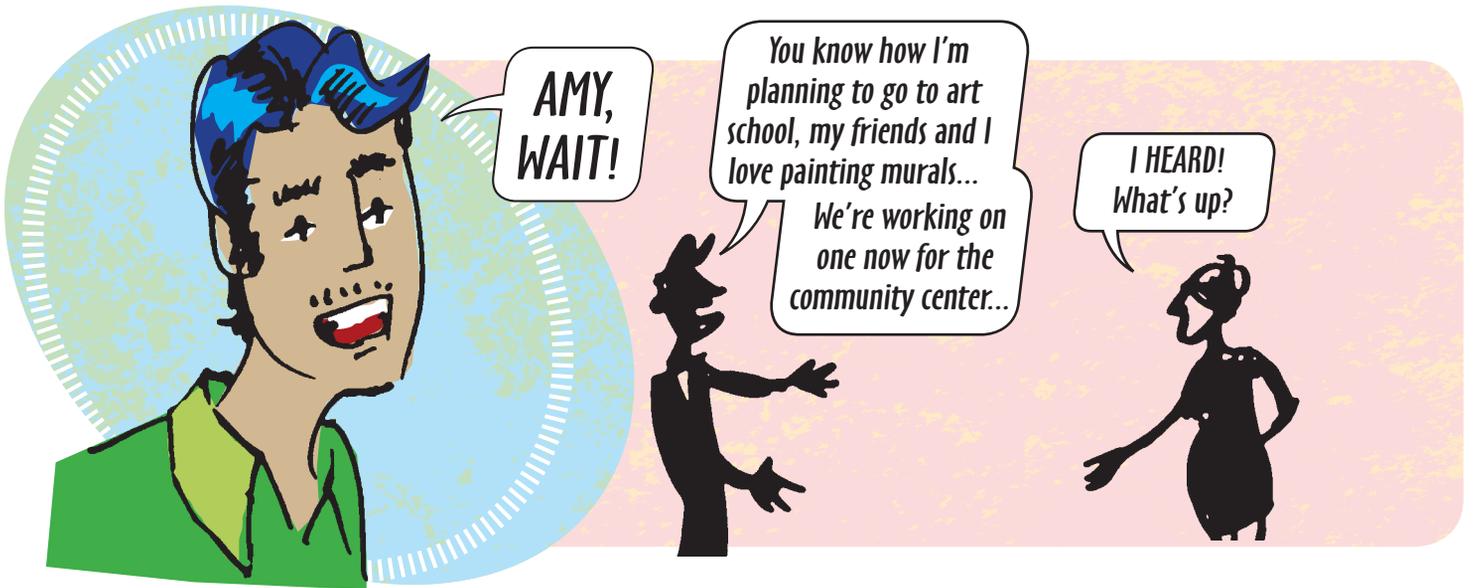
healthy fish tacos.

tia Manue's Salsa fresca

arroz con pollo

tamales!





AMY,
WAIT!

You know how I'm
planning to go to art
school, my friends and I
love painting murals...
We're working on
one now for the
community center...

I HEARD!
What's up?



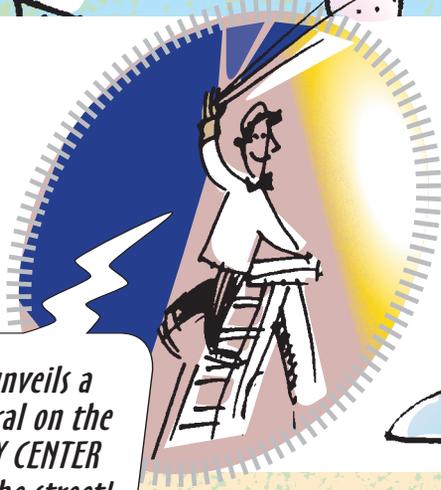
I'm thinking to
include a surprise
MURAL for ROSA on
our WEDDING DAY.
But I need
your HELP...
(It's a SECRET, so
don't tell her!)

Sure!

