

CHILDREN'S LEAD TESTING CLINICS

WHO SHOULD HAVE THEIR BLOOD LEAD TESTED?

Children 6 months to 3 years of age living in Trail, Casino, Oasis, Rivervale, Waneta, and Warfield are invited to attend clinics annually. The only way to know your child's level of lead is by getting a blood test.

MY CHILD HAD LOW RESULTS AT THE LAST CLINIC: DO I NEED TO ATTEND THIS YEAR'S CLINIC?

We recommend that children 6 months to 3 years of age have their blood lead level tested annually. Blood lead levels vary year to year depending on where the child is spending their time (home, daycare, and outdoor play), their behaviour (crawling, hand to mouth activity) and their nutritional status (wide range of healthy foods, adequate iron stores).

WE JUST MOVED TO TRAIL AND MY CHILD IS 4. CAN THEY GET THEIR BLOOD LEAD TESTED?

Yes, children up to age 5 may attend Blood Lead clinics from any Lower Columbia community. Contact the Public Health Nurse to register!

CAN I GET THE LEAD TEST AND AN IRON TEST DONE TOGETHER?

Yes – see your family medicine provider to get a requisition. Bring your requisition for iron testing to the blood lead clinic to have them done together.

OTHER QUESTIONS?

Please call or text the Public Health Nurse at 250-231-5945.



Entry to win a Ferraro Foods gift card for every child!

CLINIC DAYS

- Monday September 12
- Wednesday September 14
- Monday September 19
- Tuesday September 20
- Monday September 26
- Wednesday September 28

WHERE?

Kiro Wellness Centre
1500 Columbia Avenue

WHO CAN ATTEND?

Children 6-36 months who spend the majority of their day in Trail, Casino, Oasis, Rivervale, Waneta or Warfield.

Children 6-60 months who recently moved to the area, have never been tested, or live in a recently renovated home in the Lower Columbia.

BOOK OR LEARN MORE

**Call or text
250-231-5945**

BEFORE



AFTER



HOW DOES THE PROGRAM SUPPORT VEGETABLE GARDENING?

The first step in receiving THEP support for vegetable gardens is to have your soil tested. Visit THEP.ca to sign-up online. After soil testing, if needed, a THEP representative will work with you to develop a plan for garden soil replacement or supports on your property. If your property has already been tested or your property has been remediated, you may not need soil testing.

LEARN MORE ABOUT GROWING PRODUCE IN TRAIL

Watch the video and read the report available at thep.ca under Resources > Reports > Program Research

THEP IS LEADING THE WAY ON IMPROVING AIR QUALITY AND LOWERING BLOOD LEAD LEVELS IN CHILDREN

THEP has caught the attention of Australian communities that have active smelting operations. Between June 20-23, 2022, government, company and community representatives from South Australia participated in face-to-face and virtual learning sessions. Visitors met with their counterparts to discuss health, air quality, soil management, community engagement and governance. The week ended with a commitment to developing a global community of learning and knowledge sharing for programs that focus on enabling a healthy community where active lead smelting facilities operate.



Meeting the team at the downtown Community Program Office located at 1319 Bay Avenue. Residents are welcome to drop-in, ask questions, and sign up for programs.

Touring West Trail to better understand the challenges associated with managing soil on steep lots with limited access for equipment.



