



Arizona Children's Environmental Health Project

Children's Health and the Environment

What We Know - What We Can Do



April 23, 2004

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U.S. EPA



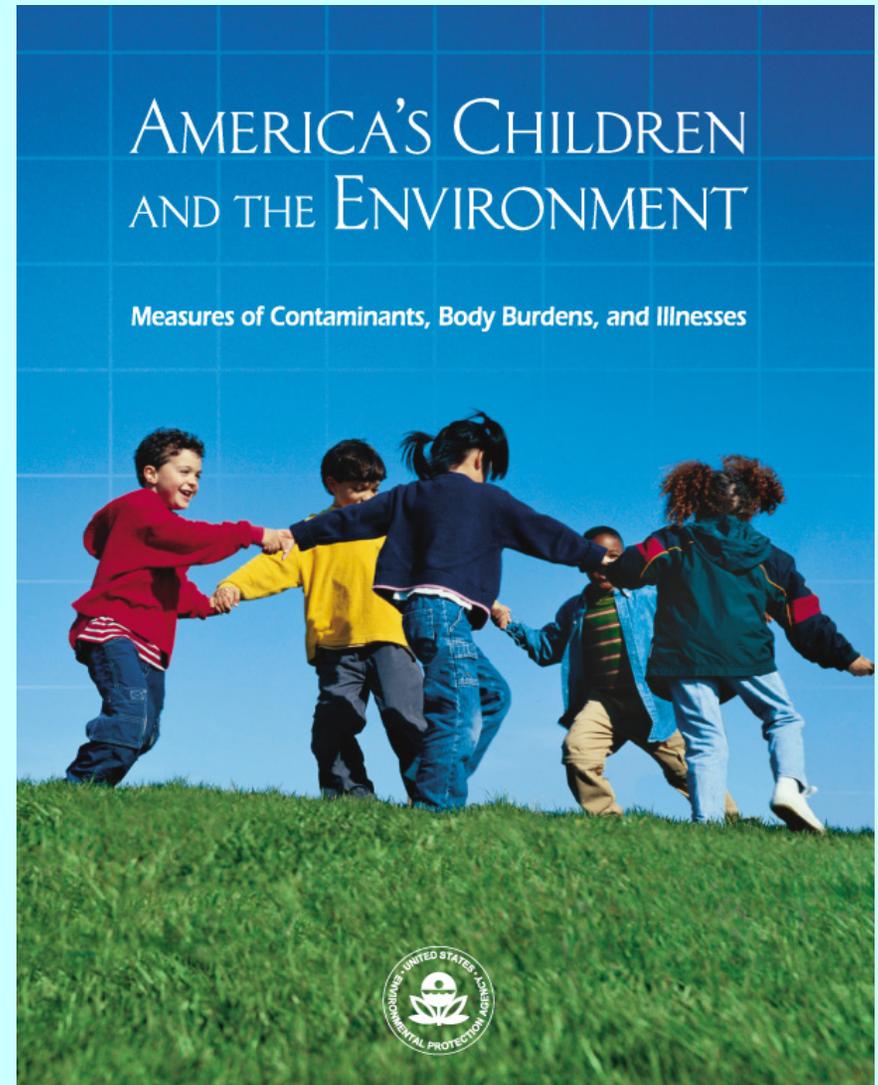
Why do we care about children and the environment?

- Pound for pound, children breathe more air, drink more water, and eat more food than adults.
- Their behavior patterns, such as playing close to the ground and hand-to-mouth behavior, may increase their exposure .
- Their systems are still developing, often making them less able than adults to metabolize, detoxify, and excrete toxins.
- Environmental risks to children include asthma-exacerbating air pollution, lead-based paint in older homes, methyl-mercury in fish, treatment-resistant microbes in drinking water, and persistent chemicals that may cause reproductive or developmental changes.



America's Children and the Environment

- Report presents measures for key factors relevant to the environment and children in the United States
- Informs discussion about how to improve federal data on children and the environment
- Measures can be used to track and understand the potential impacts of environmental contaminants on children's health

