

IHHN IDAHO HEALTHY HOMES NETWORK

NEWSLETTER May 2010

This newsletter is intended to provide a recap of some of the healthy homes and lead-based paint information that we have shared in the IHHN meetings or that has come to us through various Listserves. We want to especially acknowledge the National Center for Healthy Homes and the many content providers on LeadNet and HealthyHomesNet.



TOXIC HARVEST VIDEO

"Toxic Harvest" by The Peregrine Fund, a YouTube video is available at:

<http://www.youtube.com/watch?v=qHZGQ8i8AwI>

The Peregrine Fund, a Boise-based raptor research and conservation organization that has been conserving raptors worldwide since 1970 (and runs the World Center for Birds of Prey on S. Cole Rd), recently released a short educational

video to inform hunters about the danger of lead exposure to themselves and wildlife when eating game meat from animals harvested with traditional lead-based ammunition. Drawing upon their own and others' peer reviewed and published scientific research, they show how avian scavengers like Bald eagles and California condors can suffer fatal lead exposure from eating the remains of hunter-harvested game, and even people who eat prepared game meat experience on average a 50% increased blood lead concentration compared with those who don't. The Peregrine Fund and several state health agencies recommend that hunters use lead-free ammunition, such as premium solid copper expanding bullets or lead-free shot, to prevent this source lead exposure to wildlife and humans alike. More information can be found on their website at:

http://www.peregrinefund.org/Lead_conference/2008PbConf_Proceedings.htm



Cheers,

Rick Watson, Ph.D. | Vice President
International Programs Director
The Peregrine Fund | 208.362.3716
<http://www.peregrinefund.org>



MAY IS BUILDING SAFETY MONTH

Toolkits: <http://www.buildingsafetymonth.org/toolkit.cfm>

Children's Activity Book:

http://www.buildingsafetymonth.org/pdf/buildingSafetyMonth_Games.pdf

STATUS OF OPT-OUT AND OTHER RRP ISSUES

<http://remodelerscouncil.wordpress.com/2010/05/03/lead-paint-rule-opt-out-revoked/>

LSHR AND RRP

HUD has a couple of webpages devoted to differences between Lead Safe Housing Rule and EPA's Renovation, Repair and Painting rule.

http://www.hud.gov/offices/lead/enforcement/lshr_rrp_changes.cfm

In terms of RRP applying to property owners, here's a link to the property owner portion of EPA's main RRP page

<http://www.epa.gov/lead/pubs/renovation.htm#owners>

We've been providing EPA's Small Entity Guide with our citations.

<http://www.epa.gov/lead/pubs/sbcomplianceguide.pdf> From page 2 of the document (page 4 of the pdf)

Who must follow the 2008 lead rule's requirements?

In general, anyone who is paid to perform work that disturbs paint in housing and child-occupied facilities built before 1978, this may include, but is not limited to:

- Residential rental property owners/managers
- General contractors
- Special trade contractors, including
 - Painters
 - Plumbers
 - Carpenters
 - Electricians

EPA also has a FAQ area

http://toxics.custhelp.com/cgi-bin/toxics.cfg/php/enduser/std_adp.php?p_faqid=6703&p_created=1268924932&p_sid=IO_KG-j&p_accessibility=0&p_redirect=&p_srch=&p_lva=&p_sp=cF9zcmNoPSZwX3NvcnRfYnk9JnBfZ3JpZHNvcnQ9JnBfcm93X2NudD0yMjUsMj11

EPA officially published the opt-out elimination, additional post-renovation reporting requirements and everything else announced 4/23 in today's Federal Register. Those changes therefore will officially go into effect on 7/6/10.

Opt-out rule: <http://edocket.access.gpo.gov/2010/pdf/2010-10100.pdf>

Clearance proposal: <http://edocket.access.gpo.gov/2010/pdf/2010-10102.pdf>

Public/Commercial Buildings advance proposal:

<http://edocket.access.gpo.gov/2010/pdf/2010-10097.pdf>

EPA AMENDS LEAD PAINT RULE

Comments are due July 6 on a proposal to address dust-lead hazards by revising the 2008 Lead Renovation, Repair, and Painting Program rule that established training and work practice standards for renovators. Separately, a final rule takes effect on July 6 removing a provision that exempted renovation firms from compliance when owner-occupants certified that no children under age 6 or pregnant women lived in the home. Also, renovation firms will be required to give copies of compliance documents to owners and occupants. [See Federal Register, 5/6/10](#) or <http://www.regulations.gov>. Contact EPA staff at TSCA-Hotline@epa.gov.

