

# Local Success Stories Impacting Environmental Health



**2023 Environmental  
Health Conference**  
PEOPLE • POLICY • PLACES



## NH Water *Well-ness*



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Speaker: Hannah Scott

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Position: Nutrition Coordinator w/ NH DHHS Women, Infants, and Children (WIC) Program

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Overview: Program provides pregnant WIC participants who use private wells with free water testing. Those with contaminated wells receive free filter pitchers.

# NH Water *Well*-ness Initiative

Hannah Scott, DPHS WIC Nutrition Coordinator



## Overview

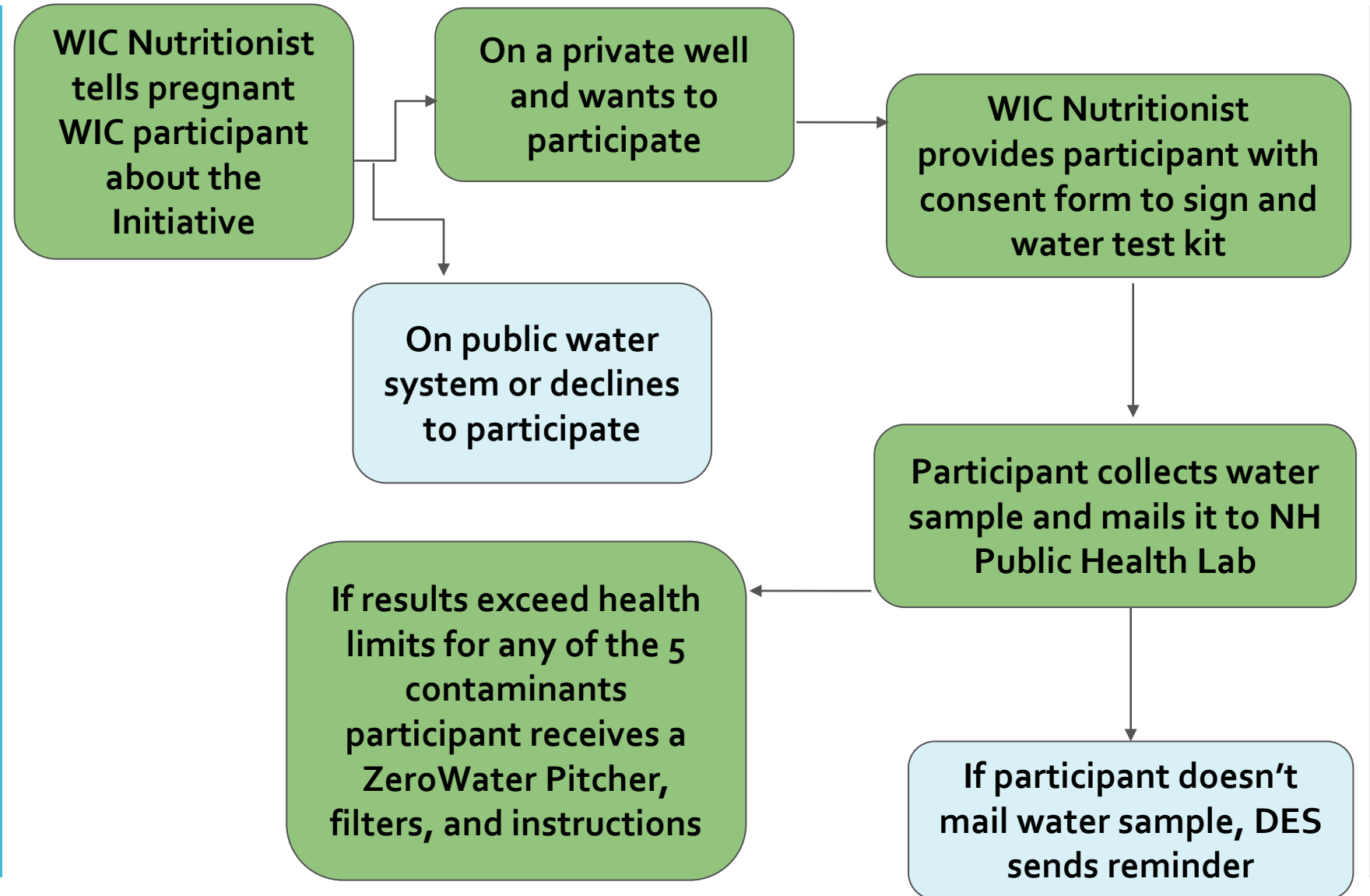
- Collaboration between DES and DHHS
- Water pitcher and filters provided to pregnant WIC participants whose water tests high in one of five heavy metals
- Pilot program launched September 2020
- Statewide rollout launched March 2022
- Original funding from Drinking Water & Groundwater Trust Fund
- Now funded by Drinking Water & Groundwater Bureau

