

# Results and Impacts of the FRESSCA-Mujeres Project

November 14, 2025

Biomonitoring California Scientific Guidance Panel Meeting

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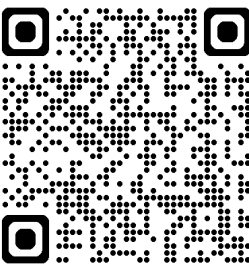
Stephanie Jarmul, OEHHA

# Overview

- Study background
- Intervention analysis
- Biomonitoring results
- Community impacts and perspectives
- Next steps

# Study background





# Project goals

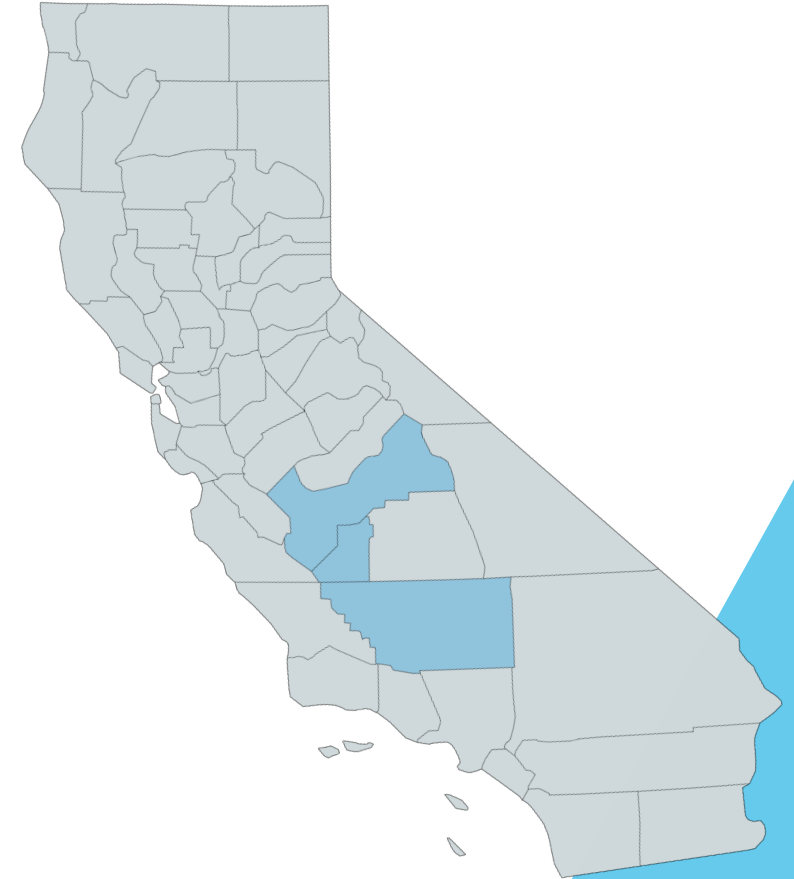


Develop an affordable  
air filtration  
intervention for swamp  
coolers

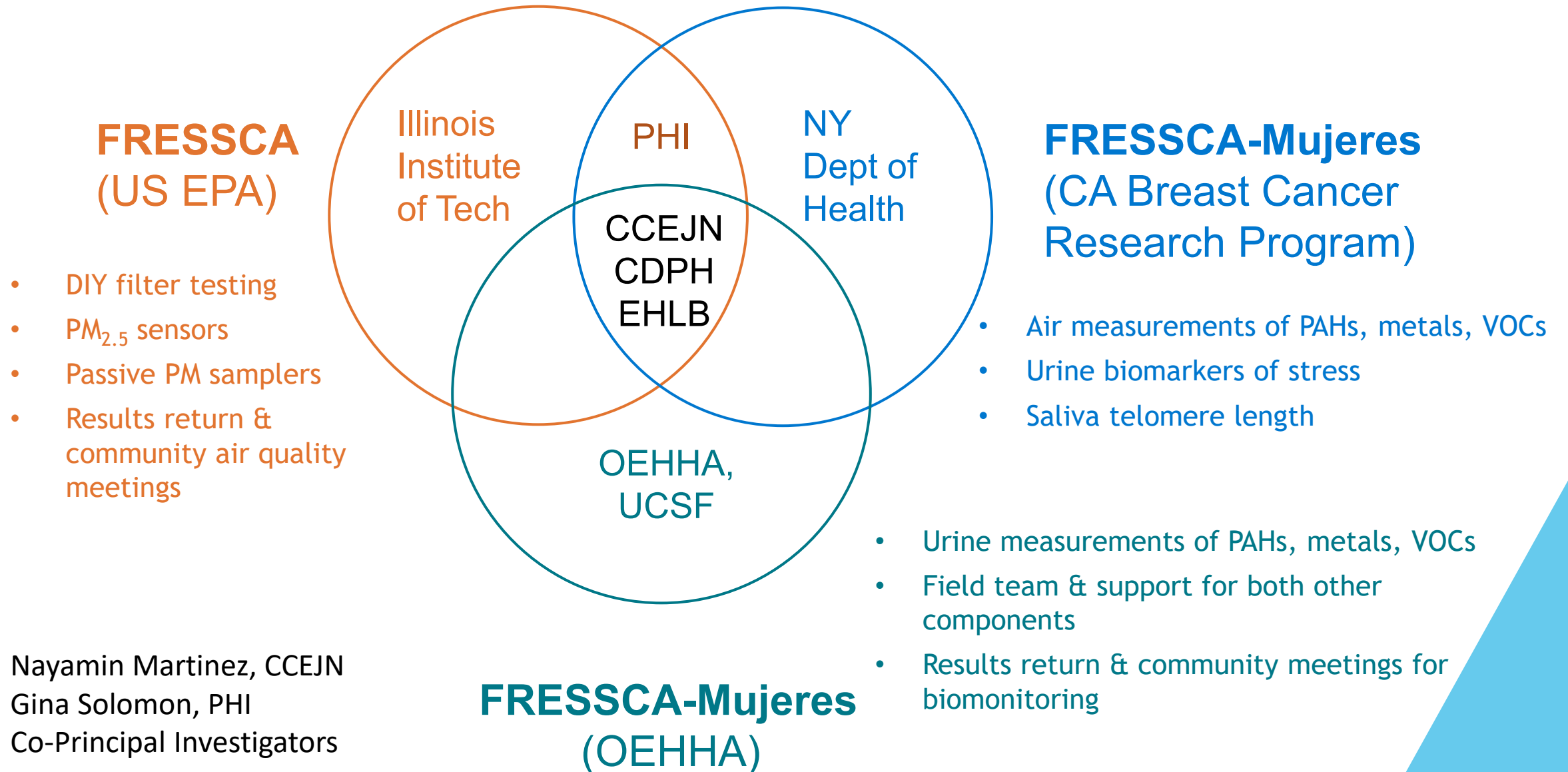


Evaluate effectiveness of  
air filtration interventions  
at reducing in-home air  
pollution exposures

Learn more about **female  
agricultural workers'**  
exposures to air pollution  
in the Central Valley



# Project overview - three funding sources created our interdisciplinary team



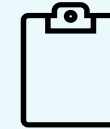
# Project overview (cont'd)



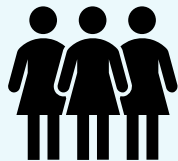
- ✓ Conducted a pilot study in 2022
- ✓ Enrolled 25 homes from Kern and Fresno Counties

- ✓ Installed PurpleAir (PA II) monitors inside and outside of the homes
- ✓ Evaluated different filtration strategies

- ✓ Participants completed questionnaires



- ✓ Conducted in 2023
- ✓ Enrolled ~50 female agricultural workers from Kern, Kings, and Fresno Counties



- ✓ Installed portable air cleaners in all homes
- ✓ Installed filters on swamp coolers in half of homes
- ✓ Measured air pollutant levels inside and outside of the homes

- ✓ Collected participants' urine to measure chemicals that show exposure to air pollution



- ✓ Participants completed questionnaires





# Field Installation Study Design (Pilot vs Full Intervention)

Metric	Pilot (2022)	Full Intervention (2023)
Homes recruited	<ul style="list-style-type: none"> <li>31</li> </ul>	<ul style="list-style-type: none"> <li>58</li> </ul>
Homes completed	<ul style="list-style-type: none"> <li>25</li> </ul>	<ul style="list-style-type: none"> <li>48</li> </ul>
Counties	<ul style="list-style-type: none"> <li>Fresno</li> <li>Kern</li> </ul>	<ul style="list-style-type: none"> <li>Fresno</li> <li>Kern</li> <li>Kings</li> </ul>
Intervention duration	<ul style="list-style-type: none"> <li>Deployment: July - September</li> <li>Retrieval: October</li> </ul>	<ul style="list-style-type: none"> <li>Deployment: July - October</li> <li>Retrieval: October</li> </ul>
Intervention types	<ul style="list-style-type: none"> <li>9 homes: DIY EC filter only</li> <li>9 homes: PAC (HEPA) only</li> <li>6 homes: DIY Box fan + MERV13 filter</li> <li>1 home: no intervention</li> <li>4 of 25 effectively control due to non-use/failure</li> </ul>	<ul style="list-style-type: none"> <li>All homes: PACs with HEPA (Levoit 300, Winix D360, Levoit H133)</li> <li>23 homes: Single Intervention (SI), where each home has only a PAC</li> <li>25 homes: Double Intervention (DI) where each home has a DIY EC filter with a PAC</li> </ul>
Monitors	<ul style="list-style-type: none"> <li>Each home has one PA-II monitor (Wi-Fi-only) with outdoor monitors</li> <li>Limited number of Onset HOBO Plug Load Data Loggers</li> </ul>	<ul style="list-style-type: none"> <li>Each home has one PA-II monitor (Wi-Fi-only + SD card) with outdoor monitors</li> <li>Onset HOBO Plug Load Data Loggers for ECs and PACs</li> </ul>



# FRESSCA Field Surveys

- The team visually surveyed homes to document the types, sizes, and conditions of ECs
- ~85% of homes had a through-the-wall or through-the-window (horizontal-flow) EC unit others were served by a rooftop (downflow) EC unit
  - ECs from at least seven different manufacturers
  - EC dimensions varied from ~36 ×36 ×30-inches, with air intake sizes ~19 ×19-inches to ~40 ×35 ×35-inches, with air intake sizes of ~30 ×35-inches
- The focus was on devising a filtration solution primarily for the horizontal-flow units



# Laboratory Testing

- Three common ECs were acquired (two centrifugal fans, one axial)
- Each unit was mounted on a custom wood frame
- Tested during both wet and dry pad conditions

