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#### Thursday, August 18, 2016 *Crystallography as a Drug Design and Delivery Tool*

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#### Chemophobia: How We Became Afraid of Chemicals and What to Do About It



Slides available now! Recordings will be available to ACS members after a few weeks www.acs.org/acswebinars Contact ACS Webinars at acswebinars@acs.org

**Chemophobia:** How We Became Afraid of Chemicals and What to Do About It

> James Kennedy Chemistry Teacher Haileybury, Australia





# chemophobia Irrational fear of compounds perceived as synthetic



# Chemophobia



- Irrational fear of compounds perceived as synthetic
- "Non-clinical phobia"
- Caused and cured by the spread of information
- Chemists are partly responsible for chemophobia
- Prevalent: "chemicals" are a top 10 public concern (UMich, 2008)



# Introduction: Quick overview of the reputation of chemistry, chemicals and chemists



# Word Associations: 'Chemistry'



intimidating school teacher microscopic methodical inaccessible secretive serious labs hard focus accidents smells drugs elements medicine





# Attitude towards chemicals is slightly better

#### General attitude towards chemicals

Everything is made of chemicals Everything including water can be toxic Natural chemicals are not safer Not all chemicals are dangerous/harmful Not all chemicals are man-made

Disagree







# Why improve the reputation of chemistry?

- a healthy democracy needs informed citizens
- science funding relies ultimately on how much people value science
- helps us to realise the importance of our own work

# CHEMISTRY

"Nothing in life is to be feared. It only needs be understood."







#### 26% of US respondents agreed

"It is impossible for recycled water to be treated to a high enough quality that I would want to use it."

Survey by Paul Rozin et al. 2,670 people in several American cities were asked.









Purified water extracted from toxic waste Purified water extracted from a mountain spring Pure H<sub>2</sub>O(I) Pure H<sub>2</sub>O(I)



### Audience Survey Question

ANSWER THE QUESTION ON BLUE SCREEN IN ONE MOMENT

#### Which would you rather drink?

- I have a strong preference for the water from toxic waste
- I have a slight preference for the water from toxic waste
- I have no preference
- I have a slight preference for the water from a mountain spring
- I have a strong preference for the water from a mountain spring

**Part 1:** Evolutionary origins of chemophobia as an irrational psychological quirk



# Contagion

- Paul Rozin, University of Pennsylvania
- By touching something we find disgusting, a previously neutral or even well-liked item can acquire—permanently—its properties of grossness.





#### Mark Schaller University of British Colombia

#### "behavioural immune system"

"A suite of psychological mechanisms designed to detect the presence of disease-causing parasites in our immediate environment, and to respond to those things in ways that help us to avoid contact with them."





April 2011 vol. 20 no. 2 99-103

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#### Mark Schaller University of British Colombia



#### "behavioural immune system"

"...the system responds to an overly general set of superficial cues, which can result in aversive responses to things (including people) that pose no actual threat..." – Mark Schaller



April 2011 vol. 20 no. 2 99-103





We eat a watermelon that's gone bad, which makes us ill

"Eww... I don't like melon"





# DDT is sprayed excessively



# "I don't like artificial chemicals"



#### Megan Oaten Macquarie University



2009, Vol 135, No. 2 303-321

1. There is a correspondence between	Claura	Internet Sete
2. Universality of Hypothesis 1	Strong	Intermediate
relationship	Moderate	Limited
3. Lawful variation in disgust	Waak	Limited
4. Disgust is suppressed in	WCdk	Linned
motivational conflicts	Weak	Absent
5. Violation of disease-related		
6 For an elicitor, its source affects	Moderate	Limited
evoked disgust	Moderate	Intermediate
<ol> <li>Vulnerability to disease, actual or perceived, enhances disgust during a. Pregnancy</li> <li>b. Aging</li> <li>c. Perceived threat</li> </ol>	Moderate Not supported Weak	Intermediate Intermediate Absent
<ul> <li>a. Sensitivity is higher in women than in men</li> </ul>	Strong	Extensive
<li>b. Higher sensitivity results in fewer infections</li>	Weak	Limited
<ul> <li>c. Higher sensitivity results in fewer sexual partners</li> <li>o. High false alorge rates for discust</li> </ul>	Weak	Limited
<ol> <li>Fight failed alarminates for disgust responses</li> <li>Disgust responses are automatic</li> </ol>	Moderate	Intermediate
and impenetrable	Weak	Limited
contaminate other objects	Strong	Extensive
cues are prepared	Weak	Absent
<ol> <li>More prepared cues are acquired earlier</li> </ol>	Weak	Limited
<ol> <li>Disgust can evoke a preparatory immune response</li> </ol>	Weak	Absent



