

BITE-SIZE ENVIRO HEALTH:
LUNCH & LEARN SERIES

WEBINAR 2:

PFAS “Forever Chemicals”

OUR EXPERT SPEAKERS



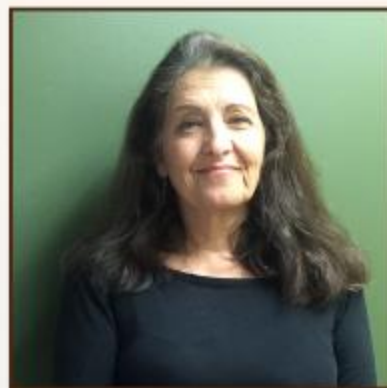
Dr. Anna Reade

Director of PFAS
Advocacy, Natural
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Partners



Andria Ventura

California Policy
Director,
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SEP 24
2026

12:30 -
1:30 PM

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Bite-size Enviro Health: Lunch & Learn

PFAS “Forever Chemicals”



Anna Reade, PhD

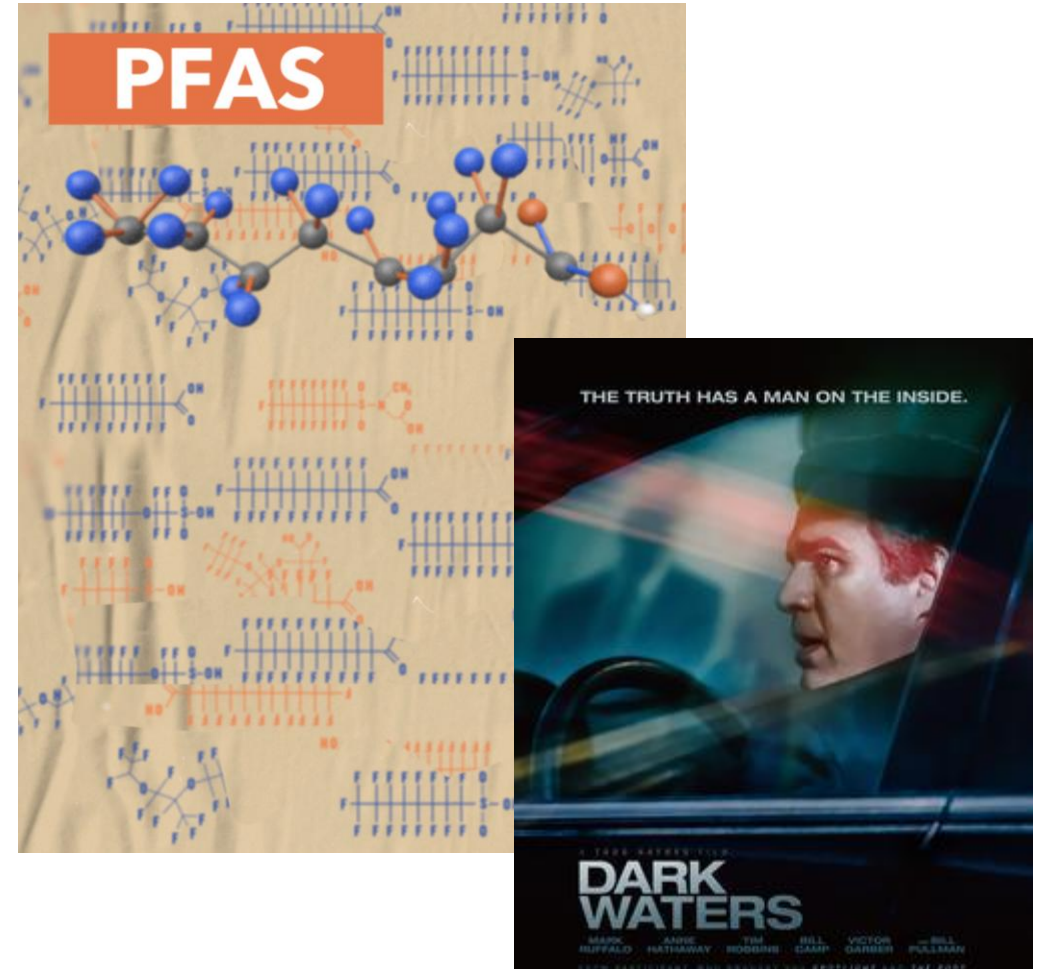
September 25, 2026

What are PFAS?

