

Healthy Homes

FALL, 2011

OCTOBER/NOVEMBER

SPECIAL POINTS OF INTEREST:

- Learn how to create your family health history
- Review USDA food safety guidelines before the holidays
- Find out more about Lead Poisoning Prevention Week
- Look out for Lead-O-Ween!
- EPCRA 25th Anniversary

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Your Family, Your Health, Your Turkey

The fall brings us Halloween, it brings us Thanksgiving, and it carries us from the hot recesses of summer to the cool chill of the winter months. This is the time of year that airlines book up with in-laws, long lost siblings emerge from the woodwork, and pie becomes an acceptable lunch alternative. If you spend the holidays alone - there are others out there just like you. But if you reconnect with family, the fall holidays present a wonderful opportunity to merge family, health, and



Whether it's turkey, tofurkey, or turducken on your plate at Thanksgiving, spend time with those you love and follow simple food safety guidelines.



food! Research has shown that our health is impacted by a number of factors, including our families history and home environment. In this article, we present the Surgeon General's plan to help you learn more about your families health. Then, we review USDA food safety tips including thaw times and cooking instructions that will help ensure your holiday meals are remembered in the *right way*. Turn to pages (2) through (3) to read more about these great holiday tips.

Lead Poisoning: Still Here, but Why?

Think lead poisoning has gone from Tampa Bay? Think again. New cases of adult and childhood lead poisoning are popping up at an alarming rate. Part of the historic heritage of the

region means the built environment stores lead, which can come out during home renovation. In this article, we discuss Lead Poisoning Prevention Week and introduce

changes to the EPA Renovation, Repair, and Painting rules. Additionally, we examine how you might be bringing lead home from the workplace. Look inside for more details.



Spend your holiday time talking with your loved ones about family health and wellness.

HEALTHY HOMES

Statement by the Surgeon General

Thanksgiving: a Time for Family and Family Health History

Surgeon General Regina Benjamin, M.D., issued the following statement regarding the health value of family health history and the special opportunity to share family health history during Thanksgiving –

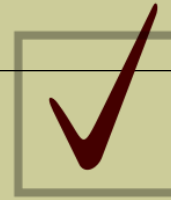
Thanksgiving is a special time when many American families spend the holiday together. I encourage you to use this holiday to share health information with each other to develop or update your family health history.

While family health histories may seem old-fashioned, the truth is, the family health history is key to understanding your family's unique genetic make-up and your individual disease risks.

Knowing your family health history can help you actually prevent disease, or detect diseases, such as many forms of cancer, for early treatment. The information your family health history contains can help you and your doctor determine your personal risk. This means two things: you can tailor your lifestyle to reduce your health risks; and you can be more carefully screened for diseases where your risk is high.

To help you create a family health history, go to <https://familyhistory.hhs.gov>, for "My Family Health Portrait," a tool on the Surgeon General's family health history website. You can then share the document with your family and with your doctor.





USDA Turkey Guidelines

What Size Turkey to Purchase

Type of Turkey	Pounds to Buy
Whole bird	1 pound per person
Boneless breast of turkey	1/2 pound per person
Breast of turkey	3/4 pound per person
Prestuffed frozen turkey	1 1/4 pounds per person – keep frozen until ready to cook

Cooking Time – Unstuffed

Size of Turkey	Hours to Prepare
8 to 12 pounds	2 3/4 to 3 hours
12 to 14 pounds	3 to 3 3/4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours
20 to 24 pounds	4 1/2 to 5 hours

Cooking Time – Stuffed

Size of Turkey	Hours to Prepare
8 to 12 pounds	3 to 3 1/2 hours
12 to 14 pounds	3 1/2 to 4 hours
14 to 18 pounds	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 3/4 to 5 1/4 hours

Alternate Ways to Cook Turkey

Note: Always make sure whole turkeys reach a safe minimum internal temperature of 165 °F as measured in the innermost part of the thigh and wing and the thickest part of the breast.