# Some people prefer "chemical-free" products

- People fear parabens, sulfates, formaldehyde, MSG the most
- Labels make irrelevant 'free from' claims



moisturiser label



but it foamed



# Some people prefer "natural" products

#### What does natural mean?

- UK: "Produced by nature"
- Canada: "Processed only minimally" and "with nothing added or removed"
- Is anything natural?



claims to be "natural"





#### Audience Survey Question

ANSWER THE QUESTION ON BLUE SCREEN IN ONE MOMENT

#### Which of the claims on the front of the bottle are INCORRECT?

- Pure only
- Pure & natural
- Natural & organic
- Organic & pure
- Pure, natural & organic

# **Part 2:** Origins of seven types of modern chemophobia



# 1: Anti-vaccination (1798)

 <u>Started immediately after the introduction of</u> <u>smallpox vaccine by Edward Jenner in 1798</u>

#### First arguments

- "Vaccines don't work"
- "Smallpox vaccine turns you into a cow"
- "Injecting is unchristian"
- "Mandatory injections erode our personal liberties"
- 1802: Anti-vaccination cartoon in newspaper
- 1879: First anti-vaccination society in the US
- 1885: Massive anti-vaccination protest in Leicester, UK



If you mixed Mercury, Aluminum phosphat Amonium sulfate, and Formalderyde with VIRUSES, then got a syringe and INBCTED it into your child you would be ARRESTED and sent to JAIL for child endangerment and abuse Then WHY is it legal for doctor to do it? and WHY would you let them? Educate yourself

Re-Think Vaccines

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Anti-vaccination cartoon, 1802

Artist's impression of , anti-vaccination demonstration in Leicester, England, 1885



# 2: Organic food (1940)

• <u>Started immediately after the</u> introduction of DDT (1939)

#### First arguments

- "Mycorrhizal association is being ignored"
- "Health of our soils is being depleted"
- "The use of agricultural chemicals is unsustainable"
- Requires the **misconception** that pesticides are not sprayed onto organic crops... but they are!
  - Spinosad insecticide (irritant)
  - Lime sulphur (corrosive; causes blindness if sprayed in eyes)



# 3: Anti fluoridation (1945)

- <u>Started immediately after Grand Rapids</u> water fluoridation experiment (1945)
- 60% reduction in tooth decay over 15 years

#### First arguments

- "Communist plot to damage our health"
- "Goes against libertarian values"





# 4: Paleolithic diet (1985)

#### <u>Started in 1985 when Eaton & Konner</u> published "Paleolithic Nutrition" paper in NEJM

#### First arguments

- "[Modern western diets] contribute to heart disease, hypertension, diabetes & cancer"
- "Our bodies haven't evolved to eat farmed foods"
- Fad diet based on what humans might have eaten 10,000 to 40,000 years ago
- Meat, fish, vegetables, fruit; no farmed foods
- Direct response to growing nutritional concerns in the 1980s





# 5: Anti-GMO (1987)



- <u>Started in 1987 when the first genetically-modified organism to be</u> introduced to the environment was destroyed by protesters
  - Anti-corporate bias
  - Anti-gene-patenting





# 6: "Chemtrails" (1996)

• <u>Started in 1996 after the US Air Force</u> <u>published "Weather as a Force Multiplier:</u> <u>Owning the Weather in 2025"</u>