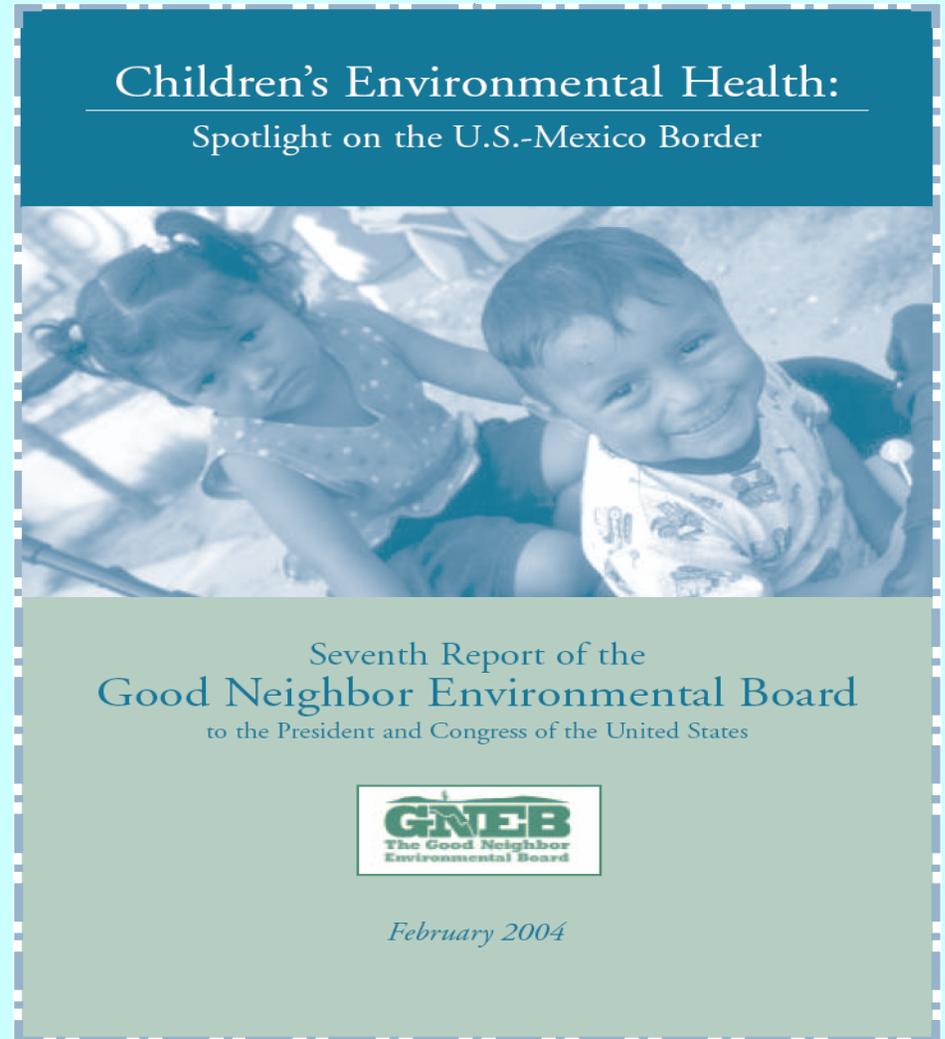


National Children's Study

- The National Children's Study will examine the effects of environmental influences on the health and development of more than 100,000 children in the United States
- Goal to improve the health and well-being of children
- www.nationalchildrensstudy.gov



International Efforts



Clean School Bus USA



- Reduce both children's exposure to diesel exhaust and the amount of air pollution created by diesel school buses.
- While school buses are the safest way for children to get to school, pollution from diesel vehicles has health implications for everyone, especially children.
- Goals
 - Encourage policies and practices to eliminate unnecessary public school bus idling.
 - Retrofit buses that will remain in the fleet with better emission control technologies and/or fuel them with cleaner fuels.
 - Replace the oldest buses in the fleet with new, less polluting buses.