Large class of man-made substances defined by their C-F chemistry

Water- and oil-repellant, non-stick properties, durability

Well-known examples: PFOA (Teflon) & PFOS (ScotchGuard)



What are PFAS?

Number and
uses of have
expanded
dramatically:

Over 21,000 chemicals cataloged by
EPA, more than quadrupled in 8 years
Estimated 7M+ possible

Used in textiles, cosmetics, cleaning
products, electronics, food packaging,
firefighting foam, industrial processing
aids, plastics...

Over 200 uses cataloged



Why should we care?

Key Characteristics of Concern

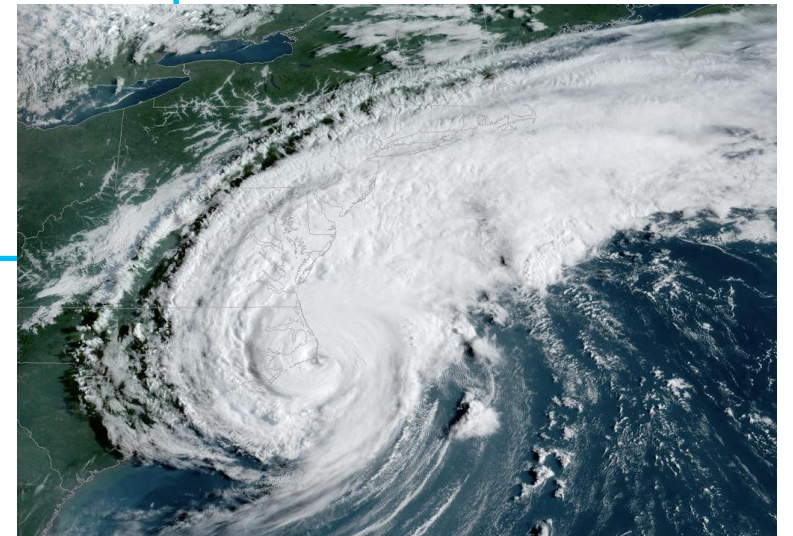
Persistent - “forever chemicals”

Mobile - contamination spreads quickly and is hard to contain

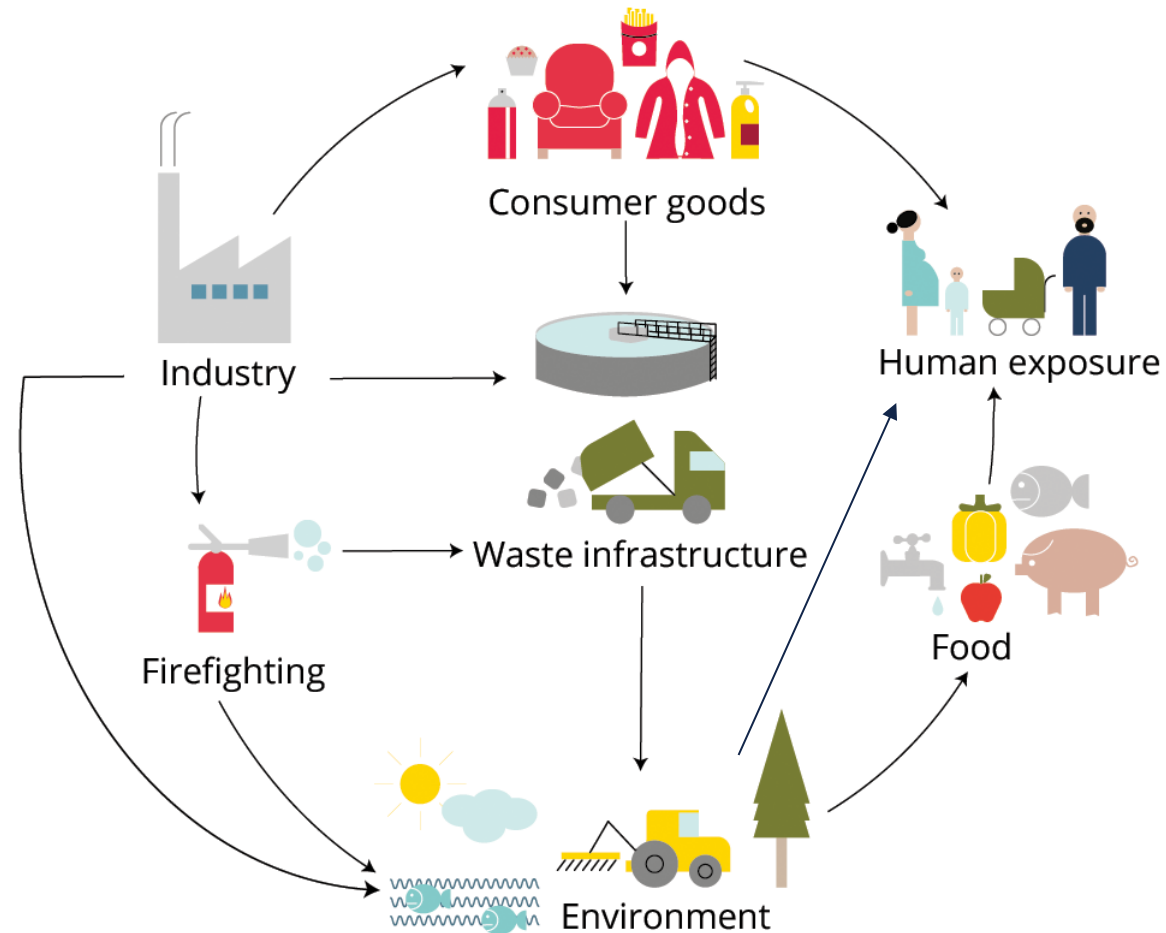
Accumulative - in the environment, can bioaccumulate in animals and humans