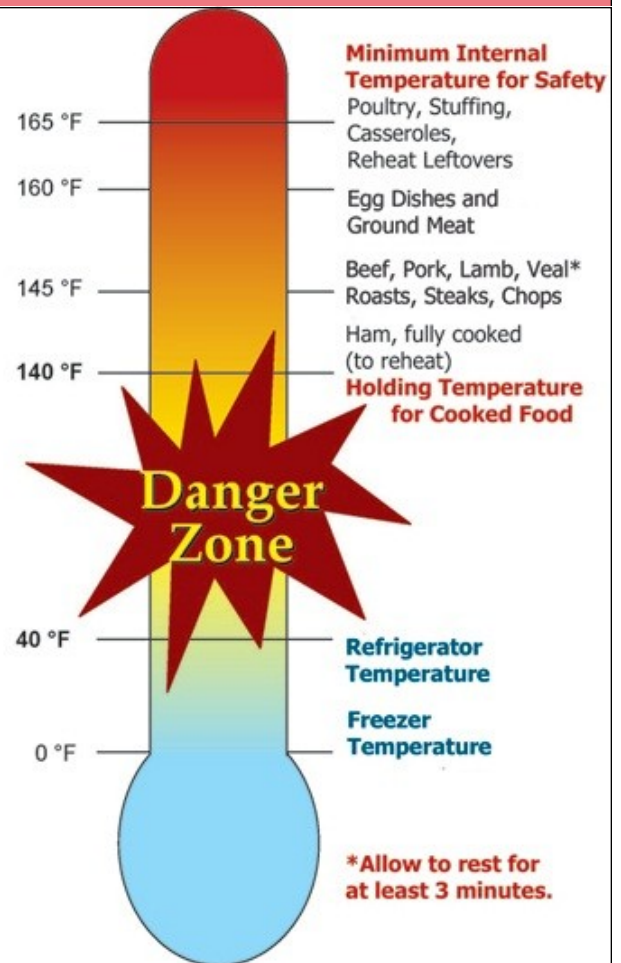
Method	Size	Estimated Cooking Time	Notes
Electric Roaster Oven	8 to 24 lbs.	Generally same times as for oven roasting (see above).	Minimum oven temperature 325 °F. Check appliance manual.
Grilling: Covered Charcoal Grill or Covered Gas Grill	8 to 16 lbs.	15 to 18 minutes per pound. DO NOT STUFF.	Air in the grill must maintain 225 to 300 °F; use drip pan.
Smoking	8 to 12 lbs.	20 to 30 minutes per pound. DO NOT STUFF.	Air in the smoker must maintain 225 to 300 °F; use drip pan with liquid.
Deep Fat Frying	8 to 12 lbs.	3 to 5 minutes per pound. DO NOT STUFF.	Oil must maintain 350 °F. Follow manufacturer's instructions.
Microwaving	8 to 14 lbs.	9 to 10 minutes per pound on medium (50%) power. DO NOT STUFF.	Use oven cooking bag. Rotate during cooking.

Thawing Time in the Refrigerator

Size of Turkey	Number of Days
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

Thawing Time in Cold Water

Size of Turkey	Hours to Defrost
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours





National Lead Poisoning Prevention Week, Oct. 23 - 29



early a quarter of a million children living in the United States have blood lead levels high enough to cause significant damage to their health, estimates the Centers for Disease Control and Prevention, based on data from a 2003–2004 national survey. If high blood lead levels are not detected early, children with such high levels of lead in their bodies can suffer from damage to the brain and nervous system. They can develop behavior and learning problems (such as hyperactivity), slowed growth, hearing problems, and aggressive patterns of behavior.

To raise awareness of the consequences of lead poisoning among parents and pregnant women who live in homes built before 1978, the Hillsborough County Health Department Childhood Lead Poisoning Prevention Program is participating in National Lead Poisoning Prevention Week (NLPPW) October 23–29th. Hillsborough County Health Department joins CDC, the U.S. Environmental Protection Agency, and the U.S. Department of Housing and Urban Development in encouraging parents to learn more about how to prevent lead poisoning.

