



Prescriptions for PREVENTION



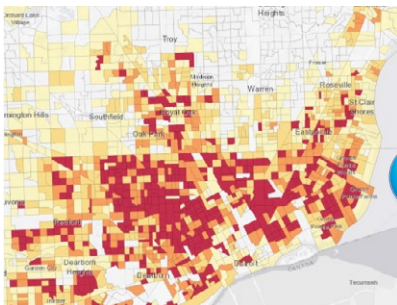
Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Environmental exposure distribution

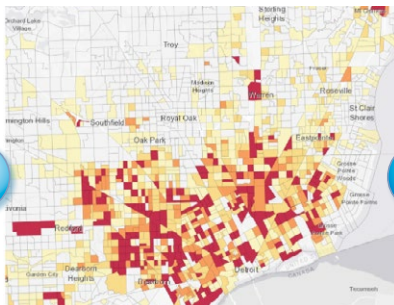
Did you know?

Everyone should have a safe and healthy place to live, learn, play, and grow. But many people live in neighborhoods with high rates of violence, polluted air, water, or soil, and other risks to health and safety. People with low incomes and people of color are more likely to live in these places, but everyone is ultimately affected. We can all speak up about this problem.

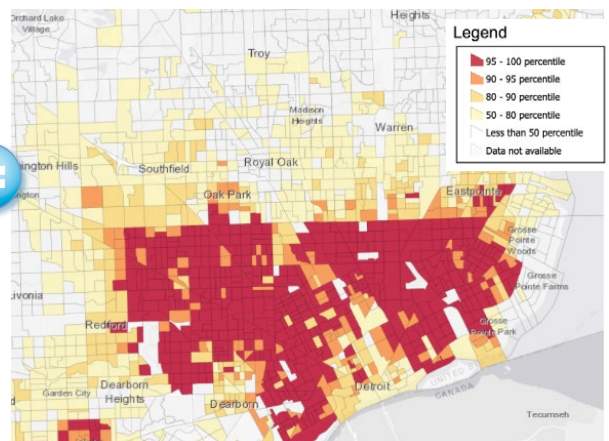
Percentile levels of lead paint



Percentile levels of low income



Places with high risk from lead paint & poverty



The relationship between higher lead paint levels and low income status is just one example. Learn more about the continuing history of environmental maldistribution and demographics [here](#).

Check out your census tract on [UCSF's Health Atlas Map](#)

Take Action

- ✓ Share your story to friends, neighbors, schools, and anyone else in your community! Encourage them to join you in protecting your local environment.
- ✓ Get involved at your local, regional and national levels:
 - ▶ Overview [here](#), and [more resources](#) here;
 - ▶ Submit an Op Ed or letter to the editor. [See how here](#).
- ✓ Add your [support to online petitions](#) about environmental health issues.
- ✓ Vote! Vote to elect people who support clean water and air, toxic free environments and products, and equity. Let your representatives know that environmental health is important when specific issues come up:
 - ▶ How to [find your representative](#);
 - ▶ How to [write an email](#) to your representative.



For details on specific exposures and health risks, check out all the [Prescriptions for Prevention](#), in English and Spanish!