## Overarching Design Goals:

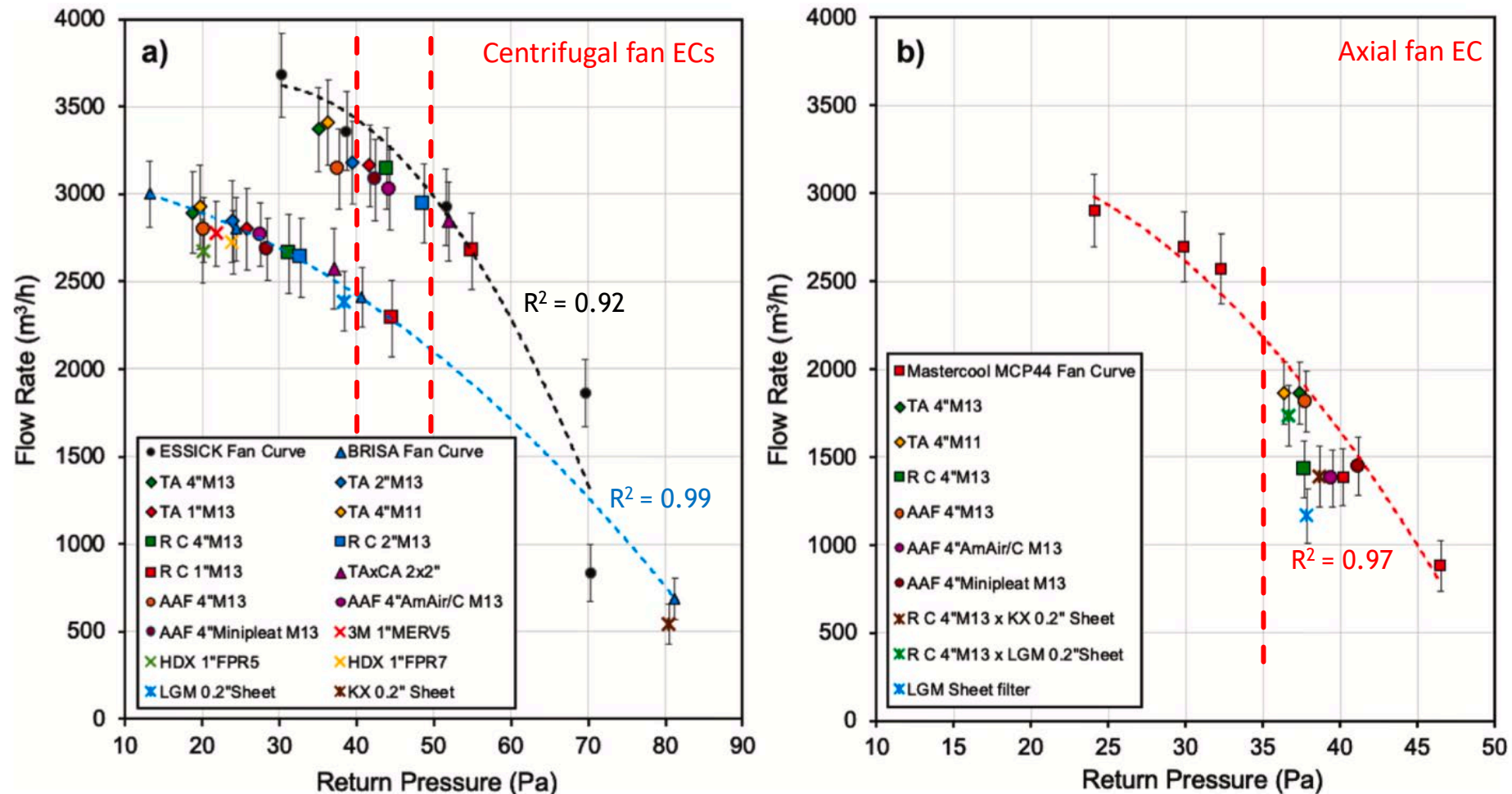
- Filter media that could remove pollutants in wildfire smoke with acceptable efficiency, while not excessively restricting airflow
- The solution should be able to:
  - Be installed without specialized training
  - Comprising readily accessible components
  - Be cost-effective to consumers
  - Last the duration of a typical wildfire smoke event in the field (i.e., up to about a month)



(a) tie-down ratchet straps, (b) bungee cords, (c) bungee straps, and (d) custom plenum-like intake and housing for filters

# Laboratory Testing

- Airflow rates with different filters were tested

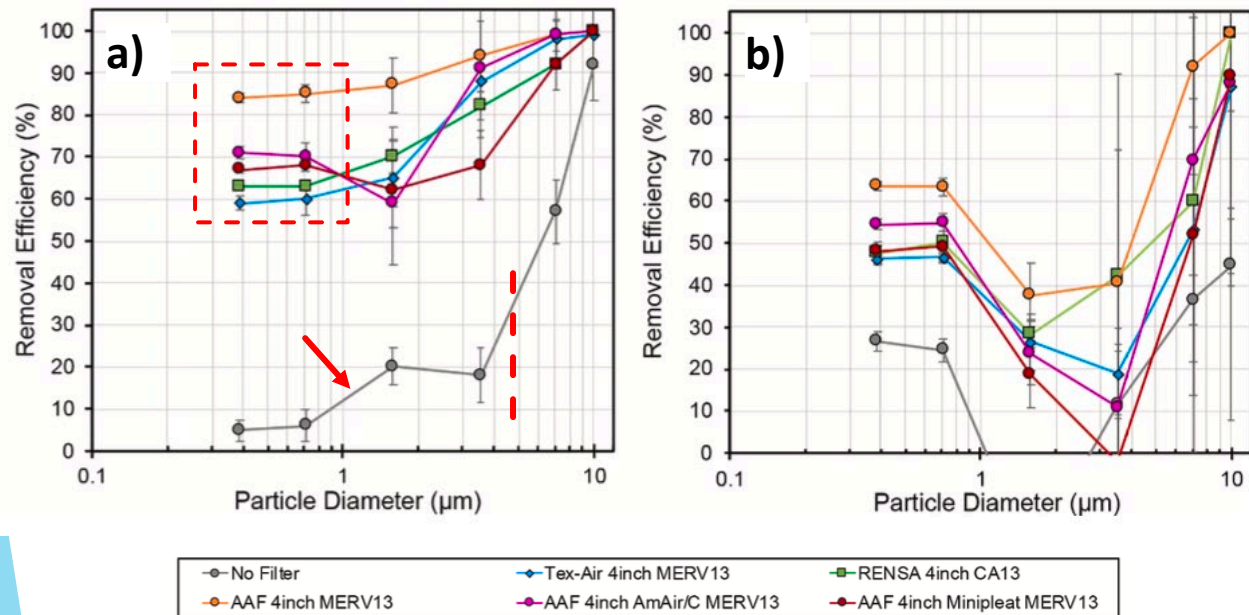




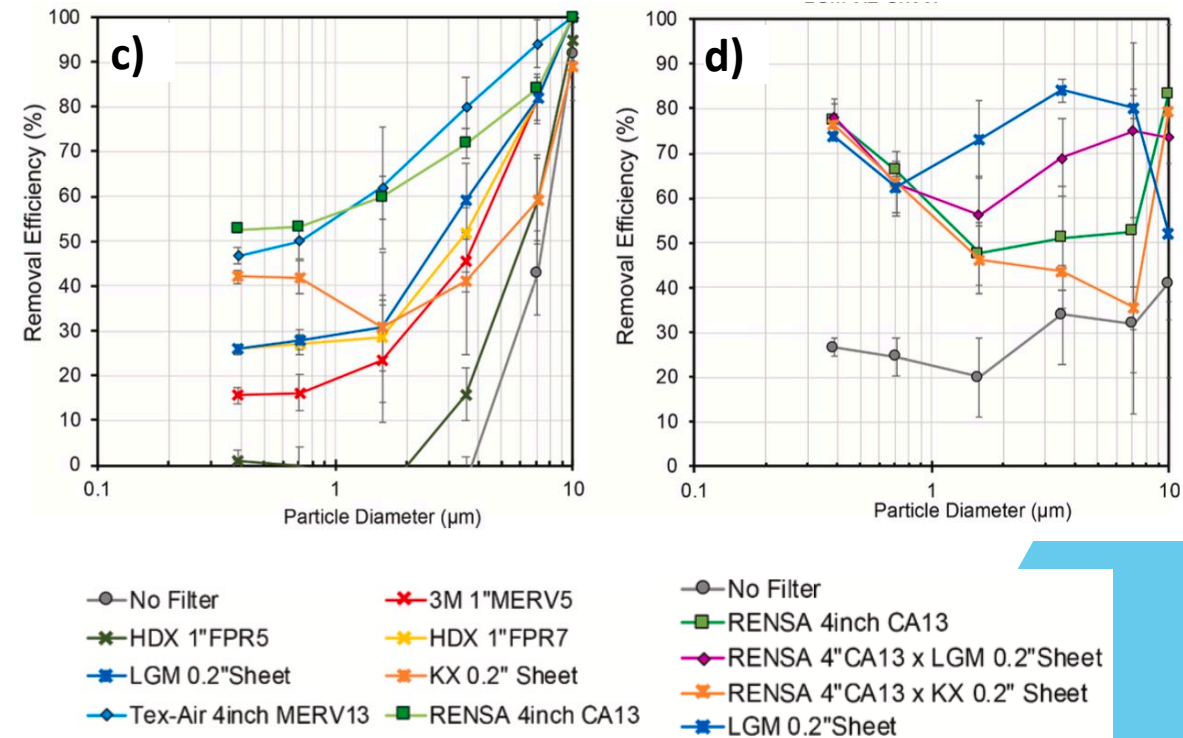
# Laboratory Testing

- Particle removal efficiency of different filters were tested

## Test of Lab Filters

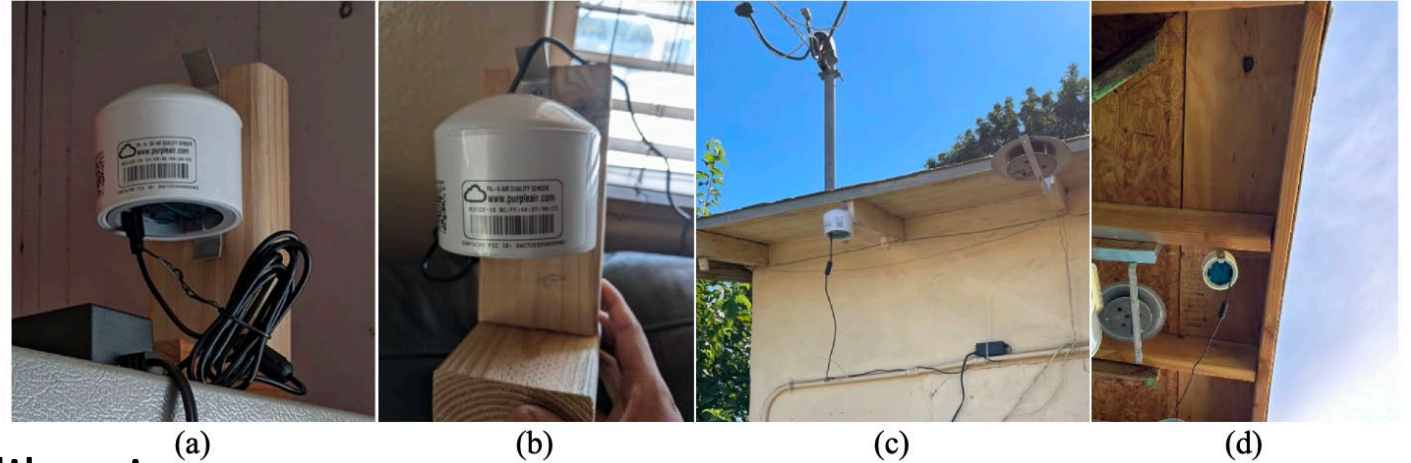


## Test of Locally Available Filters



# Indoor and Outdoor Air Quality Monitoring

- Installed PA-II inside each home and at eight nearby outdoor locations

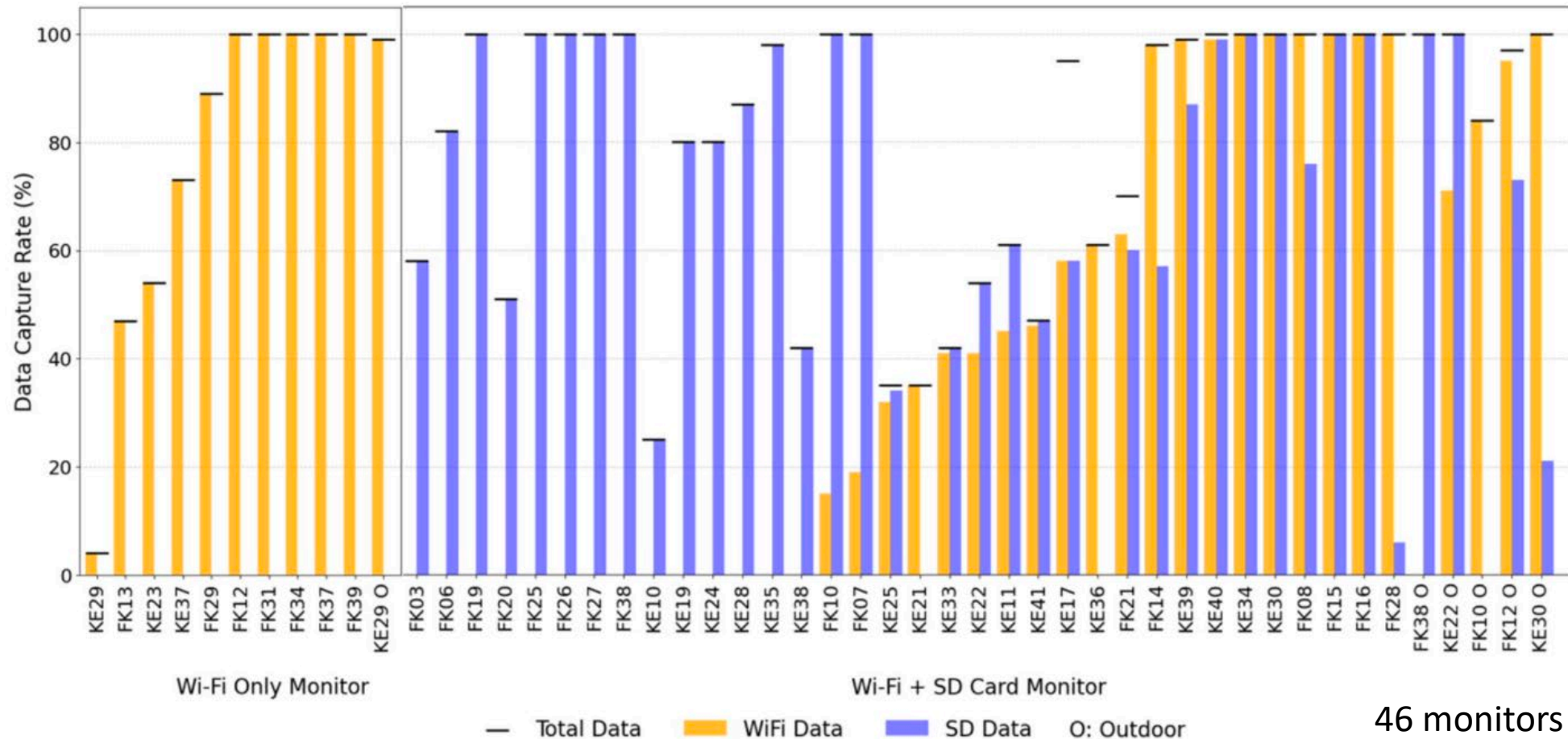


- Co-located PA-II monitors for calibration:



# Indoor and Outdoor Air Quality Monitoring

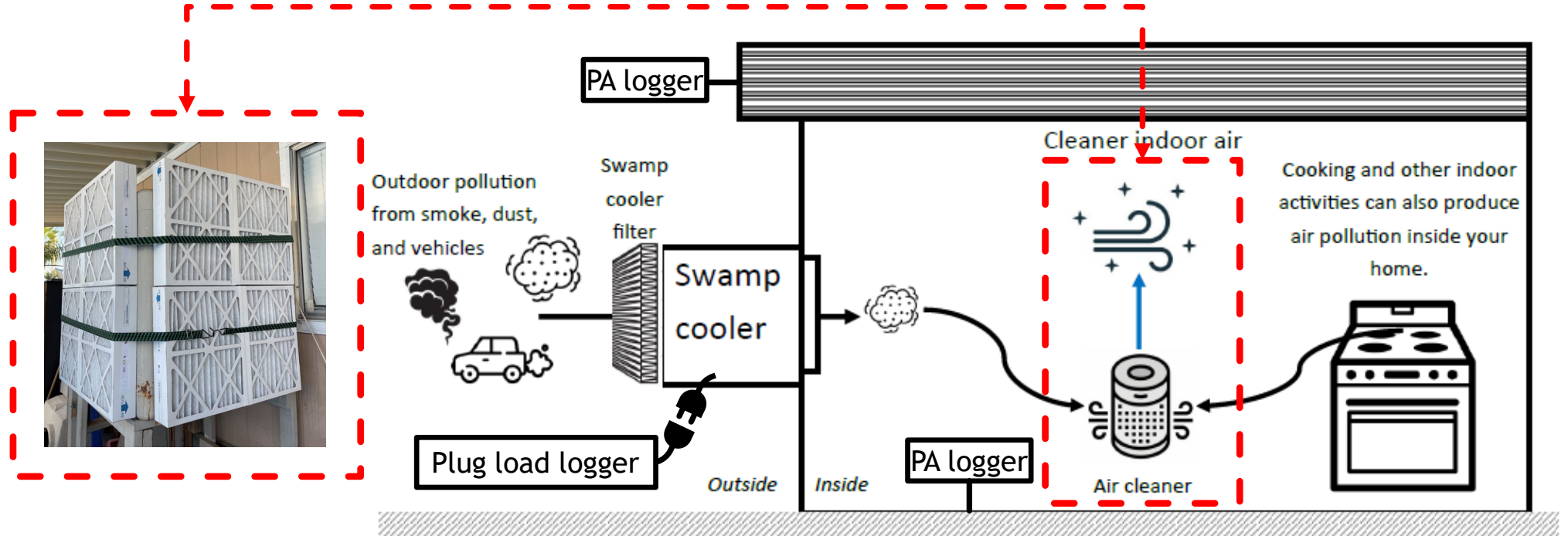
- Wi-Fi data capture rate in the field was only 56%
  - Increased to 82% when integrated with data collected from the onboard microSD cards



46 monitors

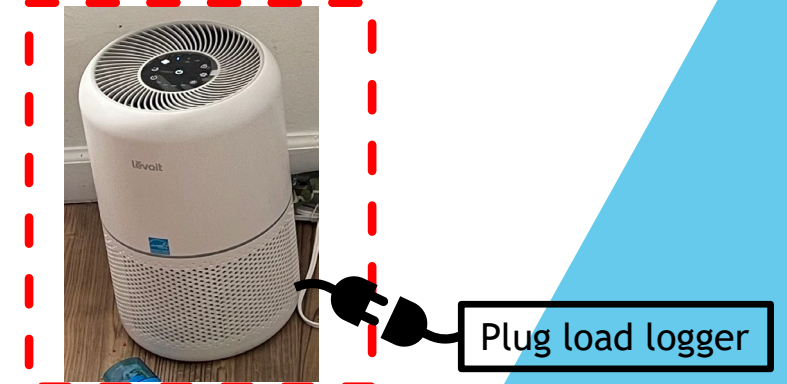


# Field Interventions



Double Interventions (DI)

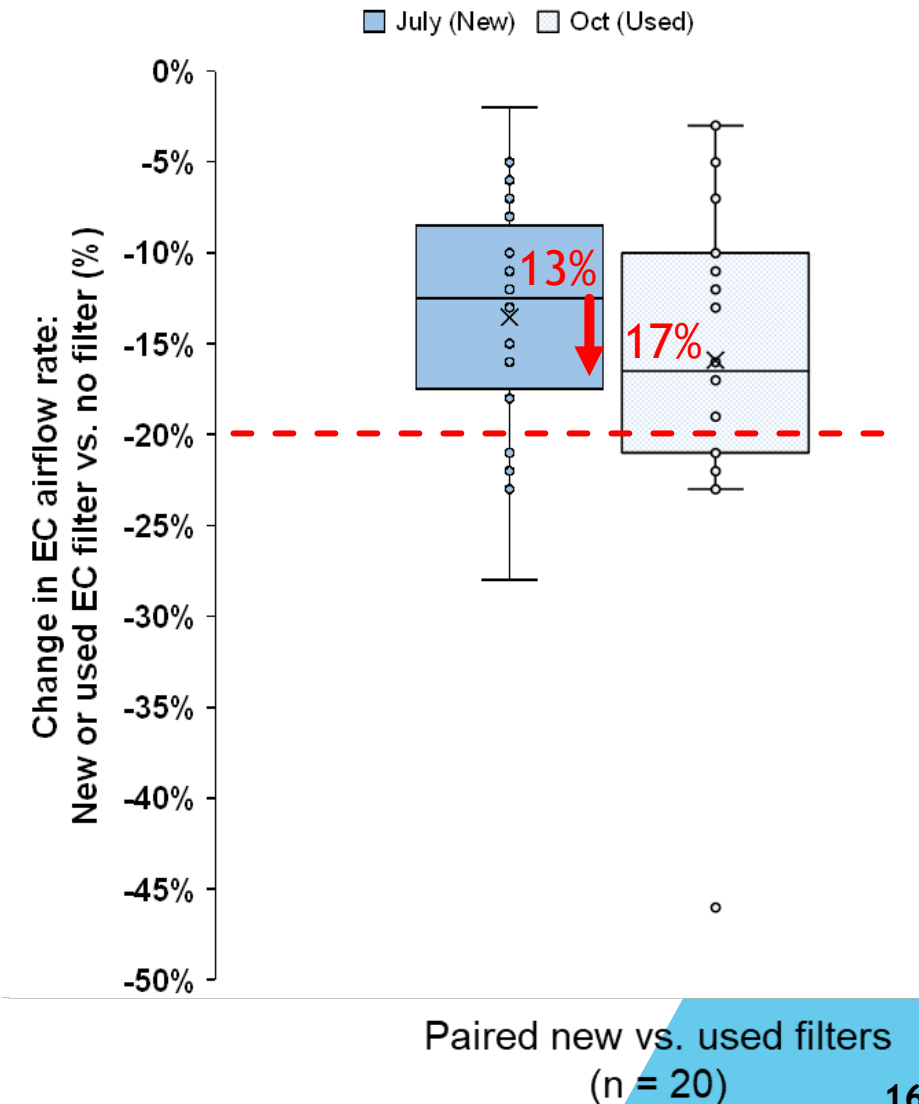
Single Intervention (SI)





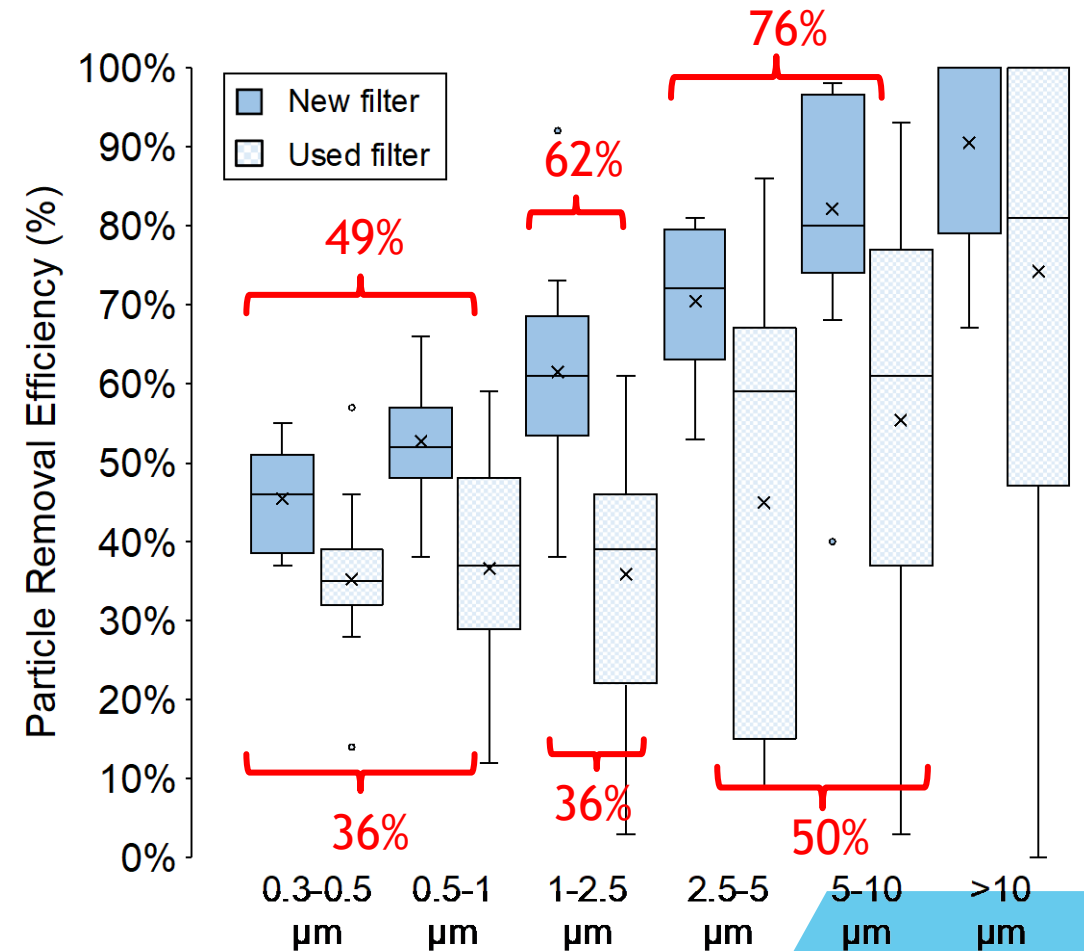
# Full Scale Intervention (Spot Measurements)

- ▶ The median (IQR) reduction in flow rate with the filter installed compared to that without a filter was 15% (11-23%) (Consistent with the laboratory testing)
- ▶ ~70% of homes met the design goals of new EC filters (<20% flow reduction)
- ▶ Particle loading on the filters over time impacted the pressure drop, and a modest reduction in airflow