#### First arguments

- "Climate control"
- "Chemical weapon testing"
- "Radar mapping"
- "Drugging the population"
- Fragmented group with varied beliefs and almost no evidence



# Chemophobic movements are <u>immediate</u> and <u>reactionary</u> responses to external stimuli

Movement	Origin	Stimulus	Time lag
Chemical-free	(ancient)	Innate biophilia	n/a
Anti-vaccination	1798	Vaccinations	<4 years
Organic foods	1940	DDT	<1 year
Anti-fluoridation	1945	Fluoridation	<1 year
Paleolithic diet	1985	Declining nutrition	<2 years
Anti-GMO	1987	GMOs	<6 months
Chemtrails	1996	Research paper	<6 months

#### **Conclusion**

- Haters emerge on <u>day one</u>
- Their arguments <u>evolve</u>



- <u>Chemical-free</u>
- 1. Anti-vaccinations
- 2. Organic foods
- 3. Anti-fluoridation
- 4. Paleolithic diet
- 5. Anti-GMO
- 6. Chemtrails

Uninformed and not actively interested





# **Part 3:** Events that amplified chemophobia even further





#### Audience Survey Question

ANSWER THE QUESTION ON BLUE SCREEN IN ONE MOMENT

# Which of these had the greatest influence in sparking the modern environmental movement?

- Rachel Carson's Silent Spring, 1962
- Apollo missions, 1961-1972
- Industrial disasters (e.g. Times Beach, Bhopal), 1960s-80s
- Fall of the Berlin Wall, 1989
- Social media, late 2000s onwards





"[Chemicals are] the sinister and little-recognised partners of radiation... entering into living organisms passing from one to another in a chain of poisoning and death"







# Dichlorodiphenyltrichloroethane (DDT)



dichlorodiphenyltrichloroethane

- Synthetic insecticide
- Developed in 1939
- DDT destroys hundreds of types of insects at once
- Eliminates malaria and lice *very effectively*
- Inventor Paul Müller was awarded a Nobel Prize in Medicine in 1948



# Dichlorodiphenyltrichloroethane (DDT)



dichlorodiphenyltrichloroethane

- DDT bioaccumulates
- Neither metabolised not excreted
- DDT is a lipophile (binds to lipids)
- Highly stable compound
- 8-year half life in animals
- <u>Mixed evidence regarding health</u> <u>effects in humans</u>
- Silent Spring made people afraid of chemicals – especially artificial chemicals like DDT







NASA image AS17-148-22727 *"The Blue Marble"* Apollo 17 mission December 7, 1972







# Demolition of Pruitt-Igoe signalled the beginning of postmodernism 1971-72, St. Louis, Missouri, USA



Modernism (pre-1972)	Postmodernism (post-1972)
Objective reality exists	All reality is merely a social construct
Statements of historians and scientists are either true or false	There is no 'truth' – my version of the truth can be as true as yours
Humanity is becoming smarter, more prosperous, more humane	Technological achievements are not progress, they're regress – they enable us to torture and oppress (note WW2)
Logic applies universally	Logic is a social construct with no metaphysical authority
Language reflects reality	Even if there was a 'truth', there'd be no way to express it



## Postmodernism devalued science & experts

- With the internet, anyone can have an opinion
- "The cult of the amateur" has emerged
- Experts are no longer automatically trusted
- Scientific truth is just one opinion
- All parties—no matter how absurd or unproven their 'facts' and claims—should be treated equally







Made us fear chemicals – especially artificial chemicals

Amplified our innate biophilia – made us love our natural world A symbol of our ebbing trust for experts and scientists – postmodernism is born

Events that fuelled chemophobia even further



## **TV** Documentaries

BIOLOGY	CHEMISTRY	PHYSICS
Life Planet Earth	Chemistry – A Volatile History	Wonders of the Solar System Wonders of the Universe
Blue Planet How Earth Made Us Wonders of Life Your Inner Fish Inside the Human Body First Life	that's it.	Human Universe Wonders of Life Cosmos How the Universe Works Can We Make a Star on Earth? Journey to the Edge of the Univ.
and so many more		and so many more





