

Highlights:

- Controlling outbreaks requires effective management.
- This includes written policies and effective communications.
- Workers must learn they can spread illnesses when sick.
- Managers should decide when workers work, not workers.

Some of what's inside this issue:

FDA warns about sanitizer vapors	3
Enzyme helps plastics break down	4
Pandemic challenges PU food service	5
Clean energy "problem" solved?	6
Bioengineered food labels rule now in effect	7
Regional foods trainings return	9
Past IEHA officer presents at NEHA conference	10

Managers play key role in controlling outbreaks

In recent research by the Environmental Health Specialists Network (EHS-Net), which exists under the Centers for Disease Control and Prevention (CDC) as a collaborative forum that looks into restaurant policies and practices, gaps were found in how sick workers are managed.

To readers who are well trained and experienced in conducting regulatory inspections, the points from the research are obvious, but will serve as a reminder to others the importance of asking the right questions of managers and food workers.

Here are actions the research found that managers should take.

• **Have strong written policies.** Put in writing when workers should report being ill and what their symptoms are.

• **Address the reasons** why workers (and managers) work while sick. Sometimes, they don't think they are sick enough to stay home. Often it's because if they don't work, they aren't paid.

• **Be Proactive**, in deciding if workers should work or not while

having illness symptoms. Don't just let workers decide.



Communication between managers and food workers is key to controlling foodborne disease outbreaks.

• **Stress that workers** can spread illnesses when working while they are ill. A simple explanation works: "Germs get into food and make customers sick."

(Continued on page 11)

Spring conference set for Thursday, April 28

It's time to register for the IEHA Spring Conference, if not already done. Conference chair Krista Click has promised a wide variety of speakers for the one-day event. Some agenda topics include: a

Legislative Update, Environmental Asthma Triggers, the latest on the Governor's Public Health Commission, and "town hall" discussion about future cooperation between the IDOH Food Protection Division and IEHA.

Although most attendees come for the one day, accommodations are available nearby that will accept the state government rate. Specific information was emailed to members and is also found at www.iehaind.org/conferences

From the Ed Desk



Another Journal is here for you to enjoy! A plus in this edition is there are several of our members who have distinguished themselves with their participation in NEHA, from being involved in committees to presenting at the national conference, or for their service to Indiana. You'll have to read through to see who they are! From my view, this kind of recognition brings favorable recognition to our organization and shows the extensive talents of our members.

As always, contact information is on the last page, and all comments and article ideas are welcome.

Ed

From the President

“The conference is a focused environment in which individuals can listen, learn, ask questions, and really be “in the moment” of Public Health.”

Happy Vernal Equinox; Spring is here! Spring is one of my favorite seasons as everything seems to regain a fresh start again; birds are chirping, flowers are blooming, and trees are budding! How can one not take a moment to enjoy all the opportunities and potential for the new beginning that springtime offers? Just as spring serves as a reminder of a fresh start in nature, our annual IEHA Spring Educational Conference will offer that same sense of renewal as we rejoin as an association to learn, renew, and reconnect as an association.

With the changing world of daily, even hourly updates, it is highly important to participate in opportunities provided, such as our IEHA Annual Spring Educational Conference. It serves as a focused environment in which individuals can listen, learn, ask questions, and really be “in the moment” of Public Health. I also encourage you to reach outside of your environmental division and encourage your Administrator, Public Health Nurse, and Preparedness Coordinator, etc. to attend. If there is one thing the last 2 years has taught us...Public Health is a full circle in which all facets of Public Health must be connected and in open communication. We can all use this past experience as a learning opportunity not just for yourself but for others within your department.

Our association is comprised of so many dedicated and talented individuals that we are so proud of, and we are constantly looking to add to our membership and bring new members to our amazing team. If you have any questions or suggestions about how our association can serve our membership better, please feel free to contact me!

Yours in Public Health,

Holley

FDA warns of vapor dangers from hand sanitizers

Use of hand sanitizers greatly increased with the pandemic. Products containing about 70% ethyl or isopropyl alcohol come in gels, lotions and even foam and can be highly effective in controlling viruses. The Food and Drug Administration (FDA) advises this is no substitute for proper handwashing.