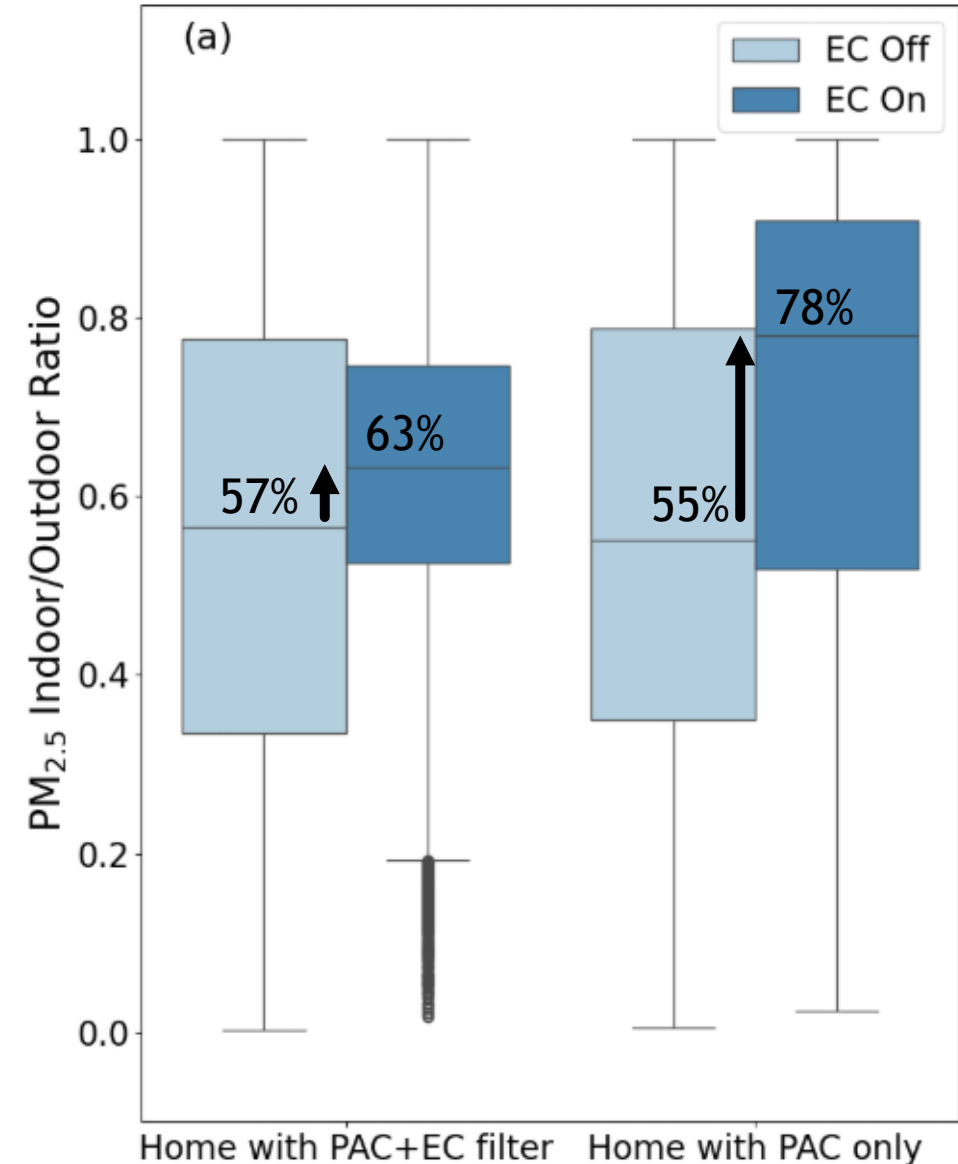
# Full Scale Intervention (Spot Measurements)

- ▶ Practical removal efficiency measurements were conducted in 10 paired homes
- ▶ Size-resolved efficiency curves approximately followed expectations for MERV 13 filters
- ▶ The mean removal efficiency for particles decreased over time
- ▶ The reduction was likely caused by reduced electrostatic charge, water damage, and bypass airflow around filters



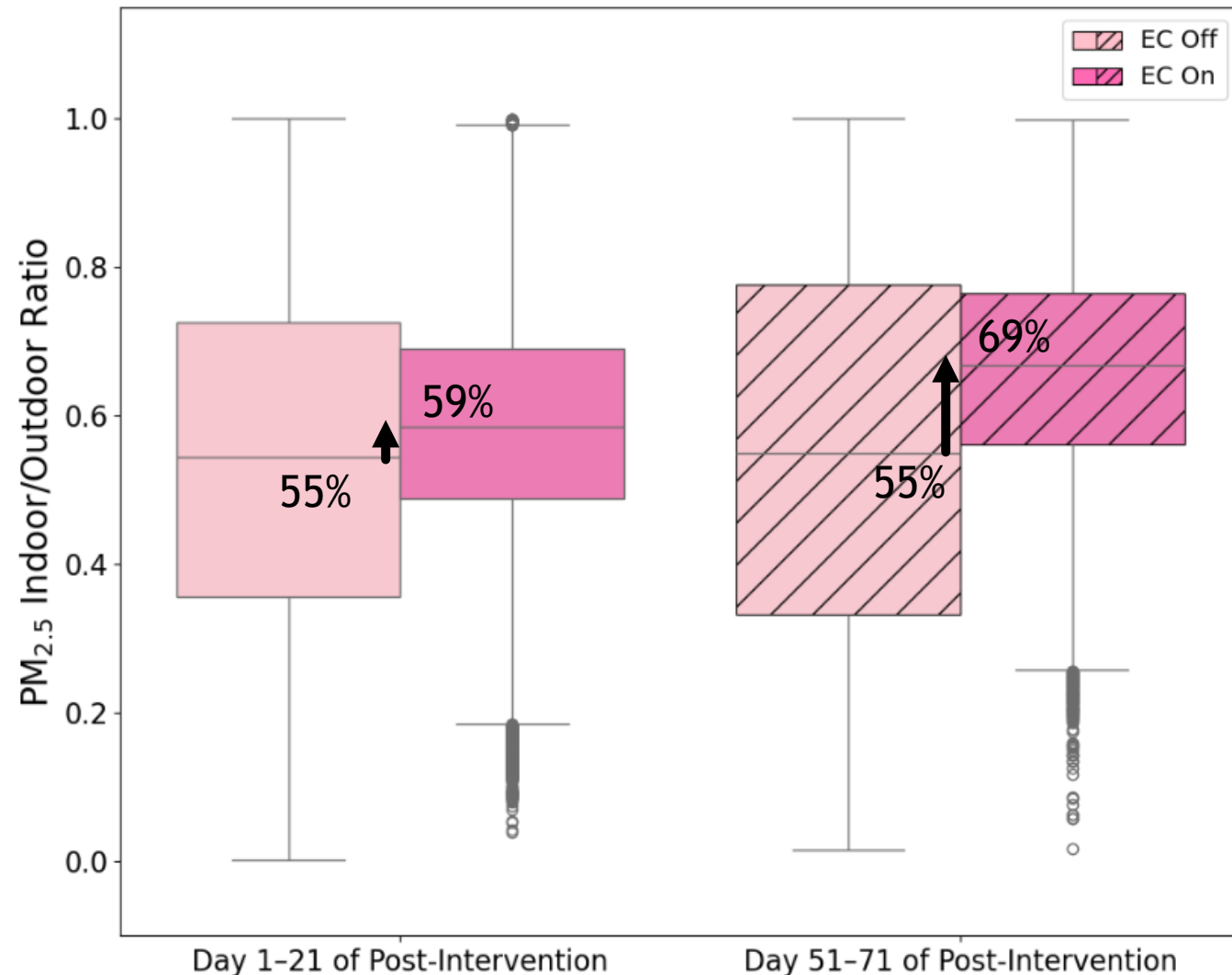
# Did the air quality interventions improve indoor air quality?

- ▶ DI homes were compared with the SI homes in periods during which ECs were either known to be operating or predicted to be operating
- ▶ In SI homes, indoor  $PM_{2.5}$  of predominantly ambient origin increased
- ▶ In DI homes, EC filters mitigated the additional infiltration of ambient  $PM_{2.5}$ , and indoors remained similar to that observed during EC off



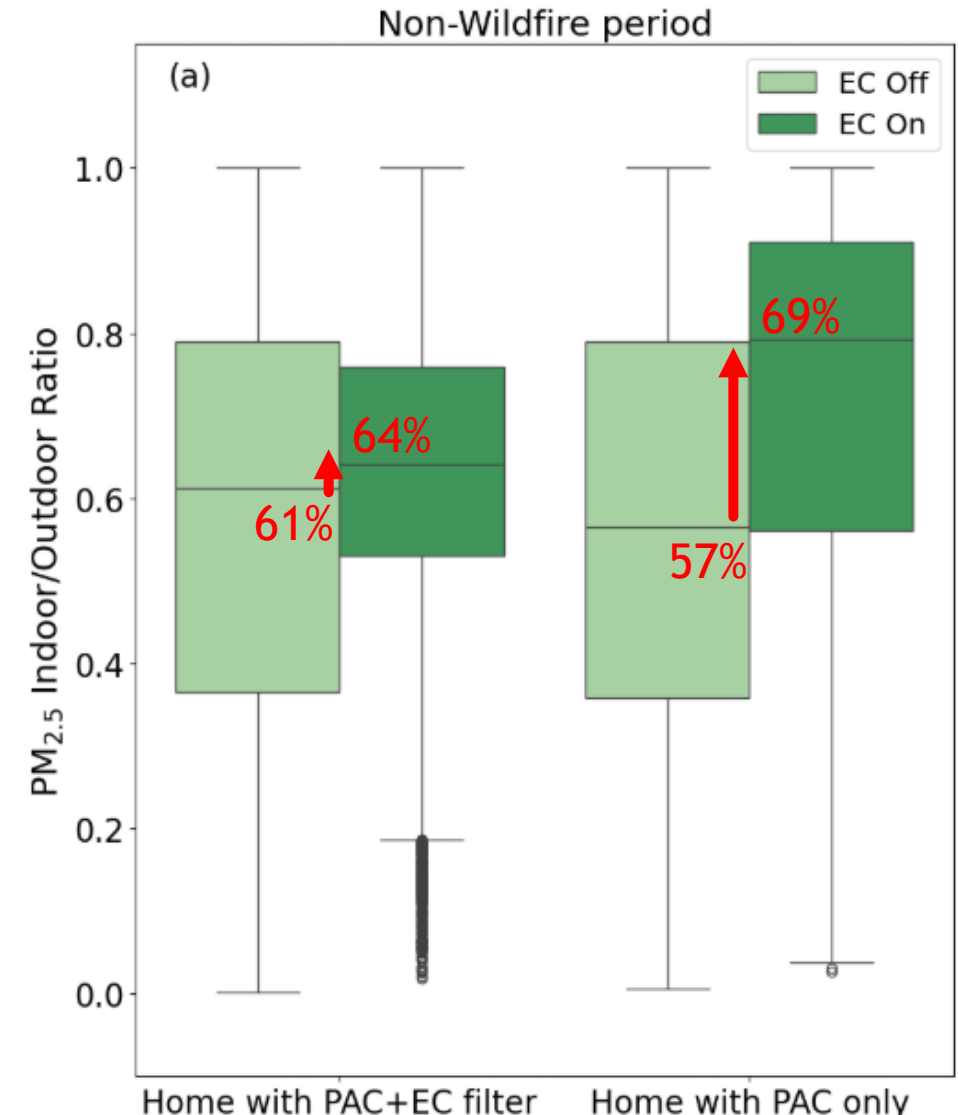
# Impacts of new vs. used filters on $PM_{2.5}$ infiltration

- ▶ The I/O was compared when ECs were known or predicted to be off, compared to when ECs were known or predicted to be operating
- ▶ The median constrained I/O  $PM_{2.5}$  ratio increased by:
  - ▶ +7% for Day 1-21 of post-installation ( $p < 0.05$ )
  - ▶ +25% for Day 51-71 of post-installation ( $p < 0.05$ )



