

IMPROVING KIDS' ENVIRONMENT



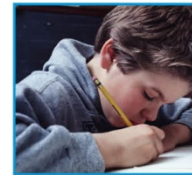
Reducing Your Environmental Health Risks

Improving
Kids' 
Environment

Allison Pearson, MPH & IKE Board Member

Environmental Health Workshop

May 3, 2010



About Improving Kids' Environment

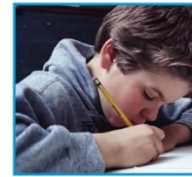
- **IKE is a non-profit advocacy organization that works to reduce and remove environmental threats to children's health so they can succeed**
- **Our mission is to:**
 - identify environmental threats to children**
 - ensure parents and others have access to accurate information about threats & how to prevent them**
 - work with others to remove, reduce and communicate recognized, serious threats**





Diabetes

- Diabetes affects an estimated 23.6 million people in the US
- It is a metabolic disorder resulting from the body's inability to make enough, or to properly use, insulin
- Diabetes may be prevented or delayed by reducing risk factors



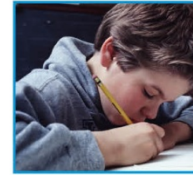
Risk Factors

- People over age 45
- People with a family history of diabetes
- People who are overweight
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups
- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth



Diabetes Risk Among African Americans

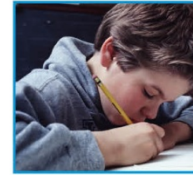
- African Americans are two times more likely to develop diabetes than Caucasian Americans
 - African Americans also are more likely to suffer from higher incidences of diabetes complications and disability.
 - African Americans are more likely to undergo lower-extremity amputations than Caucasian Americans or Hispanic/Latino Americans.
 - African Americans with diabetes experience kidney failure about four times more often than diabetic Caucasian Americans.
 - African Americans have a 40 percent to 50 percent higher risk for developing diabetic retinopathy, partly because this population also has a higher rate of hypertension.



Preventing Diabetes

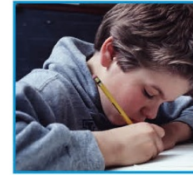
- Eating healthy
- Staying at a healthy weight
- Managing blood pressure
- Manage cholesterol levels
- Staying active





Asthma

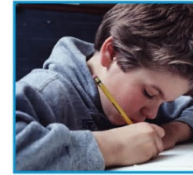
- Asthma is a chronic, inflammatory lung disease involving recurrent breathing problems
- Asthma affects 16.4 million adults and 7 million children
- The important thing to remember is that *you can control your asthma* by reducing your triggers



Asthma Triggers

- Environmental tobacco smoke
- Dust mites
- Outdoor air pollution
- Pets
- Mold
- Cockroach allergen

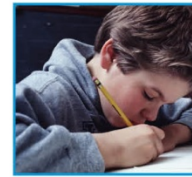




Reducing Asthma Triggers Indoors

- Do not allow smoking in your home
- Dust - Clean blinds, ceiling fans, and filters on a regular basis
- Strong Odors or Fumes - Cleaning products and pesticides can add pollutants to the indoor air. Keep your home well ventilated when using these products. Consider using less toxic products
- Sanitize to kill bacteria