But a new warning has come from FDA concerning hand sanitizer use. FDA says if the products are used in confined spaces, or areas without adequate ventilation, exposure to the vapors can cause headaches, nausea, or dizziness.

Warnings came after FDA looked over reports it received and also from

poison control centers. Most cases resulted in minor reactions but some victims required medical treatment.

As a precaution, FDA recommends using hand sanitizers in well ventilated areas, preferably after proper handwashing, and following label directions. Unused products should be stored safely.



IEHA Vice President appointed to NEHA committee

Jennifer Heller, IEHA Vice President, and longtime chair of the Terrorism and All Hazards Preparedness standing committee, has been chosen as a member of the National Environmental Health Association's (NEHA) Preparedness Program Committee.

Jesse C. Bliss, Director of Program and Partnership Development, described the application process as "highly competitive" and Jennifer's selection was a "testament to her experience, initiative, and commitment to enhance disaster preparedness and response." Among other

tasks, the committee is to provide guidance on NEHA's preparedness projects, identify environmental health workforce training needs, and help define the role of environmental health in emergency response. The appointment is two years.

"This is a testament to her experience, initiative, and commitment to enhance disaster preparedness and response."

IEHA Executive Secretary honored for her day job

Tami Barrett, executive secretary for IEHA, has for many years also been the "right hand" of numerous Indiana State Health Commissioners in her regular job at the Indiana Department of Health. As Executive Assistant, her years of dedicated service have been

recognized by the IU Richard M. Fairbanks School of Public Health (FSPH) with a scholarship. The "Tami Barrett Scholarship" will be for students at the local school pursuing a public health career.

Dr. Paul Halverson, Dean, was joined by sev-

eral former State Health Commissioners in a ceremony to announce the scholarship.

Donations are being accepted for the scholarship, and criteria for scholarship applicants are being developed. Go to <https://www.myiu.org/give-now>



Peril from neonics might be worse than feared



Earlier stories in the *Journal* have outlined how some insecticides classified as neonics are a leading cause of the disappearance of bees, necessary for the pollination of plants.

But now, the U.S. Environmental Protection Agency (EPA) acknowledges that the negative impact might be worse.

EPA says that a widely used class of neonics, imidacloprid, harms 80% of all threatened and endangered species. This includes 70 mammal species, 77 bird species, and many others.

The National Resources Defense Council (NRDC) has long claimed that EPA has approved pesticide sales without adequately

assessing the products' impact on wildlife that should be protected by the Endangered Species Act. NRDC says EPA is in violation of law. NRDC emphasizes the need to crack down on neonic pollution widespread in waterways and ecosystems. New findings underscore the need to protect wildlife.

Enzyme makes plastics break down more efficiently

“Scientists believe there is a way for plastic to break down with just enough heat and water.”



The plastic waste humans discard every day fills landfills and pollutes oceans since only a portion gets recycled, and only part of what is recycled can be reused. The plastic waste can take years to break down.

But researchers have been exploring ways to enable the plastic refuse to break down faster. In fact, this degrading might occur in a compost bin.

Scientists at the University of California at Berkeley (UCB) believe polymer-eating enzymes within plastic as it's made will enable predictable degradation. Biodegradable plastics have been said to be a solution to the world's plastic waste problem, but much plastic

food waste like utensils, bags, cups, and lids, just don't break down, and can actually contaminate other plastics that might be recycled. Polylactic acid (PLA) makes up most recyclable plastics, does not break down during normal use, but when ending up in landfills, can take “forever” to break down.

But the UCB scientists believe there is a way for plastic to break down easily in just weeks, using just enough heat and water. The toughest plastics are almost crystal-like in molecular structure, meaning water can't penetrate, nor can any microbe that might break down the plastic.

The idea put forth by UC

Berkeley scientists is to embed nanoscale polymer-eating enzymes directly in plastics that stay put until released by the right conditions. They found that to trigger the degrading, it was only necessary to add water and some heat, not much more than room temperature. The tested plastic broke down within days.

This process might also mean that plastic used in food processing could completely break down with normal composting, by just adding warm water.

