About Hui Mālama Ola Nā ʻŌiwi

- Mission - To improve the health & well-being of Hawaiʻi Island so that all residents can Live Longer & Feel Better, Together
- 501(c)(3) nonprofit organization, Incorporated in 1991, federally funded as the Native Hawaiian Health Care System for Hawaiʻi Island
- Provides medical, behavioral health, and community education services with the sole objective of improving access to quality healthcare, education, and services for the people of Hawaiʻi County
Inspired by Fran Drescher’s Cancer Schmancer Program and the high rates of cancer within Hawaiʻi county
  - With an added local flare

The Cancer Kine Tings program engages the whole family with an activity and includes a home detox kit
Focus on promoting early detection and prevention of cancer through community health education about cancer causing items in our everyday homes.
Cancer Kine Tings Kit

- Informational pamphlets
  - *Makua* (adults) and *keiki* (children)
- Step-by-step instructions of chemicals to look for inside the home
  - Room by room checklists - products & chemicals to identify
  - Age-specific checklist to engage the whole family
    - Pictures of items
    - Warning stickers included - label identified toxic products
Cancer Kine Tings Kit

- Toxin-free cleaning product recipes
- Samples of these cleaners provided in the kit
- A reusable bag
3 Key Tools of Awareness

- Screening
- Know your Risk Factors
- Prevention
Screening

- Mammography (breast cancer)
- Pap Smear (cervical cancer)
- Colonoscopy (colorectal cancer)
- Digital Rectal Exam (prostate cancer)
- Low-dose CT scan (lung cancer)
- Visual Inspection (oral & skin cancer)
Know your Risk Factors

- Smoking
- Alcohol
- Diet
- Infectious Agents
- Chronic Inflammation
Prevention

- Vaccines
- Smoking Cessation
- Dietary Modification
- Limit Alcohol Intake
- Avoid Carcinogens
Common household items contain dangerous chemicals that increase the risk of cancer. These can be found in every room. If not stored or used properly, may cause minor to life-threatening health problems.
Ingredients to Avoid

HOW TO USE THIS LIST:
Use this list alongside your Hale Checklist to determine which products need to be replaced or stored. Label potentially toxic items with provided stickers.

- Nicotine
- Dyes
- Bisphenol A (BPA)
- Bisphenol S (BPS)
- Ethanolamine Compounds (DEA, MEA, TEA)
- Fragrances
- Lead
- Methylisothiazolinone (MIT)
- Parabens
- Phthalate
- Sodium Lauryl Sulfate
- Sodium Laureth Sulfate
- Triclosan
- Volatile Organic Compounds (VOC)
- Quaternary Ammonium Compounds (QUATs)
Are These in your Home?
Garage Checklist

HOW TO USE THIS LIST:
Use this list alongside your Toxic Ingredients list to determine which products need to be replaced or stored. Label potentially toxic items with provided stickers.

BATHROOM
- Toilet bowl cleaner
- Mold and mildew remover
- Drain cleaner

BEDROOM
- Box-spring mattress
- Electronic devices
- Fabric refreshers
- Mothballs
- Scented Candles

GARAGE
- Antifreeze
- Batteries
- Motor oil
- Oil-based paint
- Latex paint
- Windshield washer fluid
Laundry/Utility & Bathroom

How to use this list:
Use this list alongside your Toxic ingredients list to determine which products need to be replaced or stored. Label potentially toxic items with provided stickers.

Bathroom
- Toilet bowl cleaner
- Mold and mildew remover
- Drain cleaner

Bedroom
- Box-spring mattress
- Electronic devices
- Fabric refreshers
- Mothballs
- Scented Candles

Garage
- Antifreeze
- Batteries
- Motor oil
- Oil-based paint
- Latex paint
- Windshield washer fluid
Kitchen & Living Room

- Dishwashing detergent
- Oven cleaner
- Antibacterial Cleaner
- Window and Glass cleaner
- Carpet and upholstery cleaner
- Furniture polish
- Air-freshener
- Insecticide / Fogger
Bedroom Checklist

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GARAGE
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Personal Hygiene

- Shampoo
- Bodywash
- Deodorant
- Sunscreen
- Perfume
- Hair Dye
- Makeup
- Nail Polish
- Facewash
Backyard

- Pool: Chloride tablets and Algicide
- Inset Repellants
- Weed Killer
- Rodent Bait
Keep Your Home a Cancer-Free Zone

- Make your own cleaning products
- Clean the air
- Avoid products with toxic ingredients
- Avoid using non-stick pans, plastic containers, and canned goods
- Do not eat toxins
- Filter your water
- Sleep clean
- Ditch the synthetics
- Leave shoes at the door
Safe Alternatives

- Baking Soda for scrubbing
- Vinegar and water for cleaning glass
- Products containing low VOC’s
Best Strategy

- Make small changes - one product at a time
- Change by attrition – when throwing out old products, make sure the replacement is a safer version
- Learn to read labels - get to know the products
- Choose fragrance free products
- Use online resources and apps – list provided
Cancer Kine Tings
Home Kit

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Mahalo nui

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