

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

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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 systems<sup>1</sup>; and

4  
5 Whereas, microplastics have been found in numerous human tissues indicating widespread  
6 exposure through ingestion, inhalation, and dermal absorption; and

7  
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

11  
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<sup>2,3</sup>; 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

22  
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

28  
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

Received: 4/20/25

#### 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]