# Impacts of filters on $PM_{2.5}$ infiltration during wild-fire periods

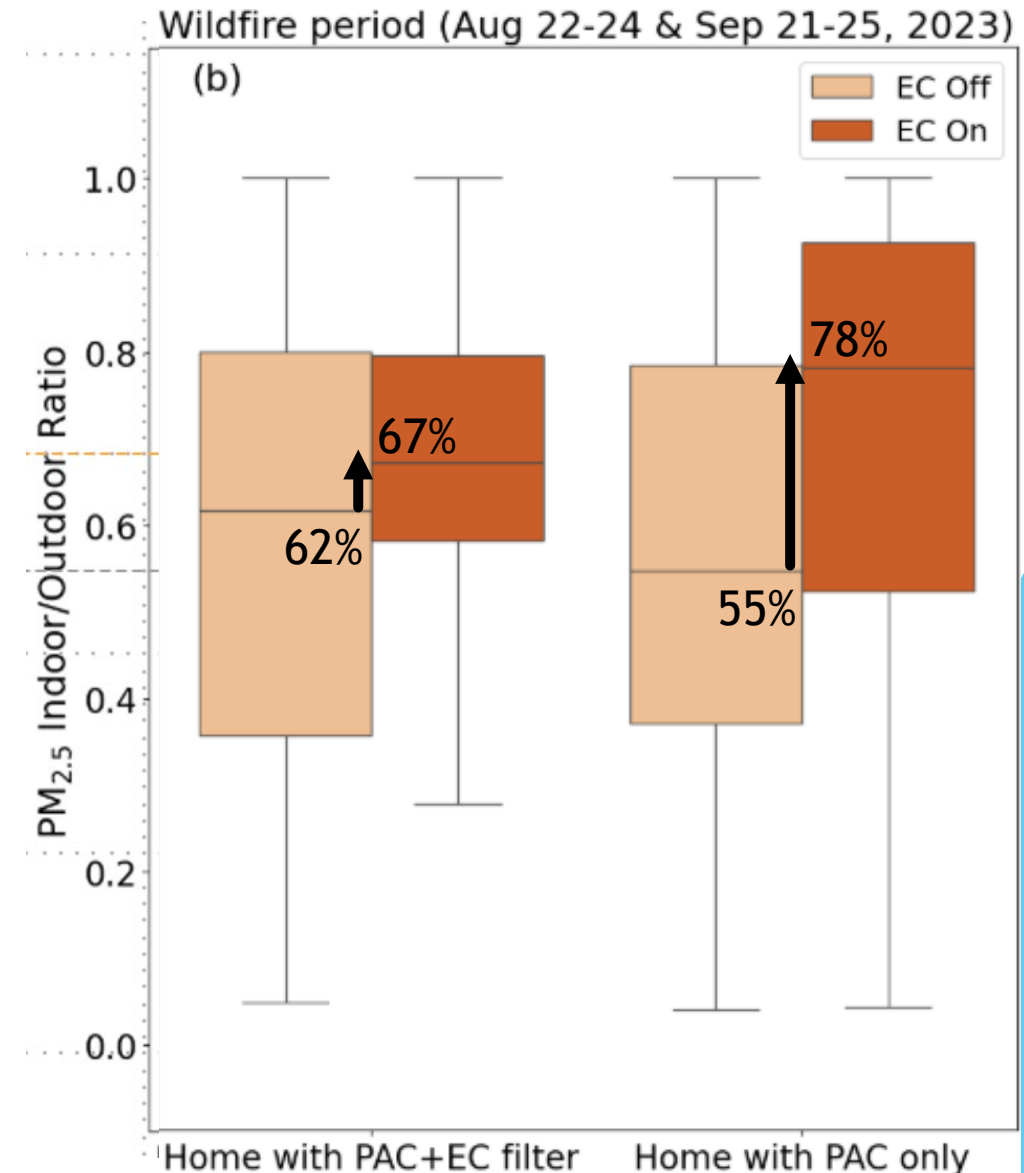
- ▶ During non-wildfire periods, the median constrained I/O  $PM_{2.5}$  ratio in homes:
  - ▶ In DI homes was 0.61 when ECs were known or predicted to be off, compared to 0.64 when on (+5%)
  - ▶ In SI homes was 0.57 when ECs were known or predicted to be off compared to 0.79 (+39%) when ECs on



# Impacts of filters on PM<sub>2.5</sub> infiltration during wild-fire periods

- ▶ During wildfire periods, the median constrained I/O PM<sub>2.5</sub> ratio in homes:
  - ▶ In DI homes was 0.62 when ECs were known or predicted to be off, compared to 0.67 when on (+8%)
  - ▶ In SI homes was 0.55 when ECs were known or predicted to be off compared to 0.78 (+42%) when ECs on

**While the wildfire in 2023 was not as severe as in previous years, the solution worked!**

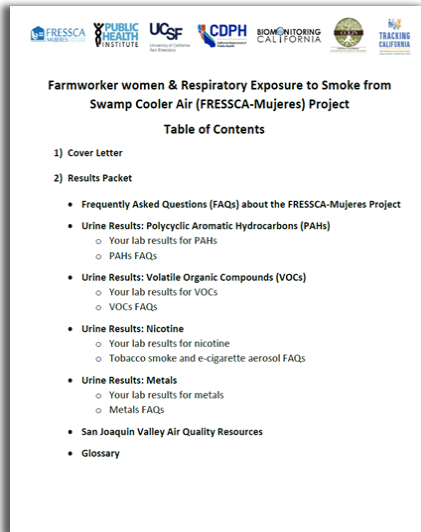


# Summary of the Swamp Cooler Filtration Interventions:

- ▶ Both the pilot and intervention years showed that the swamp cooler filtration solution works for the short-term wildfire installation, impacting airflow with minimal training
- ▶ The DIY solution requires no prior training and relies on accessible, off-the-shelf, commercially available components
- ▶ Double intervention, the use of both filters (MERV 13) and portable air cleaners, maximizes the filtration efficiency and improves indoor air quality by lowering levels of  $PM_{2.5}$  and  $PM_{10}$
- ▶ The performance of swamp cooler filters decreases over time
- ▶ Overall, it is recommended to install the swamp cooler filters before the wildfire, not earlier than that



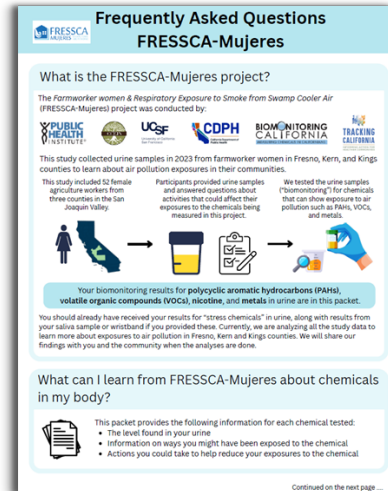
# What else was measured in FRESSCA-Mujeres?



**Farmworker women & Respiratory Exposure to Smoke from Swamp Cooler Air (FRESSCA-Mujeres) Project**

**Table of Contents**

- 1) Cover Letter
- 2) Results Packet
  - Frequently Asked Questions (FAQs) about the FRESSCA-Mujeres Project
  - Urine Results: Polycyclic Aromatic Hydrocarbons (PAHs)
    - Your lab results for PAHs
    - PAHs FAQs
  - Urine Results: Volatile Organic Compounds (VOCs)
    - Your lab results for VOCs
    - VOCs FAQs
  - Urine Results: Nicotine
    - Your lab results for nicotine
    - Tobacco smoke and e-cigarette aerosol FAQs
  - Urine Results: Metals
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    - Metals FAQs
  - San Joaquin Valley Air Quality Resources
  - Glossary



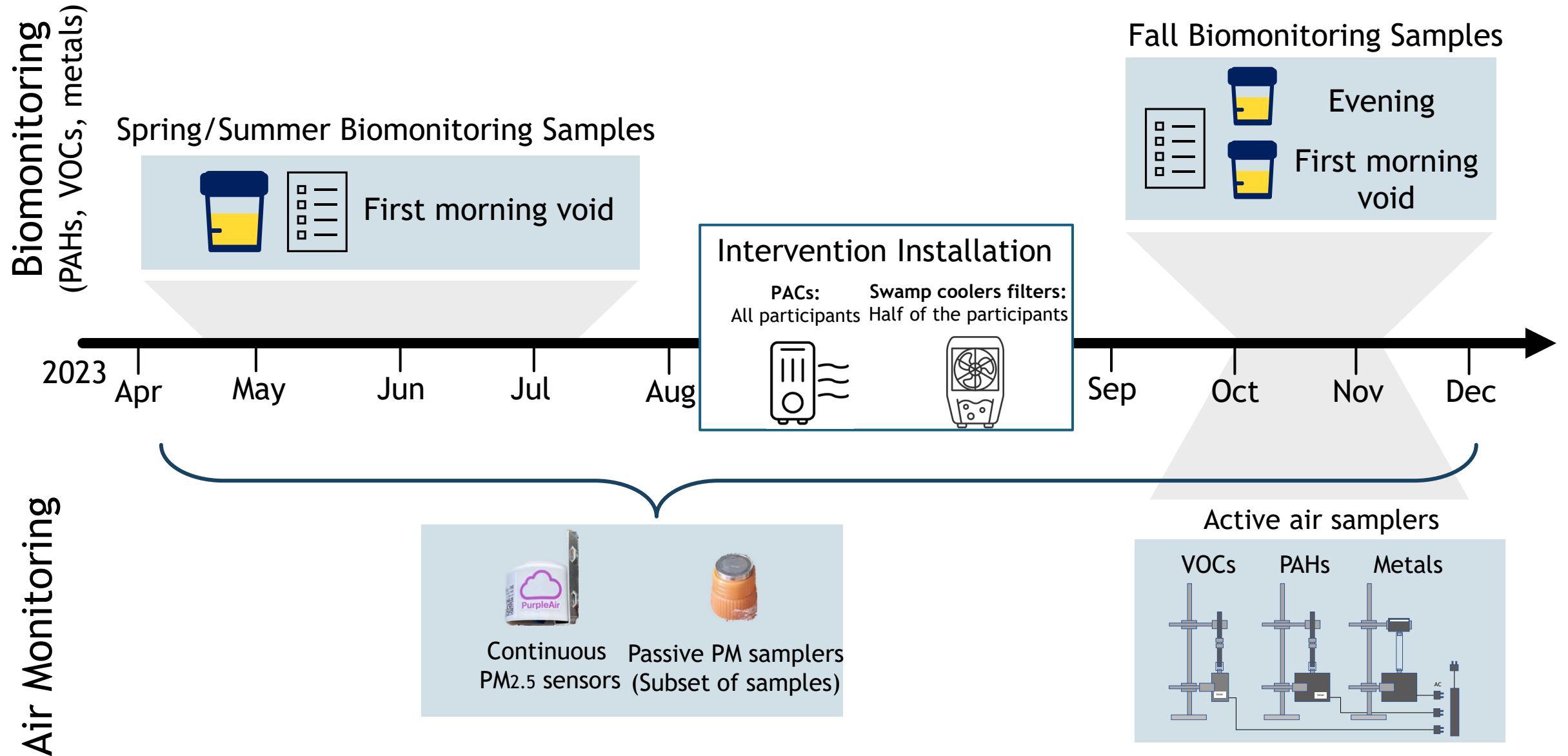
- Polycyclic aromatic hydrocarbons (PAHs), volatile organic compounds (VOCs), and metals were measured in:
  - Indoor and outdoor air (presented at Nov 2024 SGP meeting)
  - Urine samples
- Biomarkers of stress in urine
- For a subset of participants:
  - Saliva telomere length
  - Silicone wristbands

# Demographics (N = 51)

- All Hispanic/Latina women
- Primarily Spanish speakers
- Non-smoking

		Mean (Range) or N (%)
Age of Participants		41 (22- 61)
Rent or Own Home	Rent	11 (22%)
	Own	39 (76%)
	Not reported	2 (2%)
Health insurance	Medi-Cal or Medicare	36 (71%)
	Private health insurance	4 (8%)
	Uninsured	11 (21%)
Occupation	Farm workers	35 (68%)
	Food packaging and processing	8 (16%)
	Other	8 (16%)

# FRESSCA-Mujeres Study Timeline



# Data analysis

- Non-detects were imputed with reporting limit  $/\sqrt{2}$ 
  - Analysis was not conducted if detection frequency (DF) was <65%
- Specific gravity adjusted and log transformed values for statistical analysis
- Average log transformed creatinine adjusted values for comparisons with NHANES
- Number of urine samples used in analysis varied depending on each time period
- Approximate participant locations were used for geospatial analyses

# Detection frequencies in urine samples (N=137)

VOC	Metabolite	Detection %
Acrolein	3-HPMA	100%
Acrylonitrile	CNEMA	65%
Benzene	PMA	7%
1,3-Butadiene	MHBMA12	1%
	MHBMA3	7%
Crotonaldehyde	HPMMA	100%
Propylene oxide	2-HPMA	100%

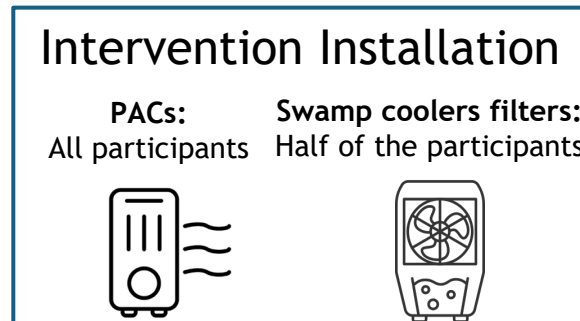
Metal	Detection %
Antimony	93%
Arsenic	100%
Cadmium	100%
Manganese	28%
Mercury	92%
Nickel	99%