Please Turn Engine Off When Parked

New Hampshire State Regulations
Limit Idling Time - Env-A 1101

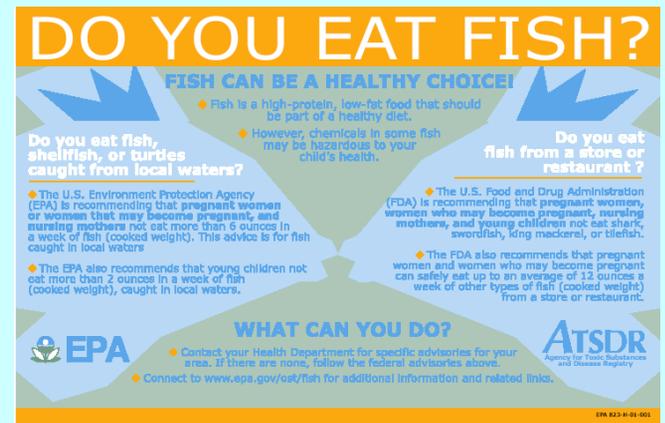


NEW HAMPSHIRE
DEPARTMENT OF
Environmental
Services

New Hampshire
DOT
Department of Transportation

FOR INFORMATION
CONTACT NHDES 1-800-498-6868

Joint EPA/FDA Advisory for Mercury in Fish



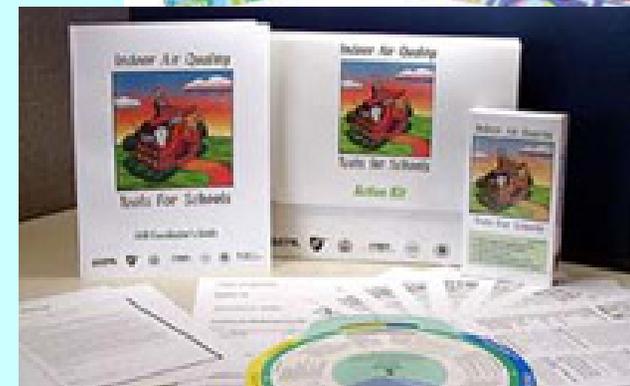
- For pregnant women, women who might become pregnant, nursing mothers, young children
- Don't eat Shark, Swordfish, King Mackerel, or Tilefish
- Eat 12 oz per week of fish and shellfish lower in mercury (except albacore tuna – only 6 oz per week)
- Check local advisories for fish you catch yourself; if no advice, eat 6 oz of fish you catch from local waters and do not eat any other fish that week

What can we do to reduce mercury in the environment?

- Educate public about fish consumption advisories
- Replace Hg-containing products with non-Hg substitutes
- Learn how to safely address Hg spills
- Learn how to safely dispose of Hg-containing products
- If you work in health care, learn about H2E
- Find out about how your local schools deal with Hg

Creating Safe and Healthy School Environments

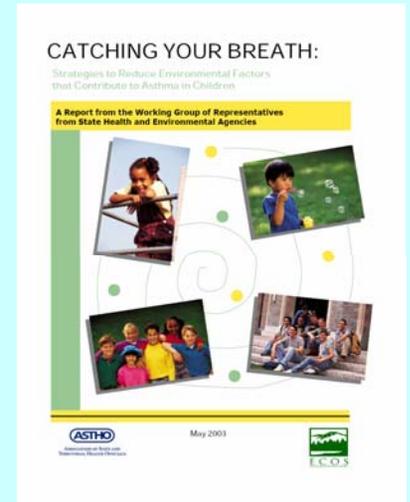
- Healthy School Environments web portal
- Indoor Air Quality Tools for Schools
- IPM in Schools
- SunWise
- **Healthy School Environments Assessment Tool**



www.epa.gov/schools

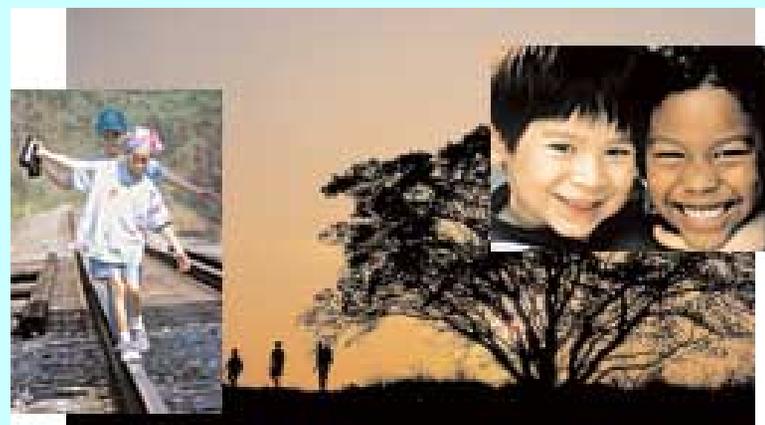
ECOS/ASTHO Partnership Childhood Asthma

- *Catching Your Breath:
Strategies to Reduce Environmental
Factors that Contribute to Asthma in Children*
 - Coordination and Joint Action
 - Actions for Homes
 - Actions for Schools and Childcare Facilities
 - Actions to Reduce Outdoor Factors
 - Collection, Use, and Integration of Data
 - Asthma Research Priorities
- Pilot Projects
- September 21 and 22 Summit – Boise Idaho



National Conference of States Legislatures

- On-line Data base of Environmental Health Legislation
- Video - *Children's Health and the Environment: A Video Introduction for State Policy Makers*
- Legislative Options Guide – coming soon
- Fact Sheets - future activity