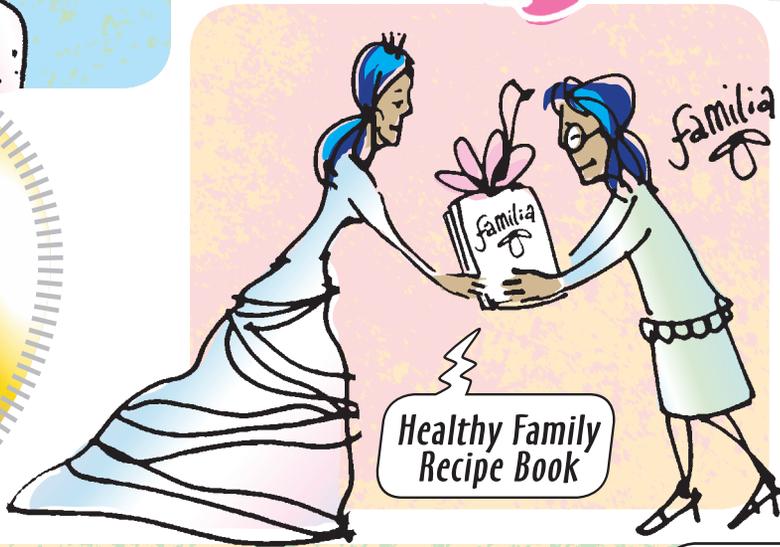


We need a
THEME.. Do
you have
any IDEAS?

DO!! Let me
TELL you...



CARLOS unveils a special mural on the COMMUNITY CENTER wall across the street!



Healthy Family Recipe Book



Look ROSA, it's you!

Oh CARLOS, it's BEAUTIFUL

...And he included some HEALTHY LIVING ideas we talked about!



Have a healthy community!

Loving families are HEALING

Avoid exposure to air pollution

No smoking!

Use SAFER CLEANING products

No PESTICIDES

Enjoy FRESH AIR and EXERCISE

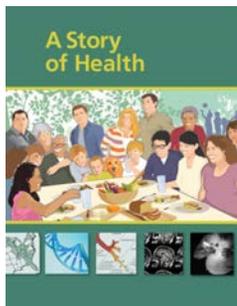
Feed your family HEALTHY MEALS

S. Brundick

WHAT YOU CAN DO

Are you concerned about the effects of the environment on your health? Then follow these few tips, and read *A Story of Health* eBook for lots more information.

<https://wspehsu.ucsf.edu/for-clinical-professionals/training/a-story-of-health-a-multi-media-ebook/>



■ PESTICIDES:

- Take your shoes off at the door so you don't track in pesticides and other toxic chemicals.
- Don't use pesticides sprays in your home or garden. Use traps and baits if necessary.
- Clean up food crumbs and spills and put away food that will attract unwanted insects and pests.
- Close up holes and cracks where insects are getting into the house.



■ AIR POLLUTION:

- Keep your house free from tobacco smoke.
- Limit outdoor activities when the air quality is poor.
- Check the "Air quality Index" at <https://airnow.gov/index.cfm?action=aqibasics.aqi> and download the app.



■ AVOID USING TOXIC CHEMICALS:

- Replace harsh chemical cleaners and other products with those that are less toxic. See the EPA Safer Choice label: <https://www.epa.gov/saferchoice/learn-about-safer-choice-label>
- If you work with paints, solvents, pesticides or other toxic chemicals, remove your outer workplace clothing before you enter the house, and launder separately.

■ PROTECT YOUR FAMILY FROM EXPOSURES TO LEAD:

- Do not let lead paint in your house flake or peel. Never sand it to remove, hire a professional.
- Flush your cold water tap for 1-2 minutes until it is noticeably colder after water has been sitting in pipes for 6 hours or more to protect yourself from lead that might leach from the water pipes. Do not cook with or drink water from the hot tap. Hot water can dissolve more lead.
- EPA's "Protect your family from exposures to lead": <https://www.epa.gov/lead/protect-your-family-exposures-lead/#homeleadsafe>

■ PHYSICAL ACTIVITY:

- Get active with daily physical activity, don't be a couch potato!

■ HEALTHY EATING:

- Feast on fruits and vegetables as part of a healthy diet.
- Eat 8 to 12 ounces of a variety of fish each week from choices that are lower in mercury such as pollock, haddock, catfish and wild salmon. The nutritional value of fish is important during growth and development before birth, in early infancy for breastfed infants, and in childhood.
- EPA/FDA fish consumption guidelines: <http://www.fda.gov/Food/Foodbornellness/Contaminants/Metals/ucm393070.htm>



■ SOCIAL INTERACTION:

- Stay engaged with family, friends and community, it's good for your health!