PAH	Metabolite	Detection %
Fluorene	2-FLUO	97%
	3-FLUO	73%
	9-FLUO	97%
Naphthalene	1-NAP	100%
	2-NAP	100%
Phenanthrene	1-PHEN	99%
	2-PHEN	92%
	3-PHEN	93%
Pyrene	1-PYR	85%

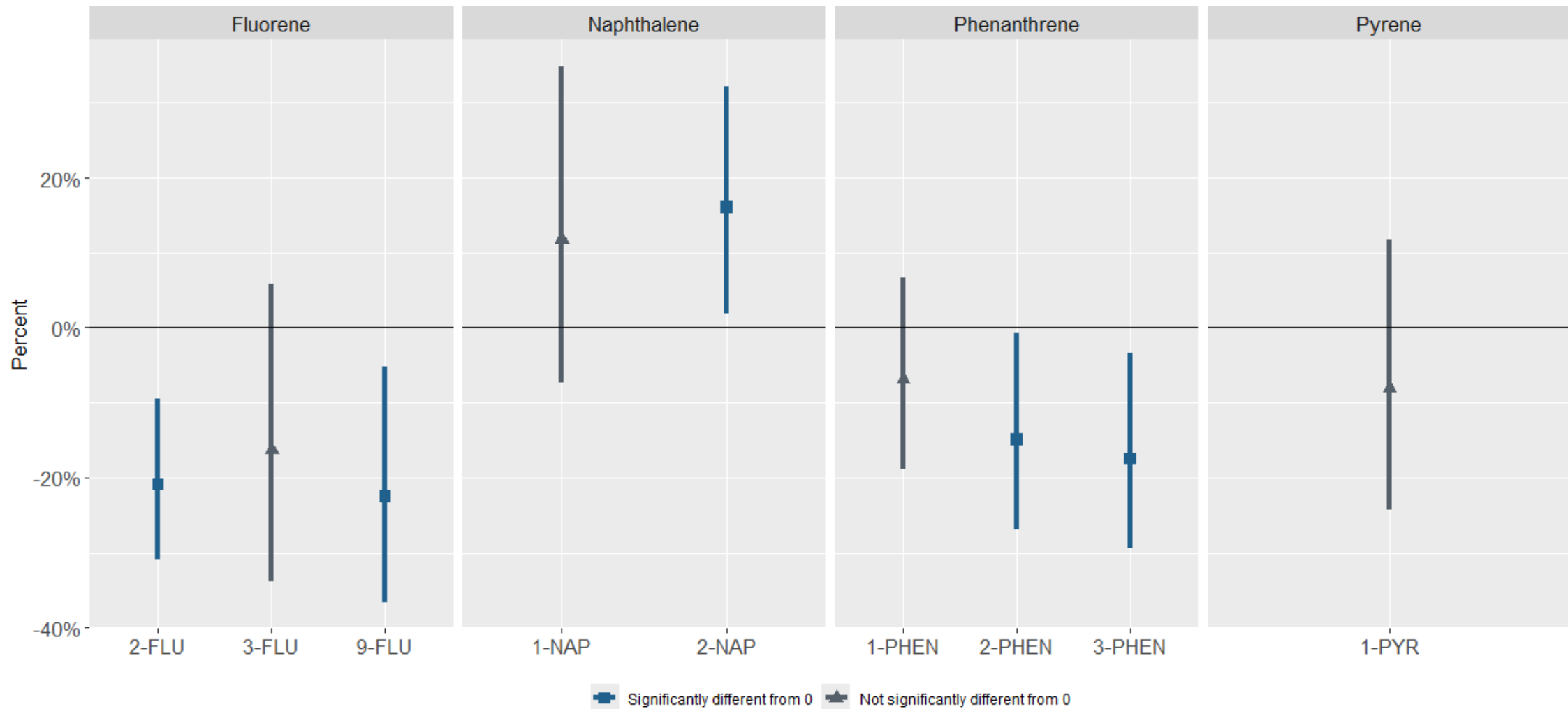
\* Includes all samples from all 3 time periods

Did levels of PAH and VOC metabolites in urine decrease after spending time in filtered air?

Did the intervention type make a difference?

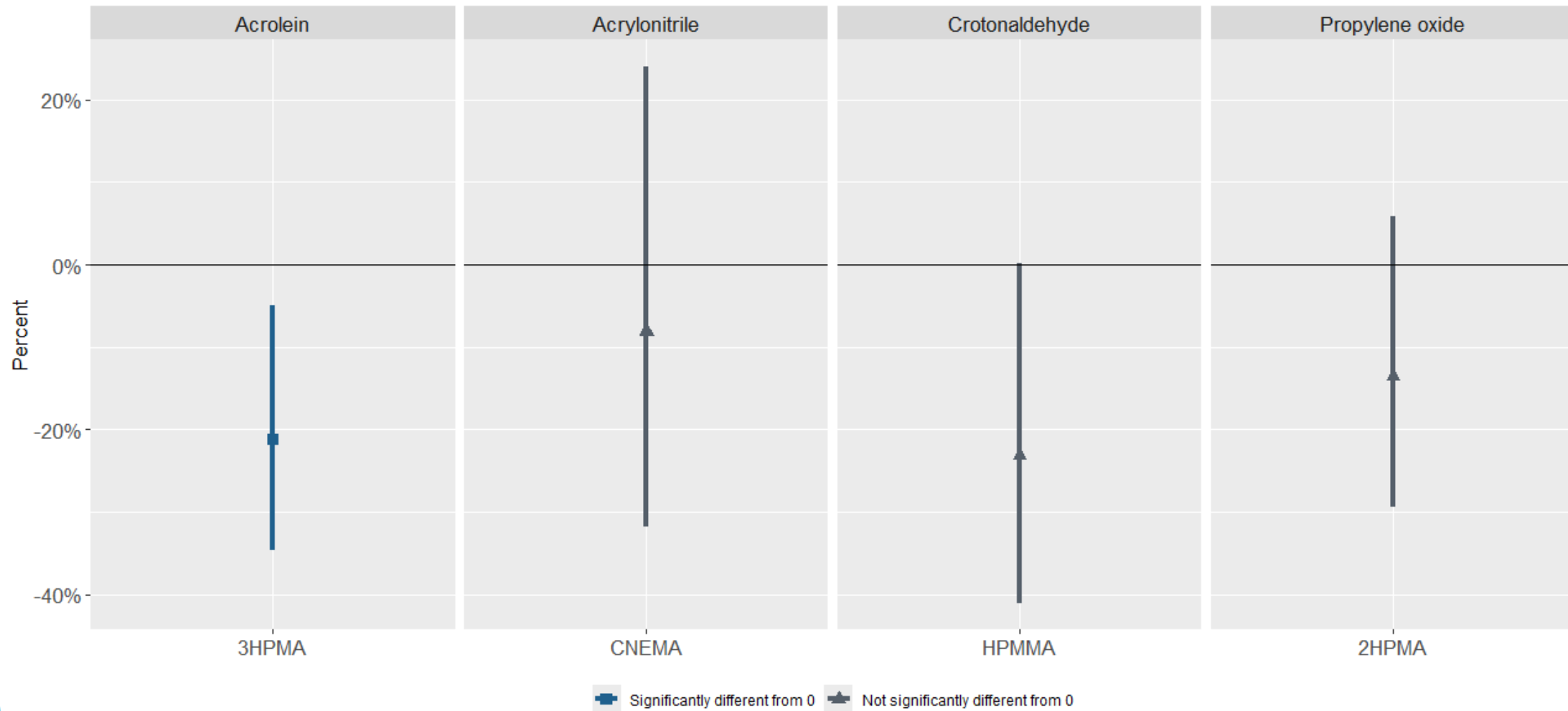


# Percent change in PAH metabolite concentrations overnight





# Percent change in VOC metabolite concentrations overnight



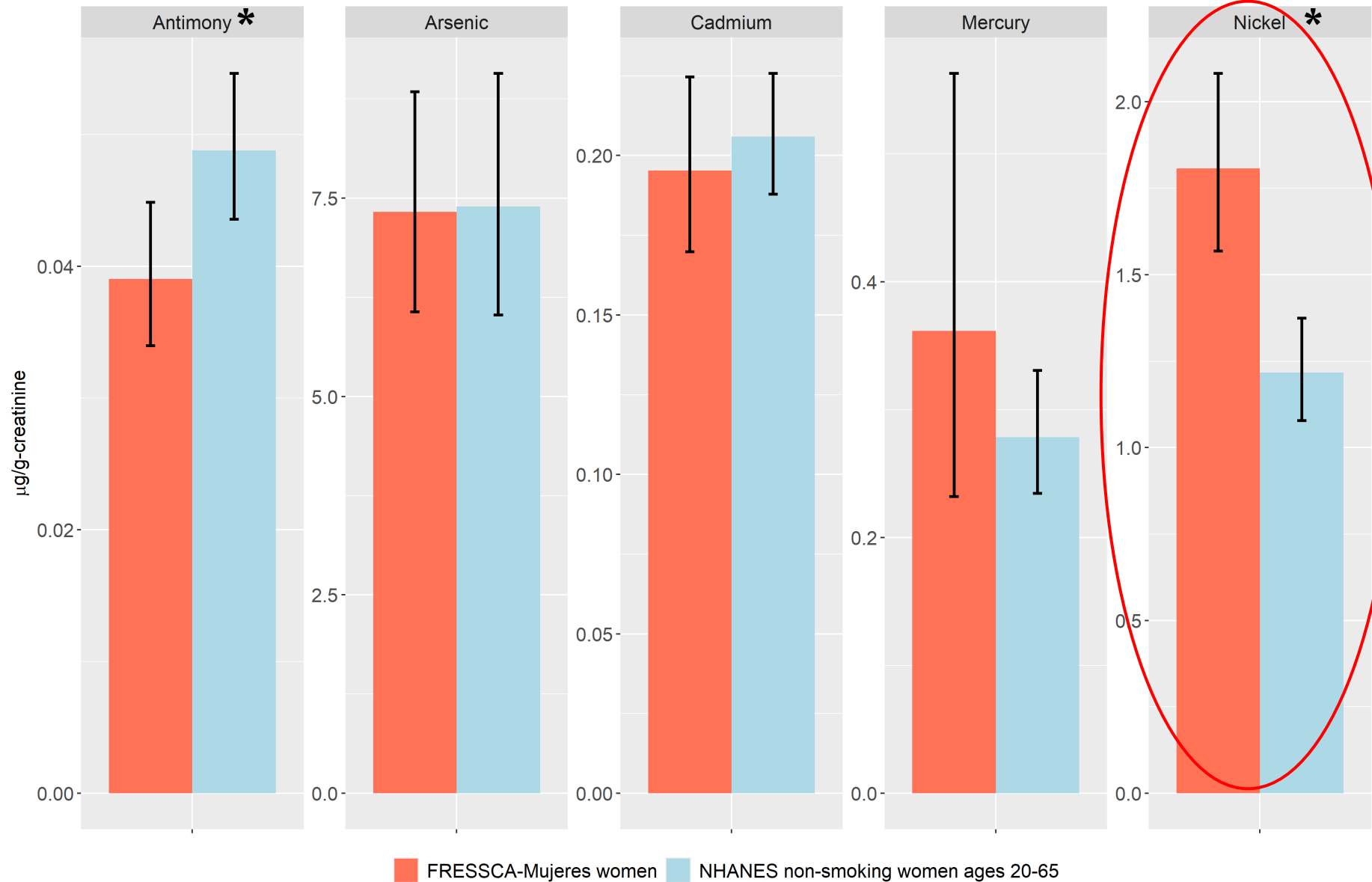
# Summary of intervention findings

- Metabolites of PAHs and VOCs generally decreased after spending time indoors, except for naphthalene
  - Might partially be explained by air filtration
- No significant differences between spring/summer and fall metabolite levels
  - No major wildfire event
- Did not see a significant difference in metabolite levels based on intervention type
  - Similar finding for PAHs and VOCs in air
  - No major wildfire event
  - Small Ns
  - Majority of participants did not have their swamp coolers on at night

How do the levels of metals and PAH and VOC metabolites in FRESSCA-Mujeres compare to NHANES?