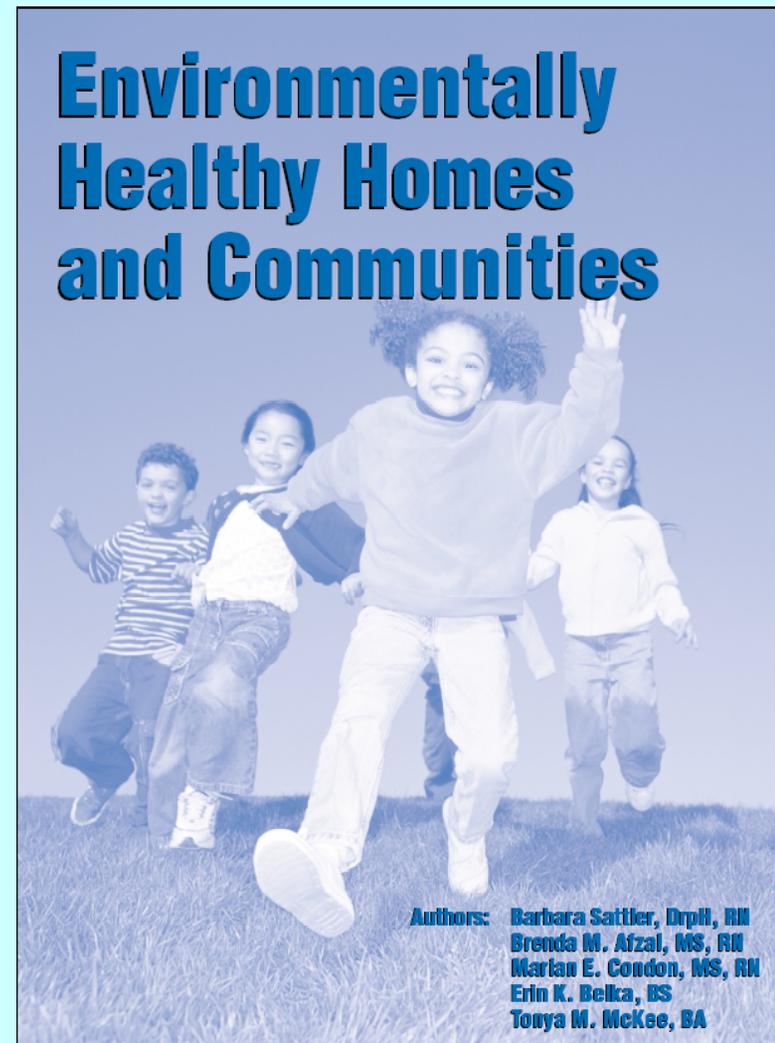
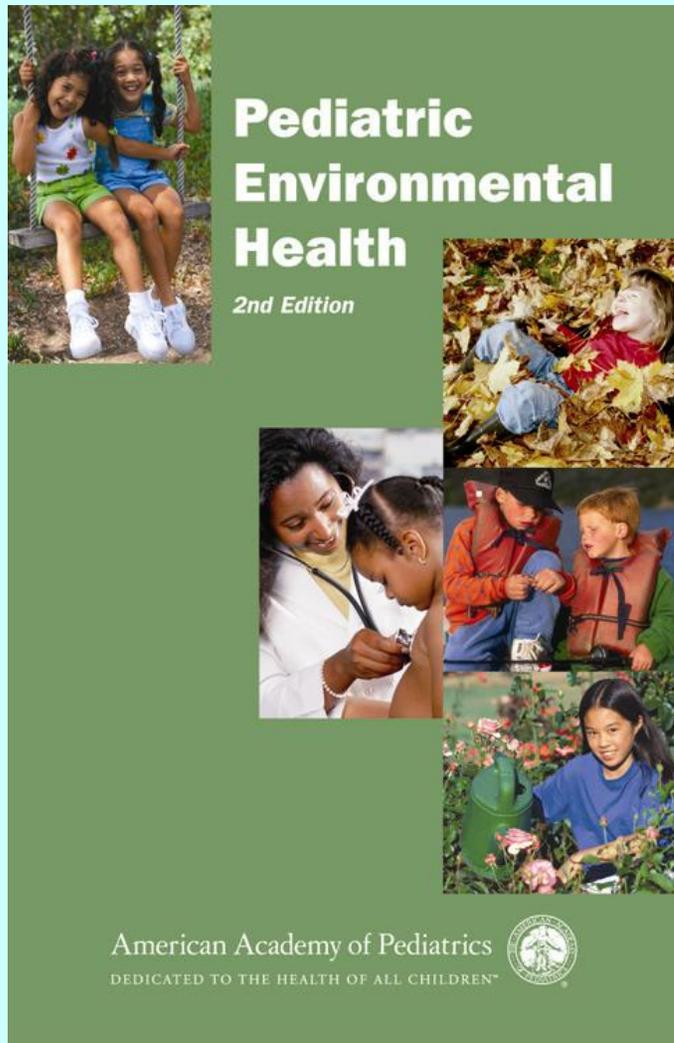


