



# MiChEM

## Michigan Chemical Exposure Monitoring

The MiChEM project is the first statewide effort to gather data on the amount of certain chemicals in the blood and urine of Michiganders, including lead, mercury, and PFAS. This project will help the Michigan Department of Health and Human Services (MDHHS) understand more about the chemical exposures of Michigan residents.

### What are chemical exposures?

People can come in contact with chemicals in what they eat and drink, in products they use, at work, and in their environment, like in the air, soil, and water. Some chemicals are helpful and necessary for life and some can be harmful. Either way, contact with chemicals is called a chemical exposure.

### Why was my household selected for MiChEM? Can those who did not get an invitation join the project?

The goal of the MiChEM project is to better understand exposures to certain chemicals in Michigan residents. It is not possible to test everyone in the state, so the MiChEM project team used a statistical method to select households in different areas of the state to represent the state as a whole. All adults in selected households are eligible to register; however, we will randomly select only one adult from each household to participate in this important project. Only those selected are able to join the project.

### Why should I register my household for the MiChEM project?

Your household was selected to help the MiChEM project reflect the diversity of Michiganders. It's important that people of different races, ethnicities, age groups, and parts of the state participate in MiChEM to better understand whether certain groups have greater amounts of certain chemicals in their blood and urine. MiChEM will help MDHHS and other agencies know what actions to take to reduce chemical exposures. These actions could include:



Investigating sources and health effects of chemical exposures



Creating programs to reduce harmful chemical exposures



Improving laws related to chemical use

### What will participants do?



Participants will answer survey questions online or by phone, which will take about 30-45 minutes. These questions are about how they may have come in contact with certain chemicals.



Participants will attend a 30-minute appointment. During the appointment, a trained professional will collect a blood sample and ask for a urine sample.

### Once they complete these steps, participants will receive:

- A \$65 Visa gift card
- Personal lab results for the 197 chemicals that we measured in blood and urine samples they gave – a \$1,000 value – along with resources on how to reduce chemical exposures.

## How will participant data and samples be protected?

MiChEM will never publicly release information that could identify participants, such as their name or address. MiChEM will protect results to the fullest extent of the law. All staff are required by law to maintain confidentiality for all project participants.

Only MDHHS will have access to and maintain the privacy and security of participants' data and samples. Other parties may request to see their data, but the MDHHS will not give it unless participants give their explicit permission. All samples will be stored at the MDHHS Bureau of Laboratories. Participants' DNA will not be tested or given to any other parties.

## What chemicals are being tested?

- 17 organochlorine pesticides
- 45 per- and polyfluoroalkyl substances (PFAS)
- 1 polybrominated biphenyl congener (PBB)
- 10 polybrominated diphenyl ethers (PBDEs)
- 100 polychlorinated biphenyls (PCBs)
- 24 metals such as:
  - Lead
  - Mercury
  - Arsenic
  - Aluminum
  - Manganese
  - Chromium
  - Selenium
  - Thallium
  - Cadmium
  - Cobalt

**MiChEM will not test the blood and urine collected for any drugs or DNA.**

## Will participants get their lab results?

Yes. Unless participants choose to opt out, lab results will be mailed to participants' homes.

## What will the results show?

The results will tell participants the amount of certain chemicals in their blood and urine at the time they were collected.

Results will not show:

- The source of any of the chemicals in the blood or urine.
- Anything about any chemicals we did not measure.
- If the chemicals we measure are currently harming participants' health, have harmed their health in the past, or may harm their health in the future.

## How do I register my household for this project?

To register the adults in your household, visit <https://is.gd/GVBh6T> before [insert date], enter the code from your letter, and follow the steps on the screen. If you prefer, call 844-464-7327 between 9 a.m. and 7 p.m., Monday through Friday, and you can talk to the MiChEM project team.

**One adult per household will be randomly selected. We will be in each area for a limited time, so sign up now!**

El Departamento de Salud y Servicios Humanos de Michigan (MDHHS, por sus siglas en inglés) invita a su hogar a registrarse en el proyecto Monitoreo de Exposición Química de Michigan (MiChEM, por sus siglas en inglés). Si está interesado en saber más sobre el proyecto, puede encontrar información en español en nuestro sitio web [Michigan.gov/DEHBio](http://Michigan.gov/DEHBio).

يدعو مركز الصحة والخدمات الإنسانية في ولاية ميشيغان (MDHHS) أسرته للتسجيل في دراسة ميشيغان لمراقبة التعرض للمواد الكيميائية (MiChEM). إذا كنت مهتمًا بمعرفة المزيد عن الدراسة، فيمكنك العثور على المعلومات باللغة العربية على موقعنا على الإنترنت [Michigan.gov/DEHBio](http://Michigan.gov/DEHBio).

## For more information:

MDHHS-michem@michigan.gov

844-464-7327

[Michigan.gov/DEHBio](http://Michigan.gov/DEHBio)

The Michigan Department of Health and Human Services will not exclude from participation in, deny benefits of, or discriminate against any individual or group because of race, sex, religion, age, national origin, color, height, weight, marital status, partisan considerations, or a disability or genetic information that is unrelated to the person's eligibility.

