



# *IEHA Digest*

*Idaho Environmental Health Association*

*May 2015*



## **Food Protection Program**

The Food Protection Program is in the process of trying to update the Idaho Food Code. Patrick Guzzle will be hosting a series of public meetings throughout April and May to advise stakeholders and gather input about the proposed updates. The Food Protection Program is proposing to adopt the 2013 FDA Model Food Code.

The Food Protection Program will also be hosting a series of meetings related to Cottage Foods. Cottage Foods are foods made at a person's private home and then sold directly to a consumer. As you are probably aware, Idaho's practice has been to allow non-TCS (non-PHF) foods, without regulation. During the 2015 Legislative Session, there was a bill introduced that would have mandated the creation of a sub-program specific to Cottage Foods. Unfortunately, the bill did not provide any extra resources for the state Food Protection Program and Patrick, at the direction of the Director of the Department of Health and Welfare, testified in opposition to the bill.

Since that time, Patrick has been involved in conversations with several stake holders and it is apparent that there is a good deal of confusion about what is allowed and what is not allowed under current practices. The Cottage Food meetings will attempt to clarify this issue.

The full schedule of meetings, an outline of the proposed changes to the Idaho Food Code, and presentations that will be given during the meetings are all posted at: [www.foodsafety.idaho.gov](http://www.foodsafety.idaho.gov)



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## It FEEDS, On Moisture!



A yellow taxi comes to a halt in front of a majestic two story Victorian era house. A large porch proudly pushes forth encased by turned posts and decorative railings. Corbels, decorative gable trim and gothic windows similar to Georgian and Regency architecture beg pedestrians to wonder what elegant designs lay inside. Hannah and Gabriel Walker emerge from the taxi just as a gentle breeze rustles the leaves of several oak trees on the property. They both linger a moment inhaling the fresh small town country air. “Home,” Gabriel grumbles with a hint of disappointment in his voice. “No more sunny beaches to forget our worldly concerns.” He reluctantly steps onto the gravel walkway moving to the back of the taxi. Hannah glances back as the driver removes their luggage, “Yes, but 14 days was a very relaxing vacation”. As the couple begins to walk toward their front door, a sudden sense of foreboding washes over Gabriel. He hesitates just for a moment before opening the door.

Musty, damp air floods their senses as the couple crosses the threshold. “What... where is that odor coming from? Did you forget to take the garbage out?” Hannah gasps. “NO!”, careful not to register even the slightest surprise at the accusation, Gabriel begins to hastily recall the day they left for the airport. “I have no idea what is the cause. Let’s search around and open some windows”.

Hannah vanishes down the hallway decorated with adornments and family photos. After several minutes, a scream shakes the home’s foundation, “AHHHHH... The carpets are completely soaked outside the laundry room!” Gabriel hastily arrives just as Hannah opens the door and bears witness to an overwhelming musty odor. The power of this invisible assailant slams into him and he instantly covers his mouth gasping for clean air, “Oh, wow! What a lovely stench you have uncovered!” They both peer into the dark shadowy laundry room, hesitating just enough hoping that the other will venture forth to find the light switch. Looking at Gabriel with a “You go first” glance, Hannah, disgusted, steps into the room, “Fine. I’ll get the light!” In her mind she envisioned an *expedition deep into the backwoods, exploring the damp, fragrant, secret fear of the wilderness at night, and hearing the deep growl of something just out of sight, the size of Bigfoot.*

Suddenly the room is dragged from the darkness illuminating a cubby hole sized room. A large puddle of water rests around the washing machine pulling forth years of dirt and grime from hidden areas best left unseen. “Oh, No!” Gabriel screams as he rushes to the washer and pulls it away from the wall exposing a large mass of green organic life. Pure cascading white clouds of growth surrounded by dark spots with green fuzzy-like appendages spread out reaching for a new habitation. Hannah bolts from the room into the hall, “AHHH, An Alien! I’ll call the National Guard.” Gradually the undulating mass begins to rise and fall. For a second Gabriel could have sworn the mass rippled and moved to engulf him but reality trickles back, “Wait! Just do a web search for mold testing and clean-up.” He quickly reaches behind the washer, turning off the valve stopping the flow of water. Removing the broken hose, he quickly exits the room and closes the door.

