

## Greater Minneapolis Day Care Association

- Established in 1968
- Child Care Resource and Referral Agency for Hennepin, Scott, Carver, and Dakota Counties

Healthy Environments for Early Learning

## Healthy Environments for Early Learning

- HEEL is a collaboration of several GMDCA programs
- Only available for MPLS programs at this time
- Renovation Loan Program
- Lead Hazard Control Project
- Emergency Grants
- EACH
- Training

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## HEEL Objectives

- Increase understanding of how the healthy development of children is linked to controlling lead hazards, excessive moisture, and other environmental health threats
- Identify and correct environmental health threats in child care settings through grants, loans, and consultations

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## Where The Children Are MN 1999

- |         |         |            |
|---------|---------|------------|
| Centers | 103,000 | Pre-School |
| Homes   | 245,000 | "          |
| Centers | 65,000  | School-Age |
| Homes   | 257,000 | "          |
- Less than half are in licensed care

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## Healthy Environments for Early Learning What is a Healthy House?

- \* Dry
- \* Lead-Safe
- \* Cleanable & Uncluttered Surfaces
- \* Well Ventilated
- \* Combustion Product Free
- \* Pest Free
- \* Toxic Chemical Free
- \* Comfortable



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## Lead Hazards

- House Paint Pre-1980 homes
- Hazard when paint surfaces not intact
- Friction & Impact surfaces
- Dust
- Soil
- Water
- PVC Vinyl products Mini-blinds

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## Tips to Reduce Exposure to Lead

- These tips can reduce exposure, but may not prevent poisoning if hazards are not controlled
- Test home and children
- Nutrition Calcium & Iron
- Washing children's hands and toys
- Removing shoes
- Keep children away from damaged paint
- Safe work practices & Dust control
- Run tap water to flush out pipes

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## Dust Control

- High efficiency vacuum
- Never vacuum window wells with a normal household vacuum cleaner
- Wet cleaning
- Containment, preparation, and isolation of remodeling areas
- Replace carpeting with other flooring

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## Survey Results

- |                             |     |
|-----------------------------|-----|
| ▪ Wet Basement              | 32% |
| ▪ No exhaust fan            | 49% |
| ▪ Carpeted basement         | 45% |
| ▪ Windows in poor condition | 22% |
| ▪ Condensation on windows   | 28% |
| ▪ Peeling paint             | 30% |
| ▪ Musty odor                | 30% |
| ▪ Mold/Mildew               | 25% |

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## Why Is Moisture Control So Important?

- Dampness is associated with respiratory illness
- Leading cause of paint deterioration
- Mold
- Dust Mites
- Pests
- Structural durability

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## Excessive Moisture Symptoms

- Musty odors
- Peeling paint
- Condensation
- Visible mold or water stains

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## Excessive Moisture Causes

- Plumbing and roof leaks
- Poor rainwater drainage
- Insulation without adequate ventilation
- Too many occupants
- Other household sources

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## Moisture Control

- Control rainwater drainage  
Gutters & Sloping of ground
- Fix leaks promptly
- Ventilation
- Occupant education – Household sources

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## Integrated Pest Management

- Moisture Control is a key strategy for IPM
- Seal cracks to prevent water & pest entry
- Patch holes in screens
- Limited use of pesticides
- Bait traps preferred over spraying
- Frequent removal of trash and other food sources for pests

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## Fuel-Burning Appliances

- Combustion gas spillage
- CO is a neurotoxin
- Other gases are also problematic
- Depressurization - Exhaust appliances
- Negative pressure in basement - radon

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## Common IAQ Problems

- Lead paint hazards
- Wet basements
- Fuel-burning appliances not vented properly
- Inadequate ventilation

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## Carpeting

- Many chemicals used to manufacture carpeting
- Treated with pesticides & antimicrobial agents
- Toxins in carpet backing and adhesives
- Many carpet cleaners are toxic - Solvents

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## Carpeting

- Sink for toxins present in house dust
- Lead, pesticide residues, flame retardant, PCBs, asbestos fibers, mold spores, dust mites, and more
- In a 1992 study of homes in Midwest, 90 of 362 carpets were found to contain residues of DDT – banned in 1972

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## Carpeting and Mold

- Mold spreads rapidly on carpet and other fibrous materials – cardboard, wallboard
- EPA – If wet carpeting is not dried within 24-48 hours it should be removed
- Mold can grow underneath carpeting in basement when moisture condenses on floor

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## MN Child Care Licensing Rules

- Facility must be free of peeling paint
- Toys & equipment must be free of lead paint
- Toys & equipment with damaged paint surfaces must be tested to verify that they do not contain lead
- Children should not have access to dangerous remodeling areas

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## MN Child Care Licensing Rules

- Heating appliances must be vented according to state building codes
- Bleach (1/4 cup per gallon water) is required for cleaning diaper changing areas
- Toxic substances must be inaccessible to children

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## MN Child Care Licensing Rules

- Pest control measures must be taken to protect against infestation
- Chemicals for insect and rodent control must not be applied in areas accessible to children when children are present

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## For More Information

- Visit GMDCA's Website
- [www.gmdca.org](http://www.gmdca.org)
- Click on Resources for Families and the click on Healthy Environments for Early Learning
- Healthy Environment Assessment Tool and Action Plan

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