



# Insider News

Lead and Healthy Homes  
Division Newsletter  
August 2018



Indiana State  
Department of Health

## Nutrition and Lead Exposure

Eating a healthy diet and following safe food preparation can play a pivotal role in combating the impact of lead in the bodies of pregnant women and children 6 and younger. It is important to help minimize the amount of lead that is absorbed and stored in the bones. Good nutrition and following safe food preparation practices are elements to achieving this outcome.

You can help reduce the lead in your body with three simple steps:

- 1) Eat foods rich in iron, calcium and vitamin C.
- 2) Keep your stomach full by eating four to six small meals a day. Your body absorbs lead faster when your stomach is empty.

- 3) Cook and wash your food with safe water.

The bodies of pregnant women and children require a variety of vitamins and minerals to function and grow properly, especially calcium and iron. When these minerals are deficient in the body, lead absorption is increased.



### Eat these foods to limit lead absorption:

Good sources of **iron** include:

- Red meats
- Poultry
- Seafood
- Beans
- Iron-fortified cereals
- Dark leafy greens

Good sources of **vitamin C** include:

- Citrus fruits (oranges, grapefruit)
- Berries
- Broccoli
- Dark leafy greens
- Bell peppers
- Tomatoes

Good sources of **calcium** include:

- Low-fat milk and milk products, including cheese and yogurt
- Dark leafy greens
- Calcium-fortified orange juice
- Canned fish

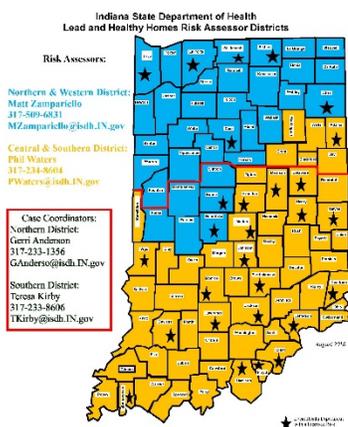
(Source: [Purdue Extension](#))

## Lead and Healthy Homes Website Highlight

“[Lead Hazards](#)” includes information on nutrition, food storage, lead hazards to avoid, dangerous home remedies, and understanding the results of a lead test. This is all great information to use for parent education.

## New Risk Assessor Districts

New coverage districts have been formed with the addition of Matt Zampariello, our newest risk assessor, and the departure of Jack Kinsey. Take a look at the new map found [here](#) to discover which risk assessor is assigned to your county.



## Lead Sampling Program for Public Schools

In 2017, the Indiana Finance Authority with assistance from the Indiana Department of Environmental Management developed a lead sampling program for public schools to help schools assess if there was a presence of lead in their drinking water. The program wrapped up sampling in May 2018 with several hundred school districts participating. Results are rolling out to participating districts throughout 2018, and several schools have taken steps to remove or upgrade fixtures and plumbing as a result. A final report on the program is slated to be published in January 2019. Check out <http://bit.ly/2NVBiPA> for more information.

## State of the Division



For many of us working in lead and healthy homes, the middle of summer often feels like the busiest time of year. We layer more EBLL test results on top of residents who are rehabbing their homes, on top of summer vacations, on top of kids at home, and it feels like we are trying to do a million things at once.

For the Lead and Healthy Homes staff here at ISDH, this summer has been no different. In June, we brought on four new staff members: Lauren Clark, program manager; Amy Hancock, public health administrator; Sue Henry, health educator; and Matt Zampariello, northwest district risk assessor.

In our efforts to streamline case management and reporting, we are working toward replacing STELLAR with HHLPS. We have been working through a second round of testing and look to roll out HHLPS before the end of the year. Additionally, we have been working on solutions to allow local health departments ongoing access to blood lead tests below 5 µg/dL, fixing issues of all sizes with iLead and increasing the integrity of our data quality. Finally, we continue to evaluate the future possible impacts of moving the elevated blood lead level threshold in Indiana down to 5 µg/dL.

We have truly appreciated the insights many of you have offered as we work toward a healthier Indiana, and I look forward to our continued partnerships as we continue to identify ways we can be better. Please do not hesitate to reach out to me, or any of our staff, with questions, concerns, or ways we can improve.

