



**District Health
Department #10**
Healthy People, Healthy Communities



A LITTLE LEAD CAN CAUSE BIG PROBLEMS

National Lead Poisoning Prevention Week

October 20, 2023 – The Northern Michigan Public Health Alliance (NMPHA) and District Health Department #10 (DHD#10) are promoting National Lead Poisoning Prevention Week (NLPPW) and highlighting the importance of lead poisoning prevention.

A blood test is the best way to determine if a child has been exposed to lead. The amount of lead in blood is referred to as a blood lead level, which is measured in micrograms of lead per deciliter of blood (µg/dL). Most children with lead in their blood have no obvious symptoms. Talk to your child’s healthcare provider about getting a [blood lead test](#).

NLPPW runs from October 22, 2023 until October 28, 2023. The NLPPW theme this year is “Together, we can prevent lead exposure!” and by focusing on these three actions we can prevent lead poisoning:

- Get the Facts
- Get Your Home Tested
- Get Your Child Tested

“Lead is still present today and most commonly found in the form of dust in the home. It only takes 1 gram or about the amount of one sugar packet of dust to contaminate a large room or small house,” said Jessica Grace, RN, BSN, DHD#10’s Lead Nurse Case Manager (NCM) and Childhood Lead Poisoning Prevention Program (CLPPP) Liaison. “The best way to protect yourself and your family is to learn the facts, test your house if it was built before 1978, and follow the lead testing guidelines for children and pregnancy.”

Protecting children from exposure to lead is important to lifelong good health. There is no safe blood lead level in children. Even low levels of lead in blood have been shown to affect learning, ability to pay attention, and academic achievement. While the effects of lead exposure may be permanent, if caught early there are things parents can do to prevent further exposure and reduce damage to their child’s health. Good nutrition is one way to protect your family from lead. For children and adults, three key nutrients can play a role in protecting the body from the harmful effects of lead: calcium, iron, and vitamin C. These nutrients help the body absorb less lead and are part of a healthy diet. Choose a variety of foods daily.

For more information please visit the Centers for Disease Control and Prevention (CDC) (<https://www.cdc.gov/nceh/lead/national-lead-poisoning-prevention-week.htm>), the US Environmental Protection Agency (EPA) (<https://www.epa.gov/lead/national-lead-poisoning-prevention-week#social>), Michigan Department of Health and Human Services (MDHHS) (<https://www.michigan.gov/mileadsafe>), and DHD#10 (<https://www.dhd10.org/parents-families/wic-2/>).

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