# Heavy Metals

- Arsenic
- Manganese
- Lead
- Copper
- Uranium

Potential negative effect on pregnancy and birth outcomes

# Process



# Adaptations

- Remote → In person
  - Due to the pandemic, WIC Nutritionists were serving clients remotely and test kits were mailed. Recently switched to handing out test kits at in person appointments and are seeing an increase in participation
- Created additional tools
  - Web-based address look up tool was created to help nutritionists and participants determine if drinking water comes from private well
- Adjusted expectations
  - Project originally over-estimated the number of eligible participants and expected 100% participation. Expectations needed to adapt in order to improve project efficiency and sustainability
- Project management change
  - Project management changed from contractor to internal DES staff in order to streamline the project and make it more financially sustainable

# Data April 2022 – July 2023

<b>Participants Screened and Consented to Participation</b>	<b>120</b>
<b>Participants on Public Water</b>	<b>35</b>
<b>Participants on Private Well</b>	<b>85</b>
<b>Water Test Kits Mailed</b>	<b>85</b>
<b>Outstanding Samples (unreturned)</b>	<b>46</b>
<b>Samples Completed</b>	<b>39</b>
<b>Samples with Exceedances</b>	<b>13</b>
<b>Arsenic</b>	<b>2</b>
<b>Uranium</b>	<b>2</b>
<b>Lead</b>	<b>0</b>
<b>Manganese</b>	<b>10</b>
<b>Copper</b>	<b>0</b>
<b>Pitcher Filter Kits Delivered</b>	<b>13</b>





# Takeaways

- Expect obstacles
- Create a streamlined process
- Build a Team
- Celebrate success



# On-Line Training for NH Child Care Workforce



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Speaker: Erin Harkins

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Position: Population Health Sr. Program Manager with the Community Action Partnership (CAP) of Strafford County

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Overview: Program provides resources for school readiness and support for families with young children.



# Community Action Partnership of Strafford County

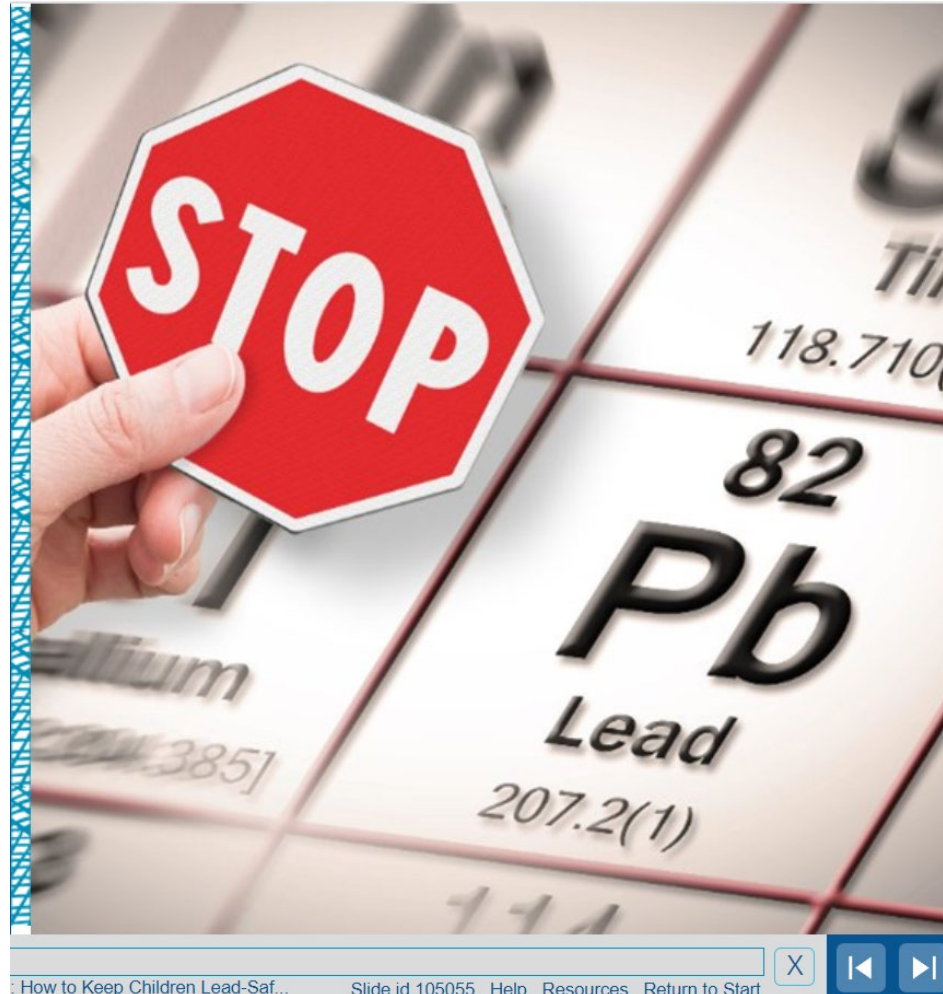
Erin Harkins, Population Health Sr. Program Manager





# Childhood Lead Poisoning in NH: How to Keep Children Lead-Safe

New, free, on-line training designed for NH's early care and education workforce.





