

Children's Environmental Health Working Group  
 Collaborative on Health and the Environment- WA (CHE-WA)  
 Meeting Notes  
 Thursday, January 9, 2014

HOST: American Lung Association, 822 John St, Seattle, WA 98109  
 Next Meeting: Thursday, February 13, 2014 9:30-11:30am. Hosted by the UW Superfund Research Program/Department of Environmental and Occupational Health Sciences at the University of Washington, 4225 Roosevelt Way NE, Seattle

Attendees: (\* = by phone)

*American Lung Association:* Aileen Gagney, Krysta Thornton

*Center for Disease Control:* Michael Kinzer

*Change Your Food-Change Your Life!™:* Dennis Weaver

*CHE-WA:* Aimee Boulanger\*

*Environmental Protection Agency:* Yvonne Goldsmith\*, Eve Livingston, Erin McTigue (Mader),  
 Barbara Spark, Gretchen Stewart, Eve Wilcox\*, Margo Young

*Grant County Health:* Heather Devine\*

*Local Hazardous Waste Management Program in King County (LHWMP)*

- *King County Water and Land Resources Division:* Gail Gensler
- *Public Health- Seattle & King County:*, Lisa Nerat, Sharon Schoenfeld-Cohen, Public Health-Seattle & King County: Denise Sharify

*Puget Clean Eric Agency:* Tania Park

*Tribal Healthy Homes NW/Consultant:* Rachel Koller, Gillian Mittlestadt (speaker)

*US Dept. of Health and Human Services/Health Resources and Services Administration:* Carolyn Gleason\*

*UW Center for Ecogenetics and Environmental Health:* Marilyn Hair

*Washington Action for Safe Water:* Audrey Adams\*

*WA State Department of Ecology:* Holly Davies\*

*WA State Department of Health:* in Butler\*, Rad Cunningham

Stay in Touch! Join the Northwest Kids Environmental Health Group listserv!  
 Read and post information, events and opportunities regarding children's environmental health news in the Pacific Northwest. To join, go to [www.ecy.wa.gov/maillist.html](http://www.ecy.wa.gov/maillist.html). Scroll down to Environmental Education, click on Northwest Kids Environmental Health Group and follow the directions. You will need to sign up in order to post and receive messages. Questions? Contact Holly Davies, Ecology @ [hdav461@ECY.WA.GOV](mailto:hdav461@ECY.WA.GOV)

**1. Host assignments for our 2014 meetings**

These months still need a host: May, June November, and December. Nicole Thomsen offered meeting room space at Chinook Building in Seattle if a host group lacks a location.

Otherwise:

Month	Location	Host	Speaker

January 2014	American Lung Association of the Great Northwest		Gillian Mittlestaedt with Tribal Healthy Homes Northwest and the Tulalip Tribe will speak about how in-utero and early childhood exposure to wood smoke is associated with low birth weight and long term respiratory impacts.
February	UW Superfund Program	Katie Frevert	UW Superfund Research Program/Department of Environmental and Occupational Health Sciences at the University of Washington, 4225 Roosevelt Way NE, Seattle
March	LHWMP	Gail Gensler	Local Hazardous Waste Management Program in King County 130 Nickerson St. Suite 100 Seattle, WA 98109
April	WA DOH (in Kent)	Ann Butler	Biomonitoring
May			
June	EPA??		
July, Aug.			NO MEETINGS
September	UW Center for Ecogenetics	Marilyn Hair	
October	Public Health- Seattle & King County	Sharon Schoenfeld-Cohen	Room 126
November			
December			

2. [NW Children's Environmental Health Forum](#) follow-up discussion

Gail presented the following Forum follow-up ideas, and people volunteered to work on them:

1. Create a traveling exhibit that organizations could check out from CHE-WA to use at events to teach about children's environmental health....Gail, Aileen, Rachel, Krysta
2. Create a traveling CEH "roadshow" training to be done in person or via webinar: Carolyn, Rad, Aileen, Margo, Krysta, Aimee, Holly
3. Update the CHE-WA website to reflect the Forum presentations and send a follow-up e-mail to Forum participants: Gail
4. Help host a film showing about CEH: Angela Larson, Margo
5. Create a how-to manual for future Forums: Aimee, Margo
6. Get the word out about the new ACOG statement: Aimee, Rad, Margo, Carolyn, Gail