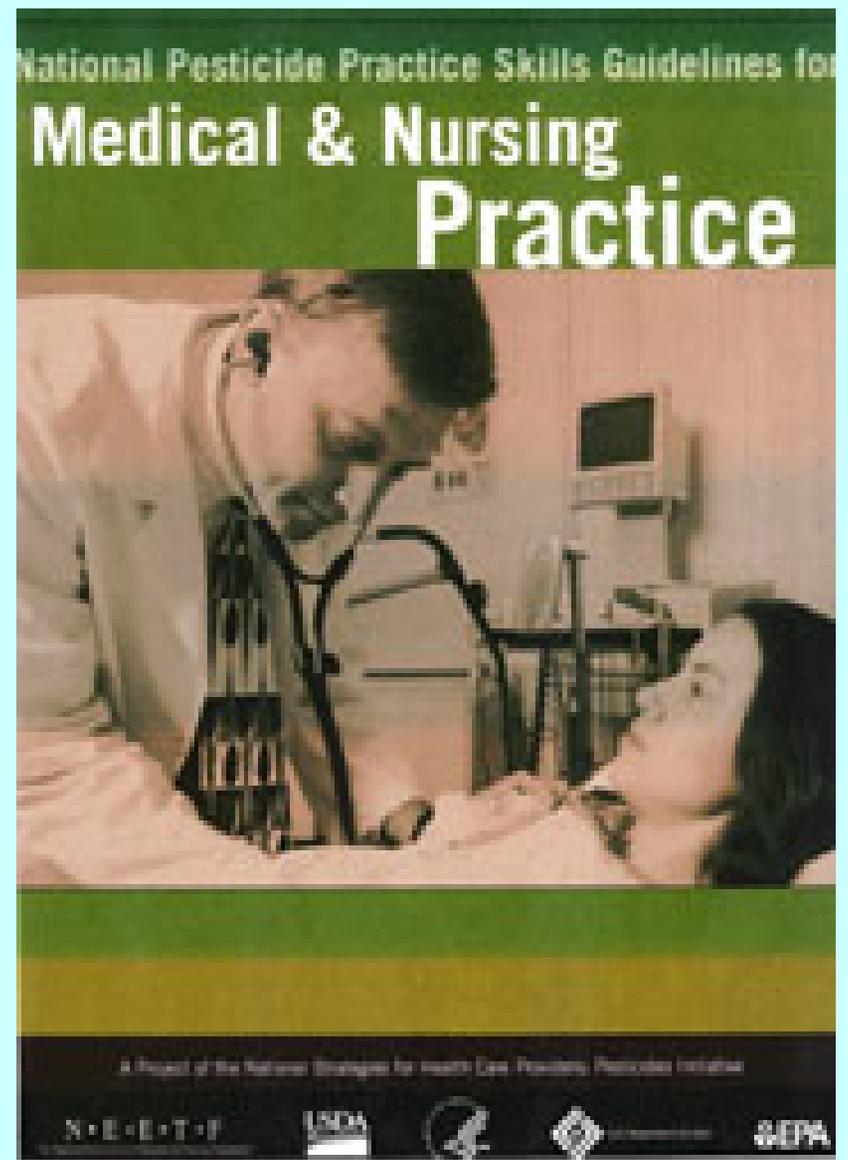
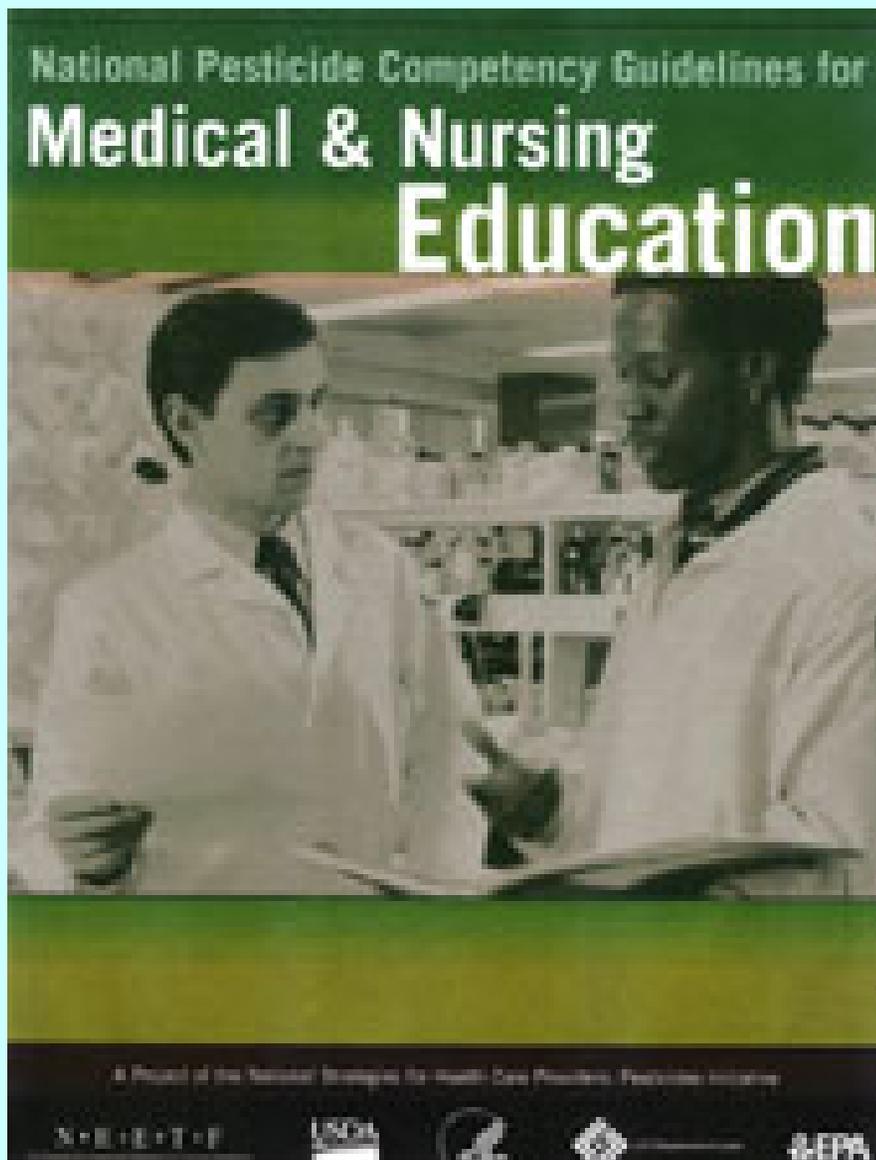
Help Yourself to a Healthy Home – Interactive Web Tool