## Importance of Staff Preparation and Empowerment

Since launch just over a year ago, **1,077** people have successfully completed the training.



### **Why Testing Children's Lead Levels Is So Important**

Children who look happy and healthy can have dangerous levels of lead in their bodies. The only way to know is to test.



# Improved Screening Rates

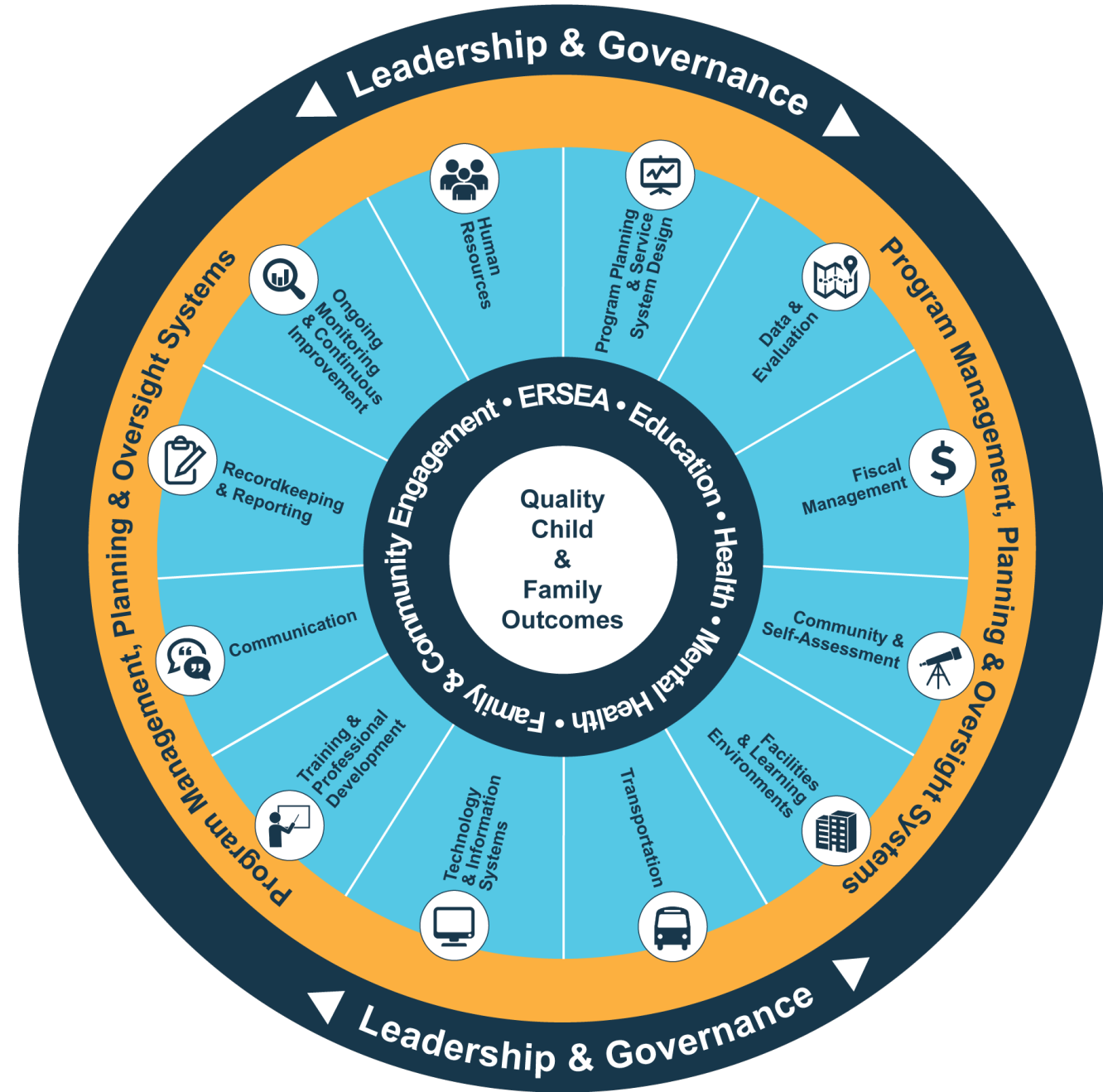


**Developmentally appropriate behaviors put children at risk of being exposed to lead.**

- 8 times more lead screenings completed in 2022 than 2021.
- 9 children in the first month of the program have already been identified with high blood lead levels and sent for further evaluation and treatment.



