



LEAD *Action* NEWS

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Article 8

Living With Lead: Lead in the Upper Meža Valley, Slovenia, Lead Week of Action Event 2017

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**Celebrating 5 Years of the
WHO Lead Week of Action**



Living With Lead: Lead in the Upper Meža Valley, Slovenia, Lead Week of Action Event 2017



Written by National Institute of Public Health / Nacionalni inštitut za javno zdravje, Slovenia <http://www.nijz.si/>
<https://www.youtube.com/channel/UCIPyMQKRwlE9geMcuwVM26Q>

In Slovenia, in the 21st century, we still deal with the problem of child exposure to lead. The problem area is the Upper Meža Valley, with long lasting tradition of lead mining and processing. Due to long lasting lead mining and smelting the area is polluted with lead. Consequently, concentrations of lead in the environment are high.

The biggest problem is lead polluted dust, which the inhabitants are exposed to through the gastrointestinal tract and the respiratory system. The main sources of dust are: dry soils, where lead accumulates in the upper layer and the lead-contaminated mining waste, which are used in construction works.

Since 2007, special remediation program, with the aim to protect human health, especially children, is being carried out in the valley. The focus of the program is on activities to prevent exposure to dust and its admission into the body.

During the 5th International lead poisoning prevention week, in October 2017, there were several activities in the Upper Meža Valley. NIPH (National institute of Public Health) Regional Unit Ravne na Koroškem carried out workshops *Let's play health* in local kindergartens. The workshops focused on importance of personal hygiene and enjoyment of a healthy diet, as health protective factors for the inhabitants of the polluted environment. In the workshops children prepared a healthy meal, they practiced hand washing and there were some exercises to emphasise the importance of physical activity.

A few older children in primary school made drawings, posters or they simply wrote something on how to avoid exposure to lead from the environment and reduce its intake into the body. All together there were over 100 products, mostly drawings. We invite you to visit the online exhibition:
<https://myalbum.com/album/1UAVVT8HbmdZ>.



The Upper Meža Valley with 6951 inhabitants is situated in northern Slovenia. In 2007, The Upper Meža Valley was declared a degraded area and since then, several remediation measures have been taken to reduce human's exposure to lead. Remediation program includes: asphaltting the roads, grassing surfaces, soil exchange on playgrounds, safe gardening, wet cleaning of the roads, attics and facades renewal, complementary diet, soil and air monitoring, informational and motivational activities and blood lead monitoring.



Source: <http://www.sanacija-svinec.si>

Photos:

Photographer: Špela Hrenič



Exercises during the workshop



Exercises shown during workshop to emphasise the importance of physical activity



Exercises and Children holding lead safety posters and t-shirts



Children washing hands to emphasise the importance of good hygiene



Children cutting fruit to showcase an example of healthy eating



Example of a healthy diet and children holding lead safety posters and t-shirts



Children holding lead safety posters and t-shirts

KAKO VPLIVA NA TELO

- RAST, RAZVOJ
- ŽIVČNI SISTEM
- ČREVESJE (SLABŠA PREBAVLJIVOST)
- UTRUJENOST
- IMUNE BOLEZNI
- NEPLODNOST

SMERNICE PRI ZAŠRUPITVI

- IMETI 5 OBROKOV NA DAN
- VITAMIN C, ŽELEZO, KALCIJ

KAKO GA VNAŠAMO V TELO

- Z ŽVEČENJEM IGRAC
- NA IGRISČIH (PESEK)
- IZPUŠNI PLINI
- BARVA VODOVODNE CEVI (BAKER)
- NEHIGIJENA
- Z OBUNALI GA ODNESEMO V DOM


KAKO LAHKO PREPREČIMO ZAŠRUPITEV



- Z UMIVANJEM ROK
- Z ZDRAVO PREHRANO (KALCIJ, ŽELEZO, VITAMIN C) → IZLOČA SVINEC
- PRENOVA IGRAL (PESEK)


ZNAKI ZAŠRUPITVE

- PREBAVNE MOTNJE
- SLABOST, UTRUJENOST
- POMANKANJE APETITA
- SLABOKRVNOST
- NESPEČNOST
- OBOLENJE SKLEPON
- BLEDNA, GLAVOBOL

SVINEC





SLOVENSKO

HOW DOES AFFECTS ON YOU

- GROWTH, DEVELOPMENT OF THE BODY
- NERVOUS SYSTEM
- INTESTINES
- FATIGUE
- IMMUNE DISEASES
- INFERTILITY

GUIDELINES

- FIVE MEALS A DAY
- VITAMINS, CALCIUM, IRON

HOW DOES IT COME IN YOUR BODY

- PLAYGROUND
- DUST
- PAINT
- COPPER PLUMBING PIPES
- NO HYGIENE







HOW DO WE PREVEN POISONING

- REGULAR HANDWASHING
- HEALTHY FOOD (VITAMIN C, CALCIUM, IRON)
- RENOVATION PLAYGROUND

SINGS OF POISONING

- INDIGESTION
- FATIGUE
- NAUSEA
- WEIGHT LOSS
- ANEMIA
- INSOMNIA
- HEADACHE

LEAD

ANGLJEŠKO

Posters made by some children on preventing lead poisoning