Thanks for everything you do!

*Paul Krievins*

Lead and Health Homes Division Director

## Lead Exposure Resource Guide...

The Lead and Healthy Homes Program, in coordination with the ISDH Division of Emergency Preparedness have developed this document as a guide for public health agencies in assessing needs, and for planning a response to large-scale industry and neighborhood incidents of exposure to lead. The scope of the document focuses on the actions that should be considered when assessing and addressing an exposure. Topics covered include available resources and planning considerations regarding testing clinics, roles and responsibilities of public health and other entities, procedural and decision making processes, and much more. The guide is available on the [ISDH Lead and Healthy Homes webpage](#).

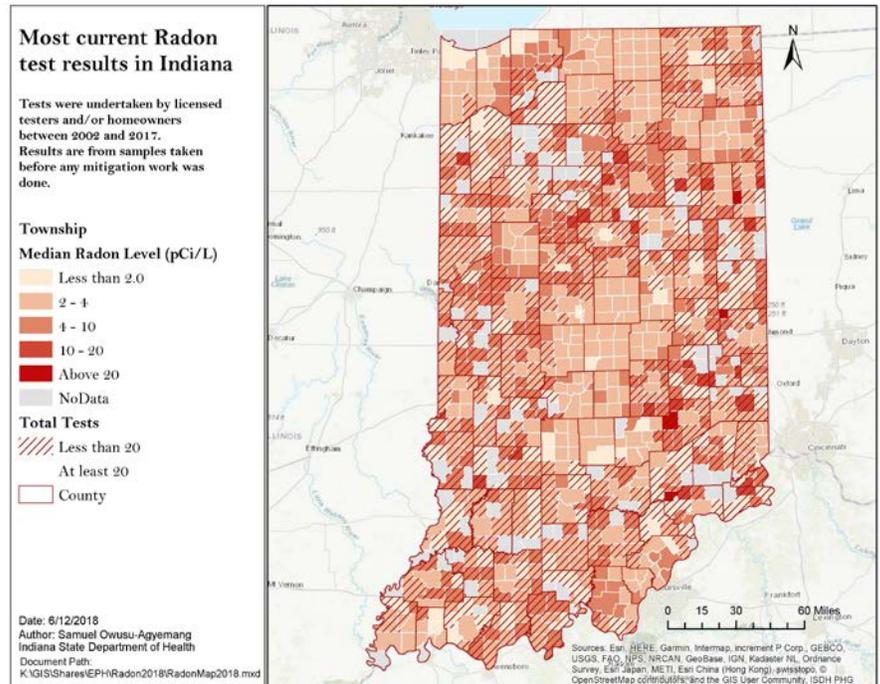
## Proposed EPA Rule Change

As part of EPA's efforts to reduce childhood lead exposure, EPA evaluated current dust-lead hazard standards (DLHS). Based on the evaluation, EPA is proposing to lower the DLHS from 40  $\mu\text{g}/\text{ft}^2$  and 250  $\mu\text{g}/\text{ft}^2$  to 10  $\mu\text{g}/\text{ft}^2$  and 100  $\mu\text{g}/\text{ft}^2$  on floors and windowsills, respectively. The proposal continues to be under a period of public comment. More information on the details of the proposed changes and instructions for submitting comments can be found [here](#).