# Continuous Quality Improvement





# NHDES Healthy Swimming Mapper and Cyanobacteria Harmful Algal Bloom Program



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Speaker: Michele Condon

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Position: Beach Inspection Program  
Coordinator with the NH Department of  
Environmental Services

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Overview: Program provides public with  
information regarding healthy swimming  
in NH.

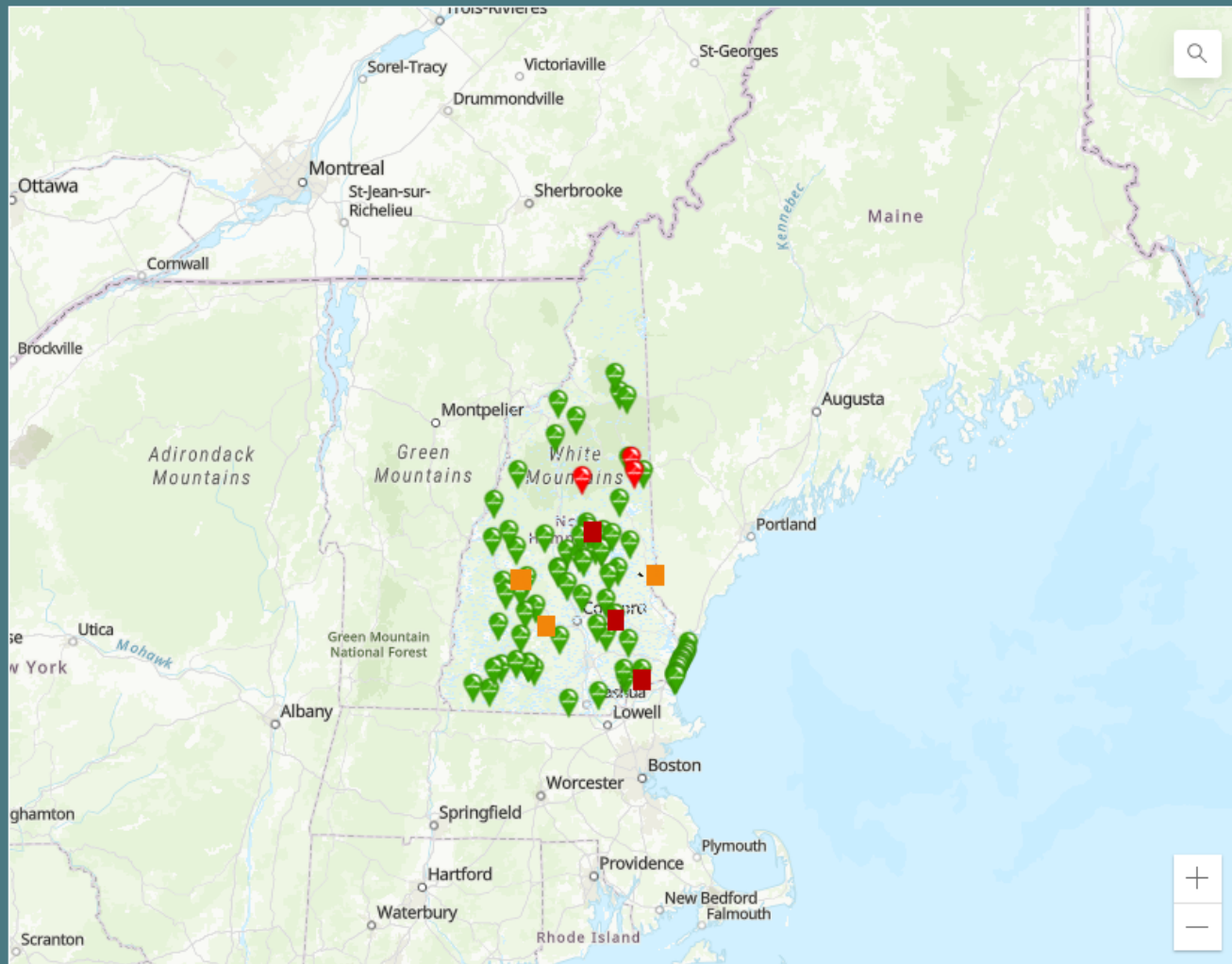


# Healthy Swimming in New Hampshire

Michele Condon

Beach Inspection Program Coordinator, NHDES





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## Current Fecal Bacteria Advisories