- Immediate feedback about risks to children's health in their homes
- <http://www1.uwex.edu/healthyhome/tool>
- Developed by the University of Wisconsin (with EPA, HUD, USDA)



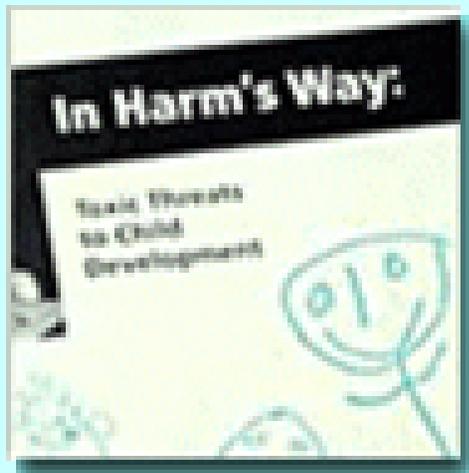
Support Education of Health Care Professionals





<http://www.neetf.org/Health/providers/index.shtm>

Greater Boston Physicians for Social Responsibility

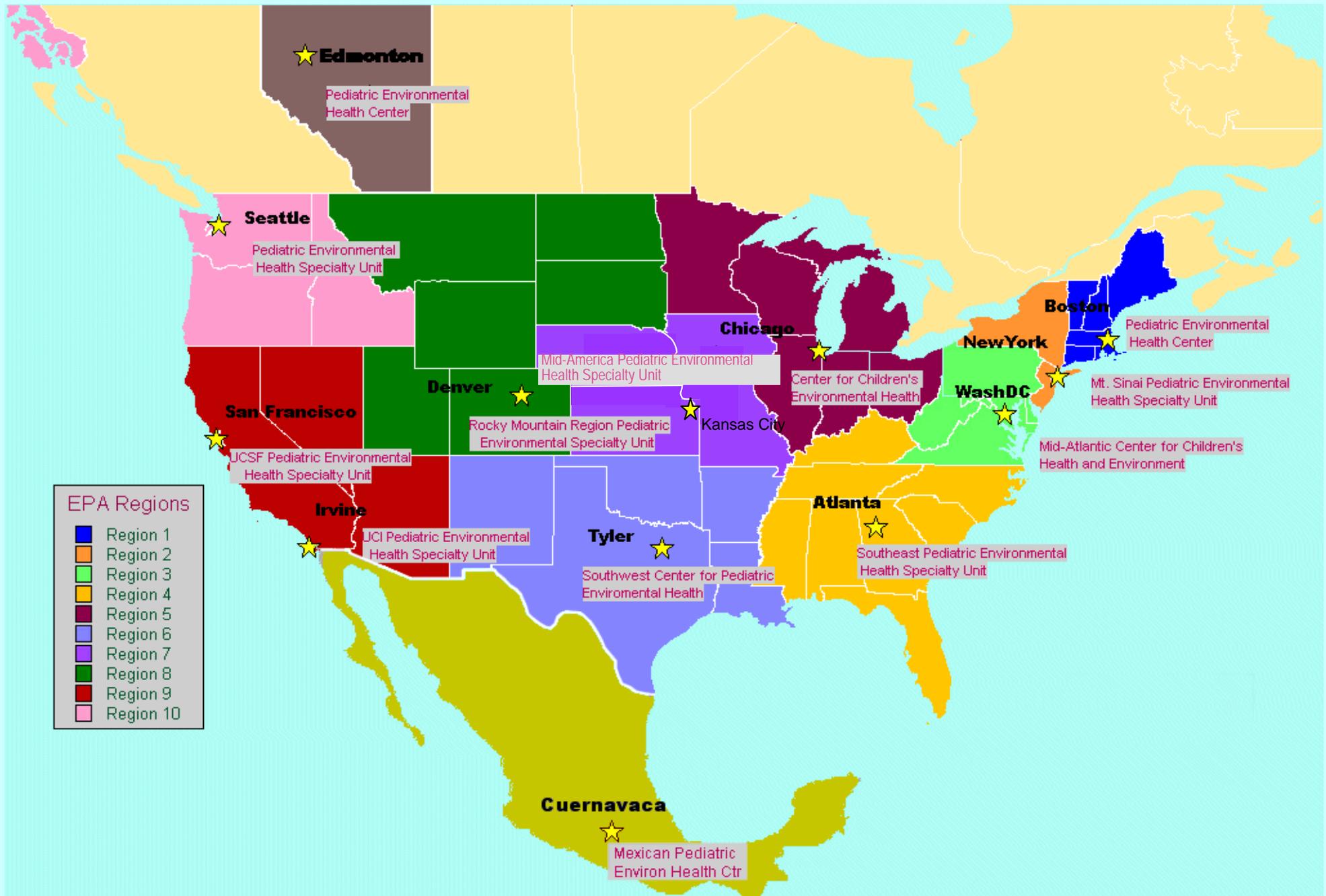


- **In Harm's Way
Training Programs
for Health
Professionals**
- **Pediatric
Environmental
Health Toolkit
Project**



Pediatric Environmental Health Specialty Units

<http://www.aoec.org/pesu.htm>



Work with Industry Leaders in the Community

- Giant Food
- Year-long campaign to educate Giant customers about children's environmental health
- March 2004 - Education Campaign on Mercury Thermometers
 - Web site
 - Kid's Corner
 - Circulars



Getting the Word Out

TIPS to Protect Children from Environmental Risks



Help children breathe easier

- Don't smoke and don't let others smoke in your home or car.
- Keep your home as clean as possible. Dust, mold, or mildew can trigger asthma attacks as well as allergies.
- Limit outdoor activity on ozone alert days when air pollution is especially harmful.
- Walk, use bicycles, join or form carpools, and take public transportation.
- Limit motor vehicle idling.
- Avoid open burning.

Protect children from lead poisoning

- Get kids tested for lead by their doctor or health care provider.
- Test your home for lead paint hazards if it was built before 1978.
- Wash children's hands before they eat; wash bottles, pacifiers, and toys often.
- Wash floors and window sills to protect kids from dust and peeling paint contaminated with lead—especially in older homes.
- Run the cold water for at least 30 seconds to flush lead from pipes.

Keep pesticides and other toxic chemicals away from children

- Store food and trash in closed containers to keep pests from coming into your home.
- Use baits as if traps when you use; place baits and traps where a kid can't get them.
- Read product labels and follow directions.
- Store pesticides and toxic chemicals where kids can't reach them—never put them in other containers that kids can mistake for food or drink.
- Keep children, toys, and pets away when pesticides are applied; don't let them play in fields, orchards, and gardens after pesticides have been used for at least the time recommended on the pesticide label.
- Wash fruits and vegetables under running water before eating—peel them before eating when possible.