This year's NLPPW theme, "Lead-Free Kids for a Healthy Future," underscores the importance of testing your home, testing your child, and learning how to prevent lead poisoning's serious health effects. Join us and help prevent lead poisoning. Our calendar of events for NLPPW is available on the following pages.



Upcoming Events for Lead Poisoning Prevention Week

OCTOBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Media awareness event	25 Lead training for families in pre-1978 housing	26 Lead-o-ween! Interactive program for child care centers	27 Promoting lead reporting at health centers	28 Lead-o-ween! Interactive program for child care centers	29
30	31					

October 24: Representatives from the Florida Department of Health, Hillsborough County Health Department will be discussing the importance of lead poisoning prevention with partners in the media.

October 25: Training to train groups geared towards lead poisoning prevention for families in pre-1978 housing (considered at high risk for lead poisoning).

October 26: Our interactive **Lead-o-ween!** Program to educate child care centers how to locate and avoid lead in the home.

October 27: Promoting BLL (Blood Lead Level) screening and reporting at doctors offices and local health care centers.

October 28: Our interactive **Lead-o-ween!** Program to educate child care centers how to locate and avoid lead in the home.

Contact Cynthia O Keeton, Environmental Health Specialist, for questions about lead

Ph: 813 307 8015 X 7108 Email: Cynthia_Keeton@doh.state.fl.us Fax: 813 307 8094



National Lead Poisoning Prevention Week

October 23-29 2011



for a healthy future

Get Your Home Tested

Get Your Child Tested

Get the Facts

1-800-424-LEAD (5323)

