

Perspective

Improving Equitability and Inclusion for Testing and Detection of Lead Poisoning in US Children

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Policy Points:

- Child lead poisoning is associated with socioeconomic inequity and perpetuates health inequality.
- Methods for testing and detection of child lead poisoning are ill suited to the current demographics and characteristics of the problem.
- A three-pronged revision of current testing approaches is suggested.
- Employing the suggested revisions can immediately increase our national capacity for equitable, inclusive testing and detection.

Abstract: Child lead poisoning, the longest-standing child public health epidemic in US history, is associated with socioeconomic inequity and perpetuates health inequality. Removing lead from children's environments ("primary

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prevention”) is and must remain the definitive solution for ending child lead poisoning. Until that goal can be realized, protecting children’s health necessarily depends on the adequacy of our methods for testing and detection. Current methods for testing and detection, however, are no longer suited to the demographics and magnitude of the problem. We discuss the potential deployment and feasibility of a three-pronged revision of current practices including: 1) acceptance of capillary samples for final determination of lead poisoning, with electronic documentation of “clean” collection methods submitted by workers who complete simple Centers for Disease Control and Prevention–endorsed on-line training and certification for capillary sample collection; 2) new guidance specifying the analysis of capillary samples by inductively coupled plasma mass spectrometry or graphite furnace atomic absorption spectrometry with documented limit of detection $\leq 0.2 \mu\text{g/dL}$; and 3) adaptive “census tract–specific” universal testing and monitoring guidance for children from birth to 10 years of age. These testing modifications can bring child blood lead level (BLL) testing into homes and communities, immediately increasing our national capacity for inclusive and equitable detection and monitoring of dangerous lower-range BLLs in US children.

Keywords: child lead poisoning, social justice, social-structural inequity, child health disparity.

Introduction

Lead poisoning in US children, the longest-standing child public health epidemic in US history,¹ is driven by social, economic, and racial disparities. Although all children are vulnerable, lead poisoning is found overwhelmingly among minority children living in lower income neighborhoods with old, unrenovated housing, and/or situated near major lead hazard sources that contaminate the local air, water, and soil.^{1–5} Caused largely by social structural inequities, the irreversible effects of childhood lead poisoning perpetuate life-long health disparities, representing yet another manifestation of systemic racism.⁶

The definitive solution for protecting children from lead exposure is removing lead from children’s environments. This has not been achieved, however, for many complex reasons,¹ and lead remains ubiquitous in our modern environments,^{7–10} a testimony to the impact of unregulated industry on the health of our nation.¹¹ A recent study determined that approximately half of the current US population has been exposed to dangerous levels of lead in early childhood.¹² Another study using

National Health and Nutrition Examination Survey (NHANES) data and census tract–reported factors associated with increased risk of child lead exposure estimated that at least 1.2 million US children were annually exposed to environmental lead, yielding blood lead levels (BLLs) $>10 \mu\text{g/dL}$ (the “action threshold” until January 2012).¹³ In another set of reports by Reuters using aggregated national data, in over 3,000 US cities, the rates of lead poisoning among tested children (in 2018, $\text{BLL} \geq 5.0 \mu\text{g/dL}$) were found to be double those reported during the height of the Flint, Michigan, child lead exposure crisis; in an estimated 1,100 US cities, the rates were at least three times higher.^{14,15} A reanalysis of data is needed to determine the numbers of tested children with BLLs greater than or equal to the current benchmark of $3.5 \mu\text{g/dL}$ (determined in October 2021), but it is undoubtedly higher. These rates are unacceptable by any standard.