# **Part 4:** Current efforts to fight chemophobia

# Current efforts to fight chemophobia

- "Chemicals are everywhere"
- "The dose makes the poison"
- "Natural isn't always safe"
- "Natural/artificial is a <u>construct</u>"
- They're all reactionary



# "Chemicals are everywhere"



INGREDIENTS INCLUDE: Carotene Tocopherol Riboflavin Nicotinamide Pantothenic acid

All ingredients naturally found in apples.

Solutions for the Growing World



# "Chemicals are everywhere"





#### "MRW"

#### AN ALL-NATURAL BANANA





ALL-NATURAL BLUEBERRIES	AN ALL-NATURAL EGG	AN ALL-NATURAL PASSIONFRUIT	AN ALL-NATURAL PEACH	ALL-NATURAL CHERRIES
NOTION OF A DATA SHARE NOT THE DETAILS AND	NATION CALL IN ANY ADDRESS OF THE COLUMN OF	NOTION 10.4 JPN MARK 1049 ALCOLD WITH A STATUS INTER CONTRACT AND A STATUS AND A	MODERNET CASA MEN SAMA SAMA SAMA SAMA SAMA SAMA SAMA SAM	HIGHTENT AGA 82 NAMES DA JUNE DA JUNE DE DE DE EDITE DA JUNE DA JUNE DE ALTERNA DE LA DEL DE LA DEL DE MERI DEL CITATONI DE LA DEL DE ALTERNA DE LA DEL DEL DEL DE ALTERNA DE LA DEL DEL DEL DEL DEL DEL DE MERI DE LA DEL DEL DEL DEL DEL DEL DE MERI DEL DE LA DEL DEL DEL DEL DE MERI DEL DEL DE LA DEL DEL DEL DE MERI DEL DEL DE LA DEL DEL DEL DE MERI DEL DEL DE LA DEL DEL DEL DE DEL DEL DE LA DEL DEL DEL DE DE LA DEL DEL DE LA DEL DEL DE DEL DE LA DEL DE LA DEL DE LA DE DE LA DEL DEL DE LA DEL DE LA DE DE LA DEL DEL DE LA DEL DE LA DE DE LA DEL DEL DE LA DEL DE LA DE DE LA DEL DEL DE LA DEL DE LA DE DE LA DEL DEL DE LA DEL DE LA DE DE LA DEL DEL DE LA DEL DE LA DE DE LA DEL DEL DE LA DEL DE LA DE DE LA DEL DE LA DEL DE LA DEL DE DE LA DEL DE LA DEL DE LA DEL DE DE LA DEL DE LA DEL DE LA DEL DE DE LA DEL DE LA DEL DE LA DEL DE DE LA DEL DE LA DEL DE LA DEL DE DE LA DEL DE LA DEL DE LA DEL DE DE LA DEL DE LA DEL DE LA DEL DE DE LA DEL DE LA DEL DE LA DEL DE DE LA DEL DEL DE LA DEL DE DE LA DEL DE LA DEL DE LA DEL DE DE LA DEL DE LA DEL DE LA DEL DE DE LA DEL DE LA DEL DE LA DEL DE DE LA DEL DE DE LA DEL DE DE LA DEL DE DE LA DE LA DE DE LA DE LA DE DE LA DE LA DE DE LA
AN ALL-NATURAL KIWI	AN ALL-NATURAL LEMON	ALL-NATURAL PINEAPPLE	AN ALL-NATURAL STRAWBERRY	AN ALL-NATURAL ROASTED COFFEE BEAN
	$\bigcirc$	***		
And Electric Acta in the scalar Back interface and scalar and scalar Back interface in the Doctor provide interface and scalar back and scalar to a boots and the scalar Back interface in the Content Back interface interface in the scalar back interface in the scalar back interface in the Scalar Back interface in the Scalar back interface interface in the Scalar back interface in the Scalar Back interface in the Scalar back interface interface in the Scalar back interface in the Scalar back interface in the Scalar back interface interf	RECEIPTS HETE FOR UPF LIVE LIVE CARE TO AN ADDRESS AND ADDRESS ADDRE	Instruments Acia Alex, Section 470, Scicological Instruments Construction (Scicological Instein Acia Sci Anno Acias (etc) Scicological Instein Acia Sci Instruments (Science) (Science Alexis) (Science Acia Instruments) (Science Acia Science Acia (Science) (Sci	BECHN DERGELTEN MOL CHEMICAL CONTROL CONTROL DEGELTEN CONTROL CONTROL CHEMICAL CONTROL CONTROL DEGELTENCION CON CONTROL CONTROL CONTROL DEGELTENCION CONTROL CONTROL CONTROL CONTROL CONTROL CONTROL DEGELTENCION CONTROL CONTRO	weather, intelling the sectors and soft to be the sector of the sector o





