



**NEWSLETTER**  
**June 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 acknowledge the National Center for Healthy Homes and the many content providers on LeadNet and HealthyHomesNet.

**ONE MOM'S STORY**

I got Avi a kitten last week.

I wanted to share this with you as what might initially seem trivial or mundane has actually been a life-changing experience for a lead poisoned child.

For those of you who do not know Avi, he is 5-1/2 years old and was diagnosed with lead poisoning when he was 10 months old. His initial Blood-Lead Level test result came in at 16, [although it was likely that his actual initial level was probably much higher, because his doctors did not consider testing him for lead poisoning until two months after his initial exposure - an acute exposure from inhaling fumes created when a contractor open-flame-torch burned the paint off of the exterior of our 1917 historic home to prepare it for painting.]

Throughout the last 5 years I have learned to keep Avi focused in order to prevent him from acting out violently (which he does frequently - to extremes.)

My best tool for this has been tactile activity experiences.... playing in the sand at the beach, playing with water balloons, play-doh, modeling clay, cooking together (he loves cooking!) and holding him while telling him stories - anything where he is touching or being touched. He also likes planting in the dirt and building things - but these have to be so closely supervised as trowels and hammers (and even measuring tapes, sticks and strings) quickly become dangerous weapons in his hands.

I was concerned about getting a pet [I thought of the character Lennie, from Steinbeck's *Of Mice And Men*] - but I have also always thought that it might be an incredibly grounding experience for him.

The kittens arrived with Granny last week - they are 8 weeks old. They have literally transformed Avi's behavior!

While Avi can still be rowdy and rough [and the kittens' own constant rounds of rough play together--"are they playing right now or trying to hurt each other?" Answer--"yes"!--mimic the most common mode of interaction for my two middle boys!], there are now actually--for the very first time--many moments of stillness!

Avi will sit, gently petting the kitten in his lap, for minutes at a time! Minutes! For those of you with lead poisoned children, I think you may understand - this is huge! He pets the kitten, listens to it purr and is also developing a wonderful sense of pride in what it looks like to carefully take care of another being.

The kitten gives me dozens of opportunities every day to praise Avi for being gentle and loving and careful with another creature on this planet - this is not something Avi has ever experienced in this way before [even though he has had a baby brother, this wasn't the same, as he himself was younger when his brother was an infant, his excitement too intense, for both of those reasons, "the stakes were too high"--by which I mean that I couldn't experiment with giving him much opportunity to fully physically interact with the baby!]

Reinforcing and rewarding positive behavior [with star charts, hugs, kind words and smiles] is not an end-all be-all solution for "turning off" the aggressive/violent behavior, but it is a great tool, and the most effective parenting tool for Avi and A.J. that I have found so far.

We held off getting a pet for so many years because my husband is allergic to cats - but we are keeping these little ones outside in a little play house and that is working well.

I wanted to share this with you to remind you of a simple (and perhaps commonly overlooked) tool to teach and ground and calm a lead poisoned child - the opportunity to care for a pet (with lots of supervision, of course!) and practice the life-skills that are difficult for him/her, yet that so many of us take for granted.

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#### **NEW "RENOVATE RIGHT" BROCHURE**

<http://www.epa.gov/lead/pubs/renovaterightbrochure.pdf>

#### **RRP, LEAD PAINT AND COMMERCIAL BUILDINGS—FEDS ASK FOR COMMENTS**

Comments are due by **July 6, 2010**.

[www.regulations.gov/search/Regs/home.html#docketDetail?R=EPA-HQ-OPPT-2010-0173](http://www.regulations.gov/search/Regs/home.html#docketDetail?R=EPA-HQ-OPPT-2010-0173)

#### **SCIENTIST DEVELOPS FASTER, INEXPENSIVE FIELD METHOD TO TEST PAINT FOR LEAD**

<http://www.newswise.com/articles/rti-international-develops-faster-inexpensive-field-method-to-test-paint-for-lead>

#### **OSHA--REGULATORY REVIEW OF 29 CFR 1926.62—LEAD IN CONSTRUCTION**

<http://www.osha.gov/dea/lookback/lead-construction-review.html>

#### **LEAD-FREE KIDS WEBSITE**

<http://www.leadfreekids.org/>

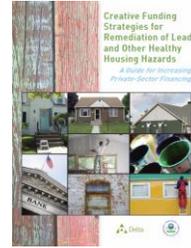
#### **WHAT NEW LEAD-BASED PAINT RULE MEANS TO YOU -- VIDEO FOR PAINT AND WALL COVERING CONTRACTORS**

Part I

<http://www.pwc-magazine.com/webinars/?fuseaction=archive&action=view&webinarID=15>