Lead is a remarkably potent neurotoxin, and there is now broad acceptance that no level of lead exposure is “safe” for children. An abundance of evidence has shown that chronic exposure to environmental lead yielding child BLLs as low as $2.0 \mu\text{g/dL}$ ¹⁶ (US National Toxicology Program,¹⁷ 2012¹⁸) disrupts cognitive and motor functions during childhood and adolescence,^{19–29} damages the brain and peripheral organs,^{25,30–35} and increases the risk of later cardiovascular disease, obesity, and mortality.^{2,3} The annual economic burden of child lead exposure has been estimated to be \$5.9 million in long-term medical care costs and an estimated \$50.9 billion in lost economic productivity.³⁹

Finally, solving the problem of lead poisoning in US children will require solutions for how we approach primary prevention and secondary prevention. With regard to primary prevention, new, feasible, and broadly effective approaches are needed for identifying and removing lead hazard sources from children’s environments *before* exposure occurs. With regard to secondary prevention, major gaps in how we currently test for and detect child lead poisoning must be addressed. In a study that modeled the numbers of lead-exposed children likely “missed” for testing each year (based on NHANES child BLL data from 1999 to 2010), it was estimated that, each year, at least 500,000, and possibly more than 2 million, highest-risk children are never even tested.^{13,15} Another recent study that analyzed geocoded birth certificate data and BLL results from 2011 to 2018 in North Carolina showed that 30% of highest-risk children were never tested.⁴⁰ National estimates are similar, with 35% of a Medicaid cohort never receiving a first test, and

50% of children never receiving critical follow-up monitoring.⁴¹ It is critical to note that inclusive, equitable, and accurate child BLL testing simultaneously provides valid and reliable surveillance data for a given point in time, which is essential for demonstrating funding needs for primary prevention goals.

This paper addresses the major gaps in secondary prevention, that is testing for and detection of child lead poisoning. We consider alternative testing strategies that can increase our national capacity for inclusive and equitable child BLL testing and that yield accurate, precise results for dangerous lower-range child BLLs. We briefly summarize historical details that shaped the current testing practices, discuss how current approaches may inadvertently miss testing hundreds of thousands of high-risk children each year, and suggest how revised practices can be deployed to substantially improve our case detection success among high-risk children with dangerous lower-range BLLs. We also consider the material, analytic, and time costs of the alternative strategies suggested.

Some Historical Details Relevant to Current Clinical Practices for Child BLL Testing

Our interpretation of child BLLs has changed dramatically over the past 70 years. In the 1960s, clinical action was recommended for child BLLs $>60 \mu\text{g/dL}$. Advances in assay technology during the 1950s and 1960s allowed for increasingly precise estimates of heavy metals in aqueous media,⁴² and the harm to children of exposure to lead yielding BLLs well below $60 \mu\text{g/dL}$ became apparent. Landmark studies of workers and children living near the Asarco Smelter in El Paso, Texas, were the first to quantify “silent effects” on cognitive and motor function in children with BLLs $<30 \mu\text{g/dL}$,⁴³⁻⁴⁶ and in 1979, the “clinical benchmark” for lead poisoning was lowered to $25 \mu\text{g/dL}$. Studies accumulated showing damaging effects associated with lower and lower levels of lead exposure, prompting gradual benchmark changes, first to $10 \mu\text{g/dL}$ (1991), then to $5 \mu\text{g/dL}$ (2012), and, most recently, to $3.5 \mu\text{g/dL}$ (2021).⁴⁷

Since at least 1990, the Centers for Disease Control and Prevention (CDC) has repeatedly warned that no level of lead exposure should be considered “safe” for children because no lower value could be identified

at which toxic effects did not occur. Meanwhile, statistically based and biologically arbitrary “reference values” or “action thresholds” were defined to guide child intervention. Over the years, loss of the distinction between “toxicity” and “reference value” complicated understanding of the problem. For decades in many states, levels below a given benchmark were neither reported nor monitored, leaving us without meaningful estimates of the numbers of children affected.

The current approaches for testing and identifying children with lead poisoning were largely defined in 1988, when the benchmark for intervention was 25 $\mu\text{g}/\text{dL}$. Enactment of the Lead Contamination Control Act formally authorized local and state agencies to create state-based, CDC-funded child lead poisoning prevention programs (CLPPPs).⁴⁸ Today, in many states, CLPPP funding, although grossly underresourced, continues to be the backbone of child lead poisoning prevention efforts. Every state provides information online that includes different combinations of topics for parents on, for example, common child lead hazard sources, the risks to children’s health of lead exposure, expected timepoints and frequencies for child lead testing, how children are identified for testing, and tiered interventions for managing different levels of lead exposure.