While years away from widespread use, this might indicate one solution to the plastic problem.

(Reported by www.scitechdaily.com)

Sustaining members keeps us going

These are the IEHA sustaining members for 2021. Please show them your support.

Crisis Cleaning

Infiltrator Water Technologies

IOWPA

Indiana Restaurant and Lodging Association

Meijer



The Terrorism and All Hazards Preparedness Committee provided the coffee breaks for the Verbal Judo class held recently in Nashville. The class was attended by 25 people from Brown County

agencies, the Madison County Health Department, the Daviess County Health Department, Jackson County EMS, and the Indiana Department of Health. All agreed the class gave valuable information in de-escalating

confrontations, and alternatives for dealing with difficult people. The class was funded by a grant from the Smithville Foundation. The instructor was Mike Ziggy Seigfried pictured at right.



Pandemic gave challenges to university foodservice

Levy Foodservice serves a lot of meals at Purdue, and many other campuses and public venues. Jeremy Wilkinson, Operations Director for Purdue, described some of the pre and post pandemic problems for his business to members of the Wabash Valley Chapter at their December meeting.

Jeremy said that like other entities, business dropped considerably during the pandemic. “Events were cancelled,” he said, “and stadiums were empty.” But, he added, what most people didn’t realize was that even with athletic events cancelled, sports teams remained on campus and still needed to be fed.

Jeremy said that the pandemic also caused supply issues at times, especially when there were few source options for some foods. Besides regulatory inspections, he said the company uses third party auditors to assess their safety. Also, many volunteers are used during major events to serve customers.



Gravity may be the answer when the wind doesn't blow.

“Expanding the test version could mean powering thousands of homes all day.”

Can clean energy’s one big problem be easily solved?

There is one big setback with wind power. No power is generated by windmills when there is no wind. But as *Wired* magazine recently reported, the answer may be as simple as large concrete blocks. Wait, what?

In a valley in Switzerland, a test crane with multiple arms lifted two large concrete blocks each weighing about 35 tons. Another arm controlled cables, winches and hardware needed to handle the blocks. An additional set of arms was available to handle a second pair of blocks.

The blocks were hoisted one pair at a time, powered by the Swiss power grid. Now as each block

descends, it spins the motors in reverse, generating power at a rate of one megawatt during the

full size tower version could have thousands of concrete blocks and power several thousand



30 seconds it takes for each block to descend. That can power possibly a thousand homes.

That is how the test went from a prototype installation by Energy Vault, one of many companies experimenting with gravity to generate electricity. A

homes for eight or more hours. This is a low cost way of storing energy, says Energy Vault’s CEO. It could be an answer to one of the biggest issues, storing energy for use when there is no wind.

And, no batteries required!

Why are astronauts testing laundry detergents?



Private space carrier SpaceX made a recent delivery to the International Space Station (ISS) just before Christmas. Not just some food and “presents” but also something else, “Tide” laundry detergent.

Business Insider reports that through a partnership with Proctor and

Gamble, Tide’s maker, astronauts will be trying out specially made detergent to see how well it works in space.

Right now, astronauts just wear the same clothes several times before bundling them up to send home. But that won’t be practical for future missions to the

Moon or Mars.

NASA said in a press release that without a way to launder clothes, astronauts would need to take 160 pounds of clothes per year per person while traveling in space. That would mean about 500 pounds of clothing each for a trip to Mars, so laundry is a “must have”.

USDA rule on bioengineered food labels in effect

The United States Dept of Agriculture has implemented mandatory compliance with its new labeling rule standard that requires food manufacturers, importers and others that label foods for retail sales to show information about any bioengineered (BE) ingredients. BE foods are also known as “genetically engineered” (GE) or GMOs, genetically modified organisms.

The intent, says USDA, is to “provide a mandatory uniform national standard for disclosure of information to consumers about BE status in foods”. The agency adds that the new standard avoids a “patchwork” of state labeling requirements. But the new rule has its critics including Center for Science in the Public Interest that said most consumers don’t know what “bioengineered”

means. And with the exemptions in the rule, many modified foods will be unlabeled. USDA defines bioengineered food as containing genetic material that has been modified through certain laboratory techniques, not obtained through conventional breeding or found in nature. More specifics is on the USDA website.



