X. Appendices:

10. 1. Table 1

This is a table of profile highlights done by the American Community Survey in 2006 on the City of Manchester.

Social Characteristics - show more >>	Estimate	Percent		Margin of Error
Average household size	2.44	(X)	2.61	+/-0.10
Average family size	3.21	(X)	3.20	+/-0.15
Population 25 years and over	72,399			+/-3,790
High school graduate or higher	(X)	87.5	84.1%	(X)
Bachelor's degree or higher	(X)	25.8	27.0%	(X)
Civilian veterans (civilian population 18 years and over)	10,911	13.0	10.4%	+/-1,384
Disability status (population 5 years and over)	17,226	17.5	15.1%	+/-2,232
Foreign born	11,893	10.9	12.5%	+/-2,596
Male, Now married, except separated (population 15 years and over)	19,066	43.5	52.4%	+/-1,605
Female, Now married, except separated (population 15 years and over)	18,792	42.8	48.4%	+/-1,718
Speak a language other than English at home (population 5 years and over)	18,197	17.9	19.7%	+/-2,847
Household population	105,803			+/-5,881
Group quarters population	(X)	(X)	(X)	(X)
Economic Characteristics - show more >>	Estimate	Percent	U.S.	Margin of Error
In labor force (population 16 years and over)	60,359	70.2	65.0%	+/-3,868
Mean travel time to work in minutes (workers 16 years and over)	20.3	(X)	25.0	+/-1.6
Median household income (in 2006 inflation-adjusted dollars)	55,314	(X)	48,451	+/-4,712
Median family income (in 2006 inflation- adjusted dollars)	64,714	(X)	58,526	+/-4,615
Per capita income (in 2006 inflation- adjusted dollars)	25,278	(X)	25,267	+/-1,536
Families below poverty level	(X)	9.8	9.8%	(X)

Individuals below poverty level	(X)	13.3	13.3%	(X)
Housing Characteristics - show more >>	Estimate	Percent		Margin of Error
Total housing units	46,910			+/-2,251
Occupied housing units	43,449			+/-1,976
Owner-occupied housing units			67.3%	+/-1,622
Renter-occupied housing units	20,816	47.9		+/-2,064
Vacant housing units	3,461	7.4	11.6%	+/-1,178
Owner-occupied homes	22,633			+/-1,622
Median value (dollars)	236,600	(X)	185,20 0	+/-8,003
Median of selected monthly owner costs				
With a mortgage (dollars)	1,665	(X)	1,402	+/-81
Not mortgaged (dollars)	618	(X)	399	+/-44
ACS Demographic Estimates - show more >>	Estimate	Percent		Margin of Error
Total population	108,720			+/-5,880
Male	54,505	50.1	49.2%	+/-3,687
Female	54,215	49.9	50.8%	+/-3,356
Median age (years)	36.0	(X)	36.4	+/-1.1
Under 5 years	7,264	6.7	6.8%	+/-1,649
18 years and over	84,170	77.4	75.4%	+/-4,124
65 years and over	12,785	11.8		+/-1,662
One race	107,176	98.6		+/-5,732
White	99,092	91.1	73.9%	+/-5,433
Black or African American	3,670	3.4		+/-1,106
American Indian and Alaska Native	95	0.1	0.8%	+/-166
Asian	2,935	2.7	4.4%	+/-1,394
Native Hawaiian and Other Pacific Islander	0	0.0	0.1%	+/-251
Some other race	1,384	1.3	6.3%	+/-1,238
Two or more races	1,544	1.4	2.0%	+/-787
Hispanic or Latino (of any race)	6,514	6.0	14.8%	+/-2,065

This table is the result of the American Community Survey done in 2006 on Educational attainment in the city of Manchester, New Hampshire.

10.2. Table 2

Subject	Total	Margin of Error	Male	Margin of Error	Female	Margin of Error
Population 18 to 24 years	11,771	+/-1,733	5,814	+/-1,203	5,957	+/-1,015
Less than high school graduate	20.3%	+/-9.3	30.4%	+/-13.1	10.4%	+/-7.2
High school graduate (includes equivalency)	30.6%	+/-7.2	31.7%	+/-10.4	29.4%	+/-9.6
Some college or associate's degree	30.8%	+/-6.8	29.0%	+/-10.9	32.5%	+/-8.9
Bachelor's degree or higher	18.4%	+/-6.8	8.9%	+/-5.7	27.6%	+/-11.9
Population 25 years and over	72,399	+/-3,790	36,132	+/-2,536	36,267	+/-2,046
Less than 9th grade	5.8%	+/-1.4	6.2%	+/-2.3	5.3%	+/-1.5
9th to 12th grade, no diploma	6.8%	+/-1.4	6.7%	+/-1.9	6.8%	+/-1.9
High school graduate (includes equivalency)	33.7%	+/-3.6	35.2%	+/-4.6	32.3%	+/-4.3
Some college, no degree	19.5%	+/-2.6	19.7%	+/-3.4	19.3%	+/-3.2
Associate's degree	8.4%	+/-2.0	7.5%	+/-2.1	9.4%	+/-3.0
Bachelor's degree	18.5%	+/-2.3	17.0%	+/-3.2	19.9%	+/-3.1
Graduate or professional degree	7.3%	+/-1.5	7.6%	+/-1.9	7.0%	+/-2.1
Percent high school graduate or higher	87.5%	+/-2.0	87.0%	+/-2.9	87.9%	+/-2.4
Percent bachelor's degree or higher	25.8%	+/-3.0	24.6%	+/-3.8	26.9%	+/-3.7
Population 25 to 34 years	15,744	+/-1,963	8,475	+/-1,395	7,269	+/-1,034
High school graduate or higher	91.6%	+/-3.9	86.7%	+/-6.5	97.4%	+/-2.0
Bachelor's degree or higher	34.5%	+/-6.7	31.1%	+/-8.2	38.5%	+/-9.6
Population 35 to 44 years	16,983	+/-2,390	9,217	+/-1,525	7,766	+/-1,397
High school graduate or higher	88.4%	+/-5.2	86.0%	+/-7.7	91.4%	+/-6.0
Bachelor's degree or higher	22.3%	+/-5.1	17.6%	+/-5.5	28.0%	+/-7.7
Population 45 to 64 years	26,887	+/-2,388	12,630	+/-1,453	14,257	+/-1,527
High school graduate or higher	92.6%	+/-2.3	92.8%	+/-3.0	92.3%	+/-3.0
Bachelor's degree or higher	26.9%	+/-4.5	26.3%	+/-6.1	27.5%	+/-5.3
Population 65 years and over	12,785	+/-1,662	5,810	+/-1,011	6,975	+/-1,023
High school graduate or higher	70.3%	+/-6.7	76.7%	+/-8.1	65.0%	+/-8.3
Bachelor's degree or higher	17.1%	+/-5.0	22.9%	+/-8.5	12.2%	+/-4.8
POVERTY RATE FOR THE POPULATION DETERMINED BY EDUCATIONAL ATT			R FOR WH	OM POVERTY	STATUS IS	
Less than high school graduate	23.8%	+/-8.1	23.3%	+/-11.2	24.3%	+/-11.8
High school graduate (includes equivalency)	10.4%	+/-3.4	8.4%	+/-4.6	12.5%	+/-5.0
Some college or associate's degree	6.3%	+/-2.7	1.6%	+/-1.6	10.8%	+/-4.6
Bachelor's degree	2.1%	+/-1.5	1.2%	+/-2.0	2.9%	+/-2.3
Graduate or professional degree	0.0%	+/-2.7	0.0%	+/-5.1	0.0%	+/-5.5
MEDIAN EARNINGS IN THE PAST 12 M	ONTHS (IN 2006 INFLA	TION-ADJ	USTED DOLLA	ARS)	
Population 25 years and over with	35,191	+/-1,867	36,992	+/-4,217	32,460	+/-2,293
earnings						
Less than high school graduate	16,066	+/-4,177	14,748	+/-4,721	21,145	+/-6,861
High school graduate (includes equivalency)	30,576	+/-2,530	30,724	+/-3,934	30,364	+/-4,273
Some college or associate's degree	38,146	+/-3,988	45,214	+/-6,693	33,305	+/-3,976
Bachelor's degree	44,263	+/-3,666	57,454	+/-9,313	40,002	+/-6,648
Graduate or professional degree PERCENT IMPUTED	52,755	+/-4,949	59,663	+/-8,577	48,372	+/-12,989
Educational attainment	1.4%	(X)	(X)	(X)	(X)	(X)

10.3. Monitoring Report For The Month Of February 2008

ACTIVITIES	DATES	STATUS	TIME- LINESS	EXPLANATION FOR DELAY	ALTERNATI- VE ACTION	ATTAINMENT OF OUTPUT
Meeting with The way Home	Start : 03/01/07 End : 03/15/07	Fully completed	As planned	N/A	N/A	Target: - 15 refugee families received home visits - 15 Refugees attended workshops
Meeting with Burundian and Rwandese community leaders	Start : 04/01/07 End : 04/15/07	Fully completed	As planned	N/A	N/A	To date: - 17 refugee families received home visits - 11 refugees attended workshops
Develop materials on lead poisoning	Start: 03/15/07 End: 03/31/07	Fully completed	As planned	N/A	N/A	
Translation of Lead poisoning documents	Start : 04/01/07 End : 05/31/07	Fully completed	Not as planned	Some of the translations were ready by the month of May but one of them was not ready because the translator was given the wrong document to	Translation of New Hampshire document and was completed on 07/20/ 07.	

