

Articles, Books and Videos on the Plastics

Videos:

Excellent webinar by Dr. Jenny Davies on the harmful health effects of plastics

https://www.youtube.com/watch?v=13_0OwCGDFE&list=PLFSvnb8zc03D_5WySL4R1DnWI0LMcTVty&index=3

Plastics Impact on Human Health by Dr. Landrigan. Plastics are not the safe. Many of those chemicals are known toxins associated with cancers, and hormonal disruptions that increase the likeliness of early puberty, infertility, obesity, and neurological issues like autism and ADHD. There are thousands more chemicals used in plastics about whose potential impacts we know little to nothing at this point because they have never been tested.

<https://www.beyondplastics.org/events/plastics-human-health-1-12-23>

<https://www.pbs.org/video/were-all-plastic-people-now-rkg2mq/>

Dr. Pete Myers video on toxic chemicals in plastics

https://www.youtube.com/watch?v=nko2Ajd_vY

Judith Enck and guest research speakers on The Effects of Microplastics on Our Health

<https://www.youtube.com/watch?v=gLKV8wcKn1E&t=230s>

Bag it film

<https://www.imdb.com/title/tt1612246/>

Plastic Wars, Season 2020, Episode 8

<https://www.pbs.org/wgbh/frontline/film/plastic-wars/>

Plastics Industry Insiders Reveal the Truth About Recycling | "Plastic Wars" | <https://www.youtube.com/watch?v=zfrN-P2VCIk>

How the Plastics Industry Used Recycling to Fend Off Bans | "Plastic Wars"

| <https://www.youtube.com/watch?v=9jkUPahh7to>

Video on plastic pollution by Oceana.org/plastics

<https://www.youtube.com/watch?v=Yomf5pBN8dY>

<https://www.youtube.com/watch?v=AaEiBK2a2as> <https://www.breakfreefromplastic.org/films-and-documentaries/>

<https://www.plasticpollutioncoalition.org/ppc-webinar-031622>

Plastics: Earth Super Polluters hosted by Impacts of Plastics A-Z

<https://www.youtube.com/watch?v=AaEiBK2a2as>

Host a Screening of the Story of Plastic

<https://www.breakfreefromplastic.org/films-and-documentaries/>

The Story of Plastic Trailer

<https://www.youtube.com/watch?v=37PDwW0c1so>

The Global Plastic Treaty – What You Need to Know

<https://www.plasticpollutioncoalition.org/ppc-webinar-031622>

Dr. Kara Lavender Law on Plastic Pollution in the Ocean

<https://www.youtube.com/watch?v=KP04G1wJEqY>

[Plastics Recycling is a Lie. April 18, 2022](#)

Articles:

The effects of Plastics on Human Health – The Minderoo-Monaco Commission on Plastics and Human Health

<https://annalsofglobalhealth.org/articles/10.5334/aogh.4056>

How Plastic Created One of the Most Dire Crises Humanity Faces Today

“The researchers found that the particles had begun to bioaccumulate in every organ, including the brain, as well as in bodily waste.” Thom Hartmann, Aug 29, 2023

<https://hartmannreport.com/p/how-plastic-created-one-of-the-most-598>

<https://www.ehn.org/bpa-regulations-2666462524.html>

BPA disrupts the proper functioning of hormones — hence the endocrine-disruptor moniker — and has been linked to cancer, diabetes, obesity, reproductive, nervous and immune system impacts and behavioral problems. It is likely partially responsible for the worldwide dramatic decline in sperm counts over the last 50 years. And the consequences could be tragic, Terry Collins, Teresa Heinz chemistry director at the Institute for Green Science at Carnegie Mellon, told EHN.

"Sperm counts are approaching zero by 2045," he noted. "That's the kids being born today." In other words, the generation born today may well face a reproduction crisis.

In 2018, several common endocrine disruptors cost the nation almost \$250 billion — just \$40 billion shy of Gov. Gavin Newsom's proposed 2024 budget for the entire state of California.

<https://www.latimes.com/environment/story/2024-01-18/health-costs-of-plastics-run-250-billion-a-year>

Landmark study links microplastics to serious health problems

People who had tiny plastic particles lodged in a key blood vessel were more likely to experience heart attack, stroke or death during a three-year study.