Hazardous - linked to a wide array of health harms, no safe level of exposure

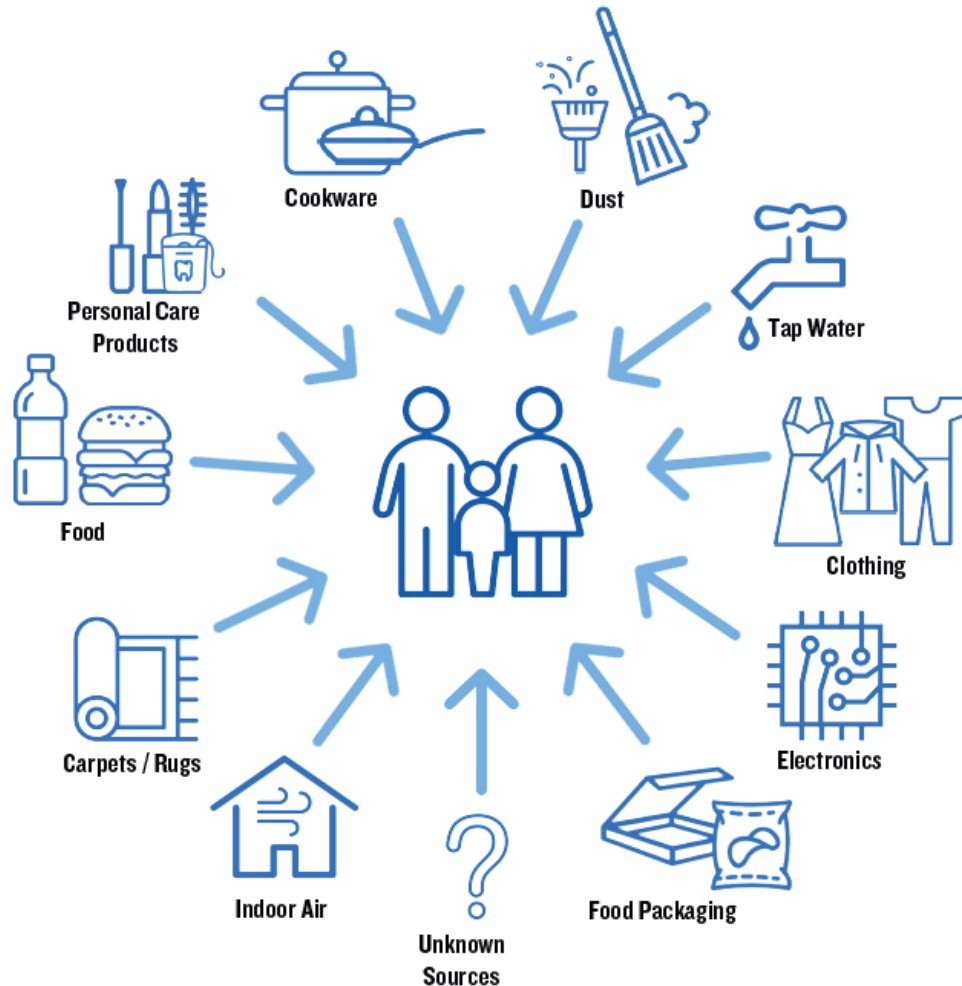
+ Large number of uses & chemicals



PFAS Lifecycle



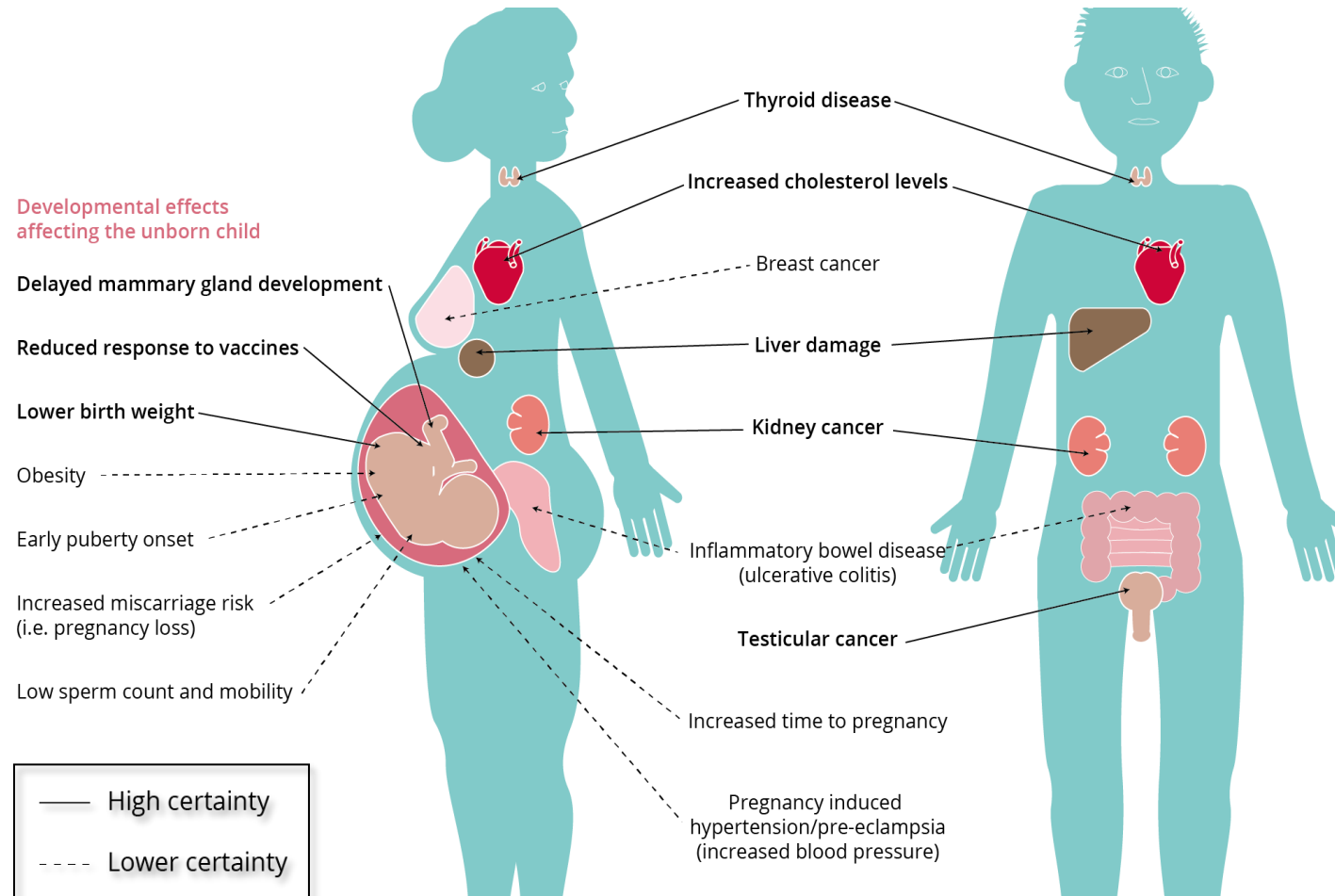
Many Routes of PFAS Exposure



US National Health and
Nutrition Examination Survey:

PFAS have been found in the
blood of nearly everyone
tested (>99%)

Human Health Hazards



Vulnerable Populations

Fetuses, infants, and children have greater exposure and are also more vulnerable to the effects of PFAS than adults.