- 📍 Corcoran's Pond Beach (on Corcoran's Pond) - Issued on 6/15/2023
- 📍 1st Bridge Recreation Area Beach (on Saco River) - Issued on 6/27/2023
- 📍 Davis Park Recreation Area Beach (on Saco River) - Issued on 6/27/2023

Last update: 29 seconds ago

## Current Cyanobacteria Alerts

- 🟡 NORTHEAST POND - Issued on 6/27/2023
- 🟡 PLEASANT LAKE - Issued on 6/23/2023
- 🟡 KEYSER POND - Issued on 6/27/2023

Last update: 29 seconds ago

## Current Cyanobacteria Warnings (Advisories)

- 🔴 SUNRISE LAKE - Issued on 6/27/2023
- 🔴 COUNTRY POND - Issued on 6/23/2023
- 🔴 NORTHWOOD LAKE - Issued on 6/26/2023
- 🔴 LAKE WINNIPESAUKEE (Center Harbor Bay) - Issued on 6/23/2023

Last update: 29 seconds ago






# Beach Inspection Program

- EPA BEACH ACT
- Routine testing for fecal bacteria
  - 16 coastal beaches
  - ~70 freshwater beaches
- Issue advisories when state criteria is exceeded
- Inform public of human health risk


**ADVISORY**



High levels of fecal bacteria detected in the water.


Swimming in this area is not recommended & wading is discouraged.



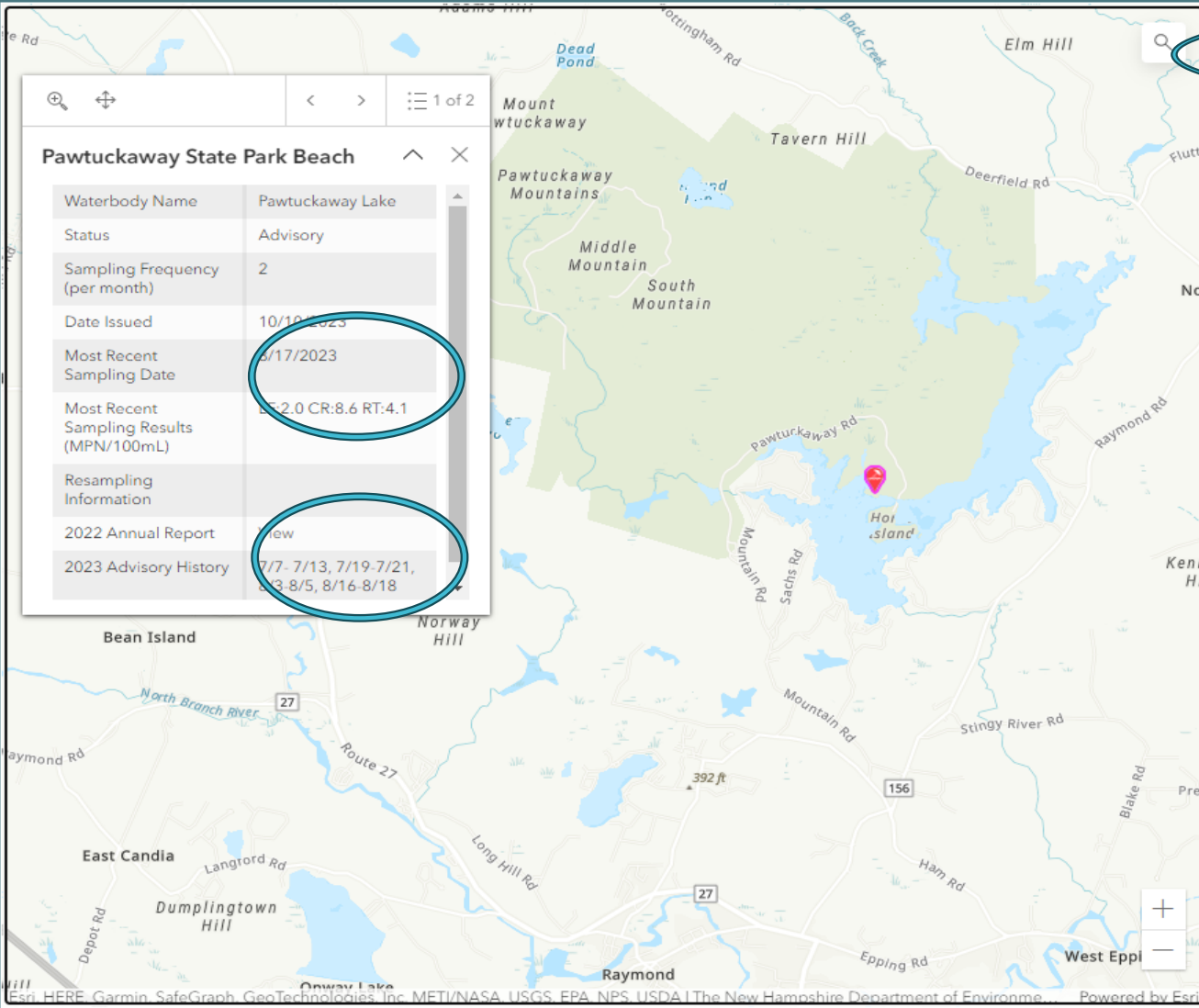
Do not ingest the water.

