



October

2023





Lead Poisoning Prevention



Each year, National Lead Poisoning Prevention Week is a call to bring together individuals, organizations, industry, and tribal, state and local governments to reduce childhood exposure to lead by increasing lead poisoning prevention awareness. Lead can cause serious health issues in all individual. But babies, young children, and pregnant/nursing mothers are especially vulnerable. October is also Children's Health Month, a time to raise awareness about children's environmental health, including the dangers and potential health impacts of lead.

Health Effects of Lead Poisoning



- In Children
 - Developmental Delays
 - Learning Difficulties
 - Behavioral Problems
 - Hyperactivity



- In Adults
 - Increased Blood Pressure
 - Decreased Kidney Function
 - Reproductive Problems
 - Memory & Concentration Issues



- Physical Health Problems
 - Anemia
 - Hearing Loss
 - Headaches
 - Stomach Cramps
 - Muscle/Joint Pain

Lead can be in:

Paint



Soil



Toys



Lures



Dust



Water



Employee Highlight

Left: Lyndsey Morris , Right: Brenna Bergstrom

Lyndsey Morris is one of Two Rivers Public Health Department's Family Support Specialists. She graduated from Oklahoma State University with a degree in Psychology, last May. Before moving to Kearney Nebraska Lyndsey worked as a Case Manager at a nonprofit. Lyndsey is an avid reader, but if you don't see her with a book in her hand then you can probably find her attending a concert. Fun fact about Lyndsey is that she decided to move to Kearney on a spur of the moment decision and she doesn't regret it one bit.



Brenna Bergstrom is a Family Support Specialist for Health Family of America here at Two Rivers Public Health Department. In this position she enjoys building relationships with families and community resources in our health district. She works with families promoting healthy pregnancies, child development, and building parents skills and knowledge.

Brenna attended Spencer School of Business for college. Brenna and her husband Gerald have enjoyed raising their 3 children and running a small family business (Jumparoo) in the Kearney area. Brenna enjoys spoiling her grandchildren, party planning, spending time at the lake with friends and family.

Teddy Bears donated to Healthy Families Nebraska Two Rivers by CHI Health.



Healthy Families Nebraska™

Two Rivers

We are accepting referrals for families! This program is a FREE and VOLUNTARY in-home relationship-based service, designed to promote positive parent-child interactions, healthy attachment, and partner with parents to feel more confident.

Referrals accepted for:

- People who live in our district (Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, or Phelps Counties in Nebraska)
- Pregnant mothers, or babies up to 3 months in age



TRPHD Brings EPA Region 7 Training to Kearney

TRPHD partnered with the Environmental Protection Agency (EPA) to provide two courses to the district. A train-the-trainer event was provided to increase local ability to teach others about lead poisoning prevention. The second course provided by the EPA taught participants how lead can build up in a person's body. Each course focused on steps to prevent lead poisoning.



Contact us today to learn more about lead at:
orders@trphd.ne.gov or
888-669-7154

Steps to Reduce Lead Poisoning



- Test
 - Lead can be in paint, soil, at work sites etc.
 - Lead can be inhaled through dust, or ingested
- Clean
 - Wet mop solid surfaces, floors counters
 - Vacuuming or dry dusting can actually make lead dust worse
- Run the Water
 - If you suspect contaminated water or lead pipes run your water to flush your pipes
 - Regularly clean you're your children's toys
- Wash hands often
- Check your diet
 - You can reduce lead absorption by eating foods rich in iron, calcium, and vitamin C

Fun Health Fact of the Month.



Foods high in Iron
include: Acorns,
Barnacles, and Pine
Needles!