LEADFREEKIDS.ORG



cdc.gov/nceh/lead



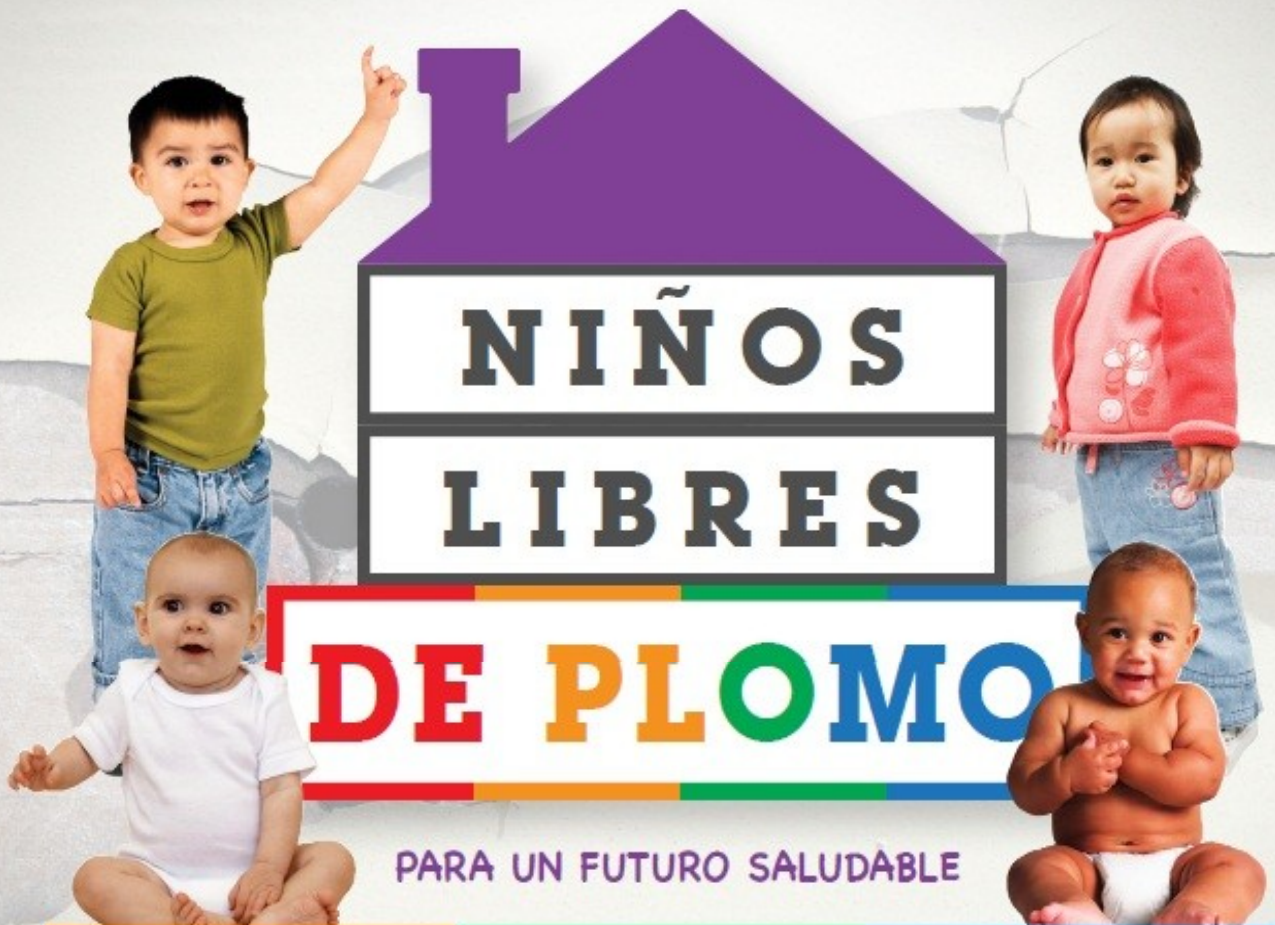
hud.gov/offices/lead



epa.gov/lead

Semana Nacional de la Prevención del Envenenamiento por Plomo

Octubre 23-29, 2011



PARA UN FUTURO SALUDABLE

Examine su hogar

Pida un examen de sus hijos

Infórmese sobre el
envenenamiento de plomo

1-800-424-LEAD (5323)

LEADFREEKIDS.ORG



cdc.gov/nceh/lead



hud.gov/offices/lead



epa.gov/lead



The EPA has made new revisions to the RRP rule.

“Violations of the Lead Disclosure Rule may result in civil money penalties of up to \$11,000 per violation”



A Look at Renovation, Repair, and Painting

As part of a settlement of litigation over certain post-renovation cleaning requirements of the 2008 Lead Renovation, Repair, and Painting Program (RRP) rule, the EPA agreed to propose a number of revisions to the 2008 RRP rule that established accreditation, training, certification, and record-keeping require-

ments as well as work practice standards for persons performing renovations for compensation in most pre-1978 housing and child-occupied facilities and to subsequently take final action on the new proposals by July, 2011. The EPA is particularly concerned about dust-lead hazards generated by

renovations because of the well-documented toxicity of lead, especially to younger children. Point your browser to <http://www.gpo.gov/fdsys/pkg/FR-2011-08-05/pdf/2011-19417.pdf> to learn more about the new decisions the EPA has made regarding new RRP rules.

Does it Affect Your Home or Business?

Potentially-affected entities may include, but are not limited to:

- Building construction professionals, remodeling professionals, residential experts (NAICS code 236)
- Specialty trade contractors (NAICS code 238)
- Real estate professionals (NAICS code 531)
- Property managers
- Child day care services (NAICS code 624410)
- Elementary and secondary schools (NAICS code 611110)
- Technical and trade schools
- Engineering services
- Lead abatement professionals

This list is not intended to be exhaustive, but rather provides a guide for readers regarding entities likely to be affected by the RRP rules. NAICS code have been provided to assist you in determining if RRP rules apply.

