



Healthy Hair Initiative Project

Black Women for Wellness

Teni Adewumi, MS Student, UCLA
and
Esmeralda Ponce, MPH, Touro University

Problem Statement

African Americans spend over 5 billion dollars annually on beauty products. Many of these products are not researched for toxic health consequences.

Black hair professionals are most at risk because they are exposed to these products multiple times daily .

Objectives

- Modify pre existing survey for use in outreach of workplace exposures and health concerns
- Facilitate focus group
- Identify and assess ingredients in products used and recommended

Methods

Survey



Black Women For Wellness
cordially invites you to:
Our Healthy Crown

An intimate gathering of hair professionals in South Los Angeles to talk about hair and health in the black community. A complimentary lunch and gift card will be provided to participants. To RSVP please call (323)-290-5955.



Monday August 4th

- 11am-1pm
- Lunch Served
- Gift Card For



Focus group flyer

Focus group



BLACK WOMEN FOR WELLNESS

Healthy Hair Initiative Survey

By completing this survey, you help Black Women for Wellness (BWW) identify how to best meet your needs and the needs of your community when it comes to black hair products. Completion of this survey will also help address your possible occupational safety needs as a hair stylist.

We thank you in advance for your time and cooperation!

1. Complete Salon Address:

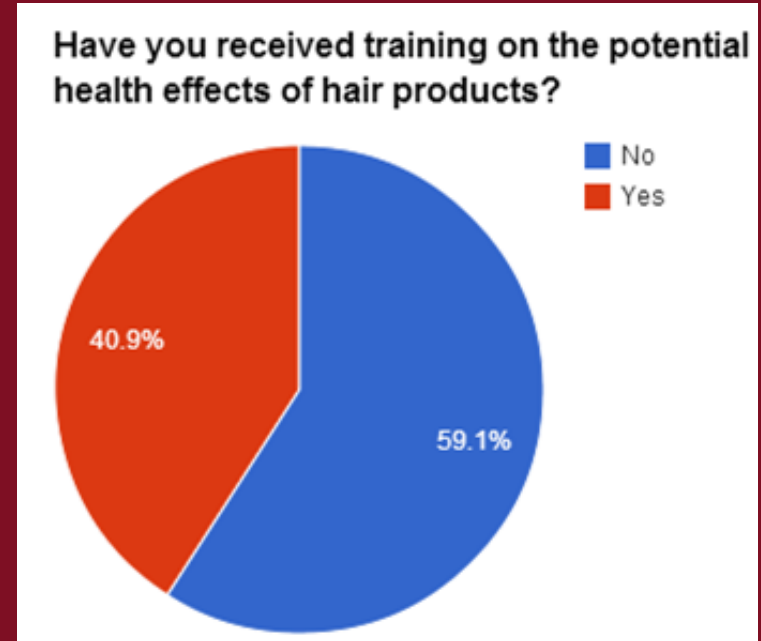
2. Hair Stylist Code Number. Please write in the boxes the following information.

Salon's Name	FIRST LETTER of your First Name	Today's Date

3. What is your gender? Please circle one.
Male Female Transgender
Other: _____ I do not wish to answer
4. How old are you? Please check one.
 18 or younger
 19-24 years
 25-29 years
 30-44 years
 45 or older

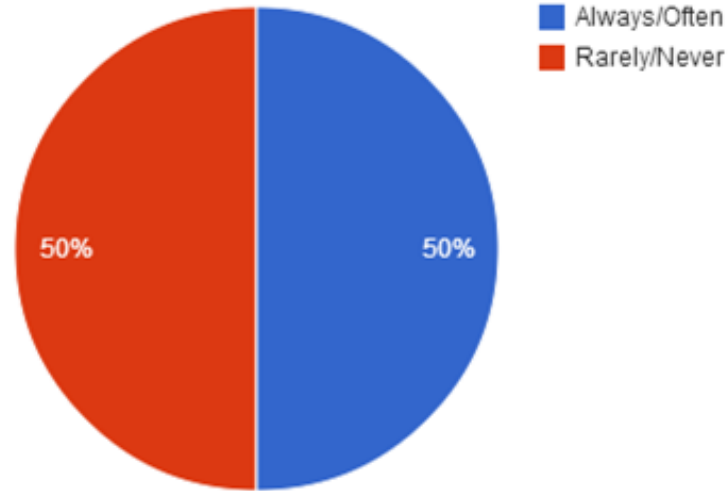
Results

- 22 hair professional surveys conducted
- South Los Angeles
- 12 natural hair professionals; 10 non strictly natural hair professionals
- Top chemical ingredients of concern:
 - Parabens
 - Fragrance (phthalates)
 - DMDM Hydantoin

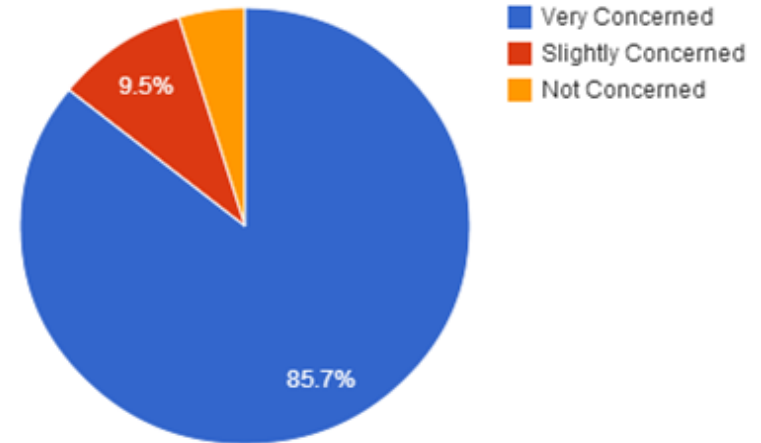


Results (cont.)

How often do you wear gloves?



How concerned are you about the effects of hair care products on your health?



Stylin' Safely

Brought to you by the Healthy Hair Initiative Team at
Black Women for Wellness

Wrist Wobble

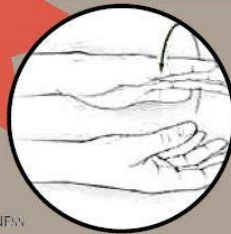
Place forearm on a table using a rolled towel for padding. With your thumb facing upward, move your wrist up and down through its full range of motion.



According to a recent survey done by Black Women for Wellness, hair professionals are at a great risk of experiencing occupational related joint and muscle pain. The following are some exercises that can be done to help relieve wrist pain. Do each exercise for 10 seconds-10 repetitions-3 times a day

Wrist Twist

Place your arm at your side with your elbows bent at 90 degrees palms facing downward. Rotate your forearm so that your palm faces up and then down.



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(323) 290-5955

bwwla.org

P.O. Box 292516, Los Angeles, CA 90029

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Results (cont.)

“ Being an older stylist I look back and see all the health effects that my fellow stylists have now are related to what they used in salons. So many have respiratory issues because of the products” -Focus group participant

Challenges and Successes

Challenges

- Getting stylists to take the survey
- Working around stylists busy schedules

Successes

- Informative focus group
- Using gift card incentives



Recommendations

- Building a group of hair professionals to outreach to others
- More research into products used in the black beauty industry
- Survey results distributed to hair care community



Personal Reflections



Nappywood-Natural Hair Expo

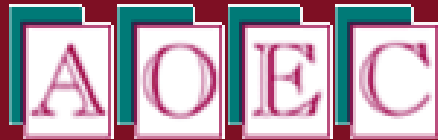


BWW Sangria Sip with Locticians



Acknowledgements

- Black Women for Wellness
- UCLA-LOSH
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