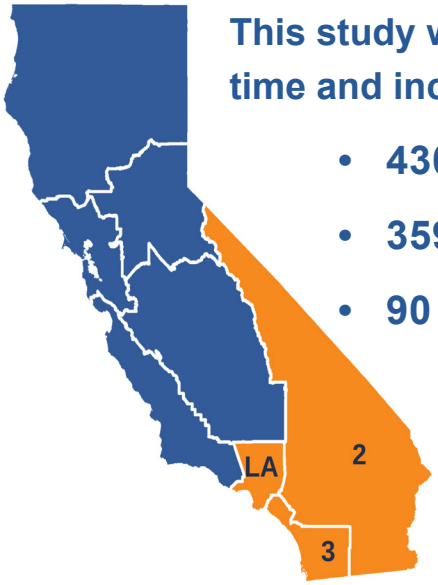
California Regional Exposure (CARE) Study

At a Glance

About the CARE Study

The CARE Study is part of the State of California's efforts to reduce people's exposures to harmful chemicals.

We measured chemicals in Californians by testing blood and urine samples from volunteers across three different regions.



This study was conducted one region at a time and included:

- 430 people in CARE-LA (2018)
- 359 people in CARE-2 (2019)
- 90 people in CARE-3 (2020)

54% of adults in California live in these three regions.

1,569 samples collected

21,958 analyses completed

Chemicals

CARE measured:

- 10 metals
- 12 PFASs
- 10 phenols
- 1-nitropyrene

We study these chemicals because of possible links to health problems.

Who participated in CARE?

The CARE Study reflected the diversity of California, with participants from many different races/ethnicities, age groups, genders, sexual identities, income levels, and educational backgrounds.

For more information, visit the CARE Study website: https://www.biomonitoring.ca.gov/care

CARE-LA & CARE-2

Key Findings

Based on our study

100%

of the population had **lead** in their body

5% of the population had high levels of **inorganic arsenic**

over 99%

of the population had **PFASs** in their body

Compared to the US population,

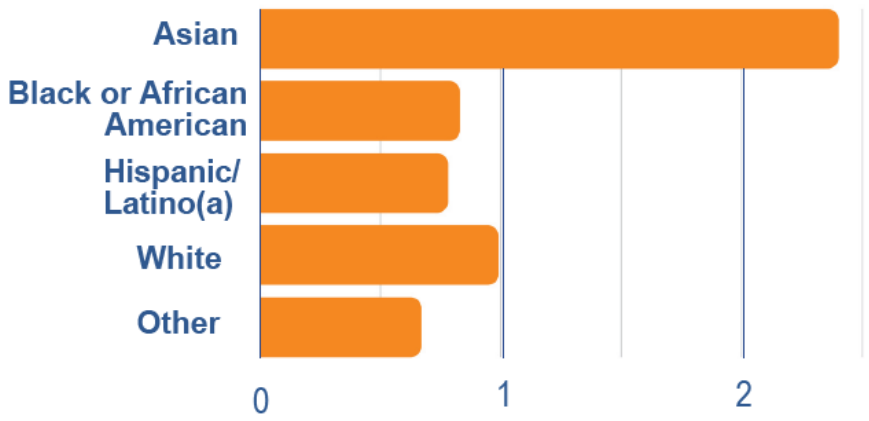
Los Angeles County had:

- 52% **higher arsenic** levels
- 35% **higher mercury** levels

The CARE-2 region had:

- 20% **higher cadmium** levels
- 23% **lower lead** levels

Mercury Levels (µg/L) by Race/Ethnicity Los Angeles County



Population Disparities

Arsenic, mercury & PFASs were highest in the Asian populations

In LA, **cadmium** levels in the Black population were

45% higher

than the White population

Men had higher **PFAS** levels than women

BIOMONITORING CALIFORNIA

https://www.biomonitoring.ca.gov

The CARE Study is a Biomonitoring California project.

Biomonitoring California's mission is to:

- Measure levels of harmful environmental chemicals in Californians
- Track trends in the levels of these chemicals over time
- Report findings to study participants, the public, and policymakers