### **CREATIVE FUNDING STRATEGIES FOR REMEDIATION OF LEAD AND OTHER HEALTHY HOUSING HAZARDS**

[http://www.delta-institute.org/publications/2010/DeltaREDI\\_CreativeFundingStrategiesForRemediationOfLead.pdf](http://www.delta-institute.org/publications/2010/DeltaREDI_CreativeFundingStrategiesForRemediationOfLead.pdf)



### **REPLACEMENT OF HISTORIC WOOD WINDOWS**

<http://www.nps.gov/hps/tps/briefs/brief09.htm#Repair%20Class%20III:%20Splices%20and%20Parts%20Replacement>

### **LEAD IN FOOD PRODUCTS—BABY FOOD**

[www.envirolaw.org/documents/FINALNewsRelease.pdf](http://www.envirolaw.org/documents/FINALNewsRelease.pdf)  
<http://www.envirolaw.org/documents/100609-NoticeLetterwithExhibits.PDF>



### **INDIAN SPICES EXPOSE CHILDREN TO LEAD**

[http://doctor.ndtv.com/storypage/ndtv/id/4306/type/news/Indian\\_spices\\_expose\\_children\\_to\\_lead.html](http://doctor.ndtv.com/storypage/ndtv/id/4306/type/news/Indian_spices_expose_children_to_lead.html)

### **FDA TESTS LIPSTICKS, FINDS LEAD IN ALL**

<http://www.houmatoday.com/article/20100525/ARTICLES/100529568?Title=FDA-tests-lipsticks-finds-lead-in-all>



### **CHECK YOUR HEAD FOR LEAD**

As the murder rate gallops at a frightening pace in Jamaica at least one health professional has turned the spotlight on a major environmental hazard which overseas research has shown may be a contributory factor to violent crimes and murder.

<http://www.jamaica-gleaner.com/gleaner/20100517/news/news4.html>

### **MCDONALDS PULLS 12 MILLION CADMIUM TAINTED SHREK GLASSES**

[http://www.google.com/hostednews/ap/article/ALeqM5gfV1VsOgKI2tvCa\\_xB\\_YD4vuTMQD9G4CA980](http://www.google.com/hostednews/ap/article/ALeqM5gfV1VsOgKI2tvCa_xB_YD4vuTMQD9G4CA980)



### **MILEY CYRUS JEWELRY PULLED FROM WALMART SHELVES--CADMIUM**

[http://www.pressherald.com/news/walmart-pulls-miley-cyrus-jewelry-from-shelves\\_2010-05-20.html](http://www.pressherald.com/news/walmart-pulls-miley-cyrus-jewelry-from-shelves_2010-05-20.html)

### **HUD/USDA HEALTHY HOMES VIDEO AND GUIDEBOOK**

Video:

<https://sites.aces.edu/group/healthyhomes/resources/Lists/Resource%20List/DispForm.aspx?ID=67>

Guide:

[https://sites.aces.edu/group/healthyhomes/resources/Healthy%20Homes%20Documents/Healthy%20Homes\\_English.pdf](https://sites.aces.edu/group/healthyhomes/resources/Healthy%20Homes%20Documents/Healthy%20Homes_English.pdf)

### **HELP YOURSELF TO A HEALTHY HOME—IN FIVE LANGUAGES**

<http://www.healthyhomespartnership.net/resources.html>

## **PEDIATRIC ENVIRONMENTAL HOME ASSESSMENT: TOOLS FOR PUBLIC HEALTH AND VISITING NURSES**

<http://www.healthyhomestraining.org/Nurse/PEHA.htm>

## **LEED STANDARDS INSUFFICIENT TO PROTECT HEALTH**

A new report concludes, "[LEED] 'platinum,' 'gold,' and 'silver' status conveys the false impression of a healthy and safe building environment, even when well-recognized hazardous chemicals exist in building products," and, "LEED standards are insufficient to protect human health."

<http://www.ehhi.org/reports/leed/>

## **THERE'S NO PLACE LIKE HOME FOR BABIES TO PICKUP TOXINS**

Infants may take in two to five times as much household dust as adults.

[http://www.usatoday.com/news/health/2010-06-03-cancerandchemicals03\\_st\\_N.htm](http://www.usatoday.com/news/health/2010-06-03-cancerandchemicals03_st_N.htm)



### **LISTEN AND LEARN!**

These 2 minute podcasts from the National Pesticide Information Center and the Environmental Health Sciences Center cover important pesticide issues in the home.

<http://npic.orst.edu/pestibytes/index.html>

### **POISONING PREVENTION IN THE HOME**

[http://www.homesafetycouncil.org/SafetyGuide/sg\\_poison\\_w001.asp](http://www.homesafetycouncil.org/SafetyGuide/sg_poison_w001.asp)



## **CARBON MONOXIDE POISONING PREVENTION**

<http://www.epa.gov/iaq/pubs/coftsht.html>

## **"DIRTY DOZEN" PRODUCE CARRIES MORE PESTICIDE RESIDUE—HEALTHIER OPTIONS**

If you're eating non-organic celery today, you may be ingesting 67 pesticides with it, according to a new report from the Environmental Working Group.