Printing the	Start:	Not	Delayed	translate. He was given the Vermont document instead of the New Hampshire one. The printing of translated	N/A	
translated documents	05/15/07 End : 05/31/07	started	,	documents started on 12/24/2007 and will continue as needed.	,	
Home visits	Start: 04/19/07 End: 04/30/08	started	As planned	N/A	N/A	
Workshop	Start: 07/01/07 End: 01/31/08	Started	Not as planned	The workshop scheduled in July did not take place? A non- profit organization called Women For Women asked the project team to help them organize a workshop for African refugee women and it was not ready for July.	The workshop was scheduled on 08/18/2007	

10.4. SWOT analysis

Strengths	Weaknesses
 African refugee community members: Refugee's interest in the project. Lead is a topic of concern for Manchester residents. Manchester is a place with high number of those affected. The city stake in alleviating poverty. Life saving aspect of the project. 	African refugee community members: Lack of practicality in regard to solving the lead issue. Exclusion of landlord in the education.
 The Home Way: The African community is open and trusts someone from Africa. To understand the culture and the language. To help the community to become a healthy community. 	 The Home Way: Language barrier Cultural diversity with little understanding. Lack of experience in dealing with the community and government. Challenges of financing. Lack of initial funding (printing, childcare).
International Institute of New Hampshire: • Need in the community • Benefits children and future children. • Culturally appropriate. Landlords • Knowledge of the • To maintain the house	 International Institute of New Hampshire: Needs to reach all refugees not just Africans. There are many groups working on lead poisoning; and they lack collaboration. Landlords Not only focusing on refugees. For some landlords, lead poison is an unknown problem; they need to be educated.
African refugee community leaders: • Knowledge about lead poison.	African refugee community leaders: • English language.

To help their children. Opportunities	 The gap between the community and agencies providing information about lead poisoning. They should go out and meet the community. Lack of communication between community and resettlement agencies providing orientation. Not providing enough orientation to refugees.
Opportunities	Threats
African refugee community members:Allocation of funds for the project.	African refugee community members:Landlord's business will be in jeopardy.
 Support from the community. 	Landiord's business will be in Jeopardy.
 The Home Way: To learn new cultures To make available pamphlets in their languages. People in the community learn self advocacy skills, and play a part in solving their problems. To learn how to handle the information they receive. To help the community to build the relationship with landlords. To help the community to achieve its own goals. 	 Political effect. The community members need to be empowered to speak for themselves. The weather may affect their ability to attend the meeting. More people become aware, more their capability of teaching others is developed. This decreases the market demand for trainers (outreach and education). Funds are needed for translation of pamphlets. Children who come with their parents need space and someone to supervise them during meeting time.

 International Institute of New Hampshire: To work with other community- based organizations Educate the community about lead. Educate wider community about refugees 	 International Institute of New Hampshire: Making known the lead issues in New Hampshire could cause political problems. The state can stop bringing in more refugees. Funding becomes competitive. For example, if there is a Request Form Proposal (RPF) for dealing with lead poison, there will be competition to get money. Some agencies may not like to work with the project because it has received the money. The landlord may refuse to participate.
 Landlords To innovate houses Market: Increase the value of the house. Learning about lead poison. 	 Busy schedule for refugees. Single parents are busy working; they do not have enough time for the meeting. Even if they attend the meeting, they need someone to stay with their young children. The schedule for the meeting may not be convenient for them.
 African refugee community leaders: To go and seek help. To use the information they receive. 	 African refugee community leaders: Because of culture differences, refugees in their communities may be reluctant to talk to someone from a different culture. Refugees are new comers. They are busy working in order to cope with a new life and some of them are single parents.

10.5. STAKEHOLDER ANALYSIS

Stakeholder	Stakeholder Interest(s) in the Project	Assessment	Potential Strategies for Obtaining
African Refugee	- To know what lead poison is and the	of Impact A	Support or Reducing Obstacles - Because it may take time to organize
Community	causes, in order to prevent it.		the meeting in group, It will be
members	- To learn how someone can be affected		preferable to meet community members
	so that she/he can prevent lead poison		at their houses.
	from harming her/his children.		- To know where they live, where they
	- To behave in a way of protecting		go to church, and what time they are
	children. In case his/her house is not lead		available.
	free, he/she will have to move to another		- To rise their interest by doing publicity.
	lead free house.		- To work with the community leader.
	- To participate and be part of the project		- To offer transport for those who do not
	is very important.		have means of transportation to attend
	- They community receives free lead		the meeting.
	poisoning educational awareness and		- To take advantage of cultural events
	prevention strategies and free lead		and talk to them about lead poison.
	testing.		- Qualified community members will be
	(Interview with Anne Ayinkamiye		trained and offered jobs as inspectors.
	Bandema, an African refugee community		-To talk to parents at the school
	member on 11-24-2006)		meetings.
Host organization -	- If the project creates a model for	Α	- The associate director will meet with
The Home Way	community awareness, that will help to		the lead poisoning coordinator to discuss
	have other models for other problems.		what can be done to include the project
	Community members will be having the		in their plan.
	skills to solve problems they have in the		After approval, they will set a day for a
	community.		meeting with the community leaders to

	- The project will help the organization to accomplish its goals. It will help by bringing awareness, advocacy skills to the community, to build trust and relationship with the community. - To find volunteers within the community and train them. After training, they will have possibilities of developing those skills and become inspectors. And they will be able to speak on their behalf. -If you want to talk to someone and you do not speak his or her language you Interpreters need an. You need also to know his/her culture. Culture is a big issue. It is important to know what the cultures and traditions are. - Time is another issue. You need to be flexible with their time. The community members go to work, school,The Organization also needs a convenience place where to meet, how long the meeting will take, how much information, and how many people. Children who came with their mothers need to be somewhere and need someone to supervise them during meeting time. (Interview with Sandra Roseberry (The Way Home) on 11-28-2006)		explain to them the idea and the advantages of the project. - It is very important to collaborate with organizations such as the Way Home because they already have a department dealing with lead poison. - To work some hours a week as an intern with the Way Home may be an asset for a successful implementation of the project.
Resettlement	- The resettlement agency gives new	В	-The resettlement agencies give initial

agency -	arrivals a three days initial resettlement	orientation to the new arrivals. It will be
International	orientation and lead poisoning is part of	good to show the agency how beneficial
Institute of New	it. Those three days are not enough to	it is to talk to new arrival and those who
Hampshire	explain to them everything about lead	are already settled about lead poisoning.
	poison. It will be good to incorporate the	-To explain to the Resettlement Agency
	training into their initial resettlement	what the project intend to accomplish in
	orientation. It will also be good to	order to make them comfortable and
	incorporate the project in their schedule	accept to support the project.
	such as home visits.	- To make sure that there is no
	- Refugees will understand the document	competition between the project and the
	about lead poison before they sign it. The	Resettlement Agency because of funds.
	Landlords do not have time or are not	
	willing to explain what is written on that	
	document.	
	- Refugee children will have a good	
	health. If your children are not healthy,	
	you become stressed by the situation and	
	you cannot perform your job properly.	
	- If there is education there is less lead	
	poisoning. It is also good for the future of	
	refugees. The government may refuse to	
	bring refugees in the city which has	
	unsolved lead problems.	
	- Educating refugees about lead poison is	
	empowering them. The more knowledge	
	you have the more empowered you are.	
	- Duplication of services. To avoid this	
	problem, the project designer should	
	design something that will make the	

	agency accept what he/she is doing. The agency is a federal funding agency, it has to be sure that all the services are provided in the right way. (Interview with Megan Bracy International Institute of New Hampshire on 11-30-2006)		
Landlords	 To learn what lead poison is and how to prevent it. To learn how to maintain houses. If people are aware of the problem, they will prevent it and will be healthy, work and pay their rent without any problem. Those who are eligible will apply for government funds or other grants. keeping the house in a good shape so that people can rent it. The value of the house is increased if it is well maintained; and in case the landlord wants to sell it, he/she will make more money. To know organizations dealing with lead poison are willing to help low income families to delead their houses. To benefit from the training received which he/she can pass to others. To make sure that the house is lead-free before renting it to tenants. 	A	 To let landlords know the availability of agencies willing to work with them in the process of eradicating lead poison. To show them the importance and advantages of deleading their houses. To encourage them to apply for government funds or other grants where available.