Summary of Current Child BLL Testing Practices

“Universal testing,” first instituted in 1991,⁴⁹ aimed to reach the largest numbers of children possible. Youngest children were targeted for testing because studies of higher-range BLLs⁴ suggested that blood lead concentrations increased between approximately 6 and 12 months of age, then decreased after 3 years of age, which is attributable to a combination of hand-to-mouth behavior and crawling, which exposed children to lead-contaminated household dust and soil residue. Studies have yet to be conducted that examine whether these trends are similar for exposures yielding dangerous lower-range BLLs. Today, states diverge broadly in guidelines and expectations for child lead testing. No state requires, monitors, and enforces child BLL testing on a child-by-child basis. As of 2017, ten states recommended “universal” testing at 12 and 24 months of age; in two of these states, guidance included children up to 6 years of age, depending on their lead testing history.⁵⁰ In the

remaining 40 states, a “targeted testing” approach is used that relies on parent completion of “personal risk questionnaires.” These query factors known to be associated with child lead poisoning, for example, peeling paint in the home and age of residence. The answers are used to determine whether a child should be referred for testing. If the parents’ answers to one or more items is “yes,” and, in some states, “don’t know,” a blood test using a venous sample (drawn from the child’s arm vein) is required to determine lead poisoning.

In some cases, a child may be first “screened” using a point-of-care device to analyze a finger-stick blood sample (recalls of these devices will be discussed below). If the initial screen is considered negative for lead exposure, further testing is not expected but may be conducted. If the point-of-care device screen is considered positive for lead exposure, a BLL test of a venous sample is required for “final determination” of lead exposure. In past years, the inappropriate use of the point-of-care devices to analyze venous samples resulted in an unknown number of false-positive results, prompting a US Food and Drug Administration (FDA) safety warning⁵¹ against this practice. Venous samples are expected to be sent to a laboratory for analysis by one of several possible assay methods (e.g., graphite furnace atomic absorption spectroscopy [GFAAS], atomic absorption spectroscopy, inductively coupled plasma optical emission spectrometry, inductively coupled plasma mass spectrometry [ICPMS]); however, guidance regarding an acceptable limit of detection (LOD) for the child blood lead assay is not provided. Laboratory results are typically returned within 2–4 weeks.

As of 2020, in 43 states,⁵² medical health care workers and medical facilities are required to report all child BLL results to state agencies for surveillance purposes. In the remaining states, reporting is based on a state-defined benchmark. States differ broadly regarding which child BLLs trigger which level of intervention. A BLL of 3.5 $\mu\text{g}/\text{dL}$ triggers home testing in three states; in all other states, parent education is provided for lower-range exposures and home testing begins only on detection of a BLL of $\geq 10 \mu\text{g}/\text{dL}$; a few states include the provision of early intervention services for lead-exposed children. In some states, two venous sample tests within 3 months yielding a child BLL of $\geq 15 \mu\text{g}/\text{dL}$, or one venous sample test yielding a child BLL $\geq 20 \mu\text{g}/\text{dL}$, are required before any action is taken to identify and remove possible home lead hazard sources.

Reorienting Clinical Practice to Promote Equitability, Inclusion, and Accuracy in Child BLL Testing

Three aspects of current testing practices may be directly contributing to gaps in child BLL testing and can be amended as discussed below and summarized in Table 1.

