



**Mass
Measures**

Massachusetts Department of Public Health Study Information

A cooperative agreement with the U.S. Centers for Disease Control and Prevention (CDC)

Study overview

- **Mass Measures** is a study that measures chemicals in a person's body tissues or fluids, such as blood or urine. This helps us learn how much we are exposed to environmental chemicals in air, water, food, and other sources.
- The study will enroll people in communities that might be affected by exposure to environmental chemicals
- The study will help the Massachusetts Department of Public Health (DPH) prevent harm from these exposures
- The study will also support CDC's National Biomonitoring Program



Why participate

- Get free tests not usually offered at medical visits
- Learn about possible exposure to environmental chemicals and compare your results to others in the United States
- Learn how to reduce exposure, if needed
- Help DPH decide how best to protect the public's health

Samples

After enrolling in the study, you can provide a sample in one of two ways:

1. In-person appointment – we will take a small sample of your blood and urine
2. At-home test kit – we will mail you a kit so you can give us a urine (not blood) sample

DPH will:

- Test samples at the State Public Health Laboratory
- Use samples only for the stated purpose of this study (we will not sell or transfer samples for any other purpose)
- Keep samples for 6 months, then destroy them

Contact Us

Call (toll free) **866-626-4224**

Email MassMeasures@Mass.gov

What to expect as a participant

You can learn how to participate and enroll in the study by calling 866-626-4224 or emailing MassMeasures@mass.gov.

Step 1: Receive welcome materials

After enrolling, DPH will send you information on your appointment or an at-home collection kit.

Step 2: Consent to participate

You will review and sign the consent form. You can contact a member of the study team by phone or email if you have any questions.

Step 3: Answer questionnaire

You will answer questions about topics such as your health, hobbies, and diet.

Step 4: Give us a sample

In-person appointment

- Should take less than 1 hour
- You can give a blood sample, urine sample, or both
- A trained phlebotomist will collect blood and make the process as comfortable as possible
- You will receive juice, a snack, and information about next steps

At-home collection kit

- DPH will mail you a kit
- You will give us a urine sample within 1 week and mail it back to us

Step 5: Receive results

We will send you a confidential letter or secure email.

Participant results

- You will receive your results within about 6 months of giving your sample
- Results will include the level of chemicals measured in your sample and possible ways to reduce exposure, if needed
- You can contact the Mass Measures team with any questions about your results
- DPH will combine results from participants across the state in reports
- DPH will not release personal information; we will keep your individual results confidential



Learn more:

Call (toll free) **866-626-4224**

Email MassMeasures@Mass.gov

Visit www.mass.gov/MassMeasures

The Mass Measures study is supported by a cooperative agreement between Massachusetts Department of Public Health (DPH) and the U.S. Centers for Disease Control and Prevention (Number NU88EH001345). Based on Massachusetts law (**M.G.L. c.111, § 24A**), the DPH Institutional Review Board (IRB) and Commissioner of Public Health reviewed and approved the plan to protect participants in the Mass Measures study. To learn more about IRB protections, contact the DPH IRB at DPH.IRB@state.ma.us or by calling (617) 624-5621 and reference IRB #2289318. To learn more about the Mass Measures study, contact Meg Blanchet, M.S., REHS, Principal Investigator, at 866-626-4224 or MassMeasures@Mass.gov.