

HOUSING IS HEALTH

“Your zip code is a better predictor of your health than your genetic code.”

— Melody Goodman, assistant professor at Washington University

HOUSING IMPACTS LEAD EXPOSURE | DID YOU KNOW?

- There are four main sources of lead in Cleveland: paint, pipes, soil, and commercial wastes.
- Lead can be absorbed either through inhalation (e.g. breathing in lead dust from chipping paint) or digestion (e.g. eating paint chips). It is then distributed and stored in the bones, blood, and tissues. The health effects of lead are the same, regardless of the route of exposure.
- Lead exposure is especially dangerous in children. Although many children with lead poisoning do not have obvious symptoms, exposure to the toxin can have lifelong impacts on multiple aspects of a child's wellbeing.
- Lead exposure in early stages of life has adverse effects on child development, such as cognitive impairment manifested by scores on intelligence tests, poor academic achievement, and behavioral problems.
- In adults, lead exposure can result in decreased kidney function, increased blood pressure, gastrointestinal problems, fatigue, memory problems, and neurological damage.
- Ohio children have elevated blood lead levels at more than twice the national rate.
- 25% of children in Cleveland are exposed to lead at or above the CDC's reference value of 5 micrograms/dL before they enter kindergarten.

Sources:

- <https://www.closhcle.org/lead-hazard-qa>
- <https://www.nichollaw.com/blog/lead-exposure-and-long-term-health-effects/>
- <https://www.oregon.gov/oha/PH/HEALTHYENVIRONMENTS/HEALTHYNEIGHBORHOODS/LEADPOISONING/MEDICALPROVIDERSLABORATORIES/Documents/introhealtheffectsmedicalprovider.pdf>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2858639/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2902938/>
- [https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(18\)30025-2/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(18)30025-2/fulltext)
- <https://www.niehs.nih.gov/health/topics/agents/lead/index.cfm>
- <https://www.cleveland19.com/2021/10/06/lead-poisoning-concerns-brought-cleveland-city-council-1st-public-comment-session>

Where you live matters. Housing and health are inextricably linked, so being able to choose the housing of your choice without barriers is critical. The Fair Housing Center for Rights & Research is a not for profit fair housing agency that promotes positive race relations and housing equality. If you think you have been discriminated against in housing related transactions because of your race, color, religion, sex, sexual orientation, gender identity, national origin, familial status, or disability, contact The Fair Housing Center today. Our fair housing advocates can be reached by phone at **(216) 361-9240** or by email at **advocates@thehousingcenter.org**.



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