# "The dose makes the poison"







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# "The dose makes the poison"

- Dihydrogen monoxide
- LD<sub>50</sub> is about 6 litres
- Chi Tau 'hazing ritual', 2005
  - 1 dead, 2 comatose
- KDND radio 'Wee for a Wii' competition

 $\delta^+$ 

- 1 death
- [Na⁺]↓↓
- Brain swelling



# "Natural isn't always safe"



Everything contains chemicals. Some synthetic chemicals are unsafe. Some natural chemicals are unsafe.



... Promote safe ingredients.

Samuel J. Lord sam@everydayscientist.com

# Natural/artificial is a construct

- Blur the boundaries between natural and artificial
- This erodes the core belief upon which chemophobia relies









# **Part 5:** How children are introduced to chemistry

















?

# Part 6: Homework



# Part 6: Homework





# Myths about outreach

#### chemistry outreach is <u>NOT</u>...

- "about giving back to the community"
- "charitable"
- "dumbed down"

#### chemistry outreach is the lifeblood of our industry

- a healthy democracy needs informed citizens
- science funding relies ultimately on how much people value science
- helps us to realise the importance of our own work



## How to use that 5% 'outreach time'

- 1. Tweet about your work
- 2. Give your 'talk' in local schoolsExplain what you do as a chemist
- 3. Join your university's 'expert line' for media commentary
- 4. Write articles for your school/university magazine
- 5. Participate in science festivals
- 6. Participate in your workplace's YouTube channel
- 7. Write a book









# How to speak to the public about chemicals

#### WHAT TO SAY

- Be passionate & positive!
- Make links between chemistry and things they care about
- Keep it simple
- Talk about your job as a chemist
- Talk about yourself
- Show them you're human, too!
- Address the neutral 60%

#### WHAT NOT TO SAY

- "Chemicals are everywhere"
- "Everything's made of chemicals"
- Don't patronise them
- Don't address natural/artificial divide unless asked
- Don't expect evidence to change their minds
- Ignore the negative 20%



# Oxford English dictionary **chemical (noun)** a distinct compound or substance, especially one which has been artificially prepared or purified

# Abandon the word "chemical" as a noun

- Acid
- Solvent
- Metal
- Powder
- Crystal
- Molecule
- Compound
- Element
- Atoms

- Liquid
- Extract
- Gas
- Alloy
- Polymer
- Fibre
- Pigment
- Gel
- Solution

# Abandon the word "chemophobia"

#### WHAT TO SAY

- Tell stories
- Emphasise how chemistry can help towards things we are passionate about
- Make chemistry relevant, modern, interesting and all about <u>molecules</u>
- Don't start with the elements of the periodic table

#### WHAT NOT TO SAY

- "Chemophobia"
- "Fighting ignorance"
- "Mythbusting"
- "Debunking"
- Do not attempt the 'deficit model'
  - "Let me show you why you're wrong"