For current advisories and recent results:  [www4.des.state.nh.us/WaterShed\\_BeachMaps/](http://www4.des.state.nh.us/WaterShed_BeachMaps/)

For more information:  En Español: 



**NHDES Beach Program**  
(603) 848-1905  
beaches@des.nh.gov



## Current Fecal Bacteria Advisories

Pawtuckaway State Park Beach (on Pawtuckaway Lake) - Issued on 10/10/2023

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## Current Cyanobacteria Alerts

- WHITE LAKE - Issued on 10/4/2023
- PINE RIVER POND - Issued on 10/4/2023
- PEARLY LAKE - Issued on 8/9/2023
- SUNRISE LAKE - Issued on 10/5/2023

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## Current Cyanobacteria Warnings (Advisories)

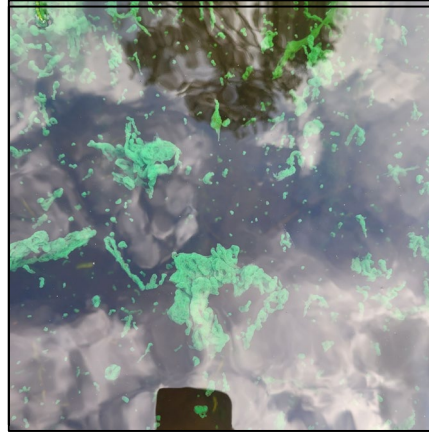
- SHOWELL POND - Issued on 8/1/2023
- PROVINCE LAKE - Issued on 10/4/2023
- LOVELL LAKE - Issued on 10/4/2023
- WHITTEMORE LAKE - Issued on 8/28/2023
- BABOOSIC LAKE - Issued on 9/5/2023
- CRYSTAL LAKE - Issued on 10/4/2023
- ARLINGTON MILL RESERVOIR - Issued on 7/28/2023

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# Cyanobacteria HAB Program



[Cyanobacteria  
Bloom Report Form](#)



# Cyanobacteria HAB Program

- Response based monitoring
- Issue advisories when state criteria is exceeded
- Inform public of human health risk



**WARNING**  
High levels of potentially toxic  
CYANOBACTERIA  
have been identified in this water.

**WATER NOT CURRENTLY SUITABLE  
FOR WADING OR SWIMMING!**

Anyone who comes in contact with scums or discolored water should rinse off with fresh water. Keep pets out.

Scan for current advisories and for more information:

Español/  
Français:

**CONTACT INFORMATION:**  
Cyanobacteria HAB Program  
HAB@des.nh.gov  
(603)-848-8094




Find address or place

Zoom to Pan

### ANGLE POND

Status	Advisory
Town	Sandown/Hampstead
Most Recent Sampling Date	9/12/2022
Date Issued	9/12/2022
Bloom Description	Green clouds and surface streaks.
Initial Cyanobacteria Identified	Dolichospermum
Initial Total Cyanobacteria Density (cells/mL)	138,200
2023 Advisory History	No advisories issued
Historical Advisories	View

Image taken on 9/9/2022



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### Current Beach Advisories