- Early exposure – transfer through placenta and into breastmilk, hand-to-mouth behavior
- Consume more per body weight than adults
- Rapid growth and development
- Health effects from early life exposure include decreased birthweight, decreased immune responses, and hormonal effects later in life.



Vulnerable Populations

Individuals with preexisting conditions

Individuals working with PFAS and PFAS containing materials: chemical industry, manufacturing, firefighters, janitorial staff...

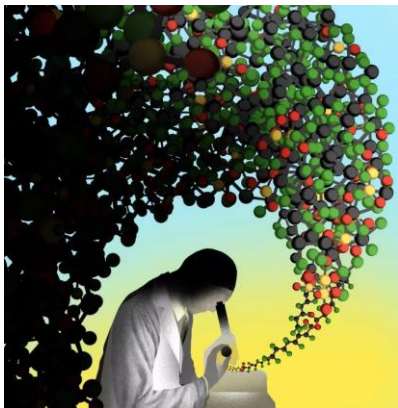


Communities highly contaminated with PFAS

Underserved communities already overburdened with existing environmental hazards and/or made more vulnerable to PFAS exposure by socioeconomic factors



Calls for Urgent, Comprehensive Action



Takes decades for science to catch up and governments to act on one chemical at a time – meanwhile new PFAS are being detected in people's blood and the environment – a different approach is needed

Scientists call for managing PFAS as a class and phasing out all non-essential uses of PFAS immediately

Perspectives | Brief Communication

The Madrid Statement on Poly- and Perfluoroalkyl Substances (PFASs)

<http://dx.doi.org/10.1289/ehp.1509934>

A Section 508-compliant HTML version of this article is available at <http://dx.doi.org/10.1289/ehp.1509934>.

As scientists and other professionals are concerned about the increasing number of PFASs for the following reasons:

1. PFASs are man-made

ENVIRONMENTAL
Science & Technology **LETTERS**

pubs.acs.org/journal/estlcu

Global Perspective

Scientific Basis for Managing PFAS as a Chemical Class

Carol F. Kwiatkowski,* David Q. Andrews, Linda S. Birnbaum, Thomas A. Bruton, Jamie C. DeWitt, Detlef R. U. Kreyer, Xenia Trier, Michael J. Cooke

Regulating PFAS as a Chemical Class under the California Safer Consumer Products Program

Simona Andreea Bălan,¹ Vivek Chander Mathrani,¹ Dennis Fengmao Guo,¹ and André Maurice Algazi¹

¹Safer Consumer Products Program, California Department of Toxic Substances Control, Sacramento, California, USA

CRITICAL REVIEW

View Article Online
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Check for updates

Cite this: *Environ. Sci. Processes Impacts*, 2019, 21, 1803

The concept of essential use for determining when uses of PFASs can be phased out

Ian T. Cousins,¹
Mark Miller,² Carl
Lena Vierke,¹ Zhong

CRITICAL REVIEW

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Cite this: *Environ. Sci. Processes Impacts*, 2021, 23, 1079

Finding essentiality feasible: common questions and misinterpretations concerning the "essential-use" concept

Ian
Dor
Mar

pubs.acs.org/est

Perspect

Optimizing Chemicals Management in the United States and Canada through the Essential-Use Approach

Simona A. Bălan, David Q. Andrews, Arlene Blum, Miriam L. Diamond, Seth Rojello Fernández, Elizabeth Harriman, Andrew B. Lindstrom, Anna Reade, Lauren Richter, Rebecca Sutton, Zhanyun Wang, and Carol F. Kwiatkowski*

Calls for Urgent, Comprehensive Action

Others join the call to phase out all non-essential uses of PFAS and require regulatory assessment of PFAS as a class.



