



# Mid-Atlantic Center for Children's Health & the Environment

## Fiscal Year 2013 Impact Report



# Fiscal Year 2013 Summary

The Mid-Atlantic Center for Children's Health and the Environment is one of ten Pediatric Environmental Health Specialty Units (PEHSUs) in the United States. The Mid-Atlantic Center serves the states in federal Region III: Maryland, Virginia, Delaware, Pennsylvania, West Virginia and the District of Columbia.

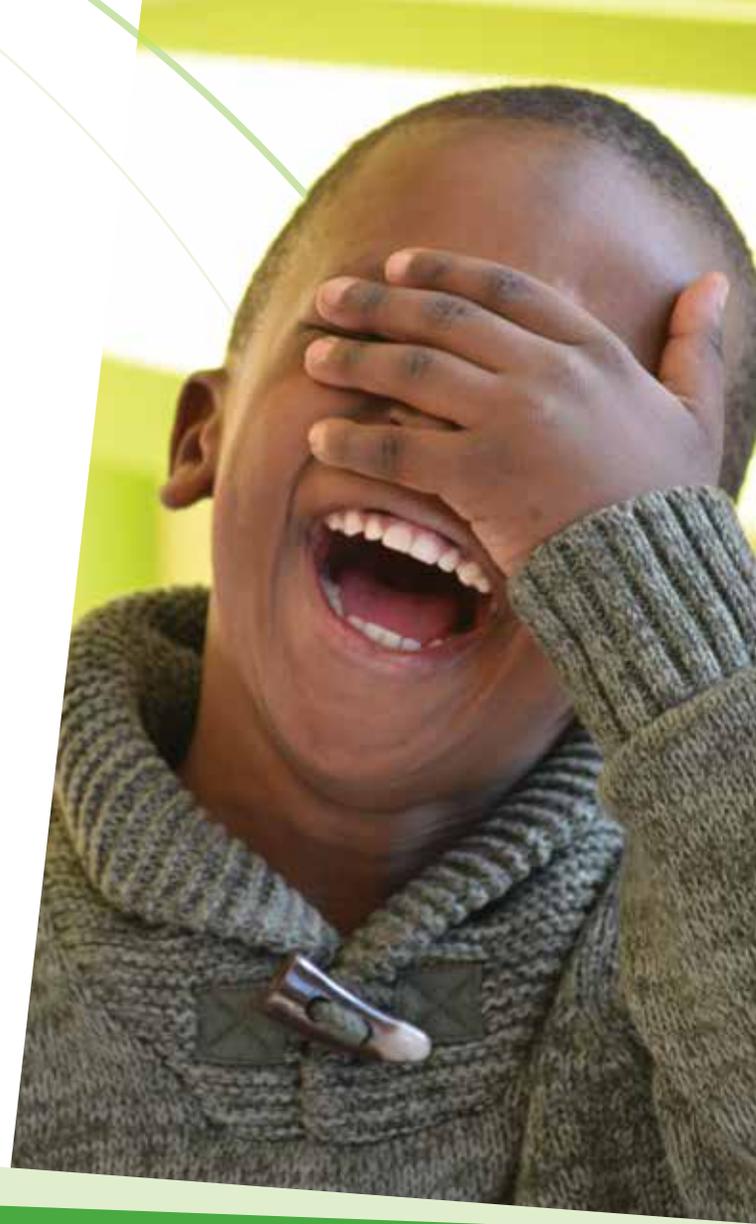
The mission of the Mid-Atlantic Center is to improve the recognition and management of environmental health problems in our region. By educating health professionals, parents, caregivers and concerned citizens about the impact of the environment on child health, the Mid-Atlantic Center aims to reduce environmental health disparities in Region III.

The Mid-Atlantic Center provides educational programming and consultations at no cost to those in the Mid-Atlantic region. Anyone - parent, community member, physician, nurse, public health official, can contact the Mid-Atlantic Center to receive academic, unbiased, and science-based answers to questions on environmental health topics. Residents of the Mid-Atlantic can also request a speaker to present on an environmental health topic at annual or noon conferences, webinars, staff meetings, brown bag lunches or grand rounds.

More information about the Mid-Atlantic Center, as well as resources, is available on our website at [www.childrensnational.org/macche](http://www.childrensnational.org/macche)

More information on the PEHSUs can be found at [www.pehsu.net](http://www.pehsu.net)

The MACCCE serves as a resource to health care providers, parents, and the public on children's environmental health issues.



