

Lead Prevention Quarterly Newsletter

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Family and Consumer Sciences

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Great Information!

*Resource Guide on
Children's
Environmental Health*

<http://www.cehn.org/cehn/ResourceGuide.html>

*A Brief Guide to Mold,
Moisture, and Your
Home*

<http://www.epa.gov/iaq/molds/images/moldguide.pdf>

Questions?
Comments?
Assistance Needed?

Please contact:

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New Extension Assistant Joins State Staff

Bonnie Hinds replaced Courtney Niemann as the Childhood Lead Poisoning Prevention Program (CLPPP) Assistant, effective September 29, 2008. Bonnie will assume all duties formerly held by Courtney and will serve as the chief contact for educational materials and program support for the lead program. She will work with Dr. Martha Keel to develop, implement, and evaluate programs related to housing and other environmental health issues.

Bonnie's professional background includes more than five years with the TN Department of Health as a health educator, Public Information Officer, and Director of Community Development. A certified English teacher, Bonnie has taught high school within the Blount County School System. She has been involved in youth development and educational outreach programs for teens and was a long-time puppeteer and lecturer with the Kids on the Block program.

Please feel free to contact Bonnie with environmental health needs, ideas, and questions. She will assist in planning and executing lead prevention activities and welcomes suggestions on how to most effectively market the CLPPP program for target populations across the state. Bonnie may be reached by phone at (865)974-8178 or via e-mail at bhinds@utk.edu.

National Lead Poisoning Prevention Week



October 19-25 marks the 2008 annual observance of Lead Poisoning Prevention Week. What better time to assess the needs for outreach in local communities? Are there pockets of children living in 1950s or pre-1978 housing who may be at great risk for elevated lead levels? Do local industrial plants use lead in their production processes? Might parents be carrying lead dust home in their cars? on their clothing? Autumn health fairs coming up? Contact Bonnie Hinds if the answer to any of those questions is "yes."

Lead Factoids: What is Pica ?

Pica is a troubling nutritional anomaly that is estimated to affect as many as 30 percent of children between the ages of one and six. It manifests itself in the persistent consumption of non-food items, substances such as dirt, clay, paint, sand, hair, and excrement. While many children occasionally sample unsavory environmental byproducts, a diagnosis of pica indicates protracted ingestion unrelated to any cultural practices.

Among the most common—and dangerous—ramifications of pica is the likelihood of lead poisoning. Lead content in soils and paints can rapidly accumulate in children's maturing immune systems, resulting in physical and developmental disorders. Eliminating pica is also critical in avoiding a host of intestinal infections. Parents suspecting pica in children should seek **immediate** medical attention.

Pica is also affiliated, to a lesser degree, with pregnancy. Believed to be the result of temporary deficiencies in iron and zinc, expectant mothers sometimes display geophagia, the consumption of clay and dirt. Any cravings for non-food substances should be referred to a woman's obstetrician.

Bit o' Trivia: Besides the nutritional disorder, the term pica also refers to a unit of measurement. Middle agers will recall its designation as the font size on a manual or electric typewriter: 12 characters per inch . . .

A Healthy Home is Free of Mold

Commencing fall or holiday cleaning? While focusing on cobwebs and dust, remember, as well, to check for—and eliminate!—any mold. Mold forms where moisture malingers unchecked. Kitchens, bathrooms, and basements are common trouble spots. Even small amounts of mold can irritate the respiratory system of those with allergies or other environmental sensitivities, and it can have a devastating effect on asthma sufferers or those with compromised immune systems.

The prescription for cleaning mold or mildew in the home is to use water and a mild detergent. If a disinfectant is warranted, a mixture of common household bleach at a ratio of one cup bleach to one gallon of water can be used. This is effective on most hard household surfaces. Be sure to wear household rubber gloves and an N-95 respirator, especially if sensitivities to mold exist. Eliminating sources of moisture is imperative in preventing the growth of mold. If moisture is a recurring problem, consider simple solutions such as the use of a dehumidifier or exhaust fan. More stubborn situations may warrant waterproofing or consultation with a professional.

Advice from a Sage American, Benjamin Franklin . . .

“Energy and persistence conquer all things.”

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.