Why Your Building Materials **Matter**

Learn more about material health!

WOMEN for a Healthy ENVIRONMENT

LIVING FUTURE



The average American spends

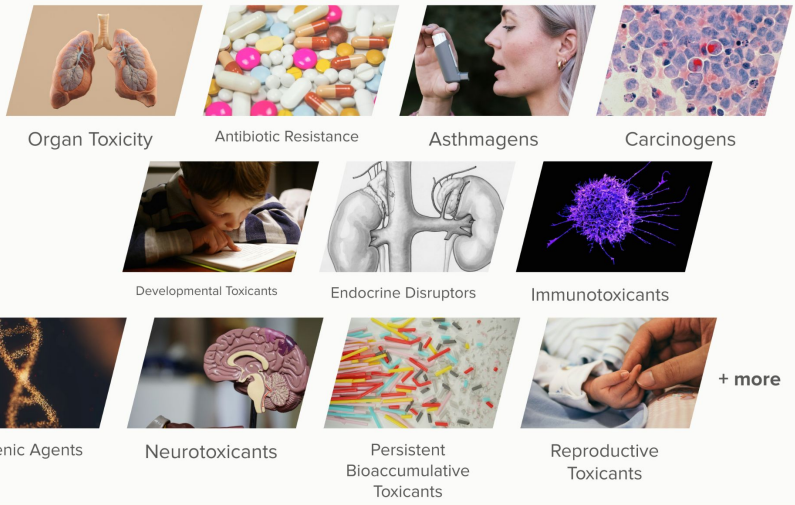
87%

of their time indoors.

Standard building materials contain several chemical classes known to pose one or more of the serious health hazards shown at right.

These toxicants are especially dangerous to infants and children.

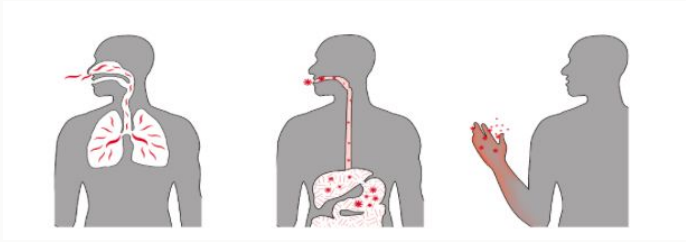
For more information, check out the **Red List**—an actively maintained list of worst-in-class chemicals commonly used in building materials.
https://living-future.org/red-list/



Materials **release** toxicants by...

- Off-gassing into the air (volatilization)
- Breaking down as a result of light/heat exposure, physical wear, or age
- Leaching into water or other liquids
- Burning or rusting (oxidation)

Toxicants then **enter the body** through...



What you can start doing **today**

- **Support stronger chemical regulation**
- **Advocate for greater ingredient transparency from material manufacturers**
- **Talk with your dollars —purchase healthy building materials**