



## NEWSLETTER

April 2010

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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 Listservs. We want to especially thank the National Center for Healthy Homes and the many content providers on LeadNet and HealthyHomesNet.

### JOIN US ON LINKEDIN!!

IHHN has created a group page on LinkedIn, a free professional networking website. As part of the IHHN group on LinkedIn you can participate in discussions, post articles pertaining to the interests of the group and keep up to date with scheduled meetings and events. Registration on LinkedIn is free. This is a great way to create awareness about IHHN for those you are connected with. Who else do you know who might take an interest in our group? Sign-up on LinkedIn and join the “Idaho Healthy Homes Network” at [www.Linkedin.com](http://www.Linkedin.com)!

John Price  
IHHN Co-Chair

### MAY IS BUILDING SAFETY MONTH

<http://webmail.aol.com/31650-111/aol-1/en-us/Suite.aspx>

### HOME SWEET HOME MAY BE A HAZARD:

#### FALL RISK AWARENESS AND PREVENTION FOR IDAHO SENIORS

In 1939, the American Public Health Association defined four types of housing needs: physiological needs, psychological needs, contagion protection, and injury prevention (Olson, 2007). Eight decades later, housing safety and quality remains a public health focus. One of the nation’s *Healthy People 2010* initiatives is to promote “Healthy Homes and Healthy Communities.” Part of this endeavor is to prevent injury inside the home.

Injury prevention needs are particularly relevant for Americans 65 and older. Although the home is supposed to be a place of protection, there are several household dangers for older Americans. Loose boards, rugs, stairs, and cords all present a falling hazard. These are modifiable risk factors; however, the vast majority of the elderly lives on a fixed income and may not be able to make necessary repairs or updates. In Idaho, 8% of adults aged 65 and over are below 100% of the poverty level—more than 14,000 seniors in our state (U.S. Census Bureau, 2008).

In addition to financial restrictions, medical limitations place older Americans at an increased risk for a fall. Medical conditions such as arthritis or cataracts can make it difficult or nearly impossible to operate household appliances and can limit mobility. Data from the 2006 *Senior Health Report* indicate that nearly 23% of Idahoans aged 65 and older experienced a fall in 2004 (Idaho Department of Health and

Welfare, 2006). Preventing falls and maintaining functional fitness are important not only to keep the elderly in their homes, but to keep them safe in their homes. Functional fitness is the ability to complete Activities of Daily Living (ADLs) safely. Seemingly simple ADLs can be prohibitively difficult for older adults. For example, bending over to take laundry out of the washing machine, reaching into the cupboard to retrieve a can of soup, and even getting out of a recliner to answer the door can pose risk for injury.

The Idaho Department of Health and Welfare is addressing injury prevention for Idaho seniors through the Fit and Fall Proof Program. This program consists of free or low-cost classes that focus on balance, flexibility, and muscle strength so that the elderly can navigate their homes. Because not all hazards can be eliminated, the elderly are also taught how to fall properly, minimizing injury. Maintaining and improving functional fitness promotes independence and the confidence to remain healthy in their own sweet home.

Christina Bobek, BA, RN, Boise State University

### **OVERVIEW OF STATE RESIDENTIAL HEALTH OR HOUSING CODES**

The National Conference of State Legislatures, along with the National Center for Healthy Housing (NCHH), has collected state landlord-tenant codes that address health concerns in housing. These 'healthy housing' codes set the minimum standards for rental property and assigns specific duties for the landlords and tenants, and to a certain extent, private housing. The codes have been categorized as follows:

- **Energy Efficiency Codes** <http://www.ncsl.org/?tabid=19967>
- **Home Safety and Security from Crime, Drugs and Gangs** <http://www.ncsl.org/?tabid=19962>
- **Moisture and Weatherproofing Codes** <http://www.ncsl.org/?tabid=19968>
- **Notices and Disclosures Codes** <http://www.ncsl.org/?tabid=19970>
- **Occupancy, Access, and Other Agreements Codes** <http://www.ncsl.org/?tabid=19971>
- **Pest Control and Extermination Codes** <http://www.ncsl.org/?tabid=19974>
- **Smoke and Carbon Monoxide Alarm Codes** <http://www.ncsl.org/?tabid=19975>
- **Other Code Conditions** <http://www.ncsl.org/?tabid=19972>