	(Interview with Innocent Bizimana on 11-30-2006)		
African refugee community leaders	 If people become aware of lead poisoning, they will prevent it. To get enough information about lead poison. To give orientation to new arrivals and it should be provided in native languages. After learning about lead poisoning, they will avoid the problem by increasing the level of supervision of their children and tell other African refugees about it. To check first houses before renting or ask the landlord if the house is inspected. Some people in the community become volunteers to help others after training. Well informed community leaders report to agencies and the city about the issue. To save time, the community leader may ask community members to attend a group meeting instead of home visit. To help the community is a volunteer job. Community leaders have to buy out time to help their communities. (Interview with Deng Arop Sudanese community leader on 12-01-2006) 	A	 To talk to the community leaders about the importance of the project. The community leader will call for a meeting with community members to tell them about the project and its advantages. To follow the community leaders' schedule.

		10.	0.6. Tenants Advocacy Database	dvocacy Dat	abase		
Name of Family							
Street name and apartment number	273 Cedar Street, 2 nd floor	Manchester Gardens	30 Healy Street	26 West Baker Street	4 Brook Street, #18	95 Douglas Street, first floor	213 Pine Street, 3rd floor
City	Manchester	Manchester	Manchester	Manchester	Manchester	Manchester	Manchester
State	NH	NH	NH	NH	HN	NH	HN
Country of Origin	Burundi	Rwanda	Rwanda	Burundi	Burundi	Burundi	Burundi
Native Language	Kirundi	Kinyarwand a	Kinyarwand a	Kirundi	Kirundi	Kirundi	Kirundi
English Speaking	Z	Y, Some	Y, Some	Z	Z	Z	Z
Resettlement Agency	International Institute	Lutheran Services	? From Texas	Lutheran Services	International Institute	International Institute	International Institute
Name of Tenant Advocate	Sandra / Bizimana	Sandra / Bizimana	Sandra / Bizimana	Sandra / Bizimana	Sandra / Bizimana	Sandra / Bizimana	Sandra / Bizimana
Reason for Home Visit	New Refugees- <1978 home, Pb, Healthy Homes	Refugees, PB, Healthy Homes	Refugees, PB, Healthy Homes	Refugees, PB, Healthy Homes	New Refugees- <1978 home, Pb, Healthy Homes	New Refugees- <1978 home, Pb, Healthy Homes	New Refugees- <1978 home, Pb, Healthy Homes
Date of First Home Visit	4/19/2007	5/10/2007	6/6/2007	6/13/2007	6/27/2007	7/13/2007	7/30/2007
Number of Children	7	2	3	5	4	1	9
Child w / pb?	Z	Z	Z	Y	Z	N	Z

		1			T	1	1				Г	1	
Z	6	8/10/2007	New Refugees- <1978 home, Pb, Healthy Homes	Sandra / Bizimana	International Institute	N	Kirundi	Burundi	NH	Manchester	273 Cedar Street,3rd floor		
N	6	8/15/2007	New Refugees- <1978 home, Pb, Healthy Homes	Sandra / Bizimana	International Institute	N	Kirundi	Burundi	H	Manchester	273 Cedar Street, 1st floor		
Y	4	8/15/2007	Refugees, PB, Healthy Homes	Sandra / Bizimana	? From Texas	Some	Kinyarwanda	Rwanda	NH	Manchester	247 Central Street, 1st floor		
Z	2	10/24/2007	New Refugees- <1978 home, Pb, Healthy Homes	Sandra / Bizimana	International Institute	Some	Kirundi	Burundi	NH	Manchester	92 Brook Street, Apt.# 5		
Z	6	1/4/2008	New Refugees- <1978 home, Pb, Healthy Homes	Bizimana	International Institute	N	Kirundi	Burundi	NH	Manchester	246 Main Street, Apt. #10		
Y	3	2/8/2008	Refugees, PB, Healthy Homes	Bizimana	Lutheran Services	Some	Kirundi	Burundi	NH	Manchester	15 Kimball Street, Apt. # 3		
Z	4	2/18/2008	Refugees, PB, Healthy Homes	Bizimana	International Institute	Z	Kirundi	Burundi	NH	Manchester	227 Pine Street, 3rd floor		
Z	1	2/18/2008	Refugees, PB, Healthy Homes	Bizimana	International Institute	N	Kirundi	Burundi	NH	Manchester	Pine Street, 3 rd floor		

Z	3	3/ 28/ 2008	Refugees, PB, Healthy Homes	Bizimana	International Institute	Z	Kirundi	Burundi	N.H	Manchester	92 Brook Street, apt.19	
N	5	3/ 28/ 2008	Refugees, PB, Healthy Homes	Bizimana	International Institute	Z	Kirundi	Burundi	N.H	Manchester	92 Brook Street, apt.12	

10.7. Survey guestions on lead poisoning awareness

Ι Demographics: Please tell us a little about yourself

```
1. Please tell us your ethnicity
    Black/African American --
    Caribbean/Virgin Islander --
    Hispanic/Mexican
    Hispanic/Puerto Rican
    Hispanic/Other
    Native American/Alaskan
    White/Caucasian
    Asian/Pacific Islander
    Other
```

- 2. Please tell us how many children you have: --
- 3. Please tell us the age of each child (years): --4. Please tell us your age (years):
- 5. What is your relationship with the child(ren) that you are dropping off/picking up at this day care:

```
Mother
Father
Grandmother
Grandfather
                         __
Brother
                         ___
Sister
                         ___
Aunt
Uncle
Other relative
Other nonrelative
(please describe)
```

6. What was your household's total income before taxes in 2000?

```
Less than $5,000 --
$5,000-$9,999
$10,000-$14,999
$15,000 $19,999
$20,000 $24,999
                       --
$25,000 $29,999
                       --
$30,000-$39,999
$40,000 $49,999
$50,000 or more
```

- II. The following questions ask about your current knowledge of lead poisoning. Please answer to the best of your ability without looking up the answers or asking for help
 - 7. Which of the following are sources of lead exposure for children in the home? (Circle one number on each line)

	Yes/True	No/False
Dust and paint chips from peeling paint	1	2
Drinking water from pipes that contain lead	1	2
Dirt and dust from hallways and other high-traffic areas	1	2
Window mini-blinds, manufactured before 1996	1	2
Deloie 1990		

	Some folk remedies Glaze on imported pottery or porcelain	1 1	2 2
8.	Which of the following groups are at grea poisoning? (Circle one number on each lin		lead
		Yes	No
	a. Small children, younger than 6 years	1	2
	b. Older children 6 12 years of agec. Pregnant women	1 1	2 2
9.	The fallowing are things you can do to r lead exposure in children? (Circle one n		
		Yes	No
	Always use COLD water for cooking and drinking	1	2
	Wash child's hands before his/her meals and snacks	1	2
	Dust and sweep home often Wet mop window sills and wells with household cleaner	1	2
	Make sure my child gets all his/her immunizations (shots)	1	2
	Wash child's toys once a week	1	2
10.	Lead poisoning may affect a child in whic ways? (Circle all that apply)	h of the fol	lowing
		Yes	No
	a. Slow a child's development b. Cause behavior problems (difficult	1 1	2 2
	to concentrate, easily upset) c. Learning difficulties at school	1	2
11.	Lead poisoning can easily be detected by the child.	a doctor by e	examining
		Yes	No
		1	2
12.	The ONLY way to find out whether a child to have a blood test taken	has lead poi	soning is
		Yes	No
		1	2

