

AMERICAN MEDICAL ASSOCIATION HOUSE OF DELEGATES

Resolution: 429
(A-25)

Introduced by: Senior Physicians Section

Subject: Addressing the Health Consequences of Microplastics in Humans

Referred to: Reference Committee D

1 Whereas, microplastics are small plastic particles (less than 5 mm in size) that result from the
2 breakdown of larger plastics and are ubiquitous in the environment, including in water, air, soil,
3 and our food systems¹; and
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5 Whereas, microplastics have been found in numerous human tissues indicating widespread
6 exposure through ingestion, inhalation, and dermal absorption; and
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8 Whereas, preliminary studies suggest microplastics may have adverse effects on human health,
9 including inflammation, oxidative stress, endocrine disruption, reproductive toxicity and potential
10 carcinogenicity; and
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12 Whereas, vulnerable populations, including children, pregnant individuals, older adults and
13 those with preexisting health conditions, may be disproportionately impacted by microplastic
14 exposure; and
15

16 Whereas, current scientific research on the long-term health consequences of microplastics
17 remains limited^{2,3}; therefore be it
18

19 RESOLVED, that our American Medical Association recognize the potential health risks
20 associated with microplastics exposure and encourage increased research to better understand
21 the human health effects of microplastics (Directive to Take Action); and be it further
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23 RESOLVED, that our AMA support the respective specialty medical societies with subject
24 matter expertise and federal and state public health agencies, including the Centers for Disease
25 Control and Prevention (CDC) and the Environmental Protection Agency (EPA), to develop
26 evidence-based guidelines for monitoring and mitigating microplastic exposure in water, food,
27 air, and other consumer products (Directive to Take Action); and be it further
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29 RESOLVED, that our AMA collaborate with relevant stakeholders to promote public education
30 about microplastics, their sources, potential health risks, and possible strategies for reducing
31 exposure. (Directive to Take Action)
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Fiscal Note: Modest – between \$1,000 - \$5,000

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REFERENCES

1. Wright, S. L., & Kelly, F. J. (2017). Plastic and human health: a micro issue? *Environmental science & technology*, 51(12), 6634-6647.
2. Prata, J. C., Da Costa, J. P., Lopes, I., Duarte, A. C., & Rocha-Santos, T. (2020). Environmental exposure to microplastics: An overview on possible human health effects. *Science of the total environment*, 702, 134455.
3. Nihart, A. J., Garcia, M. A., El Hayek, E., Liu, R., Olewine, M., Kingston, J. D., ... & Campen, M. J. (2025). Bioaccumulation of microplastics in decedent human brains. *Nature Medicine*, 1-6.

RELEVANT AMA POLICY

H-135.929 Banning Plastic Microbeads in Personal Care Products

Our AMA supports local, state, and federal laws banning the sale and manufacture of personal care products containing plastic microbeads.

[Res. 916, I-15]