Protect children from carbon monoxide (CO) poisoning

- Have fuel-burning appliances, furnaces, flues, and chimneys checked once a year.
- Never use gas ovens or burners for heat; never use barbecues or grills indoors or in the garage.
- Never sleep in rooms with unvented gas or kerosene space heaters.
- Don't run cars or lawnmowers in the garage.
- Install in sleeping areas a CO alarm that meets UL, IAS, or Canadian standards.

Protect children from contaminated fish and polluted water

- Be alert for local fish advisories or beach closings. Contact your local health department.
- Use used motor oil in a recycling center; properly dispose of toxic household chemicals.
- Learn what's in your drinking water—call your local public water supplier for annual drinking water quality reports; for phrases of "tasting water will be, have them tested annually by a certified laboratory. Call 1-800-424-4791 or contact www.epa.gov/bewater for help.

Safeguard children from high levels of radon

- Test your home for radon with a home test kit.
- Fix your home if your radon level is 4 pCi/L or higher. For help, call your state radon office or 1-800-553-ADCON.

Protect children from too much sun

- Wear hats, sunglasses, and protective clothing.
- Use sunscreen with SPF 15+ on kids over six months; keep infants out of direct sunlight.
- Limit time in the mid-day sun—the sun is most intense between 10 and 4.

Keep children and mercury apart

- Eat a balanced diet but avoid fish with high levels of mercury.
- Replace mercury thermometers with digital thermometers.
- Don't let kids handle or play with mercury.
- Never heat or burn mercury.
- Contact your state or local health or environment department if mercury is spilled—never vacuum a spill.



Call toll-free 1-877-500-KIDS for more information or check out EPA's Website at www.epa.gov/children.
EPA Office of Children's Health Protection EPA 100-F-02-004

- Examples of using Tips and Growth Charts
- Healthy Beginnings – incorporating environmental health into newborn home visits
- National Conference of Catholic Women

Children's Health Month 2004

- Calendar of daily action steps to improve children's health
- www.childrenshealth.gov
- Links to federal government web sites
- International Walk to School Day
- P&G brandSaver
- Proclamations



2004 Community Involvement Conference and Training

- For federal, state, local, tribal, academic, private sector, and community-based partners who are responsible for implementing environmental public education and community involvement activities and programs.