<https://www.nature.com/articles/d41586-024-00650-3>

Potential Alternative to plastic lining in cans

<http://plasticisrubbish.com/2010/10/08/why-does-my-tin-can-have-a-plastic-liner-and-it-it-bad-for-me/>

The environmental damage caused by cans

<https://www.treehugger.com/water-cans-greener-water-bottles-no-and-fact-it-could-be-worse-4858502>

Microplastics infiltrate all systems of body, cause behavioral changes, August 30, 2023

Neuroscience, Pharmacy Professor Jaime Ross' study finds 'widespread' infiltration, potential for serious health consequences, including Alzheimer's

<https://www.uri.edu/news/2023/08/microplastics-infiltrate-all-systems-of-body-cause-behavioral-changes/>

And the consequences could be tragic, Terry Collins, Teresa Heinz chemistry director at the Institute for Green Science at Carnegie Mellon, told EHN. "We love happy endings. But the trajectory we have is not to a happy ending. Sperm counts are approaching zero by 2045," he noted. "That's the kids being born today." In other words, the generation born today may well face a reproduction crisis.

<https://www.ehn.org/bpa-regulations-2666462524.html>

The new Coal: Plastics role in Climate Change study

<https://www.beyondplastics.org/plastics-and-climate>

The Duluth Campaign to put a fee on plastic bags

<http://www.bagitduluth.org/>

A comprehensive overview of the harm from plastics

<https://only.one/pages/plastics-crisis>

<https://www.consumerreports.org/health/food-contaminants/the-plastic-chemicals-hiding-in-your-food-a7358224781/>

<https://www.foodpackagingforum.org/news/scientists-find-most-silicon-rubber-kitchenwares-are-endocrine-disrupting>

From Gas Wells to Rubber Ducks to Incineration, the Plastics Lifecycle Causes 'Horrible Harm' to the Planet

[https://insideclimatenews.org/news/21032023/plastics-cradle-grave-toxic-research-](https://insideclimatenews.org/news/21032023/plastics-cradle-grave-toxic-research-lifecycle/?utm_source=InsideClimate+News&utm_campaign=412ea9c3c9-)

[lifecycle/?utm_source=InsideClimate+News&utm_campaign=412ea9c3c9-](https://insideclimatenews.org/news/21032023/plastics-cradle-grave-toxic-research-lifecycle/?utm_source=InsideClimate+News&utm_campaign=412ea9c3c9-)

[EMAIL_CAMPAIGN_2023_03_25_04_00&utm_medium=email&utm_term=0_29c928ffb5-412ea9c3c9-328461368](https://insideclimatenews.org/news/21032023/plastics-cradle-grave-toxic-research-lifecycle/?utm_source=InsideClimate+News&utm_campaign=412ea9c3c9-)

Ocean plastic pollution

<https://plasticoceans.org/the-facts/>

https://plastics.oceana.org/?_ga=2.15180918.1524395739.1661302386-172237196.1661302386

A growing plastic smog, now estimated to be over 170 trillion plastic particles afloat in the world's oceans

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0281596>

75% of the people want a worldwide ban on single use plastics.

<https://www.yahoo.com/news/75-people-want-single-plastics-000351848.html>

<https://www.dataforprogress.org/blog/2023/3/27/voters-express-concern-about-plastic-pollution-strongly-support-mitigation-proposals>

Chemical Pollution is now threatening earth's life support systems.

<https://chemtrust.org/news/global-chemical-pollution/>

Dr. Landrigan's report on plastic harm to children and fetuses

<https://ecori.org/pediatrician-scientist-describe-health-risks-and-solutions-to-countrys-plastics-problem/>

Widespread chemical contamination of recycled plastic pellets globally (IPEN)

US Plastic Waste Export Data

<https://ipen.org/documents/widespread-chemical-contamination-recycled-plastic-pellets-globally>

<https://ipen.org/news/new-global-studies-show-health-threats-throughout-plastics-supply-chain>

IPEN is a non-profit, public interest organization doing excellent work on the health effects of plastic. Their accessible, factual reports are a good place to start for more information.

[the International Pollutants Elimination Network \(IPEN\)](#) , [An Introduction to Plastics and Toxic Chemicals](#) as well as [Plastics, EDCs, and Health](#).

https://www.dailykos.com/stories/2024/1/16/2216987/-Diet-for-a-sick-planet-Studies-find-more-plastic-in-our-food-and-bottled-water?detail=emaildkre&pm_source=DKRE&pm_medium=email

Microplastics in Human Fetus

<https://globalnews.ca/news/7537031/microplastics-human-placenta-fetus-study/>

How Microplastics travel globally

<https://news.cornell.edu/stories/2021/04/atmospheric-travel-scientists-find-microplastic-everywhere>

Chemical Additives in Plastics Cause Disease and Death

<https://www.endocrine.org/topics/edc/plastics-edcs-and-health>

<https://www.parkinson.org/blog/science-news/plastic-waste>

A new study indicates that tiny particles of polystyrene can promote the clumping of a protein involved in Parkinson's.