# Metals in urine

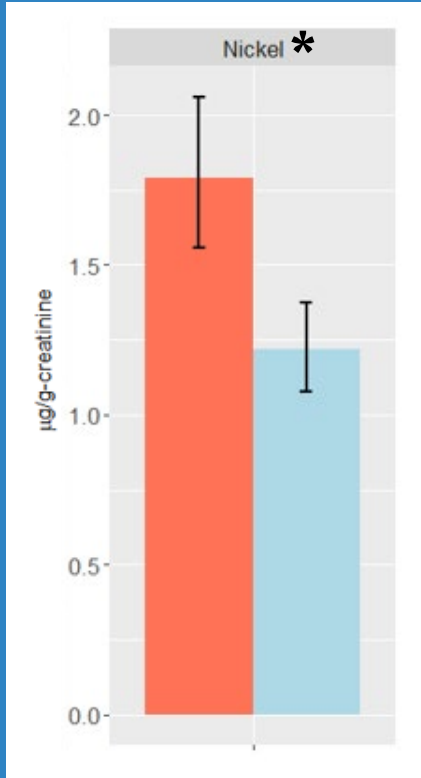
# Geometric means of urinary metals from FRESSCA-Mujeres and NHANES



Source for urinary metals: NHANES 2017-2018

\*  $p < 0.05$

# Nickel in urine



Nickel was 1.5x higher in FRESSCA compared to NHANES

- No associations with questionnaire data
  - Did not see any differences based on occupation
- Nickel was below level of detection (<LOD) in FRESSCA 24 hr active air samples
  - Nickel was detected in passive air samples and EC filters
    - Consistently higher in outdoor passive air samples compared to indoor samples
    - Potential exposures to emissions from nearby oil and gas activities
- Nickel was <LOD in drinking water (based on data from the CA Water Board)

# Urinary mercury above Biomonitoring California's Level of Concern (LOC)

5 participants had mercury  $\geq 10 \mu\text{g/L}$   
Received early notification

3 participants participated in  
exposure survey

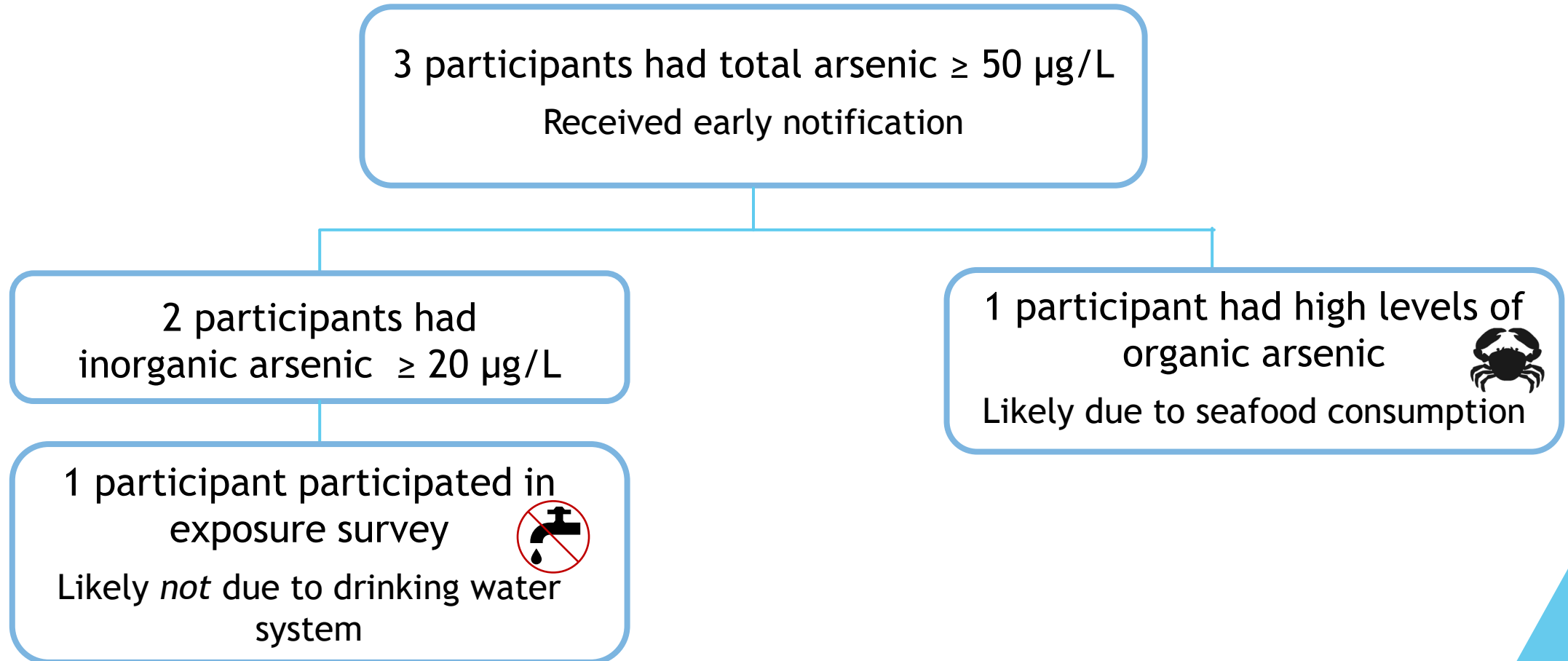
Skin creams from 3 participants  
were tested by CDPH  
Mercury was detected in all samples

Home assessments for 2  
participants were completed



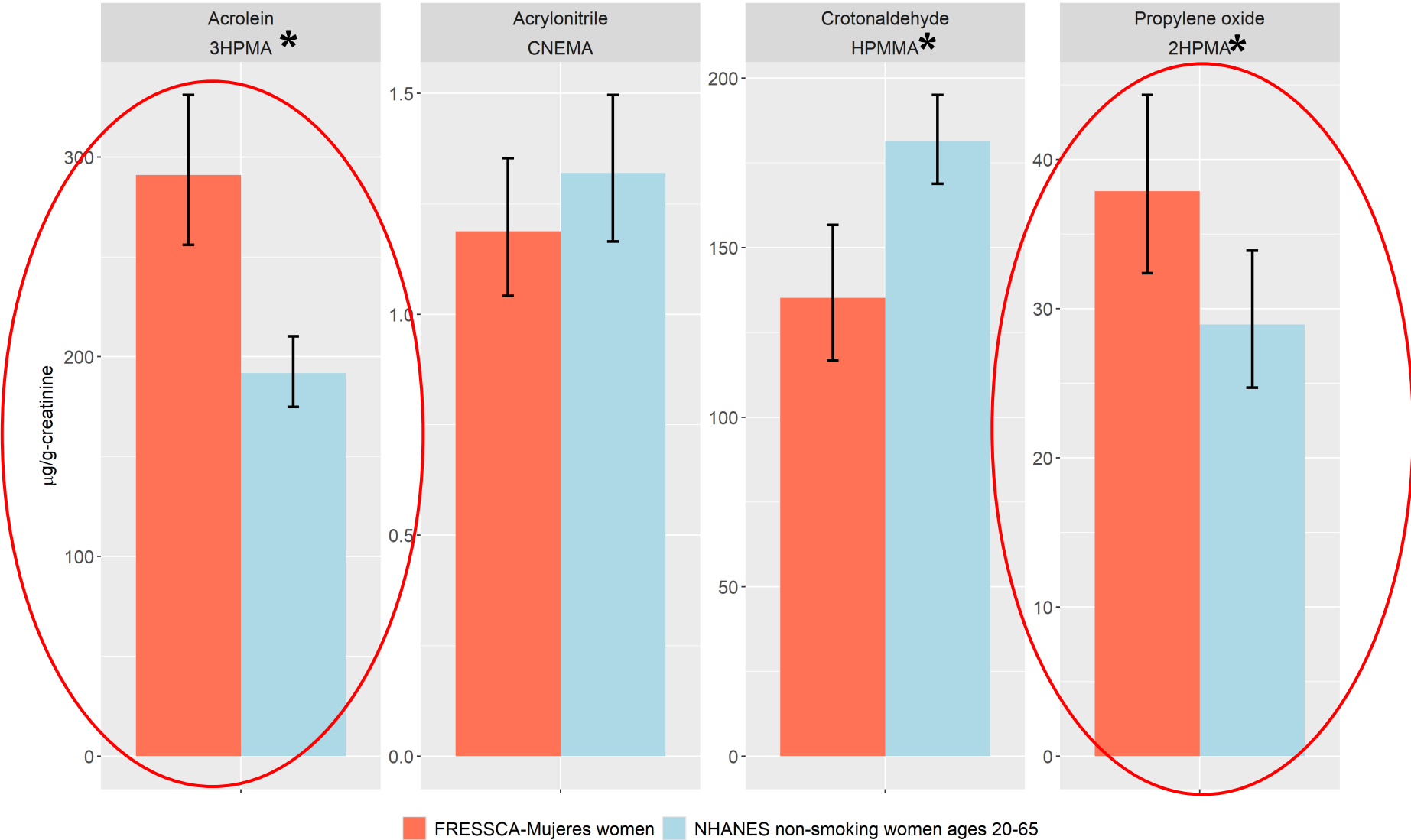


# Urinary arsenic above Biomonitoring California's LOC



# VOC metabolites in urine

# Geometric means of urinary VOC metabolites from FRESSCA-Mujeres and NHANES



Source for VOC metabolites NHANES 2017-2018

\*  $p < 0.05$

# Acrolein and propylene oxide

Compared to morning samples, post work samples were:

- 27% higher in **acrolein** metabolites
  - Levels were around 17% higher for each additional hour worked outside
- 16% higher in **propylene oxide** metabolites (not significant)



Based on 2023 DPR data, there was evidence of use of:

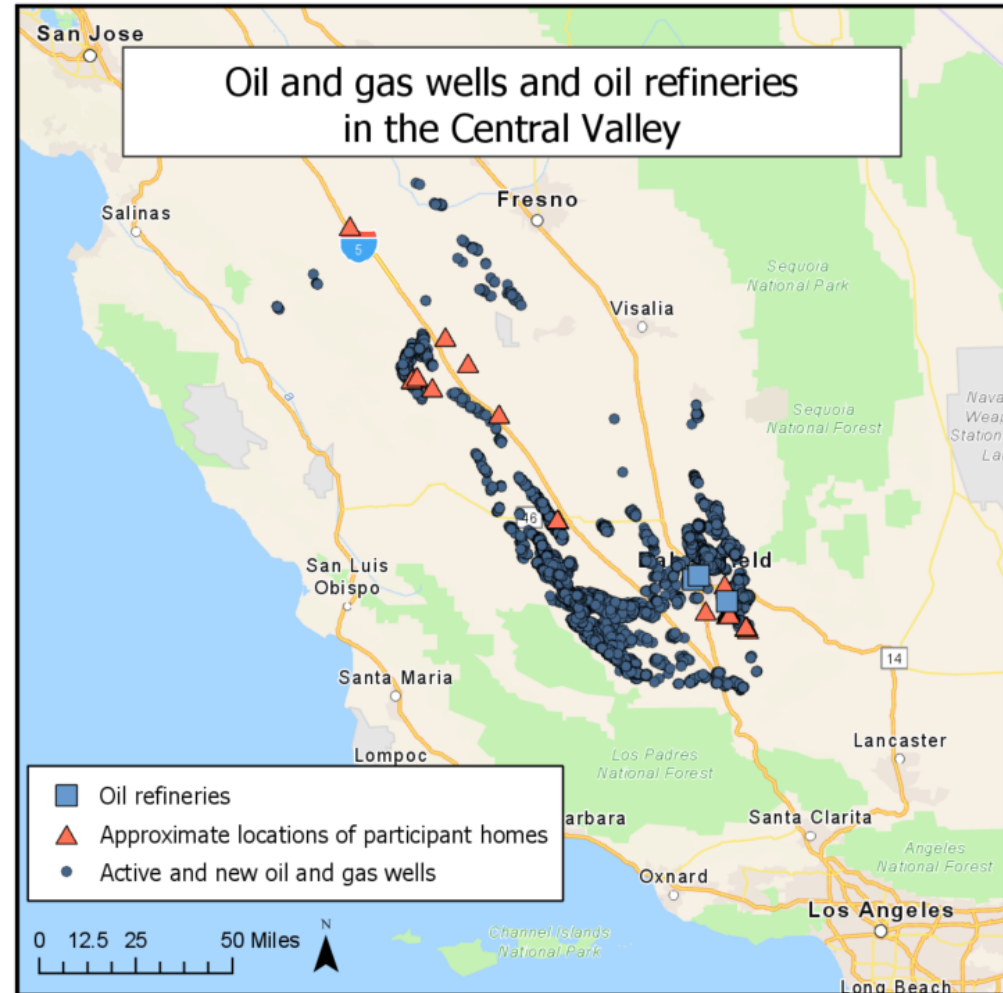
- Two pesticides containing **acrolein**
- One pesticide containing **propylene oxide**



- Did not have FRESSCA-Mujeres indoor or outdoor air monitoring data for acrolein and propylene oxide

# Are oil and gas activities contributing to exposures in FRESSCA-Mujeres?

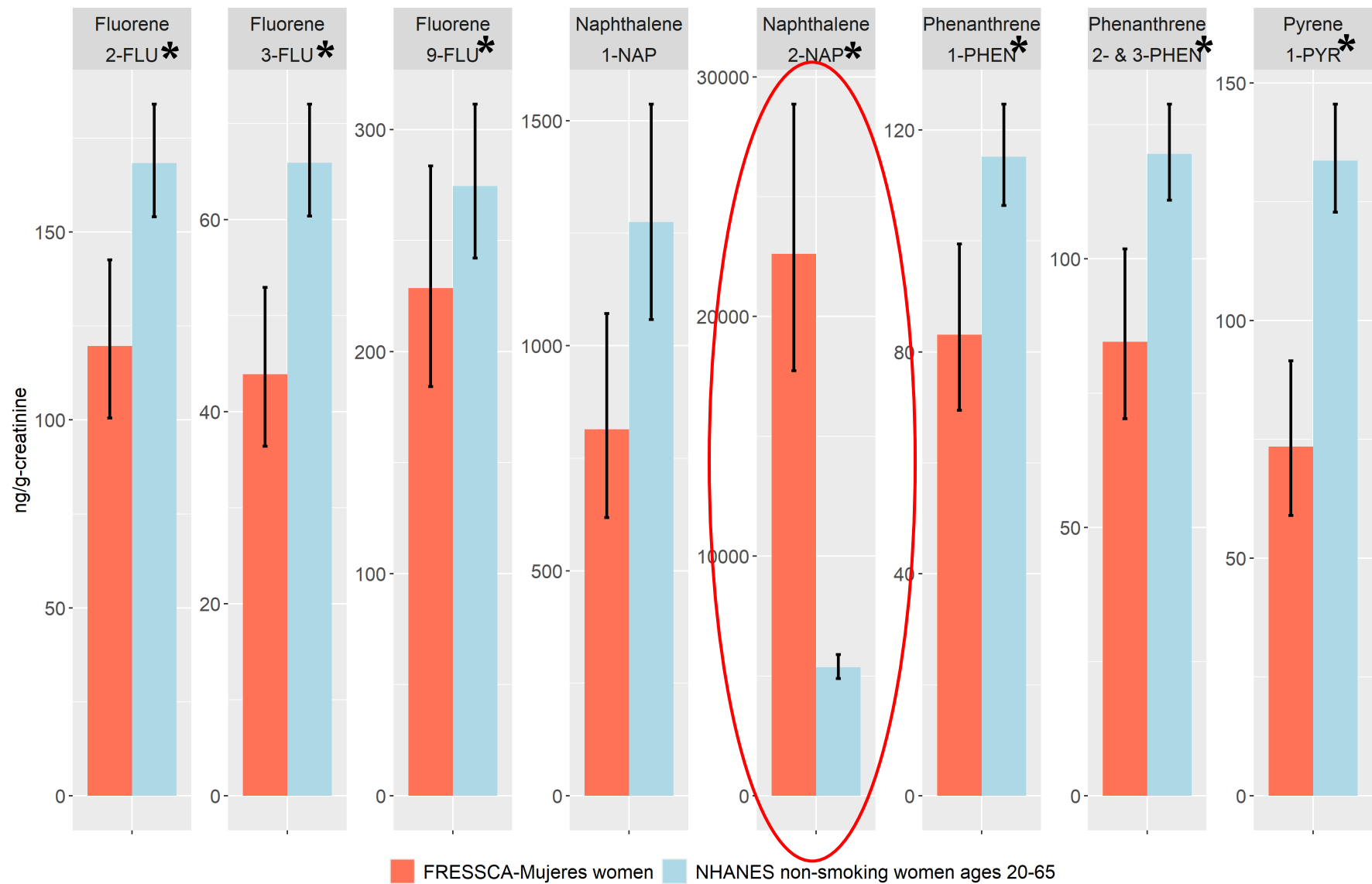
- CARB's Study of Neighborhood Air near Petroleum Sources (SNAPS) report found elevated levels of acrolein in air in Lost Hills compared to other locations in the Central Valley
- Nickel is also often found in air emissions from oil and gas activities
- 6 participants lived within 3200 feet of an active well
- Participants' work locations may be more relevant to exposure period - however, work locations are unknown



Source for well data: CalGEM. Source for refinery data: CA Energy Commission.

# PAH metabolites in urine

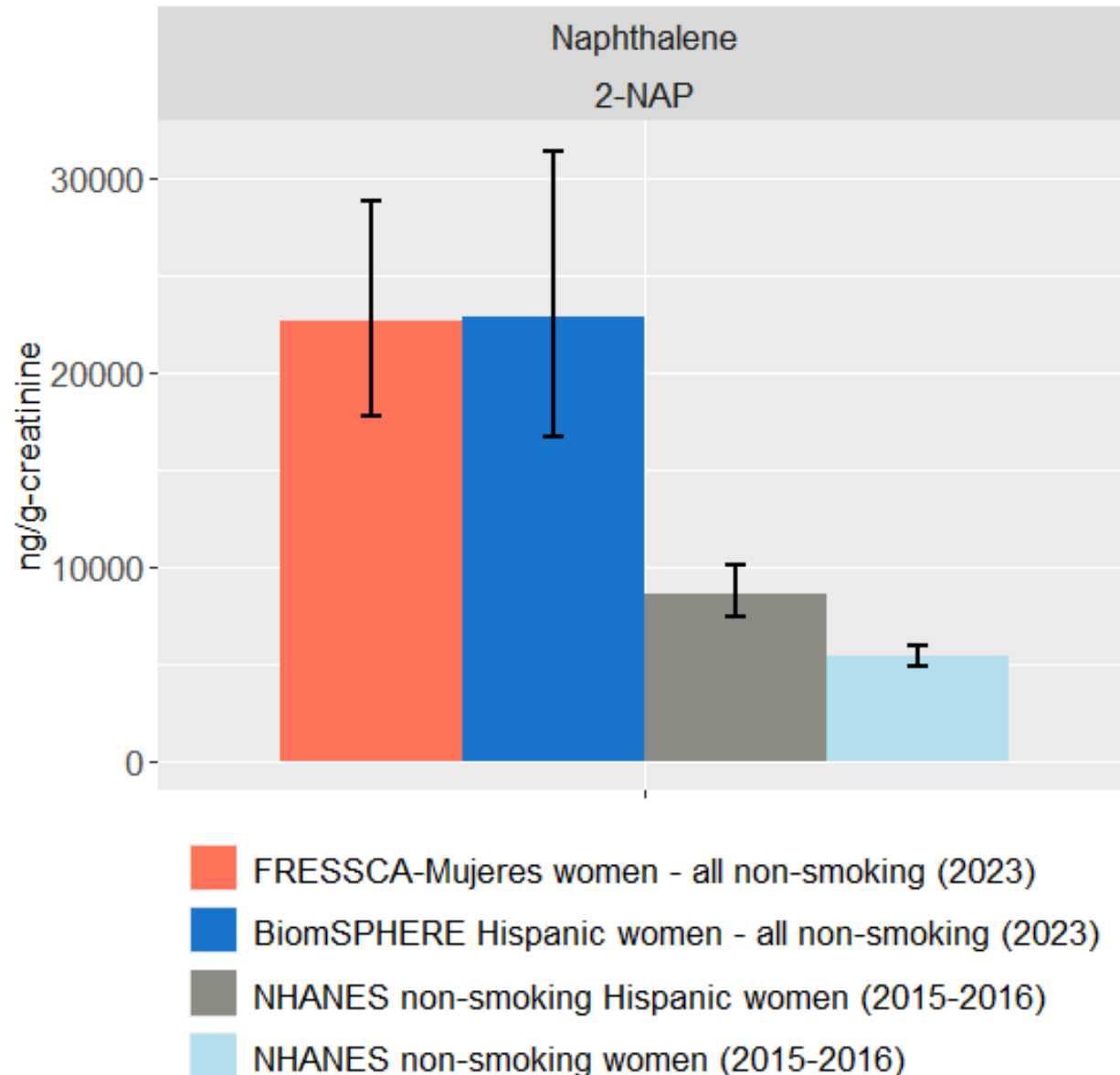
# Geometric means of urinary PAH metabolites from FRESSCA-Mujeres and NHANES



Source for 9-FLU: NHANES 2011-2012; Source for remaining PAH metabolites NHANES 2015-2016

\*  $p < 0.05$

# High urinary 2-NAP levels in FRESSCA-Mujeres



- FRESSCA Hispanic women (N=51) had similar levels of 2-NAP compared to Hispanic women from BiomSPHERE (N=43)
- Levels of 2-NAP in FRESSCA and BiomSPHERE Hispanic women were:
  - ~2.5x higher\* than Hispanic women in NHANES
  - ~4x higher\* than women in NHANES

\*p<0.05



## 2-NAP is not correlated with other PAHs

	1-NAP							
2-NAP	-0.04	2-NAP						
2-FLUO	0.52*	0.08	2-FLUO					
3-FLUO	0.55*	0.11	0.88*	3-FLUO				
9-FLUO	0.62*	0.04	0.73*	0.71*	9-FLUO			
1-PHEN	0.61*	0.02	0.85*	0.77*	0.82*	1-PHEN		
2-PHEN	0.53*	-0.09	0.83*	0.75*	0.85*	0.88*	2-PHEN	
3-PHEN	0.52*	-0.02	0.88*	0.84*	0.84*	0.90*	0.93*	3-PHEN
1-PYR	0.45*	0.01	0.76*	0.64*	0.69*	0.78*	0.82*	0.83*

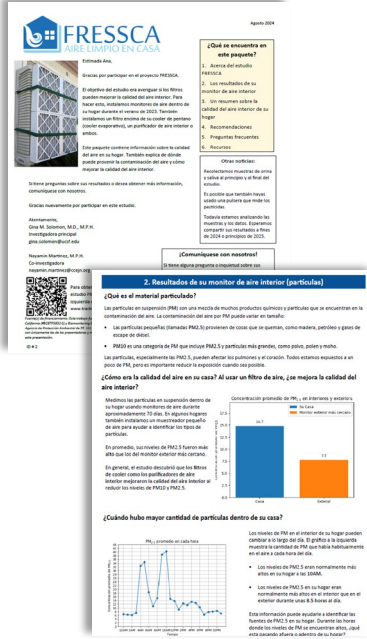
Correlations were calculated using average log-transformed specific-gravity adjusted data \*p < 0.05

# Summary of 2-NAP findings

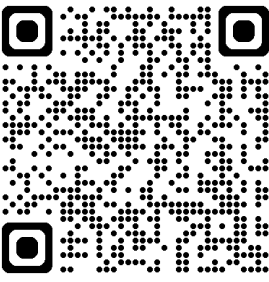
- 2-NAP levels were 16% higher\* in morning samples vs. evening samples
- No significant associations with cleaning product or air freshener use
- No significant associations with diet (e.g., fried, smoked foods)
- Recent data from other states' biomonitoring programs and published literature indicate a general upward trend of 2-NAP levels
  - However, levels found in SAPEP, BiomSPHERE, and FRESSCA are much higher

\*p<0.05

# Community impacts and perspectives





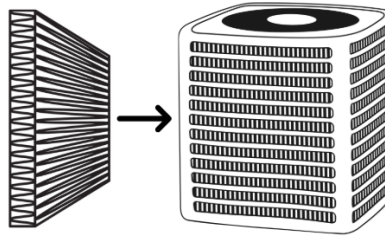


# Next steps for the FRESSCA-Mujeres project

- Promote ways to reduce exposures in the FRESSCA-Mujeres communities and beyond



Portable air cleaners  
in homes



Swamp cooler filters  
during a wildfire event

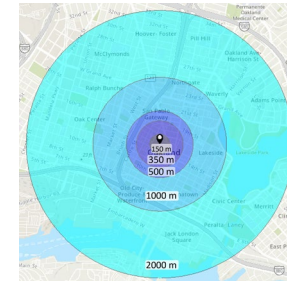


Community engagement to reduce  
exposures to mercury in skin creams,  
and to arsenic

- Continue research to identify potential exposure sources of naphthalene and other chemicals of interest



Combine data from FRESSCA-Mujeres,  
BiomSPHERE, and SAPEP to identify trends



Assess geospatial predictors  
of traffic exposures

# Study Team

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# Thank you!

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# Questions?