SOME CONTRACTORS NOT PLAYING BY NEW EPA RULES

<http://www.king5.com/health/A-new-regulation-homeowners-need-to-know-about-92805869.html>

HOW TO SELF-DISCLOSE A POTENTIAL LEAD VIOLATION

EPA's Audit Policy has several major incentives for owners and contractors who want to make a "clean start" by voluntarily addressing environmental non-compliance at pre 1978 housing, rental properties, and child-occupied facilities. Entities that meet the requirements may be able to mitigate penalties and criminal prosecution. Maria Tartaglia is EPA's Lead Self-Disclosure Coordinator for Region 10; 206-553-1128. <http://www.epa.gov/compliance/incentives/auditing/auditpolicy.html>

A VIEW FROM THE BRIDGE

"Lead, Mental Health, and Social Action: A View from the Bridge" by M.P. Dumond tells about his experiences with lead exposure in Chelsea, MA, and the link to the Mystic-Tobin Bridge. Adult lead exposures that occur among the workers who are involved in the painting and resurfacing of bridges are difficult to track due to the fact that the workers are often tested outside of their state of residence while they are out on a job. By the time the local health department determines an address for the person and gets employer information, the workers have moved on to the next job.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1308620>

Here's a recent case: <http://ohsonline.com/articles/2009/12/08/painting-firm-penalized.aspx>

LEAD IN YOUR DISHES

When it comes to lead in your dishes, how much is too much – and how can you tell whether your plates contain dangerous levels of lead?

<http://www.wthr.com/Global/story.asp?S=12465018>



SCIENTIST TAUGHT WORLD TO GET THE LEAD OUT

<http://www.cnn.com/2010/HEALTH/05/13/lead.poisoning.landrigan/index.html>

WALMART TO LIMIT TOXIC CADMIUM IN KIDS' PRODUCTS

<http://www.wcnc.com/news/consumer/Wal-Mart-to-limit-toxic-cadmium-in-kids-products-92414509.html>

PBDE EXPOSURE AND HUMAN HEALTH

<http://ehp03.niehs.nih.gov/article/fetchArticle.action?articleURI=info%3Adoi%2F10.1289%2Fehp.trp050110>

TWO NEW STUDIES ON HIGH LEVELS OF PBDE FLAME RETARDANT IN KIDS

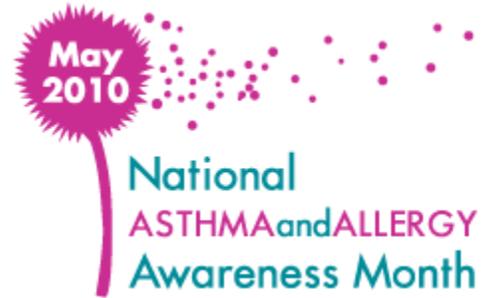
PBDE body burden levels in two separate populations of California children were 10 to 1,000 times higher than European children, 2 to 10 times higher than other U.S. children and adults, and approached levels measured in occupationally-exposed adults. [More...](#)

<http://www.environmentalhealthnews.org/ehs/newscience/remarkably-high-levels-of-flame-retardants-in-california-children/>



MAY IS ASTHMA MONTH

Asthma is a chronic disease that affects millions of people in the U.S. While little is known about specific causes of asthma, much has been revealed about asthma triggers - agents that make asthma worse.



Take steps to control your asthma by reducing your exposure to asthma triggers, especially in your indoor environments such as work, school, and home. And in the home, specifically target bedrooms and other areas where you spend many hours of your day. Of course, if necessary, seek medical treatment and be sure to follow directions of all medications related to asthma treatment.

For a list of low- and no-cost modifications you can do to improve indoor air quality in your home, please visit our website: <http://ehsc.oregonstate.edu/ehathome>

Please don't hesitate to contact us with your questions or for more resources on environmental health issues.

Sincerely,
Sandra Uesugi
Outreach Program Coordinator
Environmental Health Sciences Center
Oregon State University
541-737-4374

GENERAL ASTHMA RESOURCES

[Interactive Asthma Tutorial](#)

Guided slide presentation with self-tests. Great for students and patients. Produced by the National Library of Medicine.

[Attack Asthma at Home video](#)

Learn about common asthma triggers found in the home and what to do about them. Another great video available from the Northwest Clean Air Agency is *Mold in Your Home*. Call 360.428.1617 to order a free copy.