- III. The following list describes the kinds of messages that the Hartford Health Department has posted or otherwise broadcast throughout the community that have been focused on the hazards of lead and lead poisoning Please tell us whether or not you remember EVER seeing the following by the checking the appropriate box:
 - 13. A special postmark stamp on an envelope of a card or letter
 - [] remember seeing this [] do not remember seeing this

	poisoning
	[] remember seeing this [] do not remember seeing this
	15. A local newspaper advertisement warning you of lead poisoning
	[] remember seeing this [] do not remember seeing this
	16. An advertisement on a milk or orange juice carton warning you about lead poisoning
	[] remember seeing this [] do not remember seeing this
	17. A sign on a city bus or a city bus shelter warning you about lead poisoning
	[] remember seeing this [] do not remember seeing this
	18. A billboard on the side of a road or highway warning you about lead poisoning
	[] remember seeing this [] do not remember seeing this
	19. A display table in a paint or hardware store offering information about lead poisoning
	[] remember seeing this [] do not remember seeing this
	20. Lead poisoning prevention art work display at the state capital
	[] remember seeing this [] do not remember seeing this
	21. The video called A Perfect Partnership on Hartford Public Access Television
	[] remember seeing this [] do not remember seeing this
IV.	Please tell us whether or not you have taken the following steps within the past year to prevent lead poisoning and whether you took these steps as a result of seeing one of our messages. Fill in the appropriate box for each:
	22. I asked my pediatrician about getting my child tested for lead poisoning
	[] Yes [] No
	23. I have called a phone number listed on a sign/advertisement to learn more about lead poisoning [] Yes [] No
	24. I have changed the way I cook or clean in order to reduce the risk of lead poisoning [] Yes [] No
	25. I have changed the kinds of foods that I feed my family in order to reduce the risk lead poisoning [] Yes [] No
	26. I have spoken to my landlord about the hazards of lead poisoning [] Yes [] No [] Not applicable
	27. I have taken other steps to prevent lead poisoning or to learn more about lead safety [] Yes [] No

