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New Analysis Exposes Microplastics Contamination in the Blood of Notable Individuals in Canada and the U.S.

In a first-of-its-kind effort, a report released today demonstrates microplastics contamination in human blood in 96% of the individuals tested. Entitled *Microplastics in Me: Finding Plastics in Human Blood*, the analysis found detectable levels of microplastics in 27 of 28 people sampled, including eight different types of plastic polymers. This is the first group of publicly identified individuals to reveal microplastics in their bodies. Another unique aspect of the survey is that the same samples were analysed in two different ways in different laboratories.

The 28 individuals who voluntarily had their blood tested are notable people involved in music, art, entertainment, media, politics, and public policy living in Canada and the United States. The individuals are from a variety of age groups, backgrounds and cities across North America. Each person's blood was drawn during an eight-month window in 2025–2026.

“Microplastics in Me” is a project of the Small Change Fund. Project partners include Plastic Pollution Coalition (PPC), Plastic People, and the Canadian Association of Physicians for the Environment (CAPE), with analyses conducted at the University of New Mexico and University of Hawai‘i at Manoa.

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Key findings of the report include:

- **While the total concentrations and types of plastics in the participants' blood samples varied, scientists found plastic in the blood of all but one of the project's participants.** Blood samples were analyzed using two different methods at two university laboratories: pyrolysis-gas chromatography-mass spectrometry (Py-GC-MS) at the University of New Mexico and flow cytometry (FC) at the University of Hawaii. The Py-GC-MS technique quantifies relative concentrations of plastic polymers present in blood samples but does not allow for counting of individual plastic particles. Conversely, the FC counts particles and includes information about the size of those particles but does not convey information about the types of polymers.
- **In total, eight common types of plastic were found across the samples, including:**
    - **ABS — Acrylonitrile butadiene styrene:** Commonly used in appliance parts, automotive components, electronics housings, and toys.
    - **N6 — Nylon 6:** Commonly used in carpets, clothing fibers, fishing line, mechanical parts, and packaging films.
    - **N66 — Nylon 6,6:** Commonly used in cable ties and heat-resistant automotive or mechanical parts, textiles, and tire reinforcement.
    - **PE — Polyethylene:** Commonly used in bottles, containers, films, packaging, and plastic bags.
    - **PET — Polyethylene terephthalate:** Commonly used in beverage bottles, food packaging, and polyester fibers used in clothing.
    - **PS — Polystyrene:** Commonly used in disposable foodware, foam products, laboratory supplies, and rigid packaging.
    - **PVC — Polyvinyl chloride:** Commonly used in cable coverings, flooring, food packaging, medical tubing, pipes, and toys.
    - **SBR — Styrene-butadiene rubber:** Commonly used in footwear, industrial rubber products, sealants, and tires.

- **A wide range from 1,890 to 197,000 micro and nano plastic particles were found per microliter of blood across participants.**
- **On average, over 90% of particles detected in participants' blood samples were less than 500 nanometers in diameter.** These very small plastic particles are believed to more rapidly enter the body and the bloodstream and brain in particular.

While the impact of finding microplastics in blood is still under investigation, research is mounting regarding possible links between plastic contamination of our bodies and negative health outcomes like heart disease, neurodegenerative disorders, and reproductive issues including infertility. This underscores the urgent need for increased research and regulatory focus on plastics as a human health concern.



“Surprise! There are ‘microplastics in me,’ and there are probably microplastics in you, too. Given the extent to which plastic pollutes our environment, food, air, and water, these results are not unexpected, but are still shocking and unacceptable. We must urgently stop plastic pollution at its source—starting with plastic production—and support real plastic-free nontoxic solutions. More research is needed to help us better understand how microplastics and other forms of plastic pollution affect human health, and how to protect ourselves from further harm.”
— **Dianna Cohen**, Artist, Co-Founder and Chief Vision Officer, Plastic Pollution Coalition

“These significant new results add to the growing evidence that microplastics contamination is widespread in people. It doesn’t matter where you live, who you are or what you do for a living: this new type of pollution knows no borders. The reality that plastic pollution isn’t just an environmental problem, but a growing concern for human health, needs to drive an urgent new agenda of research and regulatory reform.” — **Rick Smith**, Canadian Author, Environmentalist, Non-profit leader, and Executive producer of the award-winning documentary *Plastic People: The Hidden Crisis of Microplastics*

"While we assuredly need more research on this topic for human and ecological health, we need action at the federal level to start crafting regulations geared towards limiting exposures. It takes decades for plastics to degrade into the environmental nanoplastics that we see clearly now in the human body—our grandchildren would appreciate it if we acted today.” — **Matthew Campen, PhD**, University of New Mexico

"This important new analysis showing widespread microplastics contamination of human bodies underlines the urgent need for more focus on plastic pollution as a threat to human health. The scientific evidence linking microplastics and human ailments as diverse as cardiovascular problems and fertility issues is mounting. Accelerated research and regulatory attention is required." — **Dr. Samantha Green**, President of the Canadian Association of Physicians for the Environment (CAPE)

“For Métis, harvesting and sharing traditional foods and medicines is an important part of our culture and connection to the land. Learning that plastic pollution can be found in our waters, our food, and even our bodies is deeply concerning. I participated in this project to help raise awareness of the far-reaching impacts of plastic pollution, which affects all people and environments around the world. We need meaningful action to address this growing challenge while ensuring the rights and perspectives of Indigenous Peoples are respected.” — **Victoria Pruden**, President of the Métis National Council (MNC)



“As a cancer survivor, I know all too well how our toxic environment causes ‘Dis-ease’ and that’s why I created Cancer Schmancer. The negative impact of plastic on our lives is profound. We live in a Plasticine Age and this addiction to plastic is threatening the health of all life. Don’t kid yourself or turn a blind eye to the facts: the air, the earth, and the sea have been seriously affected. This negative invention, plastic, is in our bodies, too. It’s in our blood. The type of plastic found in my blood was Nylon 6—commonly used in clothing and carpets. OMG! But we are not helpless; together we can do something about this, like cut back on plastic use and demand more alternative packaging. We have the power to change when it comes to plastic. If I have microplastics in my blood, you can bet you do too.I hope this new awareness will help you realize how pervasive and dangerous the plastic take over has become. We are the change makers.” — **Fran Drescher**, Former President of SAG/AFTRA, Actor, and Founder and Visionary of Cancer Schmancer

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