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Screening for Elevated Blood Lead Levels in Pregnant Women: A Systematic Review for the U.S. Preventive Services Task Force

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Structured Abstract

Background: In 2006, the U.S. Preventive Services Task Force (USPSTF) recommended against routine screening for elevated blood lead levels (BLLs) in asymptomatic pregnant women (D recommendation).

Purpose: To synthesize evidence on the effects of screening, testing, and treatment for elevated BLLs in pregnant women, to update a 2006 USPSTF systematic review.

Data Sources: Cochrane CENTRAL and Cochrane Database of Systematic Reviews (through June 2018) and Ovid MEDLINE (1946 to June 2018), reference lists, and surveillance through December 5, 2018.

Study Selection: English-language trials and observational studies of screening effectiveness, test accuracy, and benefits and harms of screening and interventions in asymptomatic pregnant women.

Data Extraction: One investigator abstracted details about study design, patient population, setting, screening method, followup, and results. Two investigators independently applied prespecified criteria to rate study quality using methods developed by the USPSTF. Discrepancies were resolved through consensus.

Data Synthesis: No studies directly evaluated clinical benefits and harms of screening pregnant women for elevated BLLs versus no screening, or how effectiveness of screening varies according to the gestational age at which screening is performed. One fair-quality study (N=314) evaluated the diagnostic accuracy of using a version of the Centers for Disease Control and Prevention screening questionnaire for lead exposure in children, modified for identifying pregnant women with elevated BLLs. The study used four out of five questions from the questionnaire and found a sensitivity of 75.7 percent and specificity of 46.2 percent. The most predictive single item was living in a home built before 1960. One fair-quality randomized, controlled trial from Mexico found that calcium supplementation in healthy pregnant women (N=670; mean baseline BLL, ~4 μ g/dL) was associated with a reduction in serum lead levels compared with placebo (difference, 11%; p=0.004). No studies reported health outcomes or harms associated with interventions to reduce BLLs in asymptomatic pregnant women.

Limitations: Limited to English-language articles; quality and applicability of studies were limited due to flawed study design, poor reporting of statistical outcomes, and loss to followup. Two studies addressed the Key Questions, with no evidence on effects of screening or interventions for elevated BLLs in pregnant women on health outcomes.

Conclusions: Evidence on the benefits and harms of screening pregnant women for elevated BLLs is extremely limited, with no evidence on effects of screening or interventions for elevated BLLs in pregnant women on health outcomes.

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Chapter 1. Introduction and Background

Purpose

This report will be used by the U.S. Preventive Services Task Force (USPSTF) to update its 2006 recommendation on screening for elevated blood lead levels (BLLs) in pregnancy. This update focuses on studies published since the prior USPSTF systematic review¹ of this topic and may include studies also included in the prior review.

In 2006, the USPSTF recommended against routine screening for elevated BLLs in asymptomatic pregnant women (D recommendation). The USPSTF found no studies that examined the effectiveness or harms of screening or interventions among pregnant women but did discuss a variety of potential harms similar to those among children. Given the low prevalence of elevated BLLs in asymptomatic pregnant women, the small amount of potential benefit was not thought to outweigh the potential harms of screening and intervention in this group.

Condition Background

Condition Definition

Elevated BLL is defined as greater than 5 μ g/dL, according to the Centers for Disease Control and Prevention (CDC).² Although no safe level of lead exposure exists, this is the level at which further clinical monitoring or treatment is recommended for pregnant women.² This reference range value was based on the 98th percentile of the National Health and Nutrition Examination Survey (NHANES) blood lead distribution in women of childbearing age.³

Prevalence and Burden of Disease/Illness

Lead causes a number of adverse health effects, primarily affecting the central nervous, hematopoietic, hepatic, and renal systems.⁴ Manifestations are variable, but there is a general correlation between higher BLLs and the presence of symptoms. Acute toxicity resulting from intense lead exposure over a short duration is very uncommon and primarily associated with occupational exposure.⁴ Clinical symptoms of acute lead exposure include muscle pain, fatigue, abdominal pain, headache, vomiting, seizures, and coma.⁴ Adults with lower level, chronic, or recurrent exposures may be asymptomatic or present with vague nonspecific symptoms (e.g., myalgia, fatigue, difficulty concentrating, and insomnia).⁴

Many potential health effects of lead exposure are irreversible. Compared with other organ systems, the nervous system is the most sensitive and chief target for lead-induced toxicity.⁴ More severe manifestations occur at very high exposures and include delirium, lack of coordination, convulsions, paralysis, coma, and ataxia. Lead exposure can lead to anemia by directly affecting the synthesis of hemoglobin (by inhibiting various key enzymes involved in the

heme synthesis pathway) and by reducing the life span of circulating erythrocytes by increasing the fragility of cell membranes.⁵