(Photo source: USDA)

NASA plans end of Space Station by 2031

The International Space Station has been orbiting Earth since its launch in November, 2000. Now, NASA says it’s time to plan its controlled “deorbit” in 2031. The

ISS has been constantly occupied since the beginning, and *space.com* reports goals for its final decade include deep space exploration, conducting research

onboard, and helping the private space industry gain momentum. NASA plans to encourage the development of private space stations to replace the ISS.

“A controlled deorbit will bring the ISS down into an unoccupied area in the Pacific Ocean.”

Has chemical pollution passed Earth’s tipping point?

A study from scientists in Europe say chemical pollution is threatening the biological and physical processes that support all life by affecting ecosystems and therefore, food, clean air, and safe water. Scientists say that since 1950, there has been a fiftyfold increase in chemical production, and may

triple again by 2050, if nothing is done. Plastics are a big concern, plus the 350,000 synthetic chemicals including pesticides and industrial compounds. The study says chemical pollution has crossed a “planetary boundary”, a point outside a stable environment, and a point difficult

to discern as there is not a baseline. But facts like the total plastic mass is higher than the total mass of all living mammals means we are there, researchers say. Recycling is key to reuse resources, not waste them. The study was published in *Environmental Science and Technology*.



The amount of plastic on Earth has more mass than the mass of all the living mammals combined.

IEHA member chosen for NEHA committee



Gretchen Quirk, IEHA Treasurer, has been selected to serve on NEHA's Body Art Committee. Gretchen said since she had been working on issues in this area for more than 20 years, she might be a good fit for the committee. So when there was a callout for new committee mem-

bers, she applied and was accepted. She says the committee meets monthly with the goal of updating the NEHA Model Body Art Code.

She adds that being new to the committee, she is still learning about it. The committee is comprised of public and private sector experts working in

partnership to look at training gaps, best practices, and address challenges for environmental health professionals working in the field, among other goals, and committee members all have environmental health and body art expertise, according to the NEHA website.

“The NWS says a radiosonde can travel as high as 115,000 feet and drift 180 miles from its launch, while sending back data.”

National Weather Service still uses Radiosondes

The National Weather Service (NWS) has always had a need to measure weather conditions in the atmosphere, not just at ground level. NWS has used radiosondes for nearly 90 years to get the data needed. A radiosonde is a remote sensor and transmitter instrument package that is suspended beneath a gas-filled balloon.

When the balloon is released, the instruments rise at about a 1,000 feet per minute. The sensors then transmit data on pressure, temperature, relative humidity and GPS location once per second. Wind speed and direction can also be obtained by tracking the balloon's position as it ascends. A

computer and software system are used to process the data that can be used by data users like the National Climate Data Center, which can archive the data. Data can be used for weather prediction models, aviation and marine forecasts, or verifying satellite data.

A typical “sounding” can last two hours as the balloon rises as high as 115,000 feet. It might also drift as much as 180 miles from the release site. Clearly, the radiosonde is considered disposable.

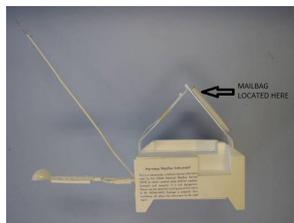
According to NWS, a balloon, and radiosonde hanging 100 feet below it, might encounter temperatures as low as -130° F. and an air pressure just one percent of that found

on the Earth's surface. If the balloon finds a jet stream, it might be moving upwards of 250 mph.

On the ground, the balloon might measure around 5 feet in diameter, but as it rises, it expands to as much as 25 feet in diameter when it will burst. Then a small orange parachute deploys, mostly to prevent it from causing any damage when it lands.

There are over 800 upper-air observation stations, mostly in the northern hemisphere, and data are exchanged between countries.

Some radiosonde models come with mailers, so in the rare event of finding one, it can be mailed back to the NWS.



Radiosondes are sent by balloon into the atmosphere to collect weather data for the NWS.