### 3. Member announcements

1. Gail Gensler- Forum website will be updated by the end of January; shared information about an NGO called [Raja for Africa](#); she has four Eco-Healthy Childcare ® trainings scheduled through May and is placing an ad in *Seattle's Child* magazine
2. Gretchen Stewart- Next EPA webinar series presentation on school environmental health is about preventing mercury spills in schools... January 22
3. Krysta Thornton-Attended an excellent cultural competency training called Community Health Worker Training (offered 3 times a year, put on by the Washington Department of Health)
4. Aileen Gagny-the American Lung Association got some money to increase their work with the Seattle Housing Authority. She is seeking money to fund AmeriCorps staff to be a liaison between the ALA and SHA. She mentioned a good report called "Leveraging Culture to Address Health Inequalities". The next Master Home Environmentalist training begins March 18, 2014.
5. Margo Young-Hopes to attend the Equal Start Coalition conference on January 16. The next meeting of Federal organizations involved in children's environmental health will be on January 23. The EPA's environmental education grant is now open.
6. Marilyn Hair-Enjoyed the Forum and was pleased with how participants took her organizations materials from the resource area. Announced that the next [Public Health Café](#) will be February 25 at 7 PM at the Chaco Canyon restaurant. The topic will be on the human microbiome.
7. Michael Kinzer- newly working in our area. Example of his work: responding to a possible air-spraying pesticide exposure in an Oregon community
8. Lisa Nerat – newly working in LHWMP
9. Sharon Schoenfeld-Cohen: Working ¼-time on Eco-Healthy Childcare ® trainings with Gail; most of her time is doing site visits with small businesses. Currently working on outreach to Tukwila businesses. Also works on her office's Environmental Justice initiative.
10. Tania Park – Working together with LHWMP's [IRAC Dry Cleaning Workgroup](#) to reduce drycleaners' exposure to PERC. Puget Sound Air is reassessing how to be more relevant; may change their mission although will stay with outdoor air. They're primarily regulatory with limited education work.
11. Rad Cunningham – WA DOH Board of Health will vote in March to approve lower BLL standards; WA DOH now has a 9-language document for BLL screenings on their website: [My Child's Lead Test Result](#). Also, mentioed a map of [statewide radon locations](#).
12. Rachel Koller – Will work with nurse at Adams Elementary in Seattle on clarifying safer cleaning products for teachers.
13. Gretchen Stewart – Producing the next [EPA Healthy Schools newsletter](#). Goes out Feb. 3 to a mailing list of 10,000.

14. Gillian Mittlestaedt – Will be in Idaho in early February for a lead conference with a group of schools.
15. Aimee Boulanger – Working with a network of Canadian and US community-based organizations on mining issues. May 8-11 = conference in Anchorage.
16. Ann Butler- Working on the [WA DOH Biomonitoring Project](#) at Seattle Housing Authority's New Holly residences. [NOTE: Ann will speak about this project in spring.]
17. Heather Devine – She is [Grant County Health District's](#) new environmental health staff person for children's environmental health.
18. Audrey Adams – Volunteers with WA Action for Safe Water. Interested in autism.

### Speaker presentation

Gillian Mittlestaedt works with Tribal Healthy Homes Northwest and the Tulalip Tribe. She is also the chair of the [WA State Asthma Initiative](#). She spoke about post-birth health issues related to wood smoke exposure. See PPT and some notes below (after the following resources).

Interested in wood smoke? More resources:

1. Webinar: Proposed NSPS Revision for Residential Wood Heaters – General Overview:  
Date: **Tuesday, February 18, 2014** Time: **Noon – 1pm PST**. To register:  
<https://epa.connectsolutions.com/woodheaters/>
2. EPA Proposes Updates to Air Standards for Newly Manufactured Woodstoves and Heaters:  
<http://www2.epa.gov/residential-wood-heaters>
3. EPA's Burn Wise program has developed three new videos to promote cleaner wood-burning. The videos highlight the health effects related to PM exposure from residential wood smoke. Please share with your state, tribal and local air agencies, health officials, media, and others.
  - Wood Smoke and Asthma: Breathe Easier <https://www.youtube.com/watch?v=sJQ4IVDDA6Q>
  - Wood Smoke and Asthma: Reduce Smoke <https://www.youtube.com/watch?v=aJXj9j3g7EM>
  - Wood Smoke and Asthma: Dry Firewood <https://www.youtube.com/watch?v=Z-OfbPjXPUU>

### A FEW SPEAKER NOTES:

1. 5% of households rely on wood smoke; however, residential wood heating is increasing and it is also increasing for industrial boilers which use "woody mass".
2. She does not support phasing out wood-burning; instead, she supports making wood-burning cleaner.
3. Incomplete combustion of wood is major problem. It results in PAH's, ash, and other toxic materials and smoke.
4. 40% of the particles in wood smoke are based on elemental carbon. These toxins cling to water and are carried into our lungs. We need to know more details about this. These particles are tiny (nanogram size), and they have an enormous surface area.... They behave like a gas (they are easy to

inhale), and are too small for macrophages to kill. Older woodstoves put up 350 g of fine particulate matter = 20 pounds/day.

5. Residential and diesel dust is the tiniest and therefore absorbs the most; however, since we can't see it, we don't get freaked out by it like we do by something like sewage in water.
6. Particulates can hinder the immune system's ability to clear pathogens from the lungs and result in inflammation. It's not just in asthma risk.
7. Wood smoke exposure can actually remodel your airway and lead to an increased risk for the future even if you stop the exposure.
8. Benzene can act not only as a lung irritant, but also as a specific contributor to lung disease.
9. These are positive steps to take:
  - Use dry fuel.
  - Keep your stove clean.
  - Ventilate your home.
  - Buy a good stove. See the new EPA and Washington state guidelines for woodstoves.
  - Keep your fuel clean. Strive for under 20% moisture in your wood.
  - Don't burn most compressed wood.
  - Stack your wood with a good air flow through it.