U.S. Environmental Protection Agency

2004
**Community Involvement
Conference and Training**



**Going the Extra Mile:
Meeting Community Needs**

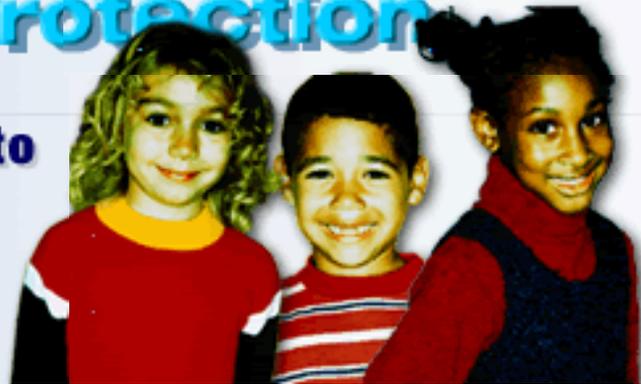


<http://www.epancic.org/2004>

June 15-18, 2004
Denver, Colorado

Office of Children's
Health Protection

**Your gateway to
information about
environmental
risks to children.**



www.epa.gov/children



Discover the Rewards!

www.childrenshealth.gov
1-877-590-KIDS

EPA Web-based Tools



Envirofacts:

<http://www.epa.gov/enviro/>

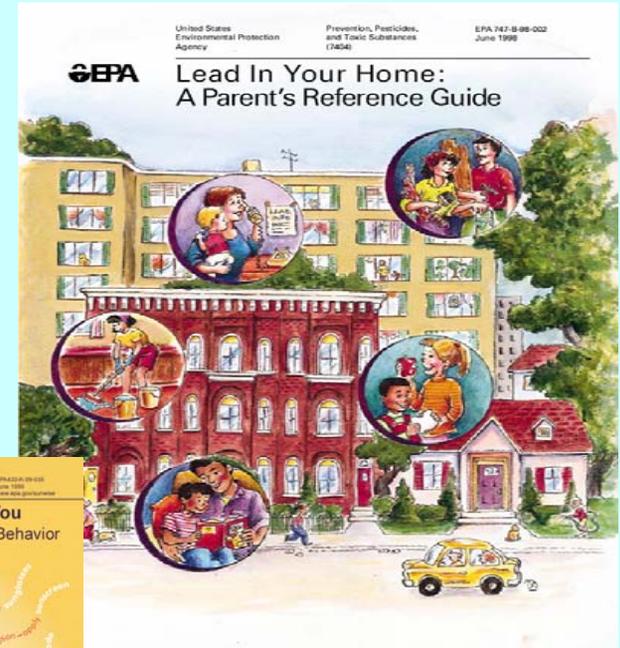
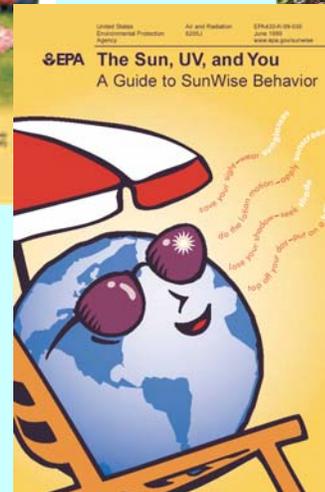
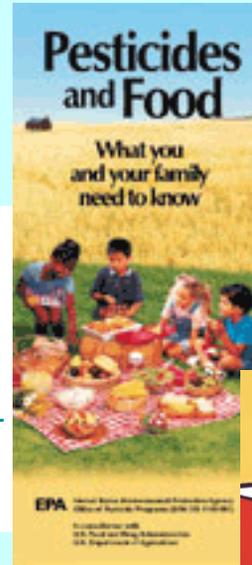
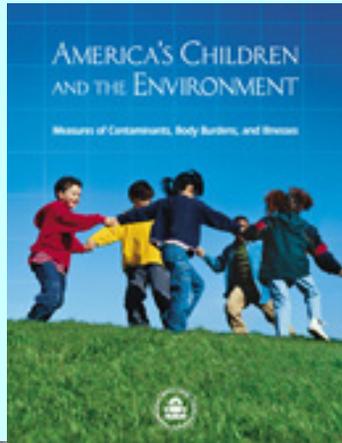
EnviroMapper:

<http://www.epa.gov/enviro/html/em/>

Window to my environment:

<http://www.epa.gov/enviro/wme/>

EPA Publications



- Call 1-800-490-9198
- Visit <http://www.epa.gov/ncepihom/ordering.htm>

Children are 30% of the world population but 100% of the future