Landlords - Give Notice to Renters, Avoid Large Fines

The Environmental Protection Agency (EPA) and the Department of Housing and Urban Development (HUD) ensure that the public receives information necessary to prevent lead poisoning in homes that may contain lead-based paint hazards. Approximately three-quarters of the nation's hous-

ing stock built before 1978 contains lead-based paint. Sellers and landlords must disclose known lead-based paint hazards and provide available reports to buyers or renters. Sellers and Landlords must give buyers and renters the pamphlet, developed by EPA, HUD, and Consumer Product

Safety Commission (CPSC), titled *Protect Your Family from Lead in Your Home*. Violations of the Lead Disclosure Rule may result in civil money penalties of up to \$11,000 per violation.

Lead in the Workplace



Your habits at work may impact your home.



Do you work with lead? Don't bring it home. Follow the lead-safe work practices listed on this page. Lead dust may collect on your shoes, clothing, body, and items in a manner undetectable to the human eye. The following professions and others may put you at an increased risk of lead exposure and lead contagion at home:

- Painting and remodeling
- Battery manufacturing and recycling
- Automotive work
- Casting and machining lead, brass, bronze, pewter, white metal and others
- Plating operations
- Soldering
- Manufacturing or the use of leaded paints, inks, dyes, glazes, and pigments
- Gun firing ranges
- Ship building and repair
- Metal salvaging and recycling
- Ceramic manufacturing
- Working with leaded glass and crystal
- Ammunition and explosives manufacturing, including bullet casting and reloading
- Compounding plastic resins
- Making stained glass
- Municipal waste and recycling

Lead Safe Work Practices:

Following these simple rules when working with lead can help protect you and your family from lead poisoning.

(1) Do not eat, drink or smoke in lead-contaminated work areas.



(2) Wash your hands before eating, smoking, or touching your face after working with lead.



(3) Wear your protective equipment over your clothing whenever you work with lead.



(4) Shower, wash your hair and change into clean clothes (including shoes) before leaving the workplace. "Take home lead" can contaminate your vehicle, home, and potentially harm your family, especially young children.



(5) Store street clothes in a separate area from your work clothes.



(6) Eating a well-balanced diet with proper nutrition, can help reduce lead levels.



EPA Marks 25th Anniversary of EPCRA!

“This law is important to safeguarding our communities from chemical emergencies,” said EPA Administrator Lisa P. Jackson. “Twenty-five years after EPCRA was made into law, EPA continues to improve and advance our community right-to-know programs, so that we can ensure the best possible chemical safety protection for every community across the country.”

Public demand for information about chemical releases skyrocketed in the mid-1980s after a deadly cloud of highly toxic pesticide killed thousands of people in Bhopal, India. Shortly thereafter, a serious chemical release at a plant in West Virginia hospitalized 100 people. These events led to the implementation of EPCRA in 1986.

Under EPCRA, Environmental Protection Agency (EPA) collects information on toxic releases through the Toxic Release Inventory program (TRI), a public database containing information regarding the industrial releases of over 600 toxic chemicals from more than 20,000 facilities throughout the nation. TRI was the first publicly available database in the world that contained information on pollutant releases. Many other countries have since followed EPA’s lead, recognizing the value of making toxic chemical data readily available to the public. TRI information enables every American to make informed decisions on the consequences of toxic releases and empowers communities to take action.

EPCRA has made the lives of every American safer from toxic emergencies by establishing emergency planning groups at the state, tribal, and local levels. EPCRA brings together emergency responders from fire and police departments, medical personnel, emergency planners, elected officials, environmental group representatives and local citizens to develop plans to respond to chemical emergencies.

More information on EPCRA and the 25th anniversary: <http://www.epa.gov/emergencies/content/epcra/epcra25.htm>

My Right-to-Know mobile application for easily accessible TRI data: <http://www.epa.gov/tri/myrtk/>

Community Partners for Healthy Homes Newsletter

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www.hillscountyhealth.org