1. Accept results based on capillary sample blood draws for determination of lead poisoning with “clean” collection methods electronically documented by certified BLL sample collectors

All states currently require a venous sample blood test as a “final determination” of child lead poisoning, and this may be the single biggest barrier to equitable, inclusive child testing. The challenge of getting children at risk for lead exposure into child clinics and doctors’ offices—of explicit concern to the CDC in 1997⁵³—remains a concern today. Venous sample blood collection is uncomfortable and frightening to children and to some parents, decreasing the likelihood of compliance. The discomfort during the procedure is dependent on the skill of the phlebotomist. In many underserved areas, particularly rural areas, pediatric phlebotomists can be scarce or nonexistent. Because phlebotomists are required for venous sample blood draws, they are costly.

More broadly speaking, research has shown that compliance with pediatric preventive services are significantly associated with socioeconomic factors.⁵⁴ Regardless of insurance issues, parents may be working one or more jobs, making visits to doctor’s offices not only expensive but also difficult if not impossible to navigate. Immigration concerns of parents and/or relatives can discourage parents from seeking services or guidance from anyone they may perceive as an authority figure. In many states, depending on whether parents are insured or their type of insurance, parents may be expected to pay some or all of the cost for a venous sample BLL test (e.g., \$70-\$120 per child). Medical expenses have become the number one reason for new family bankruptcies in the United States,⁵⁵ and for good reason; insured and uninsured parents alike fear adding medical expenses to their monthly budgets.

The original 1991 CDC guidance for child BLL testing described venous sample blood tests as the “preferred” method for confirming child lead exposure.⁵³ Note, however, that this guidance also stated that

Table 1. Summary of Current Practices, How Current Practices “Miss” Lead-Exposed Children, and Feasible Alternatives to Current Practices

Current Practice	How Current Practice “Misses” Children	Alternative Approach
1. Venous sample blood test requiring medical office/clinic visit	High-risk children are less likely to get to doctors' offices or clinics; venous draws reduce compliance; venous samples are high cost and require certified pediatric phlebotomists.	Accept capillary finger-stick blood samples collected using document “clean” methods by specially trained and certified sample collectors as “determination” of lead poisoning; this allows testing to be conducted in trusted neighborhood settings where children/parents/families already gather (e.g., Head Start programs, WIC offices, schools, synagogues, churches, mosques, daycare centers, and YMCAs).
2. No specific assay method recommended for testing blood samples for lead; no LOD recommended	Assay methods other than ICPMS and GFAAS may not have the precision and/or accuracy needed to detect and monitor dangerous lowest-range BLLs; point-of-care devices lacking accuracy and precision for dangerous, lower-range BLLs continue to be used in an unknown number of offices and clinics.	Specify ICPMS or GFAAS with an LOD $\leq 0.2 \mu\text{g/dL}$ for all child BLL tests.

Continued

Table 1. (Continued)

Current Practice	How Current Practice “Misses” Children	Alternative Approach
<p>3. Referral system used in 72% of states with referral based on parent’s responses to a questionnaire; testing focused on infants and toddlers; one or two negative BLL tests before 2-3 or 5-6 years of age (depending on the state) are taken as evidence that the child is “not exposed”</p>	<p>Parents must get to a location where the risk questionnaire is administered; self-report measures have high potential for bias and include items that can be perceived as stigmatizing; children above 6 years old are also vulnerable to neurotoxic effects of lead exposure; lead absorption in children is biologically complex; BLLs are meaningful but imperfect estimates of circulating blood lead and should be expected to fluctuate; one or two BLL tests in early childhood cannot be assumed to rule out exposure.</p>	<p>Set adaptive census tract-specific universal testing guidelines using baseline results to determine the frequency of testing needed for children 0-10 years old; depending on risk determined by two consecutive baseline tests, testing could range from monitoring once every 3 years to minimum biannual testing.</p>

capillary blood samples were a “reasonable option” if specific methods to maximally reduce the chances of lead contamination from the surface of the skin were strictly followed.⁵³ Over time, the venous sample blood test became *the* standard for definitive confirmation because of concerns that capillary samples (e.g., finger stick) were too vulnerable to contamination and could result in false-positive results.