THANKS FOR VISITING US AT THE 2022 SPRING MARKET

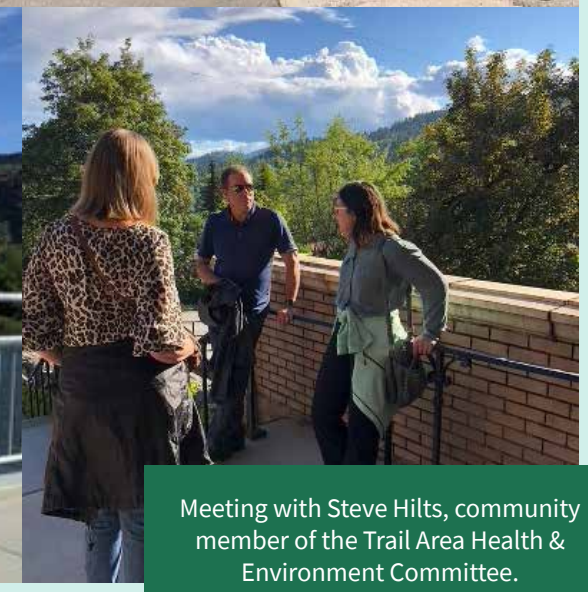


CONGRATULATIONS TO RICHIE MANN, WINNER OF OUR 'GROUND COVER MAINTENANCE' CONTEST!

Maintaining good ground cover is important for a healthy and safe yard in Trail. Bare soil is a source of dust and may contain lead.



Clare North, Superintendent of Environmental Remediation at Teck Trail Operations explaining the context of the smelter and Trail's geography to visitors from South Australia's Environmental Protection Authority.



Meeting with Steve Hilts, community member of the Trail Area Health & Environment Committee.

THEC WELCOMES THREE NEW COMMUNITY MEMBERS



THEA HANSON

Thea is an award-winning realtor, parent living in Glenmerry, and board member of the Lower Columbia Community Development Team Society. As a realtor she hears the questions on peoples' minds when looking to move to Trail (or within Trail). As a parent and program participant, she brings her personal experience to the conversation as well as professional perspective.



ERIKA KREST

Erika is a long-term South Kootenay resident and local entrepreneur. Since 2019, she has been the Executive Director at the Trail & District Chamber of Commerce. She works tirelessly to identify and spearhead opportunities to support community development. She brings the regional voice for business to the Committee.



ANNICK DE GOEDE

Annick has first-hand experience with THEP as a mom living in West Trail. She brings an important perspective that can help THEC ensure programs fit the needs of the community. She also works for the Trail and District Chamber of Commerce, Good Stuff Gifts & Kootenay West Distilling, making her an active member of the community.

WHY IS NUTRITION IMPORTANT IN REDUCING LEAD (Pb) UPTAKE?

- ★ Low iron stores can lead to increased uptake of lead in your body
- ★ Low iron during pregnancy can lead to low iron in your baby
- ★ Protecting pregnant women and children is important for the health of the community

THEP partners work together to reduce lead in the community, and in your home environment. Still, there is potential for lead exposure from our environment (in the dust, in the soil, in the air). Offering an iron-rich diet from 6 months of age is one way to potentially decrease a child's uptake of lead.

IRON (Fe) IS IMPORTANT FOR ENERGY AND BRAIN DEVELOPMENT. TRY THESE IRON RICH FOOD IDEAS

For Babies (6 months-1year)

Ground beef, chicken or turkey crumbles or patties

Canned tuna or salmon mixed with yogurt or mashed avocado

Sweet potato (pureed, mashed or cut into spears)

Mashed or soft cooked beans

Infant cereal mixed with soft fruit

For 1-3 year olds

Hummus with pita bread, cucumber and red pepper spears

Oatmeal with raisins and hemp seeds

Smoothies with leafy greens, berries, and nut butter

Chili with beans

Pasta with meatballs or meat sauce

WHAT CAN I DO?

- ✓ Eat healthy foods with good sources of iron and calcium
- ✓ Take supplements or vitamins if recommended by your health care provider
- ✓ Get tested for iron stores, blood count, and blood lead level
- ✓ Avoid exposure to lead sources

HOW CAN MY FAMILY DOCTOR OR NURSE PRACTITIONER HELP?

- ✓ Offer information on prevention of low iron and anemia
- ✓ Provide information on food high in iron
- ✓ Encourage lead testing at THEP clinics, and iron as appropriate.

Bring your lab requisition for iron testing to the blood lead clinic – one poke for both tests!

For more information:



Visit our Office
1319 Bay Avenue



Call
250-368-3256



Email
programs@thep.ca



Website
thep.ca