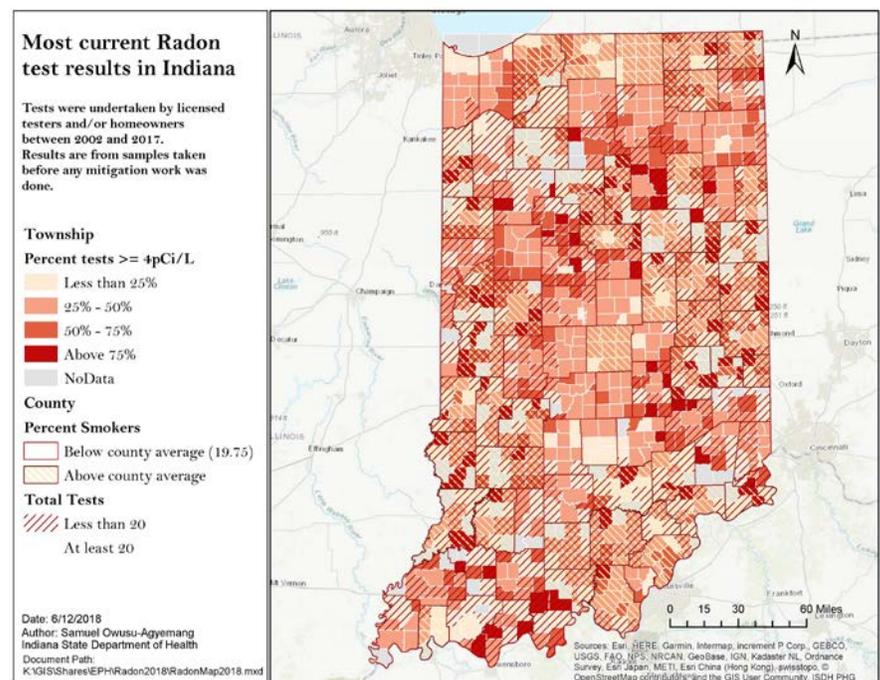
## Updated Radon Data and Maps

Two new resource maps are now available to provide valuable information regarding the risk of radon in communities across the state. The maps represent testing results received by ISDH from licensed primary and secondary radon testers from 2002 to 2017. Information is presented at both the county and township level in order to give residents a better idea of the risk in their community. Please note: These maps are to be used as a reference, and should not be used to imply radon levels at any individual property. As the maps indicate, radon levels vary widely by geography and can vary widely from neighborhood to neighborhood and home to home. The only way to ensure that the radon level in our homes is safe is to have it tested.

For more information on testing, and to access the maps, please go to <http://bit.ly/2JS5gVF>.



*Median Radon Levels by Township: This map presents an overview of the radon levels found at residences within various communities. Please note that communities with hash marks did not have enough tests to reliably conclude risk level.*



*Radon Tests & Smoking Rate by Township: This map presents an overview of the radon levels found at residences within various communities. Please note that communities with hash marks did not have enough tests to reliably conclude risk level.*

## CASE MANAGEMENT TIP

### The Home Visit Report Form:

Submitting the **Home Visit Report Form** to ISDH when a home visit for an elevated blood lead level has been completed is an important step in the mandatory reporting and management process of lead case investigations.

Whereas the risk assessment inspection only addresses issues pertaining to the home, the **Home Visit Report Form** is used by ISDH case management coordinators to help determine if a lead source originates from inside or outside the home. The form is also a useful and valuable tool for the public health nurse to use in documenting details about the case.

Ensuring that all of the requested information in each section of the form is provided, including that information requested in the section marked "For Administrative Use Only," will allow for the most comprehensive and effective investigation.

Those counties that **don't** use STELLAR submit a Home Visit Report Form to ISDH. However, counties whose STELLAR site has stopped working need to begin submitting the report to ISDH as well. ISDH can no longer access STELLAR in those counties to

retrieve information on a particular child. The Report Form can be accessed [here](#) on the LHHD webpage.

### CONTACT US

Indiana State Department of Health  
Lead and Healthy Homes Division  
317.232.1250/ [Website is found here](#)

## Lead Professional Licensing

Indiana law requires that any person who engages in lead-based paint (LBP) activities must first obtain a license from ISDH for each activity. **Are you licensed? Is your license current?** GreenTree, Environmental Management Institute, Lead Consortium and Derby City are examples of LBP training course providers who provide the services needed to obtain and maintain licensure requirements. *Please be reminded that licenses expire/need renewal every three years. Refresher courses are required for all LBP license renewals.* A complete list of providers, including contact information and the courses that are offered, can be found [here](#).



## Number of Children Age 6 and Younger Tested for Lead in Indiana from Jan. 1 - June 30 (2013-2018)



*This graph is a comparison of the total number of children age 6 or younger who have received at least one lead test during the first half of each year, for years 2013-2018, that has been reported to ISDH.*