Without question, if capillary samples were approved for the determination of lead poisoning, strict and enforceable guidelines for hand-cleaning would have to be instituted, particularly given the current child BLL reference value of $3.5\mu\text{g}/\text{dL}$. This is not an insurmountable obstacle. To ensure “clean” capillary samples, a standard hand-cleaning protocol could be defined that uses proven methods for removing lead from the surface of the skin. Hand-cleaning methods have proven efficacy and are simple and inexpensive to carry out. Rigorous studies conducted by researchers at the CDC/National Institute for Occupational Safety and Health showed the high efficacy of using two consecutive isosteamamidopropyl morpholine lactate/citric acid wipes (marketed as LeadOffTM, Hygenall Corporation, Huntsville, AL) with a clear water rinse for cleaning lead from the surface of the skin (lead retrieval from skin surface > 99%).⁵⁶

Confirming adherence to a defined cleaning protocol is, of course, critical. There are many low-cost, technology-assisted approaches that could be used. For example, CDC-sponsored certification for the collection of capillary samples could be required for all sample collection workers. The training could include documentation of minimum education expectations and completion of a short test. The protocol for the capillary draw itself could require two certified capillary collection workers, one who executes the stepwise hand-cleaning procedure and one who observes and documents the procedure on an electronic form. For each child, the observer would record the completion of each required step in “real time” using an official data- and time-stamped CDC-issued form with simple checkboxes. Both workers could be required to sign each form. Providing the form virtually through a secure CDC-sponsored website for use on a laptop or tablet with immediate upload of information and signatures could be the basis for a national registry database of child blood sample collection. Information from the date- and time-stamped electronic collection forms can be readily used to evaluate positive child BLL test results.

Capillary sample collection is considered by the FDA to be a “noninvasive” procedure with practically no medical risk other than momentary discomfort on the fingertip for some children. Finger-stick blood samples are now widely used among adults for in-home testing of, for example, blood sugar and coagulation, and many children recognize and easily cooperate with the procedure. Child-specific lancets ensure the greatest comfort, and many children may not even feel the stick; small vibrating gadgets are effective in distracting worried children while blocking perception of the finger stick (Pain Care Labs BuzzyTM, Atlanta, GA).

Using certified capillary sample collectors trained in deployment and electronic reporting of hand-cleaning methods that ensure uncontaminated capillary samples would be far more cost-effective, feasible, and child and parent friendly than requiring venous sample blood collection by pediatric phlebotomists. It would also allow child BLL testing to be conducted in community locations that children and families know, trust, and frequent. In our research studies, for example, we formed strong and lasting alliances for child BLL testing with local public elementary schools.^{27,57} Ideal locations would likely vary depending on the characteristics and needs of the community. These might include public schools, Head Start centers, Special Supplemental Nutrition Program for Women, Infants, and Children locations, YMCAs/YWCAs, libraries, churches, synagogues, mosques, and/or repurposed COVID-19 vaccination sites. Capillary samples could also be collected by mother/infant/child intervention specialists who have already established relationships during the provision of other support services. Given the magnitude and demographics of the current child lead exposure problem in the United States, future success in reducing child lead poisoning in the United States will likely require the use of capillary samples for determination of exposure.

2. Provide guidance for the analysis of capillary samples by ICPMS or GFAAS with documented LOD $<0.2 \mu\text{g}/\text{dL}$.

For a given range of lead concentrations, the assay method used for estimating BLL from whole blood samples determines the precision and accuracy of the result and, thus, its practical value for surveillance and monitoring. The median child BLL in the United States has decreased overall in recent decades, and the current problem of child lead poisoning largely concerns values in the dangerous lower range (e.g., $<10 \mu\text{g}/\text{dL}$)

and requiring assay methods with high precision and accuracy. Because no level of lead exposure is “safe” for children, precise and accurate detection of BLLs below the current statistically determined reference value (3.5 $\mu\text{g}/\text{dL}$) is critical for long-term surveillance and prediction and for ensuring meaningful integration of national-level data.