[Tips to Remember: Asthma Triggers and Management](#)

A list of asthma triggers and explanation of different treatment plans. By the American Academy of Allergy, Asthma and Immunology.

[How Tackling Allergies Can Ease Asthma Suffering](#)

Listen or read this very informative NPR story. April 12, 2010

[Track your local pollen and mold counts](#)

The National Allergy Bureau provides pollen and mold spore counts across the country. The data is current and provided by trained scientists. A very trusted and recommended resource!

ASTHMA AND INDOOR AIR QUALITY CURRICULUM FOR K-12

Grades K-6

Asthma Awareness from the National Heart, Lung and Blood Institute.

Grades 6-8

EH Fact Files: Asthma by the University of Washington Center for Ecogenetics & Environmental Health. For Jon Sharpe at jsharp@u.washington.edu for more information and to obtain a copy.

Grades 9-12

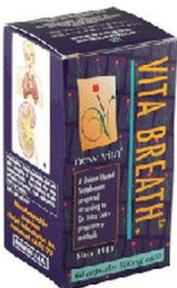
Students investigate a mysterious illness afflicting students and teachers in the newly renovated Hydroville middle school. Is it just the flu season or could it be a problem with the air quality?



IN THE KNOW WITH THE NATIONAL ASTHMA CONTROL INITIATIVE

An estimated 23 million Americans have asthma. Improving asthma control and health-related asthma disparities would help them to live fuller lives. NACI is working to make this happen by putting science-based asthma clinical guidelines into practice. Receive quarterly updates on how by registering to receive the new NACI "In the Know" e-newsletter.

<http://hp2010.nhlbihin.net/joinhin/signup.asp>



(American Herbal Lab)

TOO MUCH LEAD IN ASTHMA SUPPLEMENT

The FDA recently warned people to stop taking a dietary supplement called Vita Breath, touted as an aid for asthmatics, because it contains significantly higher levels of lead than is allowed in candy. Wait. There are acceptable levels of lead in candy?

http://www.npr.org/blogs/health/2010/05/fda_warns_against_ingesting_to.html

DESTINATION: BRAIN

Scientists have known that air pollution can impair airways and blood vessels. The emerging surprise is what it might do to the brain. Increasingly, studies have been highlighting inflammation-provoking nanopollutants as a potential source of nerve cell damage.

http://www.sciencenews.org/view/feature/id/58906/title/Destination_brain



STUDY CONFIRMS LINK BETWEEN ENVIRONMENTAL EXPOSURE AND ALLERGY

<http://www.niehs.nih.gov/news/newsletter/2010/may/science-confirms.cfm>

PLAYGROUND ARSENIC DOSE LOW

A new study finds that arsenic exposure from chromated copper arsenate (CCA) playgrounds is minuscule compared with that from other sources, such as food.

<http://pubs.acs.org/doi/full/10.1021/es101119b>

HOME DEPOT FOUNDATION

The Home Depot Foundation supports nonprofit organizations dedicated to creating and preserving healthy, affordable homes as the cornerstone of sustainable communities. The foundation's goal is for all families to have the opportunity to live in healthy, efficient homes they can afford over the long-term; to have access to safe, vibrant parks and greenspaces; and to receive the economic, social, and environmental benefits of living in a sustainable community.

http://foundationcenter.org/pnd/rfp/rfp_item.ihtml?id=292200012

OTHER LINKS:

Idaho Healthy Homes Network - <http://www.hud.gov/local/id/library/healthyhomes/IHHN.cfm>

Subscribe the Healthy Homes Network Listserv-

http://www.hud.gov/subscribe/signup.cfm?listname=Idaho%20Healthy%20Homes%20Network&list=ID_AHO-HH-NETWORK-L

HUD's Office of Health Homes and Lead Hazard Control - <http://www.hud.gov/offices/lead/>

EPA – www.epa.gov/lead

OSHA – www.osha.gov

National Center for Healthy Housing - <http://www.nchh.org/Home.aspx>

Alliance for Healthy Homes - www.afhh.org

U.S. Consumer Product Safety Commission; Product Recalls -

<http://cpsc.gov/cpscpub/prerel/prerel.html>

LeadNet – international listserve on lead and lead poisoning; to subscribe - Leadnet-on@mail-list.com

To search LeadNet Archives - <http://archive.mail-list.com/leadnet>

User Name = leadnet

Password = lswp (The User Name and Password are case-sensitive.)

For parents of a lead-poisoned child: www.alphalead.org

Tamara Rubin's (Portland, OR) website: <http://www.mychildrenhaveleadpoisoning.com>