

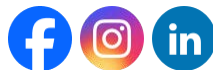
October 2024



Hello IKE Supporter,

October is Children's Environmental Health Month and we're excited to celebrate it with you! This month we're discussing what air quality really means, highlighting the important work IKE is doing with the Indiana Department of Health, and featuring a guest author from Mission Unleaded who has an exciting new tool to unveil. Don't miss our latest book and fall-favorite activity to help teach your child about the concept of environmental health, too.

Follow along on social media!



Asthma & Air Quality

Have you ever gotten an air quality alert on your phone and wondered what it meant? IKE's here to break it down.

What does air quality mean?

Air quality is a measurement of how clean or dirty the air is that we breathe. Air quality changes from day to day because of weather changes, time of day, and human activity. Meteorologists use what is known as the Air Quality Index to report on daily air quality. The higher the number on the index,



the worse the air quality.



To get to this number, the measurement looks at 5 different pollutants, including particulate matter 2.5 (PM2.5) and ground-level ozone. Breathing in PM2.5 and ground-level ozone can negatively affect our health. It also triggers symptoms for people with lung conditions like asthma.

If you or your child suffers from asthma, it's best to stay indoors and avoid strenuous activities on days with poor air quality. To find out the daily air quality for where you live, visit <https://www.airnow.gov/>.

Lead Poisoning Prevention

Lead Abatement Grant

This summer, IKE partnered with the Indiana Department of Health to remediate lead hazards in homes across Indiana through lead abatement. This program, known as the Lead Health Services Initiative, provides funding to homeowners and renters who live in pre-1978 homes and meet certain eligibility requirements. The purpose of this grant is to prevent lead poisoning in children by addressing the primary cause in Indiana, older homes. In Indiana, over 50% of the housing stock is pre-1978.

Over the last 5 months, IKE has worked with contractors to remediate lead hazards, and address other health and safety hazards, in 10 homes across Indiana. Projects varied in cost and scope. However, over \$400,000 went directly towards lead abatement and safety issues in the home.

Guest Author: Mission Unleaded

Introducing LeadADVISOR, by Mission Unleaded

[LeadADVISOR](#) is an educational tool designed to enhance the transparency and interactivity of lead inspection data, empowering families to make informed housing choices. This tool, available on the [Mission Unleaded website](#), features searchable lead inspection reports for properties in Marion County. When users search for a property, our trained AI provides a summary of the report. They can also download the complete report, explore site overviews, and engage with our AI chatbot to ask specific questions about inspections or general inquiries about lead and receive responses in clear and accessible language.

By reaching out to the community, LeadADVISOR aims to educate families about housing safety and the prevention of lead exposure before it happens. The tool will continue to evolve and improve through ongoing development and community feedback.

Learn About Lead
LOOK UP PROPERTY HISTORY

Are you curious about a property's lead history? Find out! Knowing that history will help you make informed decisions, especially if you live with small children. **Look up an address** to find out if a lead history exists.

Enter Building Location Address... ▶

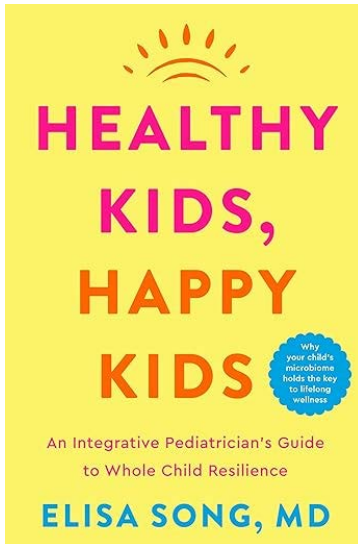
Lead
ADVISOR

Additionally, it has the potential to be replicated in other jurisdictions by making existing data transparent, thereby enhancing primary prevention measures related to lead exposure.

Resources

Book Corner

Celebrate Children's Environmental Health Month with these great reads! Don't forget to check your local library - they may have a copy you can rent for free!



Do you want to know the key to raising resilient kids, from the inside out? In this evidence-based guide to raising healthy kids in our modern world, Dr. Elisa Song bridges the gap between conventional and holistic pediatrics and delivers a clear roadmap to help kids thrive.

Drawing on extensive research and over 25 years of clinical experience, Dr. Song explains why your child's gut microbiome holds the key to lifelong wellness. She shares her proven and practical plan for building physical and emotional resilience from the inside out.

Complete with helpful quizzes, exercises, protocols, and dozens of delicious, gut-friendly recipes, [Healthy Kids, Happy Kids](#) is a comprehensive, yet simple roadmap to raising resilient kids in our not-so-simple world.

Activity of the Month - Rainbow Nature Walk



Fall is the perfect time for a rainbow nature walk - it's such a fun activity to do with your little creatives, and it gets everyone out of the house to get some fresh air. It also teaches them to observe the world around them and look for specific things in the environment.

The idea is that you go for a walk and look for plants and flowers or anything in nature that match the colors you've chosen on your paper. If you don't want to physically pick the flowers or leaves, have your child take photos of them instead, or just point them out.

When you find an item, you can start a discussion with your kiddos about what that leaf or flower might need from the environment to survive (clean air, water, healthy soil). It's a great way to introduce the concept of environmental health and why it's important for plants and humans to keep our natural spaces healthy! [Get more ideas on how to lead this activity here.](#)

Want to hear more about other environmental issues going on in Indiana and how you can get involved? Sign up to the weekly newsletter from our partners at [Hoosier Environmental Council](#).

Your thoughtful contributions support the work of the IKE Coalition and our partner organization, Hoosier Environmental Council. Please consider becoming a member with a gift of any amount today!

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