During fiscal year 2013, the Mid-Atlantic Center responded to requests for consultation and provided educational programming throughout the Mid-Atlantic region. This report highlights the achievements of the Mid-Atlantic Center in 2013, as well as some of the special ongoing and completed projects.

The Mid-Atlantic Center is funded by the Association of Occupational and Environmental Clinics through a collaborative agreement between the Agency for Toxic Substances and Disease Registry and the US Environmental Protection Agency.

During fiscal year 2013, the Mid-Atlantic Center staff consisted of Director, Jerome Paulson, MD, FAAP, Consultant Toxicologist, Kevin Osterhoudt, MD, MS, FAAP, FAACT, FACMT, and Program Coordinator, Ms. Veronica Tinney, MPH.

# Educational Programming

The Mid-Atlantic Center provided a total of 68 trainings on topics of environmental health to 2,379 total participants during fiscal year 2013.

The Mid-Atlantic Center collaborates with organizations throughout the region to provide trainings, as well as initiates and plans meetings. Some of the partner organizations that the Mid-Atlantic Center worked with during fiscal year 2013 include:

- The Maryland Environmental Health Network
- Lancaster General Hospital
- Howard University
- Delaware Nurses Association
- Virginia Association of School Nurses
- The George Washington University Department of Obstetrics and Gynecology
- The Center for Health, Environment, and Justice
- The Pennsylvania and Mid-Atlantic Public Health Training Centers (HRSA funded)
- Pennsylvania Association of School Nurses and Nurse Practitioners

2013  
Outreach:

68

Total Trainings

2,379

Participants

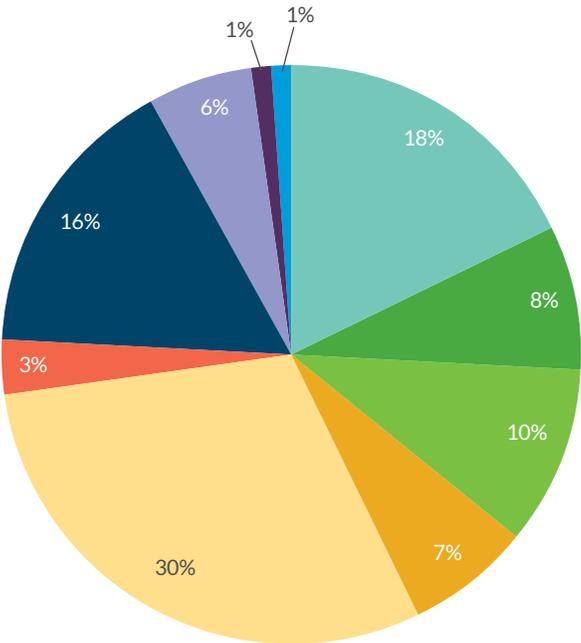
The Mid-Atlantic Center provides training based on the needs of the organization requesting the training. During fiscal year 2013, there was demand for the presentation “Environmental Management of Pediatric Asthma” as well as “Lead Poisoning in the 21st Century,” which in part explains interpretation of the Centers for Disease Control June 2012 updated blood lead level guidelines. Other presentation topics included:

- The Potential Health Impacts of Unconventional Gas Extraction
- An Introduction to Children’s Health and the Environment
- Children’s Environmental Health in Schools
- The Home and Human Health
- Climate Change and Human Health
- Climate Change – Allergy and Asthma



The following shows the distribution of the 2,379 participants of the Mid-Atlantic Center trainings in fiscal year 2013. The majority of participants were health professionals; however, the Mid-Atlantic Center also provided training to a variety of community members, including those in government agencies and students.

## Target Audience



| Target Audience                              | Count        |
|--|--------------|
| Clinical Trainees                            | 429          |
| College Student (Health Sciences)            | 182          |
| Entire Community                             | 242          |
| Government Agency (Other)                    | 169          |
| Health Professionals                         | 720          |
| Media  | 80           |
| Nurse (Including RN)                         | 369          |
| Physician, College Student (Health Sciences) | 128          |
| School Personnel                             | 30           |
| Water supply professionals                   | 30           |
| <b>TOTAL</b>                                 | <b>2,379</b> |

|                      | Percentage |
|----------------------|------------|
| Health Professionals | 70%        |
| Community Members    | 30%        |

# Social Media Outreach

During fiscal year 2013, the Mid-Atlantic Center began outreach to community members of Region III through social media platforms and by collaborating with public health bloggers, mommy bloggers and community listservs.