Pregnant women exposed to lead are at an increased risk of adverse perinatal outcomes as well as nonpregnancy-related morbidity. Among adults in general, analyses of NHANES data (1988 to 1994) indicate that BLLs greater than 10 µg/dL are associated with an increased risk of death from all causes (relative risk [RR], 1.59 [95% confidence interval (CI), 1.28 to 1.98]), cardiovascular disease (RR, 1.55 [95% CI, 1.16 to 2.07]), and cancer (RR, 1.69 [95% CI, 1.14 to 2.52]).⁶ Exposure in adults can additionally lead to increased blood pressure and the incidence of hypertension, reproductive problems, and decreased kidney function.⁷ The International Agency for Research on Cancer lists lead as a probable carcinogen, and the U.S. Report on Carcinogens also lists lead and lead compounds as "reasonably anticipated to be a human carcinogen."^{8,9} Lead exposure during pregnancy can result in spontaneous abortion,³ reduced fetal growth, premature birth, and cognitive deficiencies in the child.³ As with young children, lead exposure during the critical initial neurological development of a fetus may be particularly harmful.¹⁰ Pregnant women and nursing mothers with high BLLs may experience elevations in both systolic and diastolic blood pressure.¹¹

Public health efforts to reduce exposure to lead in the United States (e.g., removal of lead from household paints and gasoline) are considered major successes. Although it is difficult to measure changes in morbidity attributable to lead exposure, the prevalence of elevated BLLs in adults has declined significantly over the past few decades.

Based on NHANES data, the percentage of adults with BLLs of 10 μ g/dL or greater declined from 3.3 percent in 1988 to 1994 to 0.7 percent in 1999 to 2002 (p<0.001).¹² In 1999 to 2002, the multivariable-adjusted odds ratio of having a BLL of 10 μ g/dL or greater was 2.91 (95% CI, 1.74 to 4.84) and 3.26 (95% CI, 1.83 to 5.81) for non-Hispanic black and Mexican American adults, respectively, compared with non-Hispanic white adults.¹³ Among women of childbearing age, an estimated 1 percent have BLLs greater than 5 μ g/dL.³ In one analysis of pregnant women, the age-adjusted prevalence of elevated BLLs was less than 0.5 percent.¹⁴

Etiology and Natural History

Lead is a heavy metal that occurs naturally in the environment. Unique properties of lead (e.g., high malleability, low melting point, and resistance to corrosion) resulted in its widespread use in various industries. Lead has become widely distributed and mobilized in the environment, resulting in increasing human exposure and uptake over time.¹⁵

Common sources of lead exposure include lead-based paint, contaminated soil (e.g., by exterior lead-based paint or gasoline), lead-contaminated water (e.g., by lead plumbing), and dust contaminated by chipping or chalking of lead-based paint and tracked-in soil.¹⁵ In the United States, leaded gasoline began to be phased out in 1973 and was banned by 1996. From 1980 to 2014, exposure to lead fumes from leaded gasoline decreased by 98 percent.¹⁶ Lead-based paints were banned for use in housing in 1978. All houses built before 1978 are likely to contain some lead-based paint that ultimately deteriorates and causes a problem.¹⁵ Although lead was restricted in plumbing material in 1986, older homes and neighborhoods may still contain lead service

lines, lead connections, or other lead-based plumbing materials.¹⁷ The release of lead from leadbased plumbing materials into drinking water is variable and influenced by factors such as water softness, temperature, and acidity.¹⁸ Flint, Michigan provides an example of increased lead contamination of drinking water related to changes in water sources and treatment, including the use of disinfectants.¹⁹

Like young children, adults may be exposed to lead-based paints and other household exposures. Adults may also be at risk of occupational lead exposure, exposure via hobbies (e.g., lead-glazed pottery), and ingestion of some lead-containing complementary and alternative treatments (e.g., Ayurvedic herbal medicine products). One survey of reproductive-age women in New York with elevated BLLs (10 to $25 \mu g/dL$) found that 46 percent of exposures were occupational, 24 percent were due to home renovations, and 30 percent were unknown.²⁰ Among women with occupational exposures to lead fumes or dust, the most common occupational exposures were precision production (e.g., work involving soldering or the production of lead-containing materials); craft and repair operations; and among operators, fabricators, and laborers. Specific recommendations exist for medical surveillance of pregnant women with occupational exposure to lead.²¹

Once exposed to lead, nutritional factors in both children and adults are known to affect lead absorption and toxicity. Iron- or calcium-deficient diets may lead to more efficient absorption of lead in children and adults.²² Interactions between micronutrients and exposure to lead are also important in pregnancy. Studies suggest that maternal calcium consumption may affect bone resorption based on the toxicokinetics of lead during different stages of pregnancy.²³ During pregnancy, increased mobilization of lead may occur from bone stores that provide for fetal developmental needs.²⁴ Once absorbed, lead is then distributed to the blood, soft tissues, and bone. In blood, 99 percent of lead is bound to the erythrocyte, and the remaining 1 percent is free in the plasma to exchange with soft tissues (kidney, brain, liver, and bone marrow). More than 90 percent of lead in the body is stored in bone, and this might be mobilized in periods of high turnover such as pregnancy and lactation.³

During pregnancy, BLLs have been found to follow a U-shaped curve with a nadir between 