### Focus on what people care about!

#### WHAT TO SAY

#### • Chemistry of things around us

- Food
- Perfumes
- Building materials
- Cutting-edge research that helps:
  - Climate
  - Environment
  - Clean/cheap energy

#### WHAT NOT TO SAY

#### Elements

- Reminds people of school
- We seldom encounter substances in their elemental state anyway

#### Don't just focus on history

 Creates the idea that chemistry has 'expired' and has nothing new to offer



## Great examples of chemistry outreach



**ACS Reactions** 

ACS Reactions

THE CHEMISTRY OF

Theodore Gray's books and apps





**Periodic Videos** 



Outreach programs







...and several more

# **Finally...** The ultimate cure







•

Positive Inspirational Chemist

# The ultimate cure

- We need factual, big-budget TV documentaries about chemistry
- We need a benevolent chemistry TV personality to counteract Walter White
- Focus on modern chemistry
- Focus on molecules
- Communicate through human stories
  - Deep local cultural roots
- Aim for mainstream TV
- Creative inspiration
  - "A Bite of China"
  - spent \$5m per series





# The ultimate cure

- Episode list
  - 1. Celebration food, cooking, wine, party drugs, f'works
  - 2. Curing ailments medications old & new
  - 3. Keeping food fresh preservatives, packaging, ripening
  - 4. Gifts from nature natural compounds inc. crude oil
  - 5. Seduction perfumes, cosmetics, aphrodisiacs
  - 6. Pilgrimage transportation, fuels, roads, dynamite
  - 7. **Poison** chemical weapons, misused drugs, toxins removed by chemical means, decaffeination, pest ctrl.
  - 8. Vibrancy pigments, bleach, Sistine Chapel
  - 9. Beauty clothing, furnishings, skincare, landscape materials, space missions & photos of Earth
  - **10. Protection** glass, Kevlar, condoms, iodine, immunisations, preservatives, superhydrophobics
  - 11. Saying hello paper, pens, iPhones, smoke signals
  - **12.** Purity cleaning, religious rituals, water purification, purification of medicines, haircare, electroplating/refining





# The end Thank you





## Most common poisons

#### CHILDREN

	No.	%
Cosmetics & Personal Care Products	150,530	14.0
Cleaning Substances	118,207	11.0
Analgesics	100,399	9.3
Foreign Bodies/Toys/Miscellaneous	72,099	6.7
Topical Preparations	62,053	5.8
Vitamins	48,214	4.5
Antihistamines	45,915	4.3
Pesticides	35,152	3.3
GI preparations	28,460	2.7
Plants	27,941	2.6

#### ADULTS

	No.	%
Analgesics	133,864	11.9
Sedative/Hypnotics/Antipsychotics	117,682	10.4
Antidepressants	75,622	6.7
Cardiovascular Drugs	68,579	6.1
Cleaning Substances (Household)	64,217	5.7
Alcohols	51,344	4.6
Anticonvulsants	41,738	3.7
Pesticides	39,968	3.5
Bites and Envenomations	36,944	3.3
Antihistamines	34,804	3.1

Poison.org; National Poison Data System (2014)

## Most common poisons

	FATALITIES ONLY	No.	%
	Analgesics	133	19.2
	Fumes/Gases/Vapors	86	12.4
	Cold and Cough Preparations		7.1
	Antihistamines	38	5.5
	Hydrocarbons	29	4.2
Sedative/Hypnotics/Antipsychot		29	4.2
	Cleaning Substances (Household)	28	4.0
	Antidepressants		3.8
	Cardiovascular Drugs	23	3.3
	Alcohols	19	2.7
	Stimulants and Street Drugs	18	2.6
	Batteries	17	2.5
Data System (2014)	Pesticides	17	2.5

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# Chemistry can help to solve all 10 public health concerns

- Alcohol-related harms
- Food safety
- Healthcare-associated infections
- Heart disease and stroke
- HIV

- Motor vehicle injury
- Nutrition, physical activity and obesity
- Prescription drug overdose
- Teen pregnancy
- Tobacco use





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