14. A sign on a city sanitation truck warning you of lead

```
If yes, please describe: --

28. I have taken this/these steps because I saw or heard one of the messages that were described above [] Yes [] No If yes which message or messages prompted you to take these steps? Please check:

Postmark stamp -- Sign on sanitation truck -- Newspaper ad -- Ad on milk/orange juice carton -- Sign on bus/shelter -- Billboard -- Hardware store display Artwork display -- Artwork display Video A Perfect Partnership --
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10.8. The lead poisoning prevention bill

CHAPTER 293

SB 176-FN - FINAL VERSION

03/22/07 0643s

16May2007... 1534h

06/27/07 2216CofC

06/27/07 2386eba

2007 SESSION

07-0690

01/09

SENATE BILL 176-FN

AN ACT relative to lead paint poisoning and establishing a commission to study the current childhood lead poisoning prevention law, policies, and standards.

SPONSORS: Sen. DeVries, Dist 18; Sen. Barnes, Dist 17; Sen. Burling, Dist 5; Sen. Cilley, Dist 6; Sen. D'Allesandro, Dist 20; Sen. Estabrook, Dist 21; Sen. Foster, Dist 13; Sen. Fuller Clark, Dist 24; Sen. Hassan, Dist 23; Sen. Janeway, Dist 7; Sen. Kelly, Dist 10; Sen. Odell, Dist 8; Sen. Sgambati, Dist 4; Sen. Roberge, Dist. 9; Rep. MacKay, Merr 11; Rep. Rosenwald, Hills 22; Rep. Nordgren, Graf 9; Rep. Donovan, Sull 4; Rep. Pilliod, Belk 5

COMMITTEE: Health and Human Services

AMENDED ANALYSIS

This bill:

I. Lowers the blood lead level that determines when a child is lead poisoned.

II. Allows the commissioner of the department of health and human services to inspect other units of a multi-unit dwelling when a child has been found to be lead poisoned in one of the units.

III. Extends the period of time that interim controls may be used as an alternative to lead hazard abatement under certain circumstances.

IV. Establishes a commission to study the current childhood lead poisoning prevention law, policies, and standards.

.....

Explanation: Matter added to current law appears in bold italics.

Matter removed from current law appears [in brackets and struckthrough.]

Matter which is either (a) all new or (b) repealed and reenacted appears in regular type.

03/22/07 0643s

16May2007... 1534h

06/27/07 2216CofC

06/27/07 2386eba

07-0690

01/09

STATE OF NEW HAMPSHIRE

In the Year of Our Lord Two Thousand Seven

AN ACT relative to lead paint poisoning and establishing a commission to study the current childhood lead poisoning prevention law, policies, and standards.

Be it Enacted by the Senate and House of Representatives in General Court convened:

293:1 Lead Paint Exposure; Investigations. Amend the introductory paragraph of RSA 130-A:5, I to read as follows:

I. The commissioner shall investigate cases of lead poisoning in children reported under RSA 141-A whose blood lead level meets or exceeds [20] 10 micrograms per deciliter of whole venous blood, as reported on 2 separate tests except that a blood lead level may be designated as elevated by the health care provider when the level reported meets or exceeds [20] 10 micrograms per deciliter on the first venous test. With such a declaration, a second test shall not be required. The commissioner may also conduct investigations when there is reason to believe that a lead exposure hazard, as defined in RSA 130-A:1, XVI(b) and (d), for a child exists. Such investigations shall include, but not be limited to:

293:2 Lead Paint Exposure; Inspections. Amend RSA 130-A:6, I to read as follows:

I. The commissioner may, as part of an investigation conducted under RSA 130-A:5 [and after making reasonable efforts to notify the owner or the owner's agent, conduct an inspection of any leased or rented dwelling or dwelling unit during business hours, or at a time mutually agreed [to] upon with the owner or the owner's agent, for the purposes of identifying the presence of lead base substances. The findings of the inspection shall be provided to the occupant, the health authority, the child's health care provider and to the owner or the owner's agent. If the leased or rented dwelling has multiple units, and if a lead exposure hazard is determined to exist during an investigation conducted under RSA 130-A:5, the commissioner shall conduct inspections of all other dwelling units of the leased or rented dwelling with the owner or owner's agent for the purposes of identifying the presence of lead base substances. The findings of these inspections shall be provided to the occupant, the health authority, and the owner or the owner's agent. When a lead exposure hazard is determined to exist per RSA 130-A:1, XVI(a), (b) or (c), the commissioner shall issue an order requiring lead hazard reduction to the owner and, if appropriate, to the owner's agent. When a lead exposure hazard is determined to exist per RSA 130-A:1, XVI(d), the commissioner may issue an order requiring lead hazard reduction to the owner and, if appropriate, to the owner's agent. A copy of the order shall be provided to the occupants of the dwellings or dwelling unit, to the occupants of any adjacent or attached dwellings or dwelling units having the same owner and where a child resides, and to the health authority. An order shall be issued in accordance with RSA 130-A:7.

293:3 Lead Paint Exposure; Property Owner Notification. Amend RSA 130-A:6-a, I and II to read as follows:

- I. The department shall make reasonable efforts to notify in writing the owner of a dwelling or dwelling unit where the child resides if lead levels of [10 to 19.9] 7.5 to 9.9 micrograms per deciliter are found in the child's blood. Such notice to the property owner shall specify that it is neither a finding that a lead exposure hazard exists in the property nor is it an order for lead hazard reduction.
- II. Eviction of a tenant based on the presence in the dwelling or dwelling unit of a child with a blood level of [10 to 19.9] 7.5 to 9.9 micrograms per deciliter shall be unlawful. There shall be a rebuttable presumption that any eviction action, instituted by the owner within 6 months of receipt of the notice sent by the department pursuant to paragraph I, is based on the child's elevated blood lead level. If a court finds that an eviction is based on the child's elevated blood lead level, it shall deny the eviction and award damages to the tenant pursuant to RSA 540:14, II. However, if an owner in response to the notice from the department discovers a lead exposure hazard in the dwelling or dwelling unit, the owner may proceed with relocation of the tenants, provided that the owner meets the requirements of RSA 130-A:8-a, I or II.

293:4 Lead Paint Exposure; Enforcement. Amend RSA 130-A:7, V to read as follows:

V. Interim controls, as defined in this chapter, may be used as an acceptable alternative to lead hazard abatement only with the prior written approval of the commissioner and for a period not to exceed 2 years. Within that 2-year period the person subject to the order shall either take the steps necessary to eliminate or enclose the lead exposure hazards or remove the dwelling or dwelling unit from the rental market. For orders issued in leased or rented dwellings where no child resides or frequents regularly at the time of inspection and issuance of the order, interim controls may be used for a period exceeding 2 years with the prior written approval of the commissioner if a hardship is claimed by the lessor and approved by the commissioner and if a lead exposure hazard reduction plan or any other subsequent plan is adopted and in place at the department to address compliance with the intent of this section. The commissioner shall adopt rules, under RSA 541-A, for the procedures for extensions of interim controls.

293:5 Lead Paint Exposure; Prohibitions. Amend RSA 130-A:9, II through IV to read as follows:

- II. No person shall perform or cause to be performed a lead inspection or lead risk assessment, as defined in HE-P [1602.44] 1600, in a dwelling or dwelling unit or in a child care facility in any manner other than as provided for in rules adopted under RSA 130-A:10.
- III. No child or pregnant woman shall be present in a leased or rented dwelling or dwelling unit, or in a child care facility, during the period of lead hazard reduction when the method of reduction causes the release of lead base substances which may be inhaled or ingested. The dwelling or dwelling unit or the child care facility shall not be reoccupied until an inspection is performed which indicates the lead exposure hazard has been reduced. The commissioner shall include this prohibition in any order issued under RSA 130-A:7.