Pawtuckaway State Park Beach (on Pawtuckaway Lake) - Issued on 8/9/2022

Last update: 35 minutes ago

### Current Cyanobacteria Alerts

COUNTRY POND - Issued on 5/23/2022

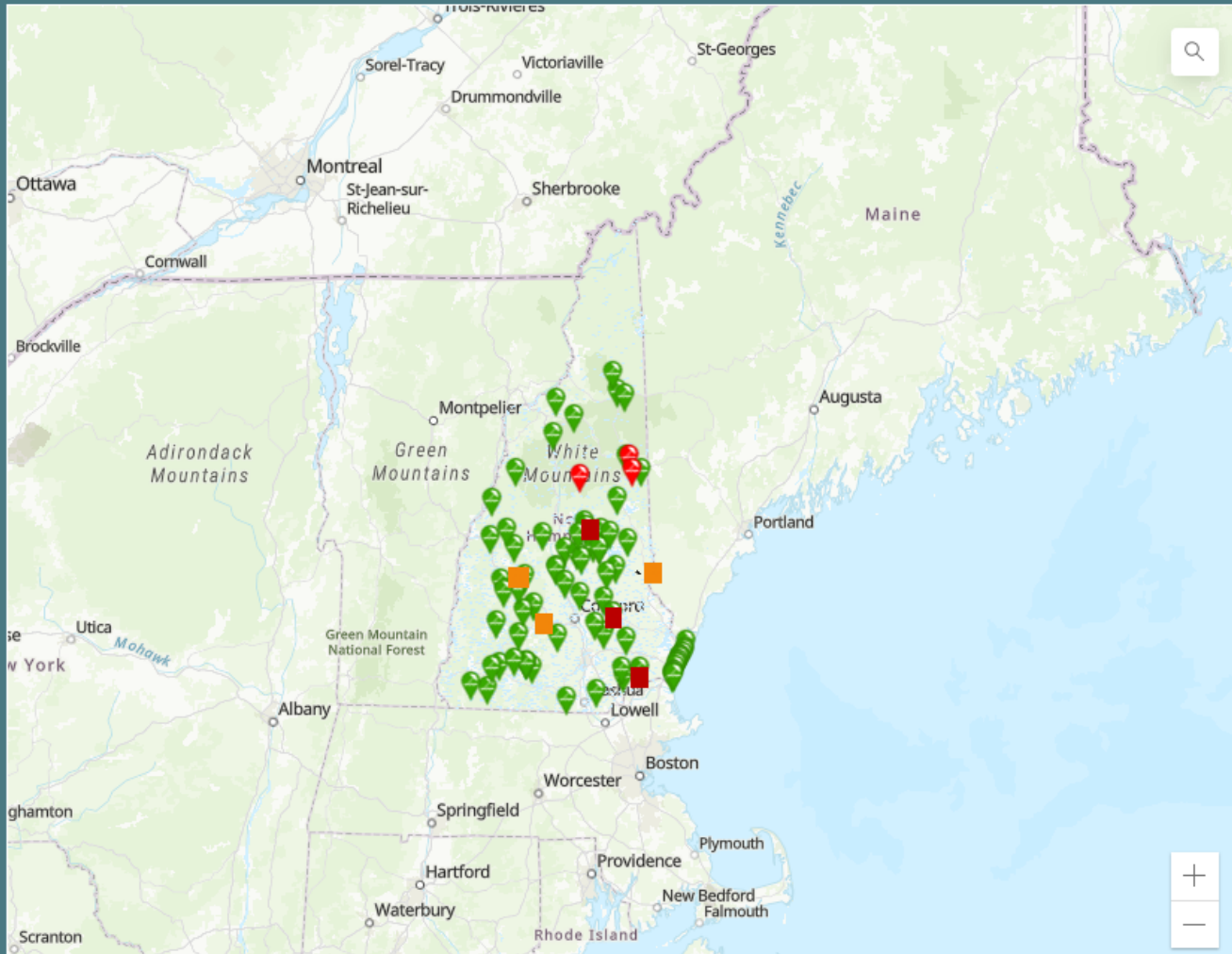
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### Current Cyanobacteria Advisories

ANGLE POND - Issued on 9/12/2022

Last update: 35 minutes ago








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**Michele Condon**  
Beach Inspection Program Coordinator, NHDES  
[Michele.E.Condon@des.nh.gov](mailto:Michele.E.Condon@des.nh.gov)  
603-848-1905

[Healthy Swimming Mapper](#)

[Cyanobacteria Bloom Report Form](#)



Thank You!



# Zebra Crossings: Camp Spinnaker



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Speaker: Debra Taylor

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Position: Executive Director of Zebra Crossings

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Overview: Zebra Crossings enriches the lives of youth and families impacted by chronic medical conditions through programs that build strong support communities, generate positivity, and empower participants.

# Zebra Crossings

Deb Taylor



## Mission & Vision

Mission: Zebra Crossings enriches the lives of youth and families impacted by chronic medical conditions through programs that build strong support communities, generate positivity, and empower participants.



Vision: Empowering all children with chronic medical conditions to reach their full potential.