The global
voice for
women's health

FIGO calls for removal of PFAS from global use



Over 100 organisations call on the European Commission to fully ban PFAS by 2030

MPR News

Far-reaching ban on 'forever chemicals' set to become Minnesota law

The law will be named for Amara Strande, who died of cancer last month at age 20 after urging lawmakers to enact a ban on PFAS.



United Nations

UN News

Global perspective Human stories



Highly persistent toxic waste threatens 'many, if not all, human rights'



European Chemicals Agency

5mo

ECHA supports an EU-wide PFAS restriction with targeted derogations

Thank you

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PUBLICATIONS

[See all publications by this expert](#)



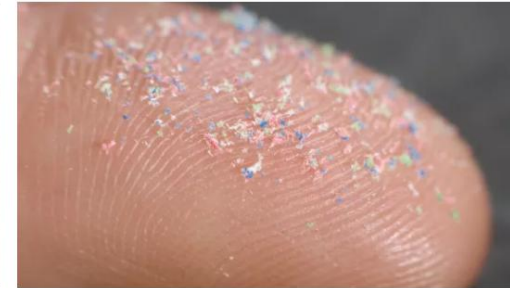
How to Limit Your PFAS Exposure in the Great Outdoors

August 24, 2026 • How-To • United States • Shelia Hu



No PFAS, No Problem

June 8, 2026 • Report • United States • Shannon Goff, Dr. Katie Pelch, Dr. Anna Reade



Double Trouble

April 23, 2026 • Fact Sheet • United States • Dr. Katie Pelch, Shannon Goff, Dr. Anna Reade, Renée Sharp

California Accomplishments

A timeline of PFAS advocacy,
legislation, and regulation.

Presented By:

Andria Ventura

aventura@cleanwater.org

www.cleanwater.org/CA



Policy Goals Since 2018



Collect necessary data on the existing PFAS environmental impacts



Stop further environmental and human exposure by limiting the uses of PFAS



Develop regulations to address current environmental contamination



Build public awareness

2019



State Water Board holds full day hearing on PFAS

State Water Board launches multi-year water testing and site investigation

AB 756 (Garcia) requires public disclosure of PFAS in drinking water over certain levels

First policy to focus on PFAS vs. specific chemicals

Protecting Fire Fighters

- SB 1044 (Allen) 2020: Banned PFAS firefighting foam (AFFF) by 2022 and required transparency about PFAS in firefighting gear
- AB 1181 (Haney) 2025: Moving away from PFAS firefighting gear



Getting PFAS Out of Consumer Products



AB 1200 (Ting) 2021



AB 652 (Friedman) 2021



Dept. of Toxic Substances
Control Regulation 2021

Getting PFAS Out of Consumer Products



AB 1817 (Ting) 2022



Dept. of Toxic Substances Control 2022



AB 2771 (Friedman) 2022

Getting PFAS Out of Consumer Products



AB 2515 (Papan) 2024



AB 347 (Ting) 2024

What didn't make it off the Governor's desk!