Below are some of the blogs the Mid-Atlantic Center authored posts during fiscal year 2013:

- **North East Pennsylvania Mom** – *The Mid-Atlantic Center for Children’s Health and the Environment: A Resource for Moms in Pennsylvania*
- **Let Mommy Sleep** (An overnight nursing service for Maryland, Northern Virginia and the District of Columbia) – *Environmental Hazards and Your Child’s Health*
- **Bloomington, District of Columbia, Neighborhood Blog** – *Children’s National Medical Center Free Health Service Regarding a Lead-Safe Home*
- **Let Mommy Sleep** (An overnight nursing service for Maryland, Virginia and the District of Columbia)– *Safe Environments for Children: Creating a Healthy Home*
- **Insights and Observations by Dr. Angel** (blog of a pediatrician practicing in McLean, Virginia) – *What Everyone Should Know about Arsenic*
- **Prince William County Maryland Moms** – *The Mid-Atlantic Center for Children’s Health and the Environment: A Resource for Moms in Maryland*

The Mid-Atlantic Center also created a twitter account ([@MACCHE\\_DC](#)) to provide information about our center’s resources, timely insight on environmental health news and to connect with regional partners. The Mid-Atlantic Center will continue to use social media as a free way of promoting our center and resources. Since creating the MACCHE twitter account, our center has gained over 350 followers. Below are some examples of what our followers are saying about us:

see [@MACCHE\\_DC](#)’s message on lead-safe homes [@childrenshealth](#) [@DCWater](#) [@DDOE\\_DC](#) [tinyurl.com/kcb9hzh](http://tinyurl.com/kcb9hzh) [#BloomingtonDC](#) [#ward5](#)

**Scott Roberts**  
[@ScottRobertsDC](#)

[@Chris\\_S\\_Han](#) [@YaleMFM](#)  
[@Ctr4FetalMed](#) [@lilyskidsinc](#)  
[@MACCHE\\_DC](#) You guys are awesome!  
We’re pumped to start the day!

**text4baby**  
[@mytext4baby](#)

[@MACCHE\\_DC](#) Sure! Saw your website. Looks like a great organization, much needed with lots of good info on children’s health and environment

**Dr. Amy Dean**  
[@DrAmyDean](#)

Fabulous! RT [@MACCHE\\_DC](#): We are a FREE [#health](#) resource 4 [#parents](#) in [#virginia](#)! Learn more at [bit.ly/MACCHE](http://bit.ly/MACCHE)

**Real Housewives NOVA**  
[@NOVAHousewives](#)



## Consultations

The Mid-Atlantic Center provides consultations at no cost on issues related to the environment and children's health. During fiscal year 2013, the Mid-Atlantic Center received 57 initial requests for consultation, and 33 follow up requests, for a total of 90 consultations. An initial request is defined as a new request for consultation, and a follow up as the additional requests related to the same topic, as well as any follow up provided by the Mid-Atlantic Center. The Mid-Atlantic Center maintains a toll-free telephone number, as well as an email address, wherein patients can contact for assistance on an environmental health topic.

While anyone can contact the Mid-Atlantic Center as a resource, the majority of requests come for parents or caregivers with concerns related to their children (58%). The second source of consultative requests comes from physicians on behalf of their patients (21%). Additionally, members of government agencies sometimes call on behalf of a constituent or a nurse of behalf of a patient.

The chart on the right shows the distribution of referrals of patients to the Mid-Atlantic Center. The majority of patients contact the Mid-Atlantic Center following a referral from their physician or healthcare provider. Additionally, many patients, when they have contacted the Mid-Atlantic Center, continue to use the Mid-Atlantic Center as a resource for environmental health issues. This is demonstrated by the 25% of callers with prior knowledge of the Mid-Atlantic Center.

