



Iowa Department of Public Health Adult Blood Lead Epidemiology and Surveillance Program

The IDPH Adult Blood Lead Epidemiology and Surveillance (ABLES) program collects results of all blood lead testing done on Iowans. The purpose of the program is to reduce the number of Iowa adults with elevated blood lead levels (EBLs) by working with individual lead-poisoned adults to reduce their blood lead levels, and by providing information on how adults can reduce their exposure to lead in the workplace and home. Lead exposure – even at levels previously considered safe – can cause serious acute and chronic health problems for adults as well as children. Blood lead tests of 10 µg/dL (micrograms per deciliter) or higher are currently defined as an elevated blood lead level (EBL) for adults in Iowa.

When an Iowan 16 years of age or older has an elevated blood lead level for the first time, the IDPH ABLES program attempts to identify the source of the exposure. This follow-up is done by phone or mail contact to medical providers or individuals to obtain information such as employer (industry), job duties (occupation), or other missing information required under the Iowa Administrative Code [641] Chapter 1 which covers mandatory reporting of infectious diseases, poisonings, and environmental or occupational exposures, diseases, and conditions. Confidentiality is maintained throughout the case investigation or follow-up process. Based on this information, we provide information to help prevent further exposure.

Iowa had 3,173 adults tested for lead exposure in 2013, with 856 adults diagnosed with an EBL of 10 µg/dL or higher (27% of those tested). Of those with elevated lead levels, 19 people had blood lead levels of 40 µg/dL or higher, 183 had blood lead levels of 25-39 µg/dL, and 654 had blood lead levels of 10-24 µg/dL. Most Iowa adult lead exposures are from work-related exposures in manufacturing, recycling, residential and commercial renovation work, radiator repair work, and work with lead solder. Additionally, a number of adults were exposed through hobby activities involving firearms and casting or reloading shot. Other routes of exposure are identified each year.

Many Iowa children are lead poisoned by swallowing or breathing dust, chips, or soil contaminated by the lead-based paint used in homes built before 1978. Children and family members of lead-exposed workers may also be at risk of lead exposure brought home as dust on a person's work clothing or found in the vehicle driven to and from work. Information is available to help adults decrease this risk of take-home lead. Pregnant women or children less than 6 years of age in the home of an adult with an elevated blood lead level should talk to their medical provider as soon as possible to arrange testing for lead exposure.

The IDPH ABLES program is available to answer general questions or provide information and education regarding adult lead exposure upon request to individuals and employers. The IDPH Lead Program oversees formal training of lead inspectors, lead abatement contractors, and anyone doing renovation or repair work on housing and child-occupied facilities built prior to 1978. Additional information about IDPH lead-related programming is available at www.idph.state.ia.us/LPP/Default.aspx. Specific questions regarding work-place exposure regulation should be directed to Iowa WorkForce Development Occupational Safety and Health Enforcement (I-OSH: 515-242-5870) or their Compliance Assistance Program (515) 281-7629.

Iowa Department of Public Health Occupational Health & Safety Surveillance Program (OHSSP)
Adult Blood Lead Epidemiology & Surveillance (ABLES): (800) 972-2026
www.idph.state.ia.us/LPP/ABLES.aspx
Kathy Leinenkugel: (515) 281-4930 kathy.leinenkugel@idph.iowa.gov
Rob Walker: (515) 281-0908 robert.walker@idph.iowa.gov
Fax: (515) 281-4529

Resources for Use by You, your Employer, or your Medical Provider:

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Adult Blood Lead Epidemiology & Surveillance (ABLES): (800) 972-2026
Website: www.idph.state.ia.us/LPP/ABLES.aspx

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- Rob Walker: (515) 281-0908 robert.walker@idph.iowa.gov
- Fax: (515) 281-4529
- Mandatory reporting: a copy of the current Iowa Administrative Code [641] Chapter 1 can be obtained from the IA ABLES website (above). Contact our office for more information.
- Annual IDPH Report, including adult lead data – link from www.idph.state.ia.us/Cade/Default.aspx under “Reports” scroll down to find current year (most recent posted is 2012 Annual Report).

National Institute for Occupational Safety & Health (NIOSH)

- NIOSH Lead page www.cdc.gov/niosh/topics/lead/
- NIOSH data www.cdc.gov/niosh/topics/ABLES/ables.html
- NIOSH indoor firing ranges: www.cdc.gov/niosh/topics/ranges/
- NIOSH Health Hazard Evaluation Program and request information: www.cdc.gov/niosh/hhe/
- Ladder safety app <http://blogs.cdc.gov/niosh-science-blog/2013/08/27/ladder-safety>

Iowa Workforce Development:

- **OSHA Consultation & Education:** (515) 281-7629
www.iowaworkforce.org/labor/iosh/consultation/index.htm
 - For more information regarding OSHA Consultation's **free and confidential** service, please contact them at the address, phone numbers, or e-mail addresses listed on their website.
- **Iowa Occupational Safety & Health (I-OSH):** (515) 281-5387 or (800) 562-4692
www.iowaworkforce.org/labor/iosh/index.html
 - For answers to questions about workplace safety regulation and enforcement, call (515) 242-5870.
 - For information on how to file a complaint, call 1-800-562-4692 or 515-242-5870 or click on “File an OSHA Complaint” at the I-OSH website.

Federal Occupational Safety & Health (OSHA)

- OSHA Lead in Construction – 2003: www.osha.gov/Publications/osha3142.pdf
- OSHA Lead Quick Card -2005: www.osha.gov/OshDoc/data_Hurricane_Facts/lead_in_construction.pdf
- OSHA Standards for Lead Workers/Employers www.osha.gov/SLTC/lead/
 - See Medical Surveillance Lead in Construction summary www.dol.gov/elaws/osha/lead/freqH.asp
- OSHA Lead Safety & Health Topics page: www.osha.gov/SLTC/lead/
- OSHA lead smelter tool www.osha.gov/SLTC/etools/leadsmelter/index.html

Medical Guidelines – various

- Medical Guidelines for Blood Lead Levels in Adults – Council of State and Territorial Epidemiologists 2013
<http://c.ymcdn.com/sites/www.cste.org/resource/resmgr/OccupationalHealth/ManagementGuidelinesforAdult.pdf>
- CDC Guidelines for the Identification and Management of Lead Exposure in Pregnant or Lactating Women November 2010. <http://www.cdc.gov/nceh/lead/tips/pregnant.htm>
<http://www.cdc.gov/nceh/lead/publications/LeadandPregnancy2010.pdf>
- Recommendations for Medical Management of Adult Lead Exposure. Kosnett MJ et al.
<http://ehp03.niehs.nih.gov/article/Article.action?articleURL=info:doi/10.1289/ehp.9784>
- Medical Guidelines for the Lead-Exposed Worker: California Department of Public Health
www.cdph.ca.gov/programs/olppp/Documents/medgdln.pdf
- CA Lead Hazard Alert www.cdph.ca.gov/programs/olppp/Documents/LeadHazAlert.pdf
- OSHA Lead in Construction Medical surveillance guidelines
www.osha.gov/pls/oshaweb/owadisp.show_document?p_id=10033&p_table=STANDARDS
- OSHA administers a program for the approval of laboratories submitting data as required by the OSHA Lead Standard for construction, www.osha.gov/SLTC/lead/construction.html . Employers who are required to perform biological monitoring for blood lead must use an OSHA-approved blood lead laboratory for analysis -www.osha.gov/SLTC/bloodlead/index.html.
- FDA Ayurvedic Product Alert: www.fda.gov/downloads/ForConsumers/ConsumerUpdates/ucm050819.pdf