<http://www.cnn.com/2010/HEALTH/06/01/dirty.dozen.produce.pesticide/>

## **A TOXICS HISTORY LESSON**

<http://www.cnn.com/2010/HEALTH/06/03/ddt.toxic.america/>

## **MOISTURE AND MOLD—BASICS FOR HOUSING PROFESSIONALS; DVD**

[https://middleloup.unl.edu/zen/index.php?main\\_page=product\\_info&products\\_id=331](https://middleloup.unl.edu/zen/index.php?main_page=product_info&products_id=331)

## **MOISTURE RESISTANT HOMES--TIPS FOR BUILDERS, VIDEOS, DETAILS**

<http://buildabetterhome.org/>

## **ARREST THE PESTS IN YOUR NEST (INTEGRATED PEST MGT), PTS 1&2**

<http://infobot.com/youtube/watch?v=Pq3DYsgdoXk>

<http://infobot.com/youtube/watch?v=QbLCgFQ1Xhc>

## **DUST DOES NOT DISCRIMINATE**

<http://infobot.com/youtube/watch?v=3icXoUD3QhA>

## **MOLD VIDEO, PTS 1&2**

<http://infobot.com/youtube/watch?v=Qx-dsNjainQ>

[http://infobot.com/youtube/watch?v=qXTiUB8d\\_b0](http://infobot.com/youtube/watch?v=qXTiUB8d_b0)

## **INTEGRATED PEST MANAGEMENT AND ASTHMA—VIDEOS IN ENGLISH AND SPANISH**

<http://www.healthyhomestraining.org/IPM/videos.htm#ARC>

## **CANADIAN GUIDE FOR FIRST NATIONS: YOUR HEALTH AT HOME**

<http://www.hc-sc.gc.ca/fniah-spnia/promotion/public-publique/home-maison/index-eng.php>

## **POLLUTION LINK TO HEART DISEASE AND DEATH**

<http://www.newsroom.heart.org/index.php?s=43&item=1029>

## **URBAN POLLUTION RAISES BLOOD PRESSURE**

German researchers looked at 5,000 people and found long-term exposure increased blood pressure, even when other key factors were considered. <http://news.bbc.co.uk/2/hi/health/8682137.stm>



## **IMPACT OF ENVIRONMENTAL CHEMICALS ON LUNG DEVELOPMENT**

<http://ehp03.niehs.nih.gov/article/fetchArticle.action?articleURI=info%3Adoi%2F10.1289%2Fehp.0901856>

## **BURGER AND FRIES WORSEN ASTHMA**

[http://www.agehealthy.org/pdf/chap6\\_0926.pdf](http://www.agehealthy.org/pdf/chap6_0926.pdf)

## **RADON STILL PLAGUES AMERICANS—KILLS 21,000 EVERY YEAR**

[http://www.environmentreport.org/story.php?story\\_id=5029](http://www.environmentreport.org/story.php?story_id=5029)

## **TWIN FALLS ADDRESSES ARSENIC IN WATER**

[http://www.magicvalley.com/news/local/article\\_cb6964ce-dfe3-5dc7-a9cb-f8998dfb25e2.html](http://www.magicvalley.com/news/local/article_cb6964ce-dfe3-5dc7-a9cb-f8998dfb25e2.html)

## **ALERT: PROTEIN DRINKS**

Some protein drinks can pose health risks, including exposure to potentially harmful heavy metals, if consumed frequently. Consumer Reports testing revealed arsenic, cadmium, lead, and mercury in some.

<http://www.consumerreports.org/cro/magazine-archive/2010/july/food/protein-drinks/overview/index.htm>

## **COMMON PAIN RELIEVERS INCREASE HEART RISK FOR HEALTHY PEOPLE**

Healthy people who take non-steroidal anti-inflammatory drugs to relieve minor aches and pains may raise their risk of dying from heart-related problems, a Danish study finds.

[http://www.usatoday.com/news/health/2010-06-11-nsaids-heart\\_N.htm](http://www.usatoday.com/news/health/2010-06-11-nsaids-heart_N.htm)

## **MERCURY IN DRYWALL**

<http://www.pharosproject.net/index/blog/mode/detail/record/40/mercury-contamination-drywall>

## **MERCURY IN SOME SKIN WHITENING CREAMS**

<http://www.chicagotribune.com/health/ct-met-mercury-skin-creams-20100518,0,7324086,full.story>

<http://www.sfgate.com/cgi-bin/article.cgi?f=/n/a/2010/05/28/state/n073834D57.DTL&type=business>

## **TOOLKIT FOR COMMUNITY CONVERSATIONS ON HARMFUL CHEMICALS**

[http://www.atsdr.cdc.gov/nationalconversation/community\\_conversations.html](http://www.atsdr.cdc.gov/nationalconversation/community_conversations.html)

## **SWIMMING POOL CHEMISTRY AND POTENTIAL HEALTH HAZARDS**



<http://pubs.acs.org/doi/full/10.1021/es903241k>

### **BPA PERVASIVE IN CANNED FOOD**

The health hazards of bisphenol A are well documented, but now scientists report that the chemical used in the coating of cans is pervasive in the canned goods on our kitchen shelves.