TRY THESE HEALTHY RECIPES



CACTUS SALAD

This salad is fresh and festive. Use jarred cactus if you can't find fresh.

Makes 4 servings. 1 ½ cups per serving.
Prep time: 15 minutes

INGREDIENTS

- 4 cups shredded green cabbage
- 2 fresh cactus leaves (about 1 cup),
cleaned and finely chopped
- 4 thin slices white onion
- 4 radishes, thinly sliced
- 1 large tomato, chopped
- 1 serrano chili, seeds removed
and finely chopped
- 2 tablespoons cider vinegar
- 1 teaspoon oil
- 1 teaspoon sugar



PREPARATION:

Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates. Stir together vinegar, oil, and sugar; drizzle over salad. Serve immediately.

Reprinted with permission from the *Healthy Latino Recipes* cookbook at the California Department of Public Health *Champions for Change, Network for a Healthy California*. Cookbook available free at <http://cachampionsforchange.cdph.ca.gov/Pages/recipes.aspx> or download directly at http://cachampionsforchange.cdph.ca.gov/Recipes/Recipes/_English%20Cookbooks/Healthy-Latino-Recipes.pdf



TRY THESE HEALTHY RECIPES



CHILLED WATERMELON SOUP WITH CHILI AND LIME

*This is a cool and healthy
treat for a hot day.*

Makes 6 servings.

Prep time: 15 minutes

INGREDIENTS

- 4 cups seeded watermelon chunks
- 2 tablespoons extra-virgin olive oil
- 1 small jalapeño pepper,
seeded and chopped
- 1 teaspoon honey
- 1 teaspoon lime zest
- 3 tablespoons freshly-squeezed
lime juice
- 1 teaspoon sea salt
- 10 ice cubes
- 1 tablespoon chopped fresh mint
- 6 sprigs fresh mint for garnish



PREPARATION:

Put the watermelon, olive oil, jalapeño, honey, lime zest, lime juice, salt, and ice cubes in a blender and process until smooth. Add the chopped mint and blend just until combined. Serve in glasses, garnished with the mint sprigs. This soup tastes best the day it was made.

Cook's note: The ice cubes will chill the soup, so it can be eaten immediately. However, if you want it super chilled, cover and refrigerate for 1 hour before serving.

Reprinted with permission from the online recipe box of "culinary translator" Rebecca Katz, founder and director of the Healing Kitchens Institute at Commonweal in Bolinas, CA. Recipe available free at <http://www.rebeckakatz.com/recipe-box-menu/>

ACKNOWLEDGEMENTS

This publication is a project of the Center for Integrative Research on Childhood Leukemia and the Environment (CIRCLE) Community Outreach and Translation Core at the University of California (UC), Berkeley. Project partners include the Western States Pediatric Environmental Health Specialty Unit at UC San Francisco, and Commonweal, a nonprofit health and environment institute. To download the graphic novel free, or for more information, go to <https://wspehsu.ucsf.edu/>

It is based on *A Story of Health* eBook and free Continuing Education course. *A Story of Health* is a collaboration among the Agency for Toxic Substances and Disease Registry (ATSDR), the Collaborative on Health and the Environment (CHE), the Office of Environmental Health Hazard Assessment, California Environmental Protection Agency (DEHHA), the Science and Environmental Health Network (SEHN), the Center for Integrative Research on Childhood Leukemia and the Environment (CIRCLE), and the Western States Pediatric Environmental Health Specialty Unit (PEHSU) and has been supported by a range of public and private funding as well as significant in-kind contributions. This material was also supported by the American College of Medical Toxicology (ACMT) and funded (in part) by the cooperative agreement FAH: U61TS000238-03 from ATSDR and with funds from NIH Grant No. 5P50ES018172 and USEPA Grant No. RD83615901 to CIRCLE, P.I. C. Metayer MD PhD. The U.S. Environmental Protection Agency (EPA) supports the PEHSU by providing partial funding to ATSDR under Inter-Agency Agreement number DW-75-95877701. EPA, NIEHS and ATSDR do not endorse the purchase of any commercial products or services mentioned in PEHSU publications. The findings and conclusions in this publication have not been formally disseminated by the EPA, NIEHS and ATSDR and should not be construed to represent an agency determination or policy.

Design and illustration by Stephen Burdick (www.stephenburdickdesign.com)