



## Survey: Fragranced Products on the UCLA Campus Supplementary Information Sheet

### The Basics

1. Exposure to scented products can impact the health of all individuals, not just those with asthma, allergies, migraines, or chemical sensitivities. Responses to fragranced products may include sinus congestion, coughing, runny nose, anxiety, fatigue, etc. (1).
2. “Unscented” does not necessarily mean “fragrance-free.” Companies will list “fragrance/parfum” as an ingredient but they are not required to list all the individual chemicals that they have used to create those scents (2).
3. Volatile organic compounds (VOCs) are present in scented products, such as perfume, cologne, aftershave, deodorant, soap, shampoo, hair spray, body spray, makeup, and powders (3).
4. Chemical exposures can occur in both outdoor and indoor environments. Buildings create enclosed spaces that trap chemical pollutants which increase the risk of chronic exposure (3).

### Statistics Don't Lie

1. Extrapolating from existing research on the US population, it is estimated that **13,700 students, 1,400 faculty members, and 11,000 staff members at UCLA** may experience adverse physiological responses to the chemicals in fragrances (3).
2. Diagnoses of Multiple Chemical Sensitivity have increased over 300% in the past decade (4).
3. The California Department of Health Services in California estimated that approximately 15.9% of the state population is affected by Multiple Chemical Sensitivity (3).

### How You Can Help: Steps to Making a Positive Impact

1. Understand the issue and the impact that fragranced products can have on the health of the UCLA community (5).
2. Support your peers! While in the classroom or other shared environments, limit your use of fragranced products when possible (5).
3. To make changes in your personal use of fragranced products, purchase “fragrance free” (not unscented) products when shopping (5).
4. If you are chemically sensitive and comfortable sharing your experience, inform and explain to your peers your condition, what causes these reactions, and how they can help (5).

For more information, visit [sharetheair.ucla.edu](http://sharetheair.ucla.edu) or contact [cswsurvey@women.ucla.edu](mailto:cswsurvey@women.ucla.edu)!

### References

- (1) Steinemann, Anne. “Fragranced Consumer Products: Exposures and Effects from Emissions.” *NCBI*, Springer Netherlands, 20 Oct. 2016, [www.ncbi.nlm.nih.gov/pmc/articles/PMC5093181/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5093181/).
- (2) “Support a Fragrance-Free Environment.” *Share the Air*, Center for the Study of Women, [sharetheair.ucla.edu](http://sharetheair.ucla.edu).
- (3) Caress, Stanley M., and Anne C. Steinemann. “Prevalence of Multiple Chemical Sensitivities: A Population-Based Study in the Southeastern United States.” *American Journal of Public Health*, © American Journal of Public Health 2004, May 2004, [www.ncbi.nlm.nih.gov/pmc/articles/PMC1448331/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1448331/).
- (4) Steinemann, A. “National Prevalence and Effects of Multiple Chemical Sensitivities.” *Journal of Occupational and Environmental Medicine*, U.S. National Library of Medicine, Mar. 2018, [www.ncbi.nlm.nih.gov/pubmed/29329146](http://www.ncbi.nlm.nih.gov/pubmed/29329146).
- (5) Gartner, Orrie. “Fragrance-Free Initiative.” *Fragrance-Free Initiative | Office of Information Technology*, [www.colorado.edu/oit/fragrancefree](http://www.colorado.edu/oit/fragrancefree).