

JEH QUIZ

FEATURED ARTICLE QUIZ #3

Biological Factors That Impact Variability of Lead Absorption and Blood Lead Level Estimation in Children: Implications for Child Blood Lead Level Testing Practices

Available to those with an active National Environmental Health Association (NEHA) membership, the *JEH* Quiz is offered six times per calendar year and is an easily accessible way to earn continuing education (CE) contact hours toward maintaining a NEHA credential. Each quiz is worth 1.0 CE.

Completing quizzes is now based on the honor system and should be self-reported by the credential holder. Quizzes published only during your current credential cycle are eligible for CE credit. Please keep a copy of each completed quiz for your records. CE credit will post to your account within three business days.

Paper or electronic quiz submissions will no longer be collected by NEHA staff.

INSTRUCTIONS TO SELF-REPORT A *JEH* QUIZ FOR CE CREDIT

1. Read the featured article and select the correct answer to each *JEH* Quiz question.
2. Log in to your MyNEHA account at <https://neha.users.membersuite.com/home>.
3. Click on Credentials located at the top of the page.
4. Select Report CEs from the drop-down menu.
5. Enter the date you finished the quiz in the Date Attended field.
6. Enter 1.0 in the Length of Course in Hours field.
7. In the Description field, enter the activity as "*JEH* Quiz #, Month Year" (e.g., *JEH* Quiz 3, December 2022).
8. Click the Create button.

***JEH* Quiz #1 Answers July/August 2022**

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|------|------|------|-------|
| 1. d | 4. a | 7. c | 10. d |
| 2. a | 5. c | 8. b | 11. a |
| 3. d | 6. b | 9. a | 12. b |

→ Quiz effective date: December 1, 2022 | Quiz deadline: March 1, 2023

1. In most states in the U.S., one or two blood lead level (BLL) tests administered in early childhood are used to rule out lead exposure.
 - a. True.
 - b. False.
2. Lead exposure occurs via
 - a. inhalation.
 - b. ingestion.
 - c. all of the above.
 - d. none of the above.
3. Among children, when exposure is chronic, ___ of absorbed lead is taken up by red blood cells.
 - a. 69%
 - b. 79%
 - c. 89%
 - d. 99%
4. BLLs reflect circulating lead and, in many cases, exposure occurring in the preceding
 - a. 8 to 20 days.
 - b. 28 to 40 days.
 - c. 48 to 60 days.
 - d. none of the above.
5. Approximately ___ of inhaled lead is retained in the lungs.
 - a. 20–30%
 - b. 20–40%
 - c. 30–50%
 - d. 30–60%
6. The chemical forms of lead that exist in non-nutritive substances—such as in leaded paint chips, paint dust, and in some contaminated soils—are far less bioaccessible than the forms of lead commonly found in foods.
 - a. True.
 - b. False.
7. Lead absorption in the small intestine occurs primarily in the ___ via passive diffusion and active transport.
 - a. duodenum
 - b. jejunum
 - c. ileum
 - d. none of the above.
8. Similar to calcium, ___ deficiencies in children are associated with higher BLLs.
 - a. potassium
 - b. zinc
 - c. iron
 - d. vitamin C
9. Lead elimination occurs primarily via the
 - a. kidneys.
 - b. liver.
 - c. gall bladder.
 - d. spleen.
10. Lead stored in fat can be re-released into the bloodstream when fat reserves are mobilized, such as during
 - a. fasting.
 - b. hunger.
 - c. exercise.
 - d. all of the above.
 - e. none of the above.
11. Approximately ___ of the lead that the body absorbs is stored in bone/mineralized tissues.
 - a. one quarter
 - b. one third
 - c. one half
 - d. two thirds
12. Ingested lead is influenced by complex interactions of chemical, biological, biophysicochemical, and behavioral factors related to dietary intake, dietary deficiencies, and maturity of the gastrointestinal tract.
 - a. True.
 - b. False.