



# FALL 2012

## Children's Blood Lead Clinics

All clinics will be held at the Kiro Wellness Centre, 1500 Columbia Avenue, Trail BC. To book or change an appointment, please contact **Jeannine Stefani, Public Health Nurse**, at 250 364-6223.

### Friday, September 21

9:00 a.m. – 4:00 p.m.

### Monday, September 24

11:00 a.m. – 6:00 p.m.

### Thursday, September 27

9:00 a.m. – 4:00 p.m.

### Friday, September 28

9:00 a.m. – 4:00 p.m.

### Tuesday, October 2

11:00 a.m. – 6:00 p.m.

### Wednesday, October 3

9:00 a.m. – 4:00 p.m.

## ANNOUNCING!

New services for families & a revamped website at [www.thep.ca](http://www.thep.ca)  
See Page 2 for details on new programs for expectant families and families with children under 12 months. See the back page of this newsletter for information on the new website and instructions for a prize draw to win a \$150 gift certificate from Ferraro Foods!



## New Programs and Services

### **New Programs for Expectant Families and Families with Children under 3 Years**

Starting in 2013, we will be introducing two new services for young families in Trail and Rivervale. Our goal is to reach all expectant families with a yard assessment and Healthy Home Visit from our Home & Garden team. The yard assessment will include soil testing and advice on how to cover up bare soil and improve ground cover. The home visit will provide information on how to keep your home healthy and give details on our home renovation support program.

In 2013, we will also be phasing in a new “healthy family” visit from our program’s Public Health Nursing team. Our goal is to reach all families with children under 12 months of age. Our Family Health Program nurses will meet with parents to jointly create a plan for keeping the children healthy including prevention of lead exposure. By 2015, we will have reached all families with children under 3 years of age.

If you are expecting a child, we’d like to hear from you to line you up for a visit within the next year. Please contact **Cindy Hall, Community Programs Rep** at [programs@thep.ca](mailto:programs@thep.ca) or (250) 368-3256 ext. 221.



### **New US Government Guidance on Children’s Lead Exposure**

In spring 2012, the US Centre for Disease Control announced new guidance on preventing children’s lead exposure. The US CDC no longer refers to a “level of concern” of 10 µg/dL because research on large groups (populations) of children shows that negative effects of lead can occur at lower levels. At the levels we currently see in Trail, these effects would be subtle and likely not noticeable or measureable in individual children.

The US CDC places an emphasis on preventing lead exposure before it happens. The message is clear and it’s the message we know well in Trail - the less lead exposure, the better.

The US CDC now uses a “reference value” of 5 µg/dL to identify populations of children where comprehensive programs need to be in place to reduce lead exposure. We have been anticipating the new blood lead guidance for several years and already have comprehensive programs in place to further reduce children’s blood lead levels in Trail. The US CDC guidance affirms our focus on preventing lead exposure through lower smelter emissions and providing health education and home & yard assessments for families.

# Family Health

## Results of the Point of Care Testing Trial

Last year at the blood lead clinic, we did a trial of a Point of Care testing machine that gave results immediately using a quick, small finger poke. Many parents and our health professionals preferred this method. Unfortunately, the Point of Care trial showed that the test results from this machine were not precise enough at the low blood lead levels we currently see in Trail. We will continue to use our proven testing method that gives accurate results while continuing to monitor advances in Point of Care testing technology.

# Home & Garden

## Common Community Question: We're getting our roof replaced this year. Should we be

**concerned about lead?** Yes. Roofs in need of replacement have had many years to accumulate dust that may contain significant amounts of lead and other metals from past smelter operations. Stirring up this dust during roof replacement can expose workers, family members and neighbours to these metals. Consider using a roofing contractor if they are 'lead aware', have strong dust control measures in place during the work, and clean up thoroughly after the job is complete. If you have any questions, please contact our Community Program Office at 250-368-3256 or drop by 1319 Bay Avenue, Trail on weekdays.



## More Volunteers Needed for Grass Study

Many people ask us if it is safe to use composted grass clippings on vegetable gardens so we're conducting a study to find out. We need 8 more volunteers who mow their lawns regularly and have lawnmowers equipped with a bag or "grass only" compost bins. We will collect samples of your grass clippings and analyzing them for metal content. To volunteer, please contact Cindy Hall our Community Programs Representative at 250 368-3256 x 221.

## Radon Testing

It's radon testing time again this year. Radon is a naturally occurring radioactive gas that exists in the environment. Radon can accumulate in homes built in areas of high radon including many parts of the West Kootenays. Radon cannot be smelled, tasted or seen so it can go undetected. Radon is the second leading cause of lung cancer, after smoking.

Radon can be tested using a small sampling device placed in your home for about three months, preferably over fall and winter when windows and doors are shut. Test kits are available free of charge or by donation (to cover testing costs) at our Community Program Office. We suggest a \$15 donation to the Donna Schmidt Memorial Lung Cancer Prevention Fund, which provides the test kits. If you have questions or would like more information, please give us a call at 250 368-3256.

# Check out our new website!

Big news! We've revamped our website to better serve Trail area families, residents and people new to the area. Check out [www.thep.ca](http://www.thep.ca) to find health tips, fact sheets, program brochures, answers to frequently asked questions, and more.



If you're using a mobile device, scan the QR code above to get to our site.



## Win a \$150 gift certificate to Ferraro Foods!

Visit [www.thep.ca](http://www.thep.ca) and contact our Community Program Office by email from the Contact Us page by October 31. Tell us one thing you like about the site or one thing we could improve. We'll enter your name and email address in the prize draw.

