

WHY LEAD EXPOSURE MATTERS DURING PREGNANCY

LEAD & PREGNANCY

Lead is a toxic metal that can be harmful to both the pregnant individual and the developing baby. Even low levels of lead exposure can cause health problems.

Sources of Lead Exposure

- Old paint (homes constructed prior to 1980)
- Drinking water
- Contaminated soil
- Certain imported goods (cosmetics, dishware, Cooking utensils, toys, cultural items and spices)
- Occupations/hobbies (construction, auto repair, gun ranges, stained glass and candle making)

Pregnancy-Related Health Risks

- High blood pressure
- Miscarriage
- Kidney disease
- Preeclampsia and eclampsia
- Increased risk of hemorrhaging (excessive bleeding)

Effects on the Baby

- Premature birth
- Low birth weight
- Developmental delays
- Learning and behavioral problems
- Damage to the brain, kidneys or nervous system

Testing

- If you're planning a pregnancy or are pregnant, talk to your healthcare provider about blood lead testing.
- If you have health insurance, reach out to a case manager to discuss if lead testing is covered through your policy.
- If you do not have health insurance or are underinsured, you may be eligible for Medicaid.
- Uninsured children ages 1-6 can be tested by their local health department.

Prevention

- Lead exposure and poisoning is preventable by avoiding common sources of exposure, eating a balanced diet of vitamin C, Iron and Calcium and testing your home for lead to identify potential sources.



Scan the code to learn more



PROTECT • PREVENT • NURTURE



Led by Family Health Initiatives' Prematurity Prevention Initiative, The Cooperative's Lead & Healthy Homes program and New Jersey stakeholders, this campaign was supported by funding from the New Jersey Department of Health.