Southern Chapter learns about security analysis

The Southern Chapter joined with the Terrorism and All Hazards Preparedness Committee to meet earlier this year and heard two speakers. Jennifer Heller gave a talk on a camp viral outbreak that occurred in Brown County in 2019. Steve Broniarczyk of the Cybersecurity and Infra-

structure Security Agency (CISA) division of the United States Homeland Security office gave a talk on Active Shooter Awareness and included a PowerPoint and video presentation.

Steve said that as a Protective Security Advisor for CISA, he can come to your location, whether

it's an office, school, or a special event venue and do a free security analysis. Any changes he suggests can possibly be funded through application for a grant.

To contact Steve:

stven.broniarczyk@

cisa.dhs.gov

or 317-752-5721.



Regional food trainings returning around the state

Southern Chapter was a recent host for a regional food safety training presented by Sharon Pattee. Topics included Farmers Markets, Home Based Vendors, and Mobile Units. Jennifer Heller says the training was beneficial to both new inspectors and "old hands".

In an effort to reach out

to local health departments, Sharon is making an effort to reestablish regional training sessions. Another session was held recently by the Northeast Chapter, and several more are set for around the state.

Sessions are tailored to the needs and requests of the host chapters.

**Remember the IEHA Spring Conference
on April 28, at the Embassy Conference
Center, 2353 Perry Rd., Plainfield!**



How did this popular candy get its name?

Most people are familiar with what is argued as the country's most popular candy, M&Ms. According to the UK's *Mirror*, it actually came about because of a feud.

The name stands for Mars and Murrie, business heirs and collabora-

tors Forrest Mars, Sr., and William Murrie, son of a Hershey executive. Mars was son of Frank Mars, founder of the company namesake.

A falling out led to the son going to England in 1932, where he made Mars Bars for troops. After seeing examples of

chocolate buttons with hard sugar shells, he approached Murrie about a business venture in 1941 that would be M&Ms.

The candy was first given to US troops, who praised it, leading to its popularity. There are over 400 million produced each day.



State fair foods offer unique choices, not diet friendly



The “Funnel Cake Taco” starts with a taco shell dipped in buffalo batter funnel cake mix, fried, filled with buffalo chicken, and topped with lettuce, cheese, ranch, and crumbled Doritos!

The Florida State Fair concluded in February and food vendors provided special offerings as do vendors in many other states’ fairs. It would seem that one needs to be open minded about what ingredients go well together, and ignore the calories and carbs! Here are some of the offerings at the recent Florida State Fair.

All photos and information courtesy of the Florida State Fair.



“Deep Fried Banana Pudding” Donut holes are covered with banana pudding, whip cream and caramel drizzle on top.

Below, try a “Donut Dog”. It starts with a long john donut, fresh grilled hotdog, bacon, with icing drizzled on top.



Below is the “Poutine Sundae” that starts with fresh French fries topped with cheese curds and covered with gravy. Sirloin steak is added on top.



The “Hog Trof” begins with a baked potato, pulled pork, baked beans, cheese, and creamy cole slaw on top.

Past IEHA officer to present at NEHA conference

“JoAnn’s presentation will be part of a food safety breakout session on June 30. She shares the stage with Jo Rhodes.”

JoAnn Mercado saw a food safety training need and developed a solution. She said with the diversity of many cuisines, she developed the “Ethnic Food Safety Training Toolkit” as an aid to inspectors.

“The toolkit is intended to provide the confidence and necessary insight so an inspector will ask the necessary questions during an inspection,” she says. “It includes videos of cooking techniques, a

description of basic ingredients used, and safety controls to observe.”

JoAnn adds the intent of the project is to help new inspectors and also be a refresher to more experienced employees who are exposed to foods and processes they may have not seen before. This can help them to ask the right questions during inspections. The overall objective is to increase compliance while building a better support between in-

spector and operator.

She says a new supervisor at the Marion Co. Public Health Dept., Jo Rhodes, encouraged her to share her ideas on a bigger stage, so she submitted an abstract to NEHA, which then invited her to be part of the 2022 National Convention. JoAnn’s presentation is scheduled during a food safety breakout session. It is expected that hundreds of attendees will be present for the session.