Only the landlord and the tenant can enforce their rights under landlord-tenant law. Government agencies typically cannot enforce the law, and landlord-tenant laws do not apply to owner-occupied housing. Therefore, if a government agency seeks to address problems on property that affect resident or neighborhood health, safety or welfare, the government agency relies on health or housing codes or on laws that deal with specific issues such as lead-based paint or carbon monoxide alarm. Health or housing codes are typically comprehensive. Health codes - sometimes referred to as sanitation codes - are typically enforced by a health department. Housing codes - sometimes referred to as property maintenance codes - are typically enforced by the building code, housing code, or community development department. In the absence of a health or housing code, many health departments can act using their broad authorities to control public nuisance.

All but North Dakota have a landlord-tenant law.

The web page can be found at: <http://www.ncsl.org/?tabid=19836>

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National Conference of State Legislatures  
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## **APRIL 22<sup>ND</sup> HAS COME AND GONE—EPA'S RRP RULE IS NOW IN EFFECT!!**

The Renovation, Repair and Painting rules became effective on April 22<sup>nd</sup>, but more changes are coming!!

<http://yosemite.epa.gov/opa/admpress.nsf/0/5F853ACA6E9395478525770E00568B58>

<http://www.epa.gov/lead/new.htm>

[www.epa.gov/lead/pubs/owens20100420.pdf](http://www.epa.gov/lead/pubs/owens20100420.pdf)

[http://www.epa.gov/lead/pubs/lead\\_rrpr\\_q\\_and\\_a.pdf](http://www.epa.gov/lead/pubs/lead_rrpr_q_and_a.pdf)

## **MEDIA RESOURCES ON LEAD-BASED PAINT**

Ad Council (English/Spanish): [www.leadfreekids.org](http://www.leadfreekids.org) and [www.leadfreekids/espanol](http://www.leadfreekids/espanol)

Remodeler-oriented medial information: [www.epa.gov/getleadsafe](http://www.epa.gov/getleadsafe)

## **NY TIMES ARTICLE ON LEAD-BASED PAINT**

<http://www.nytimes.com/1990/08/26/us/lead-paint-poisons-children-despite-1971-law-on-removal.html?pagewanted=all>

## **PREVALENCE OF LEAD-BASED PAINT IN U.S.**

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1241046/pdf/ehp0110-a00599.pdf>

## **NATIONAL LEAD POISONING PREVENTION MONTH--2010**

It will be observed from October 24 - 30 – plan ahead!!

## **LEAD PAINT KILLS YOUNG REFUGEE—APRIL 2000**

[http://www.ikecoalition.org/LSITF\\_News/NH\\_Guilty\\_Plea\\_Lead\\_Poisoning.htm](http://www.ikecoalition.org/LSITF_News/NH_Guilty_Plea_Lead_Poisoning.htm)



## **REPORTING ENVIRONMENTAL CRIMES**

<http://www.epa.gov/compliance/complaints/index.html>

## **MONTANA PAINT CLEAN-UP**

Property owners are teaming with Montana Fish, Wildlife & Parks to try to force Monsanto Chemical Co. to pay millions to clean up chemicals contaminating a blue-ribbon trout stream here, but the company says the contamination is FWP's fault.

<http://www.greatfallsribune.com/article/20100421/NEWS01/4210303/FWP-Monsanto-knew-paint-was-harmful>



## **FOLK CURE HIGH IN LEAD**

Lab tests reveal that a traditional African and Caribbean remedy for morning sickness called "Nzu" can contain alarmingly high levels of arsenic. Worse, the tests found lead levels from 60 to 80 times what the FDA considers too high.