- IV. No person performing inspections or lead risk assessments, as defined in HE-P [1602.44] 1600, for the presence of lead base substances as a lead inspector or lead risk assessor after lead hazard reduction shall perform or have performed the lead hazard reduction.
- 293:6 Lead Paint Exposure; Rulemaking. Amend RSA 130-A:10, IV to read as follows:
- IV. Fees to be collected for the issuance of licenses to lead inspectors, lead risk assessors, lead abatement contractors, for certification of lead abatement workers and lead clearance testing technicians, for testing resulting from investigations[, for certification of laboratories], for certifications of training programs, and for notifications under RSA 130-A. Property owners who own more than 4 but fewer than 7 dwelling units shall pay a fee for licensure which is 1/2 of that paid by other lead abatement contractor licensees. Such reduced fee license shall only be valid for work on dwellings or dwelling units owned by such license holder.
- 293:7 Rulemaking. Amend RSA 130-A:10, VI to read as follows:
- VI. Procedures for issuing orders under RSA 130-A:7, including procedures for extending the time available for lead hazard reduction and interim controls for leased or rented dwellings where no child resides or frequents regularly at the time of inspection and issuance of the order.

293:8 Lead Paint Exposure; Administrative Fines. Amend RSA 130-A:14 to read as follows:

130-A:14 Administrative Fines. The commissioner, after notice and hearing and pursuant to rules adopted under RSA 541-A, may impose an administrative fine not to exceed \$2,000 for each offense upon any person who violates any provision of this chapter or rules adopted under this chapter. Rehearings and appeals from a decision of the commissioner shall be in accordance with RSA 541. Any administrative fine imposed under this section shall not preclude the imposition of further penalties or administrative actions under this chapter. The commissioner shall adopt rules, under RSA 541-A, relative to administrative fines which shall be scaled to reflect the scope and severity of the violation. The sums obtained from the levying of administrative fines under this chapter shall be forwarded to the state treasurer to be deposited into the [general fund] lead poisoning prevention fund established in RSA 130-A:15.

293:9 Lead Paint Exposure; Lead Poisoning Prevention Fund. Amend RSA 130-A:15 to read as follows:

130-A:15 Lead Poisoning Prevention Fund. There is hereby established the lead poisoning prevention fund to be used to carry out the provisions of this chapter. The fund shall be composed of fees [eollected in accordance with this chapter], fines, gifts, grants, donations, bequests, or other moneys from any public or private source and shall be used to implement and encourage lead paint removal and education. The fund shall be nonlapsing and shall be continually appropriated to the commissioner of the department of health and human services for the purposes of this chapter.

293:10 Commission Established. There is established a commission to study childhood lead poisoning prevention laws, policies, and standards in New Hampshire.

293:11 Membership and Compensation.

- I. The members of the commission shall be as follows:
- (a) Two members of the senate, appointed by the president of the senate.
- (b) Two members of the house of representatives, appointed by the speaker of the house of representatives.
- (c) The governor, or designee.
- (d) The attorney general, or designee.
- (e) The commissioner of the department of health and human services, or designee.
- (f) The commissioner of the department of education, or designee.
- (g) A parent of a lead poisoned child, appointed by the governor.
- (h) A lead safe renovator/instructor, appointed by the commissioner of the department of health and human services.

- (i) Three representatives of the New Hampshire Property Owners Association, appointed by the association.
- (j) Two New Hampshire property owners, one owning a property of 4 or fewer units and one owning a property of 20 or more units, appointed by the governor.
- (k) A representative of the insurance industry, appointed by the insurance commissioner.
- (l) A representative of The Way Home, appointed by such organization.
- (m) A representative of a municipal health department, appointed by the commissioner of health and human services.
- (n) A representative of the Minority Health Office, department of health and human services, appointed by the office.
- (o) A representative of the Endowment for Health, appointed by such organization.
- (p) A representative of the New Hampshire Charitable Foundation, appointed by the foundation.
- (q) The program director of the Dartmouth Toxic Metals Research Program, Center for Environmental Health Sciences, Dartmouth College, or designee.
- (r) A representative of a local lead action committee, appointed by the commissioner of the department of health and human services.
- (s) A representative of the New Hampshire Association of Realtors, appointed by the president of the association.
- (t) A representative of New Hampshire Legal Assistance, familiar with tenant issues, appointed by the executive director.
- II. Legislative members of the commission shall receive mileage at the legislative rate when attending to the duties of the commission.

293:12 Duties; Funding.

- I. The commission shall identify and consider the full range of legislative and policy strategies that may be effective in furthering lead poisoning prevention in New Hampshire. In its deliberation, the commission shall seek input from individuals or entities that the commission deems relevant to its study recognizing that all stakeholders will need to work together to develop fair and workable solutions that prevent childhood lead poisoning for the purposes of examining the following issues of concern, including but not limited to:
- (a) The efficacy of current laws, regulations, education and certification standards, and clinical protocols in reducing the exposure of children to lead hazards.
- (b) Examining evidenced-based or promising practices from other states and jurisdictions relative to statewide policy, local ordinance, educational programming and financing strategies.

- (c) Considering the economic impact of lead prevention policies and determining strategies and funding mechanisms for distributing the economic costs as broadly as possible.
- (d) Examining the insurance-related concerns tied to lead and lead exposure including accessibility to insurance coverage and liability issues.
- (e) Developing strategies and protocols for addressing the needs of particular communities or regions of the state or certain populations within the state most impacted by lead poisoning.
- II. The commission may seek grant funding support to carry out its duties under paragraph I
- 293:13 Chairperson. The members of the commission shall elect a chairperson from among the members. The first meeting of the commission shall be called by the first-named senate member. The first meeting of the commission shall be held within 45 days of the effective date of this section.
- 293:14 Report. The commission shall report its findings and any recommendations for proposed legislation to the president of the senate, the speaker of the house of representatives, the senate clerk, the house clerk, the governor, and the state library on or before November 1, 2008.

293:15 Repeal. The following are repealed:

- I. RSA 130-A:5, II, relative to investigations.
- II. RSA 130-A:12, IV, relative to certification of laboratories.

293:16 Effective Date.

- I. Sections 10-14 of this act shall take effect upon its passage.
- II. The remainder of this act shall take effect January 1, 2008.

Approved: July 12, 2007

Effective: I. Sections 10-14 shall take effect July 12, 2007.

II. Remainder shall take effect January 1, 2008.

10.9. Translated Document in Kirundi

Uburozi bwa "plomb" n' amazu ashaje. (Lead Poisoning and Old Homes)

Uburozi bwa "plomb" burashobora kugira ingaruka mbi ku mwana no mu gutera imbere mwishure kwiwe mu bumenyi.

Aka gatabo kazotwigisha inzira zoroshe z'ingene twokingira abana bacu.

Amazu yo muri New Hampshire yubatswe imbere ya 1950 kenshi aba arimwo "plomb" mu marangi cankwe ingese z' imbaho bazikozemwo. Kwigurura amadirisha cankwe kugara imiryango bituma haboneka akavumbi kakeye umwana wanyu ashobora guhumeka cankwe akarya.