Managers play key role controlling outbreaks (cont.)

(Continued from page 1)

Inspectors should (OK, must) ask if there is an illness reporting policy and what it says. This can be as simple as a half page. Stress communication between staff and managers. Talking about being sick is a real challenge to managers and food workers alike, and some will feel they don't

know what to say. The FDA has several documents about addressing personal hygiene within food establishments.

Neither HIPAA, nor the ADA, do not prevent talking about foodborne illness symptoms or diagnoses. Just don't tell everyone else. Such illnesses are not considered disabilities.

In the survey, sick workers were more likely to work in establishments that served over 300 meals a day, had inexperienced managers, or didn't have a written policy.

If possible, suggest that work schedules have "on-call" staff available, although that might be the biggest challenge since many are understaffed.



Drive-up has regular four-legged "customers"

Tim Hortons is a Toronto-based coffee, donut, sandwich chain with thousands of stores across Canada and a few hundred in the US. But one restaurant near Calgary has some unusual clientele.

Employees there say deer will stop at the pickup window "two or three

times a day" expecting a handout. It's not known how well this works for the deer, but in the picture at right posted by the restaurant, it appears a worker is about to hand something out the window to the waiting deer. How did the deer pay? That's not known either!



"At this location, unusual customers are normal, ranging from people on horseback, to riding dog sleds."

Past Purdue food science faculty now leads K-State

Many long time members of IEHA remember Dr. Richard Linton when he was a member of the faculty in the Food Science Division at Purdue University. He served as a valued resource to the IDOH Food Protection Division and to many lo-

cal health departments as well. Members will recall attending a variety of trainings on food safety topics, especially those relating to Reduced Oxygen Packaging (ROP).

After moving from Purdue to The Ohio State University, then to North

Carolina State University, Dr. Linton has been chosen to be the 15th president at Kansas State University.

Dr. Linton said, "I'm super excited about my new adventure at KSU".



Dr. Richard Linton, who served as a valued food safety resource while at Purdue, is now president of Kansas State University.

(Photo courtesy of K-State)

**INDIANA
ENVIRONMENTAL
HEALTH
ASSOCIATION, INC**

IEHA
PO Box 457
Indianapolis, IN 46206-0457

telephone: 317-797-3255
Email: info@iehaind.org

Journal editor:
fsio99@gmail.com

The Journal is published three
times per year:
March, July and November.

www.iehaind.org



IEHA is an Indiana not for profit corporation in existence since 1951.

IEHA Officers

President: Holley Rose

President Elect: Jennifer Heller

Vice President: Krista Click

Past President: Jammie Bane

Secretary: Lisa Chandler

Treasurer: Gretchen Quirk

Auditors: Matthew Herrick, Catherine Hess

Executive Board Secretary: Tami Barrett

Journal Editor / Publisher: Ed Norris

IEHA Winter Sports Organizer: Bob Sledd (ret)

"The Mission of the Indiana Environmental Health Association, Inc. is to promote, preserve and protect environmental public health in the state of Indiana, and to encourage a spirit of cooperation among all environmental health stakeholders while serving its members in the regulatory, industry, and academic communities."

More about IEHA

The Indiana Environmental Health Association, Inc. (IEHA) was founded in 1951 as the Indiana Association of Sanitarians (IAS). There were 16 charter members. The name was officially changed to the Indiana Environmental Health Association in 1985. IEHA is affiliated with the National Environmental Health Association (NEHA), and the International Association for Food Protection (IAFP).

IEHA is comprised of eight regional chapters. They are Central, East Central, Northeast, Northwest, Southeastern, Southern, Wabash Valley, and West Central. There are four standing committees, which include Food Protection, General Environmental Health Services, Terrorism And All Hazards Preparedness, and Wastewater.

The operations of IEHA are governed by an Executive Board that meets regularly. The Board and various standing committees are made up of voting and non-voting members. Information plus meeting dates, times and locations for the chapters and standing committees may be found on the IEHA website listed on this page. All meetings are open to any member or guest but only "voting members" as defined may vote or hold an office.