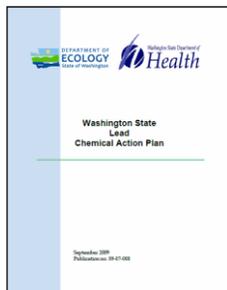
[http://www.news-record.com/content/2010/03/29/article/folk\\_cure\\_sold\\_locally\\_high\\_in\\_lead](http://www.news-record.com/content/2010/03/29/article/folk_cure_sold_locally_high_in_lead)

## GARDENING IN LEAD-CONTAMINATED SOIL

<http://www.epa.gov/region01/leadsafe/pdf/chapter7.pdf>

<http://cepm.louisville.edu/PDFdocs/Safe%20Urban%20Gardening.pdf>

Lead and arsenic contaminated soils: <http://cru.cahe.wsu.edu/CEPublications/eb1884/eb1884.pdf>



## WA STATE LEAD CHEMICAL ACTION PLAN

<http://www.ecy.wa.gov/pubs/0907008.pdf>

## LEAD PAINT LAWS IN OTHER STATES

[ftp://ecy.wa.gov/swfa/Lead\\_Paint\\_State\\_Laws/](ftp://ecy.wa.gov/swfa/Lead_Paint_State_Laws/)

## WA GETS \$97,000 TO INVESTIGATE LEAD IN HOME REMEDIES

<http://tinyurl.com/296l75e>

## LEAD EXPOSURE MAY DELAY PUBERTY IN BOYS

Boys with relatively elevated levels of lead in their blood may start puberty later than their peers with less lead exposure, a new study suggests.

[http://www.msnbc.msn.com/id/36229653/ns/health-kids\\_and\\_parenting/](http://www.msnbc.msn.com/id/36229653/ns/health-kids_and_parenting/)

## ALS LINKED TO LEAD EXPOSURE

<http://www.yourhealthbase.com/database/a127i.htm>

### MORE:

<http://ehp.niehs.nih.gov/members/2003/6109/6109.html>

<http://ehp.niehs.nih.gov/realfiles/members/2008/11193/11193.html>

## OCCUPATIONAL LEAD EXPOSURE INFORMATION

<http://www.cdph.ca.gov/programs/olppp/Documents/pubs.pdf>

<http://www.cdph.ca.gov/programs/olppp/Pages/default.aspx>



## DEQ ISSUES WARNING ON MERCURY IN JEWELRY

The Idaho Department of Environmental Quality has issued a warning about mercury in toy jewelry. DEQ says mercury-filled glass pendants pose a serious health risk at home and in the classroom. There have been two recent mercury incidents in Idaho involving jewelry.

<http://www.klewtv.com/news/local/90410974.html>



## FARM PESTICIDES LINKED TO SKIN CANCER

Workers who apply certain pesticides to farm fields are twice as likely to contract melanoma, a deadly form of skin cancer, according to a new scientific study.

Environmental Health News

<http://www.environmentalhealthnews.org/ehs/news/farm-pesticides-linked-to-deadly-skin-cancer>

## NEW EPA PESTWISE WEBSITE

EPA's Office of Pesticide Programs has a new Web site on non-regulatory programs for reducing pesticide through environmental stewardship. <http://www.epa.gov/pestwise>

## **LOW VITAMIN D LEVELS ASSOCIATED WITH ASTHMA SYMPTOMS AND MEDICATION USE**

<http://www.sciencedaily.com/releases/2010/04/100415143906.htm>

## **REPORT ON HOW BUSINESSES CAN REDUCE ASTHMA BURDEN ON EMPLOYEES**

The New England Asthma Regional Council, a program of Health Resources in Action, and the University of Massachusetts/Lowell are pleased to announce the release of "[Asthma: A Business Case for Employers and Health Care Purchasers.](#)"

## **INDOOR AIR POLLUTION STUDIES/REPORTS**

<http://www.arb.ca.gov/research/apr/past/indoor.htm>

## **DIRTY AIR MAKES FOR WHEEZY KIDS**

Small particles from traffic and heating oil combustion may cause children younger than two to wheeze and cough, according to a new study.