When the 1991 CDC guidance was issued, relatively few feasible assay methods were available. That situation has changed substantially in the intervening 31 years. Most assay technologies have improved,^{58,59} but the LOD can vary depending on calibration parameters.^{58,60} With recent technological advances, both ICPMS and GFAAS provide the lowest elemental detection limits for lead.^{61,62} Since its introduction in 1980,⁶³ ICPMS has become a “gold-standard” method for precisely and accurately estimating lowest level elements in aqueous solutions such as human blood,^{58,60,64,65} and its LOD can be assumed to be low (e.g., well below 0.2 $\mu\text{g}/\text{dL}$). For GFAAS, an LOD ≤ 0.2 is readily achievable with using a Zeeman effect background correction (spectral splitting by magnetic field).^{61,66} Importantly, both methods require no more than 50 μL of “clean” whole blood capillary samples, which can be collected via child-sized finger-stick lancets, or arm-stick (Tasso, Inc., Seattle, WA) methods.

There are many options for ensuring the feasibility of this new guidance. For example, a nationwide network of CDC-approved ICPMS- or GFAAS-equipped laboratories, with annually documented LODs of ≤ 0.2 $\mu\text{g}/\text{dL}$, could be established. Federal contracts could lower the cost per sample, and state “buy-in” costs for testing could be automatically deducted from state-level CLPPP grants. (Not all states currently have CLPPP funding, and this benefit could meaningfully incentivize states who do so.) Samples would be accepted for analysis only if the requisite electronic child sample documentation form (including verification of hand-cleaning protocol) had been uploaded by the trained and certified sample collectors. Anonymized child BLL results, including the child’s sex, age, race/ethnicity, and census tract, could be uploaded into a national registry database, providing new capacity to geographically map “hot spots” in real time and monitor child BLLs across time. These results would be used to determine “census tract-specific” expectations for child BLL testing described below.

It is important to briefly address the limitations of point-of-care devices for child BLL screening. The numbers of doctors’ offices that continue to use point-of-care devices is not known. The BLL estimates from

these devices have been repeatedly shown to be of questionable reliability at levels below 10 $\mu\text{g}/\text{dL}$.^{18,67-69} Given the current reference value of 3.5 $\mu\text{g}/\text{dL}$, these devices are no longer appropriate for managing the current problem^{68,70} and could seriously undermine meaningful child surveillance and monitoring.

3. Provide adaptive “census tract–specific” universal testing guidance for children 0-10 years.

Once a hallmark of CLPPPs nationwide,⁴⁹ universal child testing for lead exposure is no longer recommended in 72% (36/50) of US states.⁵² Instead, the CDC recommends that state and local health authorities develop their own targeted screening and intervention guidelines based on local risk factors and available resources. Most states use a targeted referral system for determining which children should be tested. Referrals for child lead testing can come from a variety of sources; in most cases, the process relies on parent responses to a “personal risk” questionnaire, administered in a clinic, doctor’s office, well-child health care visit, or other public health service center. Thus, at the core of screening, compliance is the willingness and intention of medical providers. Barriers to screening can include the number of well-child screenings required in one office visit and/or lack of knowledge among providers regarding both the current state recommendations and the dangers associated with chronic lead exposure. When providers pursue child BLL screening via the targeted referral approach, the form used queries of child and home characteristics that are known risk factors for child lead exposure, and the items vary somewhat by state. A “yes,” and, in some states, “don’t know,” response will trigger a referral for child BLL testing. The forms are designed to be “parent friendly” and “parent appropriate” and are available in different languages specific to the community. Nonetheless, the unreliability of self-report has been extensively studied and described.⁷¹ With regard to parents of children at risk of lead exposure, any of the following could impact whether a parent would be willing and/or able to provide accurate information regarding child lead exposure risk factors: whether the form was completed without assistance, leaving the interpretation of questions and/or answers up to the parent; whether a trained and sensitive worker is available to check and confirm answers as needed; how many other forms were completed at the same time; whether the parent

was comfortable requesting a form written in their language of choice; and whether “I don’t know” responses were provided as an option.