2013  
Consultations:

57

Initial

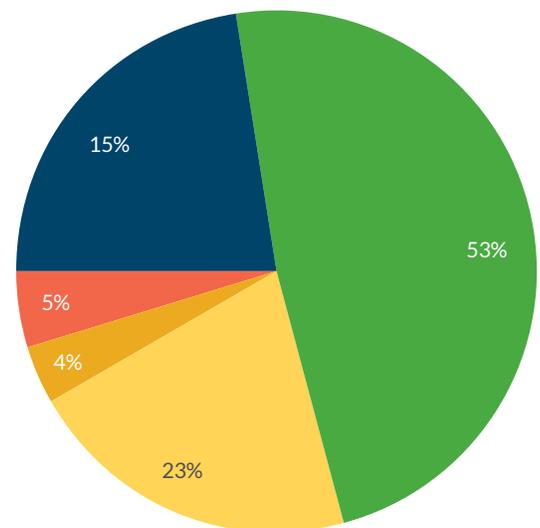
33

Follow-up

90

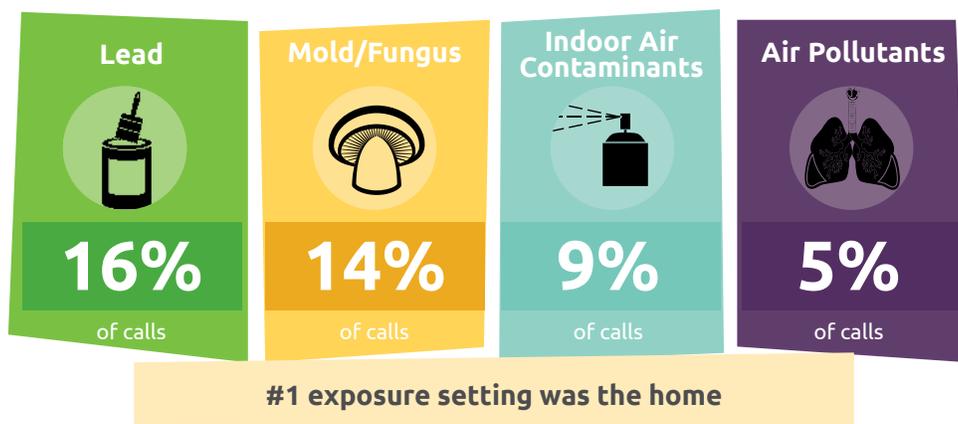
TOTAL

## Referrals to MACCHE



# Consultations

Though consultative requests covered a variety of issues, the diagram below illustrates the most commonly requested topics.



## 2013 Conference: Conference on Environmental Health for Obstetricians and Gynecologists

On September 20th, 2013, the Mid-Atlantic Center for Children's Health and the Environment and the George Washington University Department of Obstetrics and Gynecology hosted a *Conference on Environmental Health for Obstetricians and Gynecologists*. The conference invited faculty members and residents from academic programs of obstetrics and gynecology in Region III to attend a day-long meeting in Arlington, Virginia, just outside Washington, DC. Participants totaled 60, with members of Region III EPA and ATSDR in attendance, as well as students, volunteers and speakers.

The goal of the conference was to provide participants with an overview of environmental health topics, as well as resources and tools to begin integration of environmental health topics into residency training and clinical practice of obstetricians and gynecologists.

Dr. Jeanne Conry, President of the American Congress of Obstetricians and Gynecologists (ACOG), started the day by explaining the important role obstetrician-gynecologists can play in preventing the adverse outcomes of environmental exposure during pregnancy. Dr. Conry spoke of ACOG's initiatives surrounding environmental exposures and urged participants to become advocates for the protection of women from toxic chemicals. The conference was relevant and well-timed, as ACOG and the American Society for Reproductive Medicine released their joint committee opinion "Exposure to Toxic Environmental Agents" on September 24th, 2013.

For the remainder of the morning, participants stayed together for plenary sessions to hear Dr. Jerome Paulson speak about the role of the Mid-Atlantic Center and the PEHSUs as a resource in pediatric environmental health, as well as Dr. Kevin Osterhoudt provide an overview of environmental health. Dr. Donald Mattison, of Risk Sciences International, discussed how drug interactions are different between males and females, and how to use what is known about environmental health in clinical practice of obstetrics-gynecology. Dr. Frederica Perera, a prominent researcher at the Columbia Children's Center for Environmental Health, spoke about the impact of pesticide exposure in utero and its impact on child development. During lunch, Dr. Sarah Obican, of Columbia University, led participants through a series of case studies that might be encountered during clinical practice, and how to advise patients.

Dr. Paulson explains that the Mid-Atlantic Center and PEHSUs are a resource for OBGYNs.