As Gabriel enters the living room, “Alright, I pulled up [www.EPA.gov/mold](http://www.EPA.gov/mold)” Hannah says gesturing broadly for a pad and pencil. Quickly she scans a topic that referred to how testing is not necessary. Then briefly over a topic on how mold and mold spores are a part of the natural world and play a vital role in the environmental decomposition of dead organic matter. Hannah skips forward to read, “When mold is found in a home it can be an issue, potentially causing health problems such as allergens, irritants, and in some cases a toxic reaction.” She stops briefly to glance over the next topic catching the last lines, if you can see or smell

mold, you have mold. The clean-up is the same for all types of mold issues. She takes the pencil and begins writing on the pad of paper. “To get rid of the mold problem, we need to fix the water or moisture issue. Typically if you can dry the area in 24-48 hours mold may not grow. Also...” Hannah gesture a mythical square box with her hands, “If the area of mold is less than 9 square feet we can most likely handle the job. Anything larger than that and we may need to contact a restoration service to assist with the clean-up.” She turns to Gabriel with an inquisitive questioning look in her eyes.

“We can handle the clean-up... unless we need an inspection or agency to look it over?” Gabriel says as he moves to the kitchen to check the status of the cleaning supplies.

“It says here that since there are no federal guidelines concerning mold limits on safe levels, there also aren’t any state inspectors to come assess our new extraterrestrial growth.” When Gabriel doesn’t respond, she hands him the pad, “this is what we need.” He looks at the list,

- N-95 respirators
  - Rubber gloves
  - Goggles (without holes to protect your eyes from mold spores)
  - Detergent I if we are out (we will add water for cleaning)
- \*\*not bleach (a Biocide) this can add addition harmful conditions\*\*

“I will also grab some plastic sheets to cordon off the clean-up zone and a new hose for the washer.” Gabriel turns grabbing his car keys from the counter. At the hardware store after collecting all his supplies he notices a sign in the cleaning aisle,

*Preventive measures that can help to avoid condensation and mold growth are; (1) reduce the humidity, (2) increase ventilation, (3) insulate cold surfaces and (4) increase air temperature.*

***Remember: IF YOU STOP THE MOISTURE, YOU STOP MOLD GROWTH!***

At home as they put the finishing touches on the laundry room decontamination, Hannah quickly stands up exiting the small room, “Now that you are a cleaning pro, go clean the garage!” Heaving several bloated trash bags of moldy carpet and drywall over his shoulder, Gabriel stiffens, “Wait, What!?”

*Written by: James LaMarche, IDHW*



## ***Message from President-Elect: Proposed changes to Constitution and By-Laws***

Dear IEHA Members:

I have recently proposed extensive changes to the Constitution and Bylaws for our Association. I understand many of you have questions as to why these changes are being proposed and what direction they will take our Association in. A simple explanation to many of the changes is that the Constitution and Bylaws are simply outdated in language and reference, there are repetitive elements that can be removed, and some organizational formatting that can be included. The major driver of these proposed changes though is to help refocus our organization on providing our members the best educational opportunities available within the Association's means, and to recognize and embrace the multitude of other professions that play a role in environmental health outside of the state's REHSs.

Under our current structure the Association mainly caters to, and exists off of, a membership pool consisting of the REHSs employed by Idaho's Public Health Districts. IEHA survives off of the member dues and conference registration fees that are obtained on a yearly basis. These dues and registration fees directly correlate to the educational opportunities that can be made available to you as members. Since we have a limited pool of REHSs in Idaho and an even more limited pool of those that can attend our annual education conference every year the Association must look to outside professions to grow and bring in revenue. The growth and increased revenue can then be returned to the Association's members in the form of the best educational opportunities possible. Growth to outside professions is something I strongly believe the Association is capable of doing while still remaining true to the Association's mission.