# Program Goals



- Play and be worry free for a while
- Try new experiences
- Move beyond perceived limitations
- Develop a sense of independence
- Increase confidence
- Set and achieve goals
- Support others and be supported

# Chronic Medical Condition Defined as:



- Biologically-based condition
- Requiring life long follow up by a medical care specialist
- Brings significant change in the life of child and family

# Medical Conditions

## Conditions of past participants include:

- Allergies
- Asthma
- Autoimmune Disorders
- Cerebral Palsy
- Congenital Heart Defects
- Diabetes
- Epilepsy
- JRA
- PANDA
- Lyme Disease
- Skin Conditions
- CLOVES syndrome
- POTS



# Program Participation Ages & Regions

- Youth ages 6-13
- Teens ages 13-15
- Leaders In Training ages 16-18
- Siblings are welcome
- Support friends welcome on first visit
- Day programs:  
Approximately one hour  
radius from NH Seacoast
- Overnights: 70% New  
England region and New York





# Day Programs

- Group size: Dependent upon activity
- Various Seacoast locations and partners
- Program staff 1:12 with volunteers 1:6



## Program Cost & Support

Scholarships are always available!

No child or family is ever excluded from participating in a program due to financial challenge

Funding Sources:

- Grants & gifts
- Corporate sponsorships
- Fundraising events
- Program participant fees
  - Program participation costs vary based on partner organization and location and duration of the program.



## Participant Quotes

*“I learned how to make new friends and how it was fun to be around kids with other health conditions”*

*“I felt like I blended in”*

*“I was scared to try new things first, but after I felt courageous”*



*“I learned that nobody judges me about how I am and that is fun”*

*“What others would consider ‘fun’ weekends are so hard for my kids. They can’t participate with their typical peers...this weekend gave us amazing activities with an instant, supportive community that really gets it. I’m a single mom so traveling alone is not feasible. But this weekend I felt like I was with family.”*

# Zebra Crossings' Lessons Learned

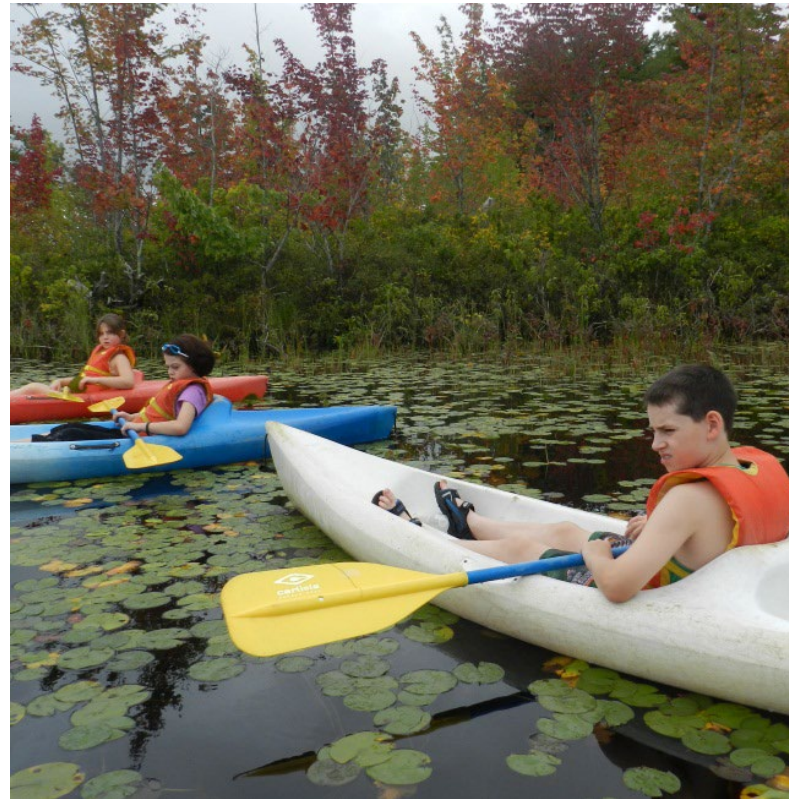
- Form partnerships with others to help accomplish your program goals & serve more people
- Build an engaged network of volunteers
- Pursue funding from third parties to increase access to the work of your program



Thank you for  
your time!

My daughter does not feel alone anymore. She feels that she can talk openly about her experiences when she is at Zebra Crossings. Most importantly, she is inspired by the other kids at camp.”  
– ZC Parent

Contact us at:  
[Info@Zebra-Crossings.org](mailto:Info@Zebra-Crossings.org)



Transferability – How could your programs apply these approaches/solutions?

- ***NH Water Wellness:*** Demonstrates program adaptation to improve efficiency, meet the needs of both program administrators and participants, and adjust to funding changes.
- ***Online Training for NH Child Care Workforce:*** Uses technology to expand the reach of a training program, allowing front line staff to be more informed and empowered to support children with potential hazard exposure.
- ***Healthy Swimming Mapper and Cyanobacteria Harmful Algal Bloom Program:*** Engages the community in real time effort to protect recreators.
- ***Zebra Crossings:*** Creates opportunities for people to feel empowered to move beyond perceived limitations and live life to the fullest.