Abana benshi ntibigera berekana ibimenyetso vy' uburozi bwa "plomb". Iyo bapimye amaraso ni yo nzira yo nyene izwi babona ko umwana yabaye kuri "plomb".

Imigenzo itumberanye n' amagara Kugira dukingire abana bacu "plomb".

Ku mwana wacu:

- Kubera abana bashira ibintu batoraguye mu kanwa kabo, bakarabishe intoke no mu maso imbere yuko bafungura, kubaryamika ku manywa cankwe kubaryamika mu ijoro, cankwe inyuma yo gukinira hanze.
- Cisha mu mazi ibikiroshe vyose bakoresha mu gukina, ibipupe bakoresha imisi yose. Cisha mu mazi ibindi bikoresho vyo gukina ukoresheje isabuni wuguruye amazi. Bikore buri cumwero cankwe iyo bikorotse hasi.
- Koresha umucanga ufutswe n' ibikarato kugira abana bakinire hanze batarinze gukinira ahantu hasi handujwe na "plomb".

Ku vyokurya:

Mu gihe umwana wanyu yariye ibiryo bikwiriye vya ndemamubiri, "plomb" ntaco izomusinzikaza.

- Kurya vyibura gatatu ku musi kandi bikaba ari ibiryo bikwiriye ukaja uracishamwo udusuguti n' utundi tuntu tworoshe two kwicisha inzara hagati yayo masaha ufungura nyakuri.
- Kugabanya ibiryo birimwo amavuta menshi ("hot dogs", "chips" n' ifiriti).
- Kurya ibiryo birimwo ivyokurya bitanga inguvu arivyo inyama ziseye, inkoko, isamaki, ingano, ivyamwa, ibiharage, ibiyoba, amavuta avuye mu biyoba basiga ku mikati, n' imboga zurwasi rutoto.

Ku mazu yanyu:

Buri cumwero, koresha isabune n' amazi:

- Kutotesha ukakura ivumbi ku matapi
- Kutotesha ukoza amadirisha (ku nkingira za madirisha) no hasi ku madirisha
- Hanagura amarangi ubona adafashe neza, cankwe agitose ukoresheje agatambara gatose
- Koresha "gants" kandi urabe neza ko warongoroye neza n'amazi meza.

Guhanagura / gukoropa:

Vanga amazi y' akazuyazi n'isabune ikwiriye kugira utoteshe ahantu handuye kugira ukureho ubucafu bwose.

Kuvyerekeye hasi, amatapi na turya bashira imbere y' imiryango; hari uburyo butatu umuntu yotora kugira akoreshe:

- Koreshe ca gikoresho citwa "vacuum" (icuma kijejwe gukura ivumbi no gukubura mu nzu) bakoresha citwa "Hepa" ari co ciza gikomeye kigakora neza. Murashobora kukodesha ico gikoresho mugihe muriko muragira ibikorwa vyo kwagura cankwe gusubiramwo utuntu tumwe tumwe twononekaye ku mazu yanyu.
- 2. "Vacuum" nziza mwokoresha rero ni ya yindi bakwega, ifise umukubozo ukomeye, ukora neza kurusha iyindi bakoresha mu mazu.
- 3. "Vacuum" isanzwe bakoresha ku mazu irashobora kukwiza hose akavumbi ka bwa burozi. Agatambara gatose, cankwe ikintu gitose cose co guhanagura kirashobora gufasha kwirinda ivumbi.

Shira akamenyetso ku kibazo, utange ico wokora kugira utangure ubu nyene gukingira umwana wawe kuri bwa burozi bwa "plomb." Ku musi

	Kwoza intoki z'abana no mu maso imbere yo gufungura, kuruhuka cankwe kuryama mwijoro. Kwoza ibikinisho vy'abana n' isabuni ukoresheje amazi yo kw' ibomba yuguruye. Gutegura ibifungurwa bidafise amavuta menshi, birimwo ivyokurya ndemamubiri usanga kenshi bifise za vitamini nyinshi zitanga inguvu
ku ndwi	Kutotesha ugakura ivumbi hasi, ugatotesha amadirisha no ku nkengera n'inyuma zayo ukoresheje isabuni yica imigera hamwe n'amazi avanze. Kwoza ibikinisho vy'abana n'isabuni ukoresheje amazi yo mw' ibomba yuguruwe.
Ku mwak	a (kubana barenze imyaka itandatu) Ganira n'umufasha wa muganga cankwe muganga ajejwe ivyerekeye amagara y'umwana wanyu kuvyerekye ivyo gufatwa amaraso.

Kugira uronke inkuru n'ubumenyi, hamagara ibiro bijanye no gukingira abana ubwo burozi mu gace ubamwo ka New Hampshire kuri *New Hampshire Childhood Lead Poisoning Prevention Program,* kuri ibi biharuro: 8008975323.

Muri Manchester, hamagara ibiro biraba amagara kuri ibi biharuro 6246466 cankwe kuri ibi biro vyitwa H.A.V.E ibiharuro uhamagara akaba ari za telefone z' ubuntu ari zo zizi: 8885435323.

Source: New Hampshire Childhood Lead Poisoning Prevention Program Translated in Kirundi by Laura Nduwimana

10.10. Translated documents in Kinyarwanda

10.10.1. Indyo nziza yubaka umubiri. (Good Foods For Healthy Bodies)

Indyo nziza yubaka umubiri



Iryo nziza iduha:

- · Poroteyin
- Kalisiyumu
- Vitamini
- · "Minerales"
- · "Folate"
- · Ibinure by'ingenzi ku mu biri
- "Fibre

Poroteyini na Feri



Kurya ibiryo byiza no gukora imyitozo bifasha kubaka imibri.Reka turebe bimwe mu biryo by'ingenzi. Kora uko ushoboye uvuge uko wumva umeze n' ibyo wakora mu gihe ufite ubuzima bwiza; unavuge ku byerekeye ibiryo bidafite intungamubiri kandi bikaba bituma umuntu agira ubuzima bubi.

Indyo nziza iduha intugamubirinka poroteyine, karisiyumu, vitamini, "Minerales", "Folate", Ibinure by'ingenzi ku mu biri na "Fibre". Izi ntungamubiri zirimo ibyubaka umubiri. Mu kureba aya mafoto turibuvuge no ku biryo dukunda kurya. Turiburebe kandi niba birimo intungamubiri dukeneye mu kubaka umubiri.

Inyama, amafi, amagi, amata, foromaje n' ibikomoka kuri soya birimo poroteyine nyinshi kandi bikaba birimo feri. Ibishyimbo n' ubunyombwa ubivanze n' ibinyampeke na byo bitanga poroteyine nyinshi. Urugero rwiza twatanga ni umugati uva ku binyampeke usize "peanut butter". Ni byiza ko "peanut butter" iba ari umwimerere. Reba niba yanditseho "Natural". Izindi "peanut butter" zikoresha" hydrogenated fats" n' isukari kandi si byiza ku buzima bwanyu.

Vitamini za B. Feri, "Folate", "Fiber" na Porotevini



Bikenewe mu kubaka imitsi, mu gukora neza k'umutima, kujyana "oxygen" mu mubiri, kurwanya indwara n'ibindi bibazo umwana ashobora kuvukana. 'Fiber" ifasha kutagugara mu nda, kugabanya "cholesterol" ikanapima "glucose" ikenewe mu maraso. Poroteyini ni ingenzi cyane mu kubaka imitsi, "hormones, enzyme" n'ibirinda umubiri. Soya irimo poroteyini nyinshi. Kuvanga ibishyimbo n'umuceri, ibigori cyangwa ibindi binyampeke bitanga poroteyini nyinshi. Ibiryo bigaragara kuri iyi foto—ibishvimbo, umuceri, n'ifu v' ibigori bitanga indyo ikize kuri poroteyini n' ubwo nta nyama zirimo. Imboga rwatsi zongera feri, na vitamini. Itomati zo zongera vitamini C. Indyo y'invange ni ingenzi ku mubiri.

Ibikomoka ku mata na soya biduha kalisiyumu, vitamini D na poroteyine nyinshi imibiri yacu ikeneve kugira ngo ikomeze amagufa, amenyo n' imitsi. "Yogurt" yongera itungamubiri zo gufasha kutagugara mu nda. Akenshi, n' abantu bafite ibibazo byo kugugara mu nda kubera ko banyweye amata cyangwa bariye foromaje bashobora kurya "yogurt" yuzuyemo karisiyumu, vitamini D na proteyine nyinshi. Shakisha "yogurt" irimo "lactobacillus acidophilus" nka "Stonyfield Farm yogurt." Amata ya soya na tofu bishobra gusimbura amata n'ibindi biyakomokaho; bikaba binafite karisiyumu, vitamini D na poroteyini nyinshi.

Karisiyumu,Poroteyini na vitaminiD

Vitamin za B na "Fiber"



Umugati w'imvange z'ibinyampeke na "cereals" bitanga vitamini za B na "Fiber". Ibinyampeke ushobora kugura muri WIC bifite akarusho nka vitamini na feri byongewemo. Ushobora no kongeramo "molasses", amatunda nka pome, imineke, "blue berries" cyangwa inkeri n'andi matunda yumishwa nk' imizabibu na "prunes" byongera vitamini na feri byinshi kandi bikanaryoha.



Ni byiza kurya imboga zitoshye, zitanga vitamini nyinshi z'ingenzi,

"Minerals" na "fiber", n' uko zisa bituma umuntu ashaka kuzirya.

Vitamini C ituma imiyoboro y'amaraso agatsintsino, imitsi n' amagufa bikomera,. Inarinda umubiri indwara. Amatunda n'imboga birimo "carotenoids" bihinduka vitamini A iyo bigeze mu mubiri. Vitamini A ni ingenzi, ituma umuntu agira amaso n' impyiko bizima, Vitamini C na A birinda indwara na kanseri. "Folate" cyangwa "folic acid" birwanya indwara n' ibibazo umwana ashobora kuvukana.

Amatunda agisoromwa araryoha. Ashobora kuribwa mbere cyangwa nyuma yo kurya akaba anatanga vitamini z' ingenzi. Ashobora gusimbuzwa amatunda yumukijwe.

Vitamin za C, A na "Folate"

Indyo yuzuye, isa neza yubaka umubiri ikanawukomeza



Isubiramo ry' amatsinda y'ibiryo: Ibinyampeke: Imigati, umuceri, makaroni n'ibinyampeke.

Poroteyini nyinshi: Inyama, inkoko, amafi, amagi, foromaje, amata n' ibikomoka kuri sova.

poroteyine zivanze: Amatunda, imboga, ibishyimbo, ubunyobwa, umuceri, ibigori cyangwa ibinyampeke.

Ibikomoka ku mata na soya.

Source: A Picture Book of Healthy Foods Created by Sandra Roseberry Project of The Way Home and ALPHA—the American Lead Poisoning Help Association—translated in Kinyarwanda by Bizimana Samuel Rugizecyane

10.10.2. Icyizere ku bihe bizaza. (Bright Futures)

Ingamba zafatwa n'imiryango y'abana bafite ikibazo cy'uburozi bwa "plomb."

1. Ushobora gufasha umwana wawe koroherwa.

Ingingo z' ingenzi:

- Uburozi bwa "plomb" bushobora kurwanywa no kuvurwa.
- Ushobora gufasha umwana wawe koroherwa.
- Tuzafatanya kugira ngo umwana wawe yoroherwe.