It is also important to consider the potential implications of the questions for parents, particularly those querying conditions of the living environment. Parents who face economic challenges can have many practical reasons for feeling that they need to carefully manage how medical authority figures perceive the home they provide for their children. Any of the following factors can also directly impact how parents respond to home environment questions: whether the parent was previously undomiciled, whether the parent has faced child custody issues, whether the parent receives or has had challenges obtaining public assistance, whether the parent lives in public housing, and the extent to which the parent perceives any of the questions on the form as a reflection of the quality of home environment they provide for their children.

The extent to which the current “personal risk” referral system misses detection of lead-exposed children would be difficult to estimate, but a return to some form of “universal” child BLL testing guidance for all states would simply remove issues related to the current referral approach.

Because the current problem appears to cluster largely in underserved neighborhoods, strategic use of baseline testing to define adaptive “census tract–specific” guidelines for child BLL testing could ensure that resources are targeted to the highest-needs areas. For example, two rounds of comprehensive child BLL testing conducted over one 6-month interval could quickly reveal which census tracts require ongoing surveillance by twice-per-year BLL monitoring and which appear to be relatively low risk, with follow-up testing every 3 years, for example.

Another issue that is not managed by current clinical practices concerns ages of risk. In many states, BLL testing is recommended only for infants and toddlers up to 3 years of age. Even in states that have maintained “virtual universal testing,” testing recommendations stop at 5 or 6 years of age. Although smaller children have higher risk of exposure through hand-to-mouth behavior and more readily absorb lead because of their small body size, this does not mean that older children are not also at risk. Studies from at least the past 15 years, including children older than 6 years of age, have quantified their vulnerability to the neurotoxic effects of lead exposure and that the severity of these are mediated by common genetic variants.^{27,72-76} These findings are corroborated by research investigating neurodevelopment during the

“forgotten years” (e.g., 6–12 years of age) when the brain continues to undergo critical periods of growth and change.^{77–79} Because recommendations for BLL testing and reporting have been limited to the youngest children, data are largely not available regarding how many school-age children might also be chronically exposed to lead. Including school-age children in adaptive “census tract–specific” universal testing is critical for understanding the scope of the current problem and for increasing knowledge on the effects of lead exposure in these middle school years. To ensure feasibility, for the initial deployment, ages included could be from birth to 10 years of age and expanded to preadolescence for communities over time with demonstrated higher risk.

The recommended frequency of BLL testing is also important to consider. In most states, if children are tested, they are tested once or twice before 2 or 3 years of age. Some states repeat testing once or twice before the age of 5 or 6 years depending on whether earlier tests were provided. A few states recommend annual testing for highest-risk children up to 5 or 6 years of age. In the vast majority of states, one or two negative blood lead level tests conducted during infancy or toddlerhood are used to rule out child lead exposure.

A blood test provides the best available approximation of circulating lead, but it is an imperfect surrogate marker. The physiology of lead absorption in infants, toddlers, and children, and thus the amount of lead available for detection in a blood sample at a given point in time, is influenced by complex interacting physiological and environmental factors that fluctuate.⁸⁰

The amount of circulating lead available to be detected is necessarily dependent on the timing of absorption from children’s lungs^{81–84} and/or gut^{85–88} and the ratio of lead deposited in organs,^{89,90} both of which involve the interaction of dynamic mechanisms influenced by individual developmental differences, developmental stage, and genetics.^{91–93} These processes are in turn influenced by varying environmental factors, including, for example, the route of exposure (inhalation vs. ingestion),^{94,95} type of lead hazard source and frequency of exposure,⁸³ and socioeconomic factors that result in, for example, empty stomachs,^{96,97} low calcium stores,⁹⁸ and other nutritional deficits that can increase lead absorption and decrease the body’s capacity to excrete toxins, depending on the age of the child.^{25,99,100} The amount of lead available for detection in blood is also dependent on its

half-life—estimated to be 28–35 days for single exposures, but it is a far more difficult calculation for children chronically exposed to lead.^{101–103} In recent longitudinal studies of 193 children 6 months to 16 years of age residing in neighborhoods previously designated “high risk” for lead exposure, BLLs within individuals varied significantly over a 24-month period, and with repeated testing, age was not a significant predictor of BLL.¹⁰⁴