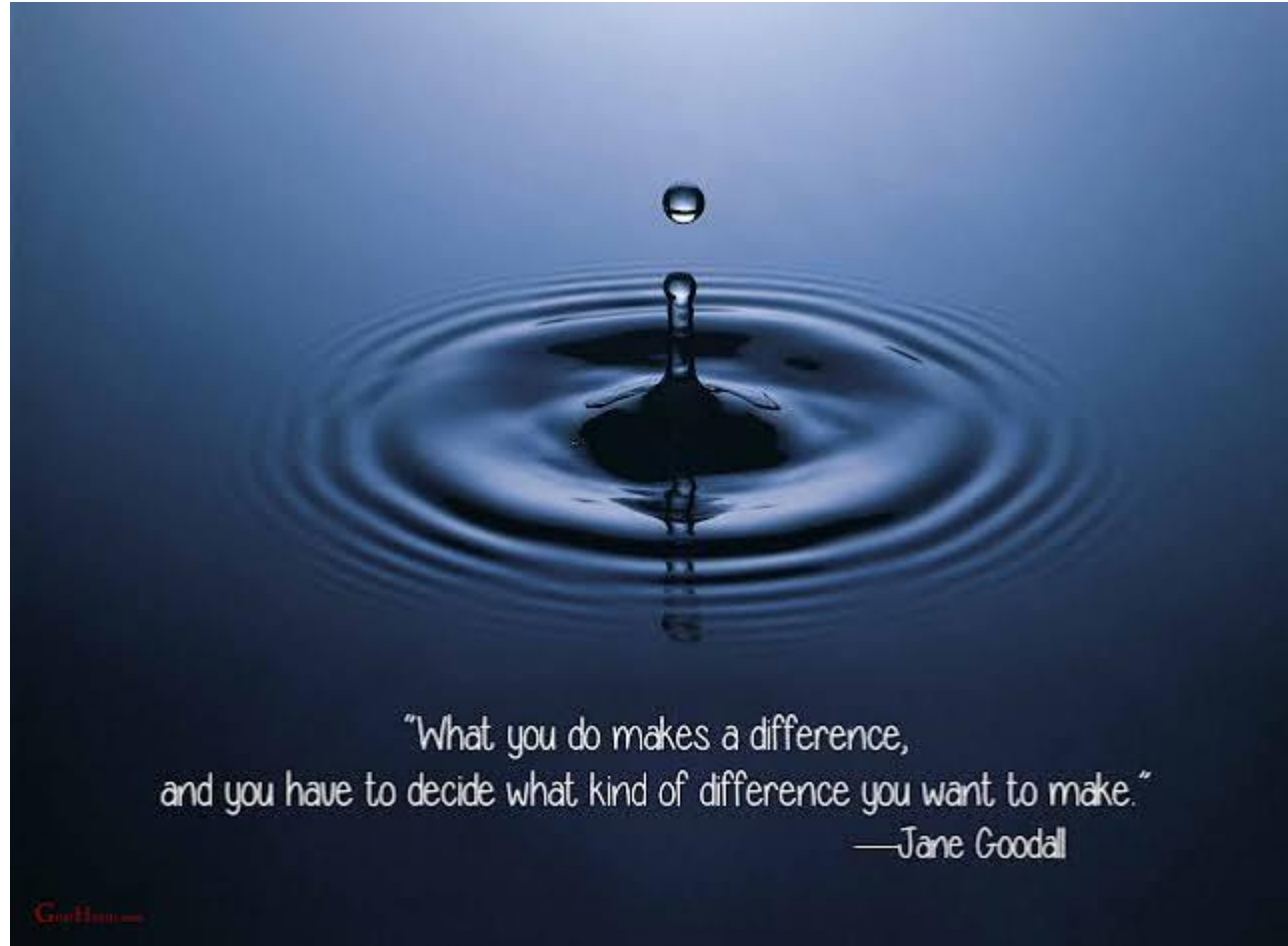


- PFAS in products reporting bill
- Artificial turf
- Cookware, cleaning products, plastic foodware/pkg
- Ban of all non-essential uses
- Indoor air pollution testing

Progress on Drinking Water

- ✓ Statewide monitoring: 25 million Californians' water sources
- ✓ Specific testing of small/disadvantaged water systems using comprehensive methods
- ✓ Notification levels/response levels for 5 PFAS
- ✓ State expected to regulate PFOA and PFOS by mid-2027 (most prevalent)
- ✓ State leading in research to set a “treatment technique”

Need help finding out about your drinking water?
Contact aventura@cleanwater.org



"What you do makes a difference,
and you have to decide what kind of difference you want to make."
—Jane Goodall

GoodHabit.com

Thank you!



Reducing PFAS Exposure in Everyday Life

Practical steps today.
Systemic solutions for everyone.

Where can PFAS show up?

DRINKING WATER

Important when a water source is contaminated.

FOOD

Produce, food-contact materials, and fish.

PFAS
everyday
exposures

PRODUCTS

Nonstick, stain-, grease- and water-resistant uses.

INDOOR DUST

Treated materials can contribute indoors.

Prioritize, Don't Panic!

Start with your drinking water



1

CHECK

Look at your water utility's PFAS results.

2

FILTER IF NEEDED

If PFAS are present, a home filter can *reduce* exposure.

3

MAINTAIN

Use a PFAS-reduction-certified filter and change cartridges on schedule.

BCPP Water Filter Guide: activated carbon • ion exchange • reverse osmosis

BCPP Water Filter Guide

2. Choose a Water Filter

Using what you found in your water quality report, select the filter that works best for your needs.