Uburozi bwa "plomb". Ushobora kuba utarigeze wumva iby'ubu burwayi, none umwana wawe bwamufashe.Hari ibintu bibiri ugomba kumenya ku byerekeye ubwo burozi bwa "plomb". Icya mbere ni uko bushobora kuvurwa. Icya kabiri ni uko ushobora gufasha umwana wawe koroherwa. Uyu munsi ndibusubize ibibazo bikurikira: Uburozi bwa "plomb" ni iki? Umwana wawe yafashwe ate? Ushobora kumufasha ute koroherwa? Turibuvuge n'uko uburozi bwa "plomb" bushobora kuba bwinjira mu mubiri w'umwana wawe. Ndibukwereke icyo wakora kugira ngo ufashe umwana wawe koroherwa. Turibufatanye kureba uko twarinda abana n'imiryango byacu ubwo burozi bwa "plomb". Dufatanije, dushobora kugarurira ubuyanja umwana wawe.

2. Uburozi bwa "plomb" ni ikibazo rusange. Ingingo z' ingenzi:

- Ntabwo ari ikosa ryawe kuba umwana wawe afite ubwo burozi bwa "plomb".
- "Plomb" iri mu mwana wawe yayikuye aho mutuye niyo yamuteye ubwo burwayi; ntabwo ari wowe .
- Uburozi bwa "plomb" ni ikibazo rusange.
- Umwe mu bana barindwi afite uburozi bwa "plomb".

3. Abana bafite uburozi bwa "plomb" ntibubagaragaraho n'ubwo barwaye. Ingingo z' ingenzi:

- Abenshi mu bana bafite uburozi bwa "plomb" basa n'aho nta kibazo bafite.
- Uburozi bwa 'plomb" bushobora kuba bwangiza umwana wawe n'ubwo nta bimenyetso umubonaho.

4. Uburozi bwa "plomb" butuma abana bangirika umubiri ndetse n'ubwonko.

Ingingo z' ingenzi:

- Uburozi bwa "plomb" bwangiza cyane cyane abana bari munsi y'imyaka itandatu.
- Uburozi bwa "plomb" bushobora gutuma umubiri n'ubwonko by'abana bidakura neza.

- Uburozi bwa "plomb" bushobora gutuma abana bagira ibibazo mu myigire n'imyitwarire yabo.
- Nta bana bakunze gupfa bishwe n' uburozi bwa "plomb".

5. Uburozi bwa "plomb" mu nzu yawe.

Ingingo z' ingenzi:

- Ibintu byinshi byo mu nzu bikoze muri "plomb".
- Uko "plomb" igera mu nzu:
 - Irangi
 - Ubutaka
 - Akazi n'imyidagaduro
 - Imiti ya gakondo n'ibisigwa umubiri bitumizwa hanze y'igihugu.
 - Ibiryo byo mu makopo bitumizwa hanze y'igihugu.
- "Plomb" ishobora guturuka mu nzu.
- "Plomb" ni utuvungu duto kuburyo tutaboneka n'amaso.
- Uburyo bwonyine bukoreshwa kugira ngo iboneke mu nzu ni ugupima.

6. Uko uburozi bwa "plomb" bugera mu bana.

Ingingo z' ingenzi:

- Abana barya buhoro buhoro uburozi bwa "plomb" buri ku ntoki cyangwa ku bikinisho byabo.
- Guhekenya no kunyunyuza ibintu ni ibisanzwe ku bana.
- Niba hari uburozi bwa "plomb" aho umwana wawe aba cyangwa akinira, bushobora kujya ku ntoki cyangwa ku bikinisho bye ku buryo bworoshye.
- Bwira nyirinzu niba mu nzu ubamo hari irangi rimanyagurika rigatera ivumbi cyangwa se niba inzu ari iyawe, reba uko wakemura icyo kibazo.

7. Kuvura uburozi bwa "plomb".

Ingingo z' ingenzi:

- Umuti w' uburozi bwa "plomb" ni ugukura "plomb" mu mubiri.
- Umwana wawe azoroherwa ubwo azareka kongera "plomb' mu mubiri we.
- Tuzasuzumira hamwe aho umwana wawe akinira kugira ngo turebe niba hari "plomb".
- Gukemura ikibazo ubungubu, bizagufasha kubuza "plomb" kwangiriza umwana wawe.

8. Gerageza kubahiriza gahunda ufitanye na muganga

- Hari ibintu byoroshye ushobora guhita ukora kugira ngo urinde umwana wawe uburozi bwa "plomb".
- Kubonana na muganga ni ingenzi cyane.
- Saba muganga gupima amaraso y'umwana arebe ko arimo uburozi bwa "plomb".

- Gupima amaraso ni bwo buryo bwonyine ushobora kumenya ko umwana wawe afite uburozi bwa "plomb".

9. Oza kenshi intoki n'ibikinisho by'abana Ingamba:

- Oza ibiganza by'umwana wawe n'isabune cyangwa se agatambaro ko guhanaguza umwana.
- Oza ibiganza by'umwana wawe mbere yo kurya cyangwa kuryama.
- Oza ikintu icyo aricyo cyose umwana wawe akunze gushyira mu kanwa; nk'udukinisho cyangwa se madanganya.

10. Koropa inzu unahanagure n'amadirisha rimwe mu cyumweru

- Gukura uburozi bwa "plomb" mu nzu yawe ni ingenzi.
- Koropa hasi mu nzu unahanagure amadirisha ukoresheje agatambaro gatose karimo isabune rimwe mu cyumweru.
- Koresha urupapuro ruhagura numara kurukorsha urute. Ntuzigere wongera gukoresha ikintu wahanaguje "plomb".

11. Reka gusena, guharura cyangwa se gutwika irangi rishaje Ingingo z'ingenzi

- Akenshi inzu zimaze imyaka 20 (zubatswe mbere ya 1978) ziba zifite irangi ry'uburozi bwa "plomb'.
- Irangi rishishuka rishobora guhindukamo umucucu w'uburozi ku buryo udashobora kubibona.

Ingamba: - Reka gusena, guharura, cyangwa gutwika irangi rishaje.

- Ntugerageze gukuraho irangi ry'uburozi bwa "plomb" kugeza ubwo umenyeye kurikuraho ku buryo bitatera ibibazo.

12. Twikira ubutaka.

Ingingo z'ingenzi

- "Plomb" dusanga mu gitaka iva ku marangi y'inyuma ku nzu no ku mwotsi w'imodoka.
- "Plomb" ijya ku bana iyo barimo bakinira ahantu handuye.
- Inkweto zishobora kuzana "plomb" mu nzu ziyikuye hanze.

Ingamba:

- Kugira ngo urinde abana bawe, twikira ubutaka buri mu kibanza cyawe.
- Oza ibiganza by'umwana wawe mu gihe avuye hanze gukina.

13. Reka kuzana uburozi bwa "plomb" ubukuye ku kazi

- Mu tuzi twinshi no mu yindi miromo myinshi umuntu akora haba hari uburozi bwa "plomb".
- Abakozi bashobora kuzana uburozi mu rugo ku myenda no ku nkweto zabo.
- Mu imirimo ikorerwa mu rugo ishobora gukwiza ubwo uburozi mu nzu yose harimo:
 - Gukora "fishing weights" cyangwa amasasu.

- Guteranya ibirahuri by' amarangi atandukanye cyangwa imitako.
- Koza imbunda

Ingamba: - Niba ugomba kujyana mu rugo imyenda cyangwa inkweto byo ku kazi, bishyire mu gashashi ugahambire.

14. Reka gukoresha imiti ya gihanga n' ibisigwa ku mubiri kugira ngo ibe myiza bishobora gutera ibibazo

- Imyinshi mu miti ya gihanga ni myiza kandi irakora.
- Imwe mu miti ya gihanga n' ibisigwa ku mibiri ngo ibe myiza bituruka hanze birimo uburozi ni:
 - "Azarco"
 - "Greta"
 - "Surma", "Kohl" na "Khali"
 - "Pay loo ah"
 - Mesa imyenda yo ku kazi ukwayo nurangiza ufungure imashini imesa nta kintu kirimo kugira ngo "plomb" ivemo.
 - Oga umubiri wose , woge n' umutwe ku kazi cyangwa ukigera mu rugo.

15. Pimisha Amakopo azamo ibiryo urebe niba arimo "plomb".

- "Plomb" ishobora kuba iri muri ibi bikurikira:
 - Inkono ziva hanze y'igihugu
 - Inkono zitekwamo ibishyimbo
 - Inkono zitekwamo
 - Utubindi dushyirwamo amazi
 - Amabinika ashvushvwamo amazi
 - Amakopo afunze hakoreshejwe "plomb"
 - Ibirahuri byakozwe muri "plomb".

Ingamba:

- Dushobora gupima inkono zawe tukareba niba zifite "plomb".
- Ntuzigere uteka, ushyira cyangwa se ubika ibiryo mu nkono zifite "plomb".
- Ntuzigere urya ibiryo byo mu makopo yafunzwe hakoreshejwe "plomb".

16. Gaburira abana ibiryo birimo feri na karisiyumu

- Ibiryo bikize kuri feri na kalisiyumu bikingira imibiri y'abana gukomeza kwipakiramo uburozi bwa "plomb".

Ingamba: - Gaburira abana ibiryo bikurikira bikize kuri feri: Ibishyimbo, inyama idafite ikinure,ibinyampeke, sipinaci.

- Gaburira abana ibiryo bikurikira bikize kuri karisiyumu: amata n'ibindi byose biva ku mata, saradine, imboga, ifi zitwa "salmon" zo mu makopo na tofu.
- Abana bagombye kurya mu gitondo, saa sita, nimugoroba bakanarya uturyo tworoshye tw' intungamubiri hagati y'icyo gihe.

Kugaburira umwana wawe ibiryo birimo intungamubiri bizagufasha kumurinda "plomb". Feri na karisiyumu bizafasha umubiri w' umwana wawe kutinjirwamo

na "plomb". Iyo umana wawe ahaze, "plomb" ijya mu mubiri iba nkeya. Kugira ngo umwana wawe akomeze kuba ahaze, kora uko ushoboye arye mu gitondo, saa sita, nimugoroba ndetse umugaburire uturyo tworoshye "snacks" hati y'icyo gihe.

17. Amazi si inkomoko rusange ya "Plomb".

- Si kenshi usanga uburozi bwa "pomb" mu mazi.
- **Ingamba:** Koresha gusa amazi akonje mu kuyanywa, guteka, no kuvanga amata y'umwana.
 - Mu gitondo, fungura amazi umunota umwe kugira ngo uburozi buri mu matiyo buvemo.

18. Icyizere mu bihe bizaza ku bana bawe.

Hari ibntu cumi ushobra guhita ukora kugira ngo urinde umwana wawe "plomb":

- Ubahiriza gahunda zose za Muganga.
- Oza kenshi ibiganza n'ibikinisho by'umwana.
- Koropa mu nzu unahanagure amadirisha rimwe mu cyumweru.
- Reka gusena, gukuba cyangwa gutwika irangi rishaje ririmo "plomb".
- Twikira ubutaka.
- Irinde kuzana "plomb" mu rugo uyikuye ku kazi.
- Irinde gukoresha imiti ya gihanga ishobora kugira ingaruka mbi.
- Pimisha amakopo azamo ibiryo urebe niba afite 'plomb".
- Gaburira abana ibiryo birimo feri na kalisiyumu.
- Gira uruhare mu gukura "plomb" iruhande rw'umwana wawe.

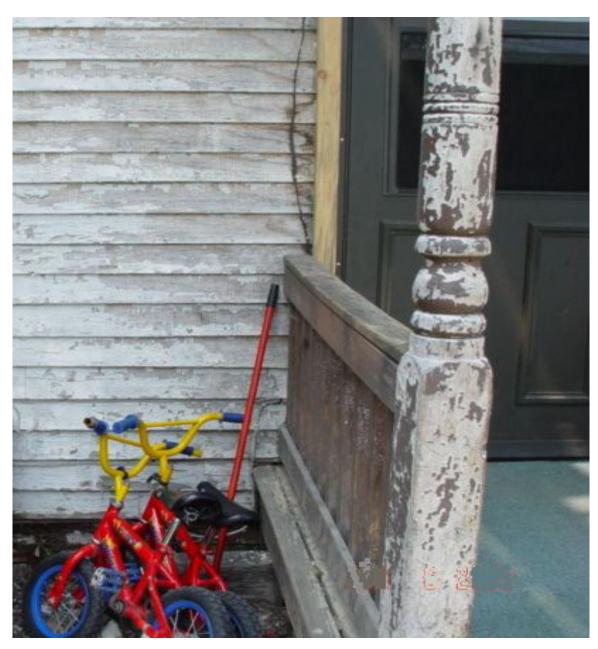
Source: Childhood Lead Poisoning Prevention Program

Translated in Kinyarwanda by Bizimana Samuel Rugizecyane

The project director with The Way Home staff during a home visit



One of old houses built before 1978 in Manchester, NH



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