Link between prenatal exposure to various endocrine-disrupting chemicals and the rising prevalence of a potentially cancer-causing liver disease in children.

<https://scitechdaily.com/rates-of-childhood-liver-disease-are-rapidly-rising-scientists-may-have-discovered-why/>

Phthalates and attributable mortality: A population-based longitudinal cohort study and cost analysis - Phthalate exposures were associated with all-cause and cardiovascular mortality with societal costs approximating \$39 billion a year.

<https://www.sciencedirect.com/science/article/abs/pii/S0269749121016031>

One on Ten Premature Births Linked to plastic Chemicals

https://phys.org/news/2024-02-premature-births-linked-plastic-chemicals.html?fbclid=IwAR1WgaSxfwTfIMZEL7kSXjO-vg-Neh_CCPxRjwhQ4fn9rqXllgp6_KbV6Vw_aem_AWS_zzPLmaMrAyI9P4V398ITozqfptJwmxdsgSIT_hQZk429DYmoL-evESwprZVyUtQ

<https://www.hsph.harvard.edu/news/features/the-big-3-why-phthalates-should-be-restricted-or-banned-from-consumer-products/>

Study on toxic chemicals in canned beverages (more than in plastic bottles)

<https://www.ehn.org/amp/beverages-in-metal-cans-may-be-a-significant-source-of-chemical-contamination-study-finds-2666912692>

<https://www.startribune.com/consumer-reports-calls-out-general-mills-for-plastic-chemicals-in-food/600342084/>

Switching to phthalate and paraben-free personal care products could reduce the risk of developing breast cancer, according to new research.

https://www.ehn.org/phthalates-and-breast-cancer-2659605676.html?vgo_ee=KZwQQAGRoPXVgqrvRPtWO6QBhaVudnIA%2FR4hy9livYQSjg%3D%3D%3AlwHuXZCSmuzlSiUy%2FyFePNi2POBfnlhd

Chemical Additives Cause Brain Cell Damage

https://newatlas.com/science/bpa-chemicals-plasticizers-damage-brain-cells/?itm_source=newatlas&itm_medium=article-body

Microplastics in human veins

<https://www.dailymail.co.uk/sciencetech/article-11701855/Microplastics-live-human-VEINS-time.html>

New studies have come out saying we are consuming 3.8 million microplastic particles a

year https://www.dailykos.com/stories/2024/1/16/2216987/-Diet-for-a-sick-planet-Studies-find-more-plastic-in-our-food-and-bottled-water?detail=emaildkre&pm_source=DKRE&pm_medium=email

Another study documented between 250,000 and 500,000 particles of nanoplastics in liter bottles of water.

<https://www.bloomberg.com/news/articles/2024-01-08/bottled-water-contains-previously-undetected-nanoplastics>

Multiple Human Health Risks from Plastic Chain of Production

<https://earthworks.org/resources/plastic-health-the-hidden-costs-of-a-plastic-planet/>

<https://www.newsweek.com/plastic-food-packaging-can-contain-hundreds-chemicals-that-cause-cancer-infertility-study-1713640>

According to the United Nations Environmental Program, research on the more than 13,000 chemicals associated with plastics has found that at least 3,200 of those chemicals have been shown to be hazardous to human health. Lab experiments have shown that microplastics can cause damage to human cells.

Similar studies suggest that polypropylene plastics — rigid materials often found in disposable containers, automobile parts and even face masks used to prevent the spread of coronavirus — damage the mitochondria inside cells, which also causes lung inflammation. Plastic production generates approximately 3.4% of global greenhouse gas emissions.

<https://cleantechnica.com/2023/10/05/cloudy-with-a-chance-of-plastics-microplastics-are-everywhere/>

Microplastics in Beverages and Food

<https://www.statista.com/chart/18299/how-we-eat-drink-and-breathe-microplastics/>

<https://www.theguardian.com/environment/2018/mar/15/microplastics-found-in-more-than-90-of-bottled-water-study-says>

The Effects of Plastics on Plant Growth in Soil.