Another area that is critical to the operation and survival of the Association is member participation on the Executive Council, Association Committees, and volunteering to help during the annual education conference. To be blunt, member participation in these areas has been poor at best during my tenure on the Executive Council. Expanding our member pool will also help address this critical issue as well by providing a larger pool of members to draw from for participation. By filling the Executive Council and Committees with willing participants, the Association will be able to provide its members with better service and auxiliary benefits (e.g., legislative tracking, position statements, awards, and education).

The changes I have proposed will help focus the Association on its core mission of environmental health education, incentivize membership to non-REHS credentialed professionals in the environmental health field, and bring our Constitution and Bylaws up to date. If the refocusing of our Association is supported by the members your Executive Council will also work to market our annual education conference to the outside professions we intend to target. The end goal of these efforts will be to provide our members better educational opportunity, increase the recognition of public and environmental health, increase membership, and increase member participation in the Association.

I hope you will support the Association in these efforts by supporting the proposed changes to IEHA's Constitution and Bylaws. If you have questions, suggestions, or would like to discuss these changes or our Association I welcome you to contact me at 208-373-0140 or [tyler.fortunati@deq.idaho.gov](mailto:tyler.fortunati@deq.idaho.gov).

## **2015 Scholarship Winner - Karen Frazier**

Karen Frazier is currently enrolled at Boise State University with an anticipated graduation date of Fall 2015. Her major is Environmental and Occupational Health. Karen's summary of what she believed to be a current issue in environmental or public health in Idaho concerned the recent spent nuclear fuel at the Idaho National Laboratory near Arco, Idaho.

"A current issue in environmental health is the recent decision of Governor C.L. "Butch" Otter to allow spent nuclear fuel to be deposited at the Idaho National Laboratory. Opposition was expressed by former governors Cecil Andrus and Phil Batt in article: "Gov. Otter Responds to Former Governors on INL Nuclear Waste Importation" (*Murri 1*). This issue addresses the need for our state to protect our ground water, while also providing room for the state's need for financial opportunity. The issue exemplifies the tension that often accompanies different priorities of decision makers. Although there are conflicting preferences; it is my opinion that through the education, awareness and open discussion of all parties of interest the best outcome is achieved.

The importance of protecting our groundwater cannot be handled superficially. I believe that issues such as protection of our groundwater deserves the attention and efforts required to reach full buy-in from all decision makers. While acknowledging that industry and financial opportunity is also a part of Idaho's health, there is most likely a solution that allows for all parties to win once all the information has been provided and all issues are looked at from the "big picture" perspective.

Ultimately, my view is that all issues regarding the health (environmental, financial, etc) of the community have to be addressed as a whole issue. Through seeing these issues as whole and reaching for the involvement and approval of all parties, progress is ensured and the potential for future regression is reduced."

## **Lifetime Achievement Award - Marty Jones**

Marty Jones, Central District Health Department, was awarded the Lifetime Achievement Award at the 2015 IEHA March business meeting. Marty has been an Environmental Health Specialist for 40 years. He graduated from Illinois State University with a BS in Environmental Health. He was hired at CDHD in 1978 and has been a member of IEHA since 1979. Congratulations and thanks to Monty.



## Job Announcements

Idaho DEQ

["Scientist 3"](#) position in Wastewater Reuse - Boise

["Analyst 3"](#) position in Drinking Water Protection - Coeur d'Alene

[IPDES Municipal Permit Specialist](#) in Boise.

Public Health District 3

[Health Education Specialist](#) in Public Health Preparedness - Caldwell

## Elementary!

*Do you remember the names that go with the atomic symbols?*

As      -----  
C        -----  
Ca       -----  
Cl       -----  
Cu       -----  
F        -----  
Fe       -----  
H        -----  
Hg       -----  
K        -----  
Mg       -----  
Mn       -----  
N        -----  
Na       -----  
O        -----  
P        -----  
Pb       -----  
Rn       -----  
S        -----  
U        -----

***Idaho Environmental Health Association***

***[www.ieha.wildapricot.org](http://www.ieha.wildapricot.org)***