Legend

✓ Yes ✗ No — Some

	Filter Types			
What do you want to remove?	Activated Carbon	Ion Exchange	Distillation	Reverse Osmosis
Taste, odor	✓	✓	✓	✓
PFAS	—	—	✗	✓
Volatile Organics (VOCs)	✓	✗	✗	✓
Other Organics	✓	✗	—	✓

Look for:

“NSF/ANSI 53”
or
“NSF/ANSI 58”

Visit: <https://www.bcpp.org/resource/water-filter-guide/>

Food and Kitchen: A Few Practical Steps

- Wash fruits and vegetables.
- Avoid grease-resistant take-out containers.
- Choose PFAS-free cookware when scratched or replacing.
- Follow local fish advisories.



37% of CA-grown conventional produce samples had PFAS-classified pesticide residues.*

Keep eating fruits & vegetables.



*Source: Environmental Working Group analysis of CA DPR 2023 monitoring data (2026).

Avoid water-, stain-, or grease-resistance

PFAS have often been used in carpets, upholstered furniture, and after-market fabric treatments.



Carpets / rugs

Often marketed as stain-resistant



Upholstered furniture

Sometimes sold with "performance" fabric



After-market treatments

Fabric, upholstery, or shoe sprays

Terms to Look For:

For products that have ingredients listed:

Ingredient-list clues for PFAS:

perfluor- • polyfluor- • fluoro- • PTFE

Beware: “PFOA-Free” or “PFOS-free”



Wait — I have to research ALL of this?!



- ✓ Menstrual Products
- ✓ Juvenile Products

Good news: California has already taken many of these decisions off your plate.

PFAS Central



[NEWS](#) [SCIENCE](#) [POLICY](#) [RESOURCES](#) [DATA HUB](#) [MORE](#) [PFAS-FREE](#) [Q](#)

PFAS-FREE

PFAS-Free Products

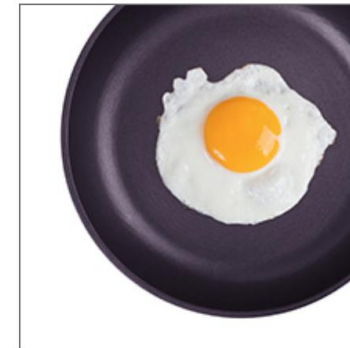
PFAS are no longer used in many consumer product categories in the US, following new [state laws](#) banning their use. See below PFAS-free product options for consumer products that are not yet regulated and could still contain PFAS.

For information about PFAS and products in Europe see [PFAS-free](#) hosted by Fidra.



<https://pfascentral.org/pfas-free-products/>

Kitchenware



Non-Stick Cookware:

- [Always Pan](#) (all products, [policy](#))
- [Blue Diamond](#) (all products, [policy](#))
- [BK](#) (all products, [policy](#))
- [Caraway](#) (all products, [policy](#))
- [Defend our Health](#) ([cookware disclosures](#))
- [GreenChef](#) (all products, [policy](#))
- [GreenLife](#) (all products, [policy](#))
- [GreenPan](#) (all products, [policy](#))
- [Hell's Kitchen](#) (Hybrid Triclad PFAS-Free products, [policy](#))

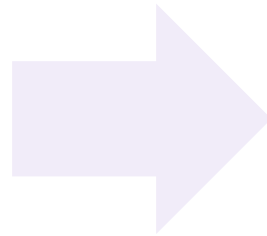
Appliances

- [Green Pan](#) (electric cookware, [policy](#))¹
- [Starfrit](#) (rice cooker, [policy](#))

We can't shop our way out of PFAS.

INDIVIDUAL ACTION

Can reduce our own exposure.



SYSTEMIC ACTION

Can prevent exposure for everyone.

Make the safer choice the default choice.

People shouldn't need a chemistry degree — or a bigger budget — to avoid harmful chemicals.

Resources to take with you

PRACTICAL GUIDANCE

- BCPP — [Water Filter Guide](#)
- BCPP — [Safer Cookware Guide](#)
- Silent Spring Institute — [PFAS Fact Sheet](#)
- PFAS Central — [PFAS-free products](#)

CALIFORNIA + WATER

- Biomonitoring California — [PFAS fact sheet](#)
- California Water Boards — [Drinking Water Resources](#)
- U.S. EPA — [Drinking Water Info](#)

Find these resources at cleanwater.org/CAPFAS

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Learn More and Take Action on PFAS: cleanwater.org/CAPFAS