Following lunch, participants chose between several breakout sessions which provided more detail on emerging issues in environmental health. Dr. Ami Zota, of the George Washington University School of Public Health and Health Sciences, spoke about the impact of endocrine disrupting chemicals and the ubiquity of chemicals in pregnant women of the US. Dr. Kjersti Aagaard explained the role of the environment on the epigenome. Dr. Jerome Paulson outlined how clinicians can advocate for environmental health policy. Dr. Mary Mortensen, of the Centers for Disease Control, reviewed biomarkers of



# 2013 Conference: Conference on Environmental Health for Obstetricians and Gynecologists

toxic exposures in pregnant women and infants in the US. Dr. Alex Stagnaro-Green, of the George Washington University School of Medicine and Health Sciences, demonstrated how all environmental exposures are not harmful, in that iodine cannot be produced by the body and is necessary for healthy neurodevelopment. Following the afternoon breakout sessions, participants re-convened to listen to Patrice Sutton, MPH, of the Program on Reproductive Health and the Environment at the University of California San Francisco, explain how randomized control trials are not always available in environmental health research and provided an overview of resources for obstetrician-gynecologists in interpreting environmental health research. The conference concluded by discussing the integration of environmental health topics in obstetrics and gynecology education, the possible barriers that would be encountered, and the resources required.

Initial feedback from the conference was very positive. By the end of the meeting, several participants were identified as being interested in continuing the conversation beyond the conference on how academic programs of obstetrics and gynecology can educate the next generation of practitioners on the influence of the environment on maternal and fetal health. The Mid-Atlantic Center plans to convene a work group of obstetricians and gynecology that can champion environmental health in their profession throughout Region III.

Dr. Perera explains her center's research on pesticides and policy implications.



Dr. Paulson explains how OBGYNs can be advocates for environmental health policy during a breakout session.

# Fiscal Year 2014 Goals

## **Maternal and Child Health Professionals**

As a continuation of the effort to incorporate obstetrician-gynecologists into the broader field of environmental health, the Mid-Atlantic Center will work in fiscal year 2014 to reach out to other professions within maternal and child health. Planning for a series of workshops is underway for leaders in Title V programs throughout Region III that would address environmental health issues commonly seen in Title V programs, such as; environmental justice issues, the home and human health and reproductive environmental health. The Mid-Atlantic Center will work with the West Virginia School of Public Health, the Pennsylvania Public Health Training Center and the George Washington University School of Public Health and Health Sciences, Department of Environmental and Occupational Health, to convene workshops in Spring of 2014 in Washington, DC, Pittsburgh, PA, and Charleston, WV.

## **Healthy Homes**

The exposure setting most commonly cited in requests for consultation received is the home. During fiscal year 2014, the Mid-Atlantic Center will work to establish the capacity to perform home health assessments. Through staff training, partnering with organizations such as the National Center for Healthy Housing, and utilizing other PEHSUs centers with established home assessment programs as a model, the Mid-Atlantic Center hopes to be able to provide patients of the Mid-Atlantic Center, and eventually the whole of Children's National Medical Center, with an in-house home assessment service.

## **Health Professions Education**

The George Washington University School of Medicine and Health Sciences will be revising the curriculum for medical students during FY14. The Mid-Atlantic Center will participate in the committee focusing on the public health portion of the curriculum and work to have aspects of environmental health (not just pediatric environmental health) incorporated in the curriculum for M1-M4 students. MACCHE will also join with the Rodham Institute at George Washington University to add environmental health to the interdisciplinary health education for professionals and the community undertaken by the Institute.

---

*Disclaimer:* This material was developed by the Mid-Atlantic Center for Children's Health & the Environment and funded under the cooperative agreement award number 1U61TS000118-03 from the Agency for Toxic Substances and Disease Registry (ATSDR).

*Acknowledgement:* The U.S. Environmental Protection Agency (EPA) supports the PEHSU by providing funds to ATSDR under Inter-Agency Agreement number DW-75-92301301-0. Neither EPA nor ATSDR endorse the purchase of any commercial products or services mentioned in PEHSU publications.



Mid-Atlantic Center for Children's Health and the Environment  
Children's National Medical Center  
2233 Wisconsin Ave NW Suite 317  
Washington, DC 20007  
Toll-free: 1-866-622-2431  
Email: [macche@cnmc.org](mailto:macche@cnmc.org)  
Twitter: @MACCHE\_DC

Thanks to:

