

## Articles, Books and Videos on the Plastics

### Videos:

Best film on health harms of plastics – a must see!

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

Dr. Jenny Davies on the harmful health effects of plastics

[https://www.youtube.com/watch?v=13\\_0OwCGDFE&list=PLFSvnb8zc03D\\_5WySL4R1DnWI0LMcTVty&index=3](https://www.youtube.com/watch?v=13_0OwCGDFE&list=PLFSvnb8zc03D_5WySL4R1DnWI0LMcTVty&index=3)

Plastics Impact on Human Health by Dr. Landrigan..

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

Dr. Pete Myers video on toxic chemicals in plastics

[https://www.youtube.com/watch?v=nko2Ajd\\_vY](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>

Webinar by Dr. Trasande, member of the Association of Pediatrics, on health effects of plastics

<https://www.healthandenvironment.org/che-webinars/96753>

The Poison in Us All: <https://www.bloomberg.com/news/videos/2023-11-08/the-poison-in-us-all>

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" |](#)

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.breakfreefromplastic.org/films-and-documentaries/>

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

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

[www.breakfreefromplastic.org/films-and-documentaries/](https://www.breakfreefromplastic.org/films-and-documentaries/)

<https://>

[The Story of Plastic Trailer](#)

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, April 18, 2022

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

### **Articles:**

#### **Microplastics**

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

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

Health Effects of Fossil-Fuel Derived Endocrine Disruptors, by Tracey J. Woodruff, Ph.D., M.P.H., March 6, 2024

<https://www.nejm.org/doi/full/10.1056/NEJMra2300476>

Plastics and Human Health, March 19, 2025

<https://www.genevaenvironmentnetwork.org/resources/updates/plastics-and-health/>

<https://www.bbc.com/future/article/20250919-how-to-eat-less-plastic?>

Microplastics Are a Big Problem, a New Film Warns

[https://www.nytimes.com/2024/03/09/health/microplastics-sxsw-health-plastic-people.html?](https://www.nytimes.com/2024/03/09/health/microplastics-sxsw-health-plastic-people.html?unlocked_article_code=1.cE0.EyjZ.Nlx9a-AJ0v13&smid=em-share)

[unlocked\\_article\\_code=1.cE0.EyjZ.Nlx9a-AJ0v13&smid=em-share](https://www.nytimes.com/2024/03/09/health/microplastics-sxsw-health-plastic-people.html?unlocked_article_code=1.cE0.EyjZ.Nlx9a-AJ0v13&smid=em-share)

Microplastics infiltrate all systems of body, cause behavioral changes, Alzheimer's August 30, 2023, [https://](https://www.uri.edu/news/2023/08/microplastics-infiltrate-all-systems-of-body-cause-behavioral-changes/)

[www.uri.edu/news/2023/08/microplastics-infiltrate-all-systems-of-body-cause-behavioral-changes/](https://www.uri.edu/news/2023/08/microplastics-infiltrate-all-systems-of-body-cause-behavioral-changes/)

How Plastic Created One of the Most Dire Crises Humanity Faces Today," Hartmann, Aug. 29, 2023 [https://](https://hartmannreport.com/p/how-plastic-created-one-of-the-most-598)

[hartmannreport.com/p/how-plastic-created-one-of-the-most-598](https://hartmannreport.com/p/how-plastic-created-one-of-the-most-598)

Landmark study links microplastics to serious health problems - heart attack, stroke or death during a three-year study.

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

Plastics in placentas may be linked to premature births. <https://www.ehn.org/plastics-in-placentas-may-be-linked-to-premature-births>

A comprehensive overview of the harm from plastics

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

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/>

MPs linked to various chronic diseases -obesity, cancer, inflammatory bowel disease, and autism (Tamargo 2022).

(National Center for Biotechnology Information) [https://plastics.oceana.org/?](https://plastics.oceana.org/?_ga=2.15180918.1524395739.1661302386-172237196.1661302386)

[\\_ga=2.15180918.1524395739.1661302386-172237196.1661302386](https://plastics.oceana.org/?_ga=2.15180918.1524395739.1661302386-172237196.1661302386)

Plastic smog now estimated to be over 170 trillion plastic particles afloat in the world's oceans [https://journals.plos.org/](https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0281596)

[plosone/article?id=10.1371/journal.pone.0281596](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://](https://www.yahoo.com/news/75-people-want-single-plastics-000351848.html)

[www.yahoo.com/news/75-people-want-single-plastics-000351848.html](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>

[US Plastic Waste Export Data](#)

IPEN is a non-profit, public interest organization doing excellent work on the health effects of plastic. [https://ipen.org/](https://ipen.org/documents/introduction-plastics-and-toxic-chemicals)

[documents/introduction-plastics-and-toxic-chemicals](https://www.ehn.org/chemicals-and-plastics-regulation)  
<https://www.ehn.org/chemicals-and-plastics-regulation>

Nanoplastics may help set the stage for Parkinson's risk, December 12, 2023

<https://www.nih.gov/news-events/nih-research-matters/nanoplastics-may-help-set-stage-parkinson-s-risk>

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

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

Global plastic waste set to almost triple by 2060, says OECD (The Organisation for Economic Co-operation and Development), Catherine Bremer, June 3, 2022

<https://www.oecd.org/en/about/news/press-releases/2022/06/global-plastic-waste-set-to-almost-triple-by-2060.html#:~>

<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>

How Microplastics travel globally  
[atmospheric-travel-scientists-find-microplastic-everywhere](https://news.cornell.edu/stories/2021/04/atmospheric-travel-scientists-find-microplastic-everywhere)

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

The Duluth Campaign to put a fee on plastic bags  
<http://www.bagitduluth.org/>

From Gas Wells to Rubber Ducks to Incineration, the Plastics Lifecycle Causes ‘Horrific Harm’ to the Planet <https://plasticoceans.org/the-facts/>

Higher plastic exposure in takeout containers is linked to increased cardiovascular disease risk <https://www.sciencedirect.com/science/article/pii/S0147651324014593?via%3Dihub>

Exposure to polystyrene microplastics impairs hippocampus-dependent learning and memory in mice. Journal of Hazardous Materials, Volume 430, 15 May 2022, 128431  
<https://www.sciencedirect.com/science/article/pii/S0304389422002199>

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

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

New studies says we are consuming 3.8 million microplastic particles a year. Columbia University study <https://insideclimatenews.org/news/10012024/plastic-in-food-and-bottled-water/>

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

<https://superage.com/7-foods-and-beverages-that-have-the-most-microplastics-and-what-to-eat-instead/>

Microplastics in Beverages and Food  
[18299/how-we-eat-drink-and-breathe-microplastics/](https://www.statista.com/chart/18299/how-we-eat-drink-and-breathe-microplastics/)

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

Multiple Human Health Risks from Plastic Chain of Production  
[resources/plastic-health-the-hidden-costs-of-a-plastic-planet/](https://earthworks.org/resources/plastic-health-the-hidden-costs-of-a-plastic-planet/)

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

The new Coal: Plastics role in Climate Change study  
<https://www.beyondplastics.org/plastics-and-climate>

Microplastic harm to plankton and ocean health  
[microplastics-pose-risk-to-ocean-plankton-climate-other-key-earth-systems/](https://nap.nationalacademies.org/resource/other/dels/plastics-in-the-ocean/)

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

<https://nap.nationalacademies.org/resource/other/dels/plastics-in-the-ocean/>

Microfiber pollution from clothing  
[maryland-calls-on-epa-to-address-microfiber-pollution/](https://www.cbsnews.com/baltimore/news/maryland-calls-on-epa-to-address-microfiber-pollution/)

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

Car Tires are Big microplastic polluters  
[sustainable-living/tyres-and-microplastics-time-reinvent-wheel](https://friendsoftheearth.uk/sustainable-living/tyres-and-microplastics-time-reinvent-wheel)

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

The United Nations Environment Programme (UNEP), Dec 22, 2021  
<https://www.unep.org/news-and-stories/story/plastic-planet-how-tiny-plastic-particles-are-polluting-our-soil>

## Chemicals in Plastic

Chemicals Used in Plastic Materials: An Estimate of the Attributable Disease Burden and Costs in the United States. January 11, 2024, Leonardo Trasande, Roopa Krithivasan, Kevin Park, Vladislav Obsekov, Michael Belliveau.

<https://academic.oup.com/jes/article/8/2/bvad163/7513992>

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

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

Chemical Additives in Plastics Cause Disease and Death  
<https://www.endocrine.org/topics/edc/plastics-edcs-and-health>

<https://www.endocrine.org/topics/>

Prenatal exposure to chemicals in food packaging may increase young children's body fat, raise obesity risk Pamela Ferdinand | December 26, 2024

<https://usrtk.org/healthwire/phenols-phthalates-obesity/>

BPA disrupts the proper functioning of hormones - "Sperm counts are approaching zero by 2045," he noted.