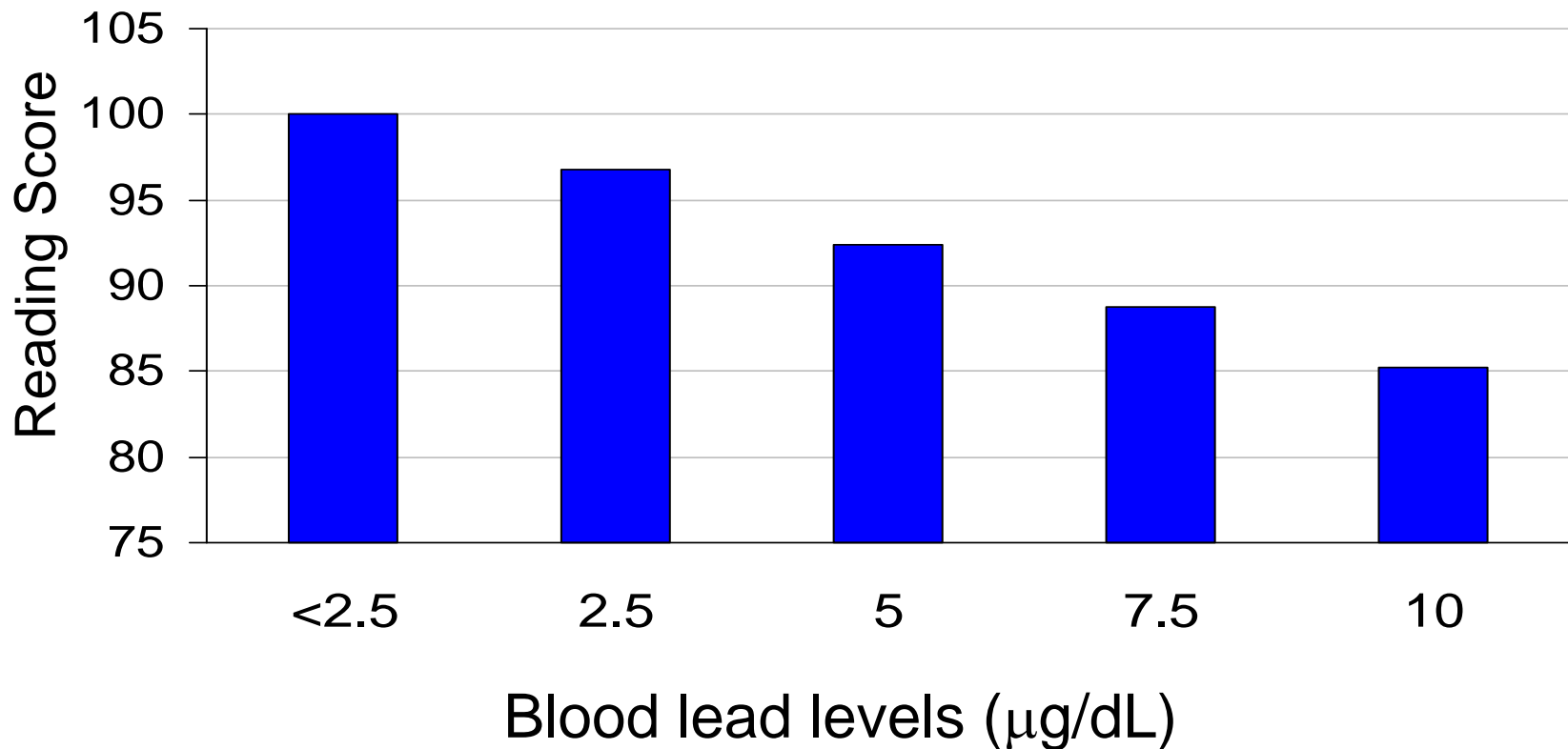
Lead Poisoning

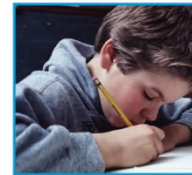
- More than 400,000 U.S. children have dangerously high levels of lead in their blood
- Lead is a metal that, when ingested or inhaled, can seep into developing brain tissue, causing learning disabilities and other chronic health problems, such as stunted growth, hyperactivity and impaired hearing