<https://www.ehn.org/plastic-in-farm-soil-and-food-2647384684.html>

<https://qz.com/2150031/plastic-use-in-agriculture-is-contributing-to-climate-change/>

Microplastic harm to plankton and ocean health

<https://news.mongabay.com/2023/10/microplastics-pose-risk-to-ocean-plankton-climate-other-key-earth-systems/>

Microfiber pollution from clothing

<https://www.cbsnews.com/baltimore/news/maryland-calls-on-epa-to-address-microfiber-pollution/>

Plastic Recycling Doesn't Work

<https://www.msn.com/en-us/foodanddrink/foodnews/plastic-recycling-doesn-e2-80-99t-work-and-will-never-work/ar-AAXSmkG>

<https://www.nationalgeographic.org/article/whopping-91-percent-plastic-isnt-recycled/>

<https://www.forbes.com/sites/christophermarquis/2022/07/12/beyond-plastics-the-myths-and-truths-about-recycling-and-potential-solutions/?sh=cceea4bc30c9>

Polystyrene Fact Sheet: 8 reasons to ban Styrofoam

<https://www.beyondplastics.org/fact-sheets/polystyrene>

<https://www.beyondplastics.org/fact-sheets/tag/styrofoam>

<https://greendiningalliance.org/2015/10/8-reasons-to-ban-styro-foam/>

Cutlery

<https://www.conserve-energy-future.com/environmental-impact-plastic-cutlery-and-solutions.php>

<https://www.forbes.com/sites/lauratenenbaum/2019/07/16/plastic-cutlery-is-terrible-for-the-environment-and-we-dont-need-to-have-it-delivered/?sh=7c93c1e34019>

<https://www.beyondplastics.org/publications/perils-of-pvc-pipes>

Car Tires are Big microplastic polluters

<https://friendsoftheearth.uk/sustainable-living/tyres-and-microplastics-time-reinvent-wheel>

Myths about reusable bags and covid

<https://www.nrdc.org/experts/victoria-rome/paper-or-plastic-neither-grocery-shopping-during-covid-19>

<https://www.nrdc.org/resources/recycling-lies-chemical-recycling-plastic-just-greenwashing-incineration>

Definitions of biobased, biodegradable and compostable

<https://plasticsolutionsreview.com/bioplastics-clarification-page/>

Alternatives to Throwaway Plastic Articles:

<https://www.breakfreefromplastic.org/we-choose-reuse/>

This ancient material is displacing plastics and creating a billion-dollar industry

Cork oaks are making homes warmer, cars lighter and clothes biodegradable — while still feeding the birds and absorbing carbon. <https://www.washingtonpost.com/climate-solutions/2024/02/03/cork-sustainable-material/>

Tips on embracing reusables

<https://www.beyondplastics.org/actions/join-reuse-revolution>

<https://www.breakfreefromplastic.org/2021/04/29/what-we-waste-report-top-asian-countries-with-sharpest-decline-of-market-share-of-refillables-in-the-beverage-industry-identified-in-landmark-global-report/>

https://www.beverage-digest.com/articles/677-coca-cola-southwest-beverages-tests-returnable-glass-bottles-in-texas?utm_source=Sailthru&utm_medium=email&utm_campaign=Issue:%202022-06-15%20Waste%20Dive:%20Recycling%20%5Bissue:42430%5D&utm_term=Waste%20Dive:%20Recycling

<https://www.packworld.com/news/sustainability/article/22881785/thepackhub-nestl-procter-gamble-and-circle-k-introd> **Plastic Unlimited: How Corporations Are Fueling the Ecological Crisis and What We Can Do About It, Alice Mah**

[Thicker Than Water, The Quest for Solutions to the Plastic Crisis, Erica Cirino](#)

[Reckoning with the U.S. Role in Global Ocean Plastic Waste, The National Academies Press](#)
[reusable-packaging-innovations?utm_source=Newsletters&utm_medium=PW+Daily+NL&utm_term=20240102&oly_enc_id=5234G0725501F5Z](#)

Books:

Landrigan, Philip J., Landrigan, Mary M. *Children and Environmental Toxins. What Everyone Needs to Know* (Toxic chemicals can damage babies and children at the lowest detectable levels.)

Plastic Unlimited: How Corporations Are Fueling the Ecological Crisis and What We Can Do About It, Alice Mah

Reckoning with the U.S. Role in Global Ocean Plastic Waste, The National Academies Press

Erica Cirino, *Thicker Than Water, The Quest for Solutions to the Plastic Crisis* (Island Press, 2021)

Susan Freinkel, *Plastic: A Toxic Love Story* (Houghton Mifflin Harcourt, 2011)

Dr. Shanna H. Swan's book: *Countdown: How Our World is Threatening Sperm Counts, Altering Male and Female Reproductive Development, and Imperiling the Future of the Human Race*, Scribner, New York, 2020

Colin Woodward. *Ocean's End: Travels Through Endangered Seas*. New York: Basic Books, 2000.