Unless a lead hazard source is available to a child to ingest or inhale in some highly consistent way, all other things being equal, child BLLs would be expected to fluctuate over time rather than stay the same, particularly those from exposures to multiple lower-level sources. Fluctuating child BLLs, however, cannot be assumed to represent fluctuating risk to the developing brain and other organs. The instability of BLLs can guide recommendations for child testing at least twice per year for children living in census tracts determined to be at “high risk” of lead exposure.

Feasibility: Material, Analytic, and Time Costs for Capillary Sample Collection with ICPMS

The following estimated costs are based on our experiences over the past 15 years using the above-described methods in six elementary schools and two local churches for the collection of over 1,000 child finger-stick capillary blood samples, collected using documented “clean” methods and analyzed by ICPMS. We began our studies in 2007 by using LeadCare devices until we realized their limitations for reliably detecting dangerous lower-range child BLLs,⁶⁸ at which point we used only ICPMS analysis of finger-stick capillary samples collected following a strict and documented hand-cleaning protocol using a collector/observer protocol similar to that described above.

The total material costs of BLL assays, including materials, supplies, and ICPMS analyses, were between \$36 and \$42 per child sample. Based on conversations with other laboratories, the estimated cost of GFAAS would be comparable or less. With a team of as few as two specially trained workers—one worker to complete document hand-cleaning, complete protocol tracking forms, and organize paperwork, and one worker to collect samples—in public elementary school settings,

we were able to complete capillary sample collection for 50-60 children during a regular school day (10 children at a time called en masse from each of six 40-min Physical Education periods), yielding 250-300 samples in one 5-day week. For an elementary school of approximately 500 children, all children in the school could be tested in one 2-week period. Special testing times (usually early morning) were designated for sample collection from infants and toddlers. Repeat testing was conducted at 4- to 6-month intervals. For a given elementary school, for example, biannual testing could be scheduled for one 2-week period in the fall and spring terms. Importantly, a “universal” biannual testing approach ensures that, for children with identified lead poisoning, follow-up monitoring following intervention becomes routine. When BLLs are monitored over time, geographically mapping¹⁰⁵ (e.g., via ArcGIS) is valuable for determining exposure “hot spots” and also for identifying areas in which no children have BLLs $>1 \mu\text{g/dL}$, for example. With biannual testing, patterns of exposure can be examined within 2 months of sample collection, and decisions can be made regarding how the testing strategy should be modified to best manage different BLL result outcomes.

Conclusion

Although removing lead from our children’s environments must remain our central goal (primary prevention), lead continues to be ubiquitous in the United States. Once exposed, there are no interventions that can reverse the potentially devastating effects of lead exposure, particularly those associated with dangerous lower-range BLLs.¹⁰⁶ As this child public health epidemic continues, we are dependent on accurate and precise detection of lead poisoning to limit its short- and longer-term effects. Current clinical approaches for identifying children with lead poisoning are ill-suited to the magnitude and demographics of the problem and, each year, inadvertently “miss” testing for hundreds of thousands of children. Attention and resources must focus on substantially improving our national capacity to provide inclusive, equitable, and precise BLL testing for all children, particularly those at highest risk of exposure to lead, yielding dangerous lower-range BLLs. Revising federal guidance to accept capillary blood samples collected with verified “clean” sampling methods analyzed by ICPMS or GFAAS with a minimum LOD of

<0.2 $\mu\text{g}/\text{dL}$ for determination of child lead exposure with the frequency of repeated monitoring for children 0–10 years of age determined according to adaptive “census tract–specific” schedules would remove current systemic barriers to testing for highest-risk children and dramatically increase our national capacity for inclusive and equitable detection and monitoring of lead poisoning in US children.

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