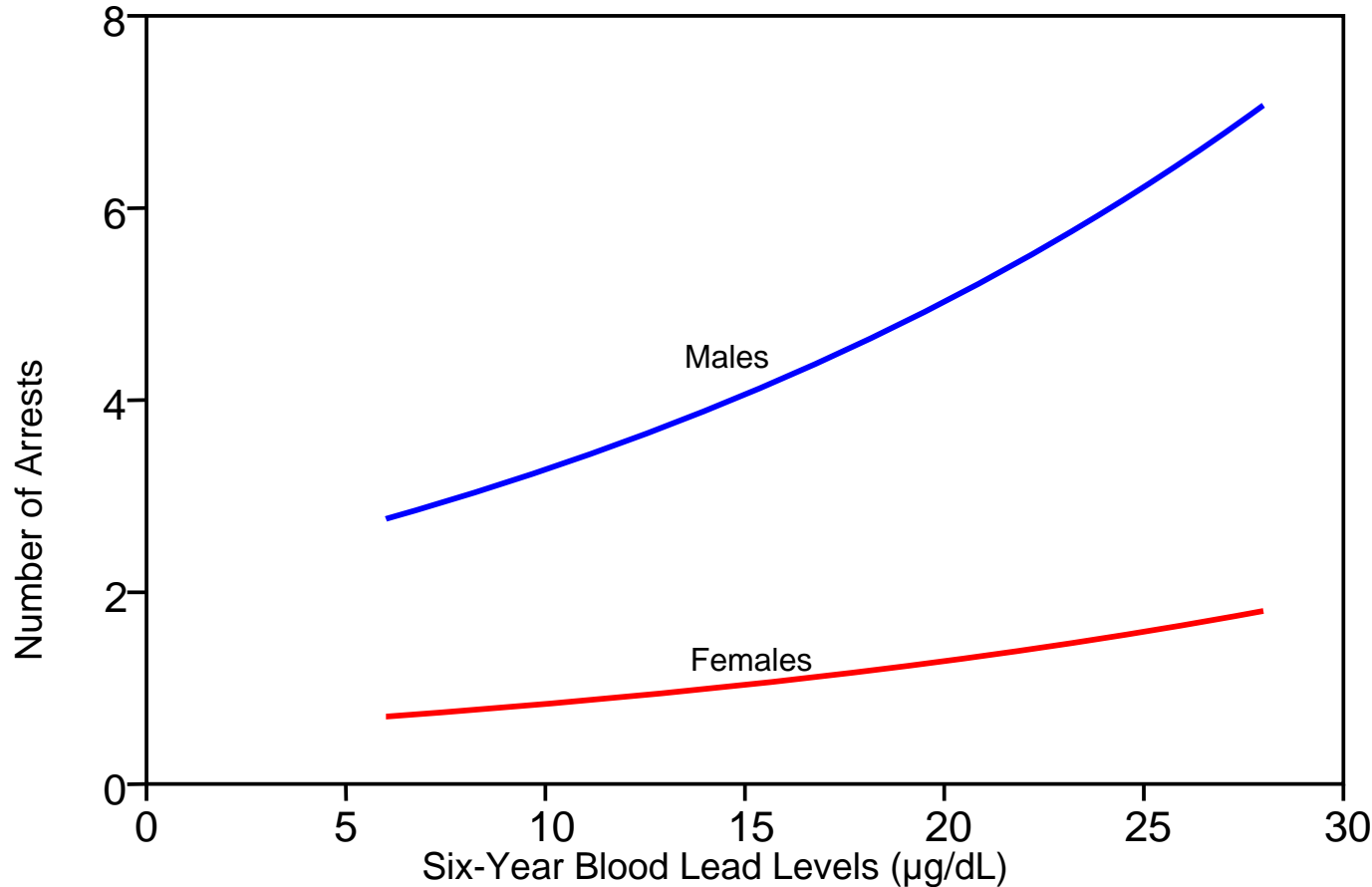


Lead-related Reading Deficits in U.S. Children

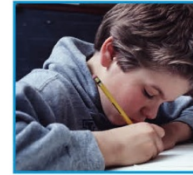




Number of Arrests by Childhood Lead Exposure

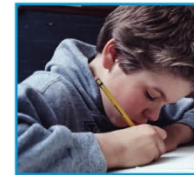


* Accounting for birthweight, age, prenatal tobacco exposure, maternal age at delivery, maternal IQ, maternal arrest history, HOME Inventory.