<http://www.aolnews.com/science/article/bpa-pervasive-in-our-canned-food-national-workgroup-for-safe-markets-says/19482419>

### **ENVIRONMENTAL CANCER RISKS MAY BE MORE DANGEROUS THAN THOUGHT**

Pollutants and other chemicals in your environment — your home, your front yard, your workplace — may be more toxic to your health than you know, according to a report released earlier this month

<http://www.latimes.com/news/health/la-he-closer-20100524,0,5914154.story>

### **THE POISON CRIB**

Scientists have found evidence suggesting that chemicals designed to prevent fires are getting into your children's blood and rewiring their brains, leading to attention deficit disorder, hyperactivity, hearing problems, slow mental development and, possibly, cancer.

[http://www.salon.com/life/feature/2010/06/10/dangers\\_flame\\_retardants](http://www.salon.com/life/feature/2010/06/10/dangers_flame_retardants)

### **BLOOD CONCENTRATIONS OF PBDE MIRROR DUST LEVELS**

Diet is the primary route of people's exposure to most persistent, bio-accumulative, and toxic compounds, but new research finds that levels of PBDE flame retardants in dust from U. S. homes correlate strongly with the concentrations in residents' blood.

<http://pubs.acs.org/cen/news/88/i24/8824news4.html>

### **NEW SOURCE OF DIOXIN: CLEAN HANDS**

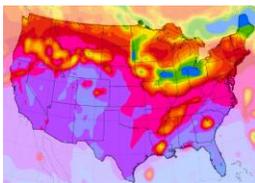
Manufacturers have been adding the germ fighter triclosan to soaps, hand washes, and a range of other products for years. But here's a dirty little secret: Once it washes down the drain, that triclosan can spawn dioxins.

[http://www.sciencenews.org/view/generic/id/59333/title/A\\_new\\_source\\_of\\_dioxins\\_Clean\\_hands](http://www.sciencenews.org/view/generic/id/59333/title/A_new_source_of_dioxins_Clean_hands)

### **EXPOSURE OF MOMS-TO-BE MAY AFFECT KIDS LATER**

A new rodent study finds that even low-dose exposures to bisphenol A — a hormone-mimicking chemical that leaches out of many plastics and food-can liners — can provoke changes during pregnancy that are bad for both moms and their male offspring.

[http://www.sciencenews.org/view/generic/id/59372/title/Exposure\\_of\\_moms-to-be\\_to\\_hormone-mimicking\\_chemical\\_may\\_affect\\_kids\\_years\\_later](http://www.sciencenews.org/view/generic/id/59372/title/Exposure_of_moms-to-be_to_hormone-mimicking_chemical_may_affect_kids_years_later)



### **UV INDEX FORECAST MAP**

<http://www.epa.gov/sunwise/uvindex.html#map>

### **SAFETY OF SUNSCREENS FOR CHILDREN**

Although sunscreen is recommended for infants older than 6 months by the National Institutes of Health and the

American Academy of Pediatrics, there's growing concern that some of the chemicals in the products are endocrine disruptors that may pose health risks to children.

<http://www.hometownannapolis.com/news/lif/2010/05/20-49/Some-question-safety-of-sunscreen-products-for-children.html>



### **SUNSCREEN OR SMOKESCREEN?**

Sunscreen products' SPF numbers rise, but they have little to do with the science of protecting skin from the sun's harmful rays - and more to do with marketing

<http://www.chicagotribune.com/health/ct-met-sunscreen-safety-20100524,0,6024786.story>

### **SUNSCREENS AND NANOPARTICLES**

The latest target of concern is the use by sunscreen manufacturers of nano-sized particles of titanium dioxide and zinc oxide. A new report based on several preliminary studies says these atom-sized additives have the potential to cause serious harm.

<http://www.aolnews.com/nanotech/article/more-bad-news-about-sunscreen-safety-nanoparticles/19500193>

### **EARLY CHILDHOOD PROFILES FOR STATES FROM NAT'L CENTER FOR CHILDREN IN POVERTY**

These profiles highlight states' policy choices alongside other contextual data related to the well-being of young children. [http://www.nccp.org/projects/improvingtheodds\\_stateprofiles.html](http://www.nccp.org/projects/improvingtheodds_stateprofiles.html)

### **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 listserv 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>