<http://www.montrealgazette.com/life/Dirty%20makes%20wheezy%20kids%20Study/2348062/story.html>



## **NEW TRAINING COURSE – HEALTH OPPORTUNITIES IN ENERGY AUDITS**

The National Healthy Homes Training Center and Network is offering a new course titled [Health Opportunities in Energy Audits and Upgrades](#). It will help energy efficiency staff to learn about healthy homes and understand that energy efficiency is only one part of a safe and healthy home.

## **PERSONAL CARE PRODUCTS AND ADHD**

There's been a rise in reports of behavioral disorders in kids over the past decade or so. Some researchers say genetics, lack of sleep, and chaotic households all contribute to things like ADHD. Now researchers say another cause could be personal care products.

[http://environmentreport.org/story.php?story\\_id=4941](http://environmentreport.org/story.php?story_id=4941)

## **COSMETIC PRODUCTS CONTAIN HIGH LEVELS OF TOXICS**

Many everyday skincare products contain dangerous levels of toxic chemicals: That's the conclusion of a report released today by a group of Maine-based activists.

<http://www.mpbnet.com/Home/tabid/36/ctl/ViewItem/mid/3478/ItemId/11622/Default.aspx>

## **ZINC LEVELS IN POLYGRIP SCRUTINIZED**

Until very recently, the denture adhesive Super Poligrip contained high levels of zinc — enough, scientists say, to cause neurological damage in people who used too much of it.

<http://www.npr.org/templates/story/story.php?storyId=125561507>

## **SMOKING MAY INCREASE RISK OF MS**

Smoking may increase the risk of multiple sclerosis in people who have other risk factors for the neurological disorder. <http://www.reuters.com/article/idUSTRE63651120100407>

## **MOTHER-TO-BE WHO SMOKE CAN HARM SON'S FERTILITY**

A large-scale review of factors affecting sperm production found that a man's fertility depends more on his mother's lifestyle than his own.

<http://www.dailymail.co.uk/news/article-1267129/Mothers-smoke-harm-sons-fertility-say-scientists.html>

### **STUDY HINTS OF PHTHALATE THREAT TO BOY'S IQ**

[http://www.sciencenews.org/view/generic/id/57949/title/Study\\_reports\\_hints\\_of\\_phtalate\\_threat\\_to\\_boys%2%80%99\\_IQs](http://www.sciencenews.org/view/generic/id/57949/title/Study_reports_hints_of_phtalate_threat_to_boys%2%80%99_IQs)

### **NANOTECH HEALTH RISKS GROW**

Increasing evidence shows that the engineered particles could pose a giant risk to the environment and human life.

<http://www.aolnews.com/2010/03/24/amid-nanotechs-dazzling-promise-health-risks-grow/19401235/>

### **ALTERNATE FLAME RETARDANTS LEACH INTO ENVIRONMENT**

Two chemicals that are becoming widely used as replacements for potentially toxic flame retardants in household products have shown up in peregrine falcon eggs in California.

[http://www.sciencenews.org/view/generic/id/57666/title/Alternative\\_flame\\_retardants\\_leach\\_into\\_the\\_environment](http://www.sciencenews.org/view/generic/id/57666/title/Alternative_flame_retardants_leach_into_the_environment)

### **WINDOW INSTALLER KILLED IN FALL**

Fed-OSHA is investigating the death of a Monroe County, Pa. worker who last week fell from the second-floor of a home while installing a window. [Go to the Full Story...](#)

### **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](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](http://www.epa.gov/lead)

OSHA – [www.osha.gov](http://www.osha.gov)

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

Alliance for Healthy Homes - [www.afhh.org](http://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](mailto: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](http://www.alphalead.org)

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