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

In 2018, several common endocrine disruptors cost the nation almost \$250 billion <https://www.latimes.com/environment/story/2024-01-18/health-costs-of-plastics-run-250-billion-a-year>

Plastic chemicals are more numerable and less regulated than previously thought: By Cami Ferrell, March 15, 2024

<https://www.ehn.org/chemicals-and-plastics-regulation-2667518576.html?>

Exposure to endocrine disrupting chemicals from beverage packaging materials and risk assessment for consumers

<https://www.sciencedirect.com/science/article/pii/S0304389423025980?via%3Dihub>

<https://www.foodpackagingforum.org/news/review-of-endocrine-disruptors-in-beverage-packaging>

Endocrine Disruption contributes to ADHD, autism, neurodevelopmental, and behavioral problems.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC1247186/>

Biochemical evidence of a link between phthalate and BPA plastic additives— and the development of autism or ADHD

<https://www.biorxiv.org/content/10.1101/2025.03.03.641339v1>

<https://www.medicalnewstoday.com/articles/common-plastic-additive-linked-autism-adhd>

<https://today.rowan.edu/news/2023/09/researchers-find-bpa-links-to-autism-adhd.html>

Sperm counts are approaching zero by 2045," he noted.

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

<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>

Plastics found in medical equipment *The danger of hormone-mimicking chemicals in medical devices and meds* <https://www.ehn.org/endocrine-disruptors-in-medicine-2646307813.html>

Phenols and phthalates are linked to higher fat mass in children and can disrupt fetal development.

<https://www.ehn.org/maternal-exposure-to-plastic-chemicals-during-pregnancy-leads-to-increased-fat-mass-in-children-study-shows-2670731397.html>

Exposure to chemicals in plastics have been linked to harmful health impacts across the entire human life-span.

<https://www.ehn.org/chemicals-in-plastic-healthcare-2669974107.html>

[https://www.thelancet.com/journals/ebiom/article/PIIS2352-3964\(24\)00458-4/fulltext](https://www.thelancet.com/journals/ebiom/article/PIIS2352-3964(24)00458-4/fulltext)

Link between prenatal exposure to various EDC potentially cancer-causing liver disease in children.

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

Phthalate exposures were associated with cardiovascular mortality with societal costs approximating \$39 billion a year.  
<https://www.sciencedirect.com/science/article/abs/pii/S0269749121016031>

One in Ten Premature Births Linked to plastic Chemicals <https://phys.org/news/2024-02-premature-births-linked-plastic-chemicals.html?>

<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>

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/>

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

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

Consumer Reports Finds Widespread Presence of Plastics in Food <https://www.reuters.com/business/healthcare-pharmaceuticals/consumer-reports-finds-widespread-presence-plastics-food-2024-01-04/>

<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.<https://www.ehn.org/phthalates-and-breast-cancer-2659605676.html?>

Chemical Additives Cause Brain Cell Damage <https://newatlas.com/science/bpa-chemicals-plasticizers-damage-brain-cells/>

A new small-scale study builds on evidence that male fertility is at risk from environmental toxics by Huanjia Zhang  
<https://www.ehn.org/microplastics-fertility-2659894180.html>

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

At least 3,200 of plastic chemicals have been shown to be hazardous to human health and damage human cells.  
<https://cleantechnica.com/2023/10/05/cloudy-with-a-chance-of-plastics-microplastics-are-everywhere/>

BPS chemicals in cashier receipts <https://www.theguardian.com/us-news/2025/apr/14/paper-receipt-chemical-bisphenol-s>

Updating flammability standards may aid in reducing flame retardant body burdens. <https://www.sciencedirect.com/science/article/pii/S0269749125017002?via%3Dihub>

## Recycling

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.theguardian.com/environment/2026/feb/19/they-pushed-so-many-lies-about-recycling-the-fight-to-stop-big-oil-pumping-billions-more-into-plastics>

<https://www.washingtonpost.com/opinions/2024/04/22/stop-recycling-plastic-earth-day/>

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

Why recycling doesn't work <https://www.washingtonpost.com/opinions/2024/04/22/stop-recycling-plastic-earth-day/>

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/>

<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>

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/>

[bioplastics-clarification-page/](https://plasticsolutionsreview.com/bioplastics-clarification-page/)

## Alternatives to Throwaway Plastic Articles:

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

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/>

Researchers in Japan are making a nano plastic alternative to plastic that dissolves in the ocean. <https://sustainabilitymag.com/articles/how-riken-university-of-tokyos-dissolvable-plastic-works>

Tips on embracing reusables

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

[actions/join-reuse-revolution](https://www.beyondplastics.org/actions/join-reuse-revolution)

Plastic free lunch at Cafeterias and other materials to help reduce waste in school cafeterias <https://cafeteriaculture.org/>

[cafeteriaculture.org/](https://cafeteriaculture.org/)

<https://www.beverage-digest.com/articles/677-coca-cola-southwest-beverages-tests-returnable-glass-bottles-in-texas?>

<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>

## 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.)

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

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

Judith Enck and Adam Mahoney, *The Problem with Plastic*, 2025 by Beyond Plastics

*The Pocket Guide to Plastics* by Beyond Plastics, November 2025

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, [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