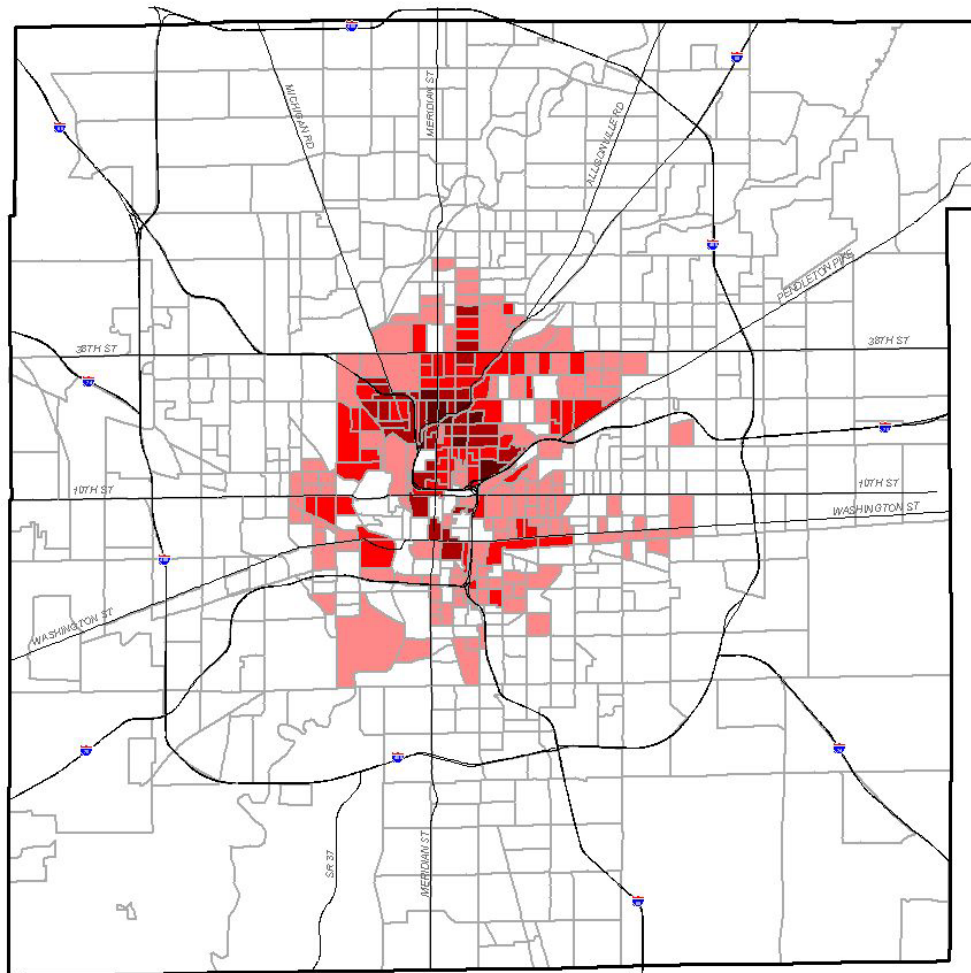


Who is at Risk?

- Children between the ages of 1 and 3
- Children in low-income families
- African-Americans
- Mexican Americans
- Persons living in large metropolitan areas
- Persons living in older housing
- Persons living in housing built before 1978

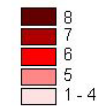


High Risk Neighborhoods for Lead Poisoning



HIGH RISK NEIGHBORHOODS FOR LEAD POISONING
Marion County, Indiana

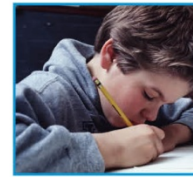
Cases per Blockgroup



Total Number of Blockgroups per Case

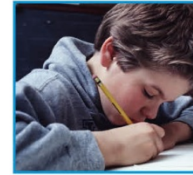
Cases	Count
1	48.1
2	32.8
3	21.1
4	14.0
5	9.1





Protecting Your Family From Lead

- Screen for lead
- Keep children from chewing on anything covered with paint that may contain lead
- Make sure your child's diet contains plenty of dairy, meat, beans, and citrus foods. The calcium, iron and vitamin C in these foods help your child absorb less lead
- Use only cold tap water for drinking or cooking and let it run for 15 to 30 seconds before using it. This habit helps flush out any potential lead in the water from lead pipes or lead solder



Contact Information

- Allison Pearson, MPH, IKE Board Member
 - 317-908-4848, ab_tolbert@hotmail.com
- Jodi Perras, IKE Executive Director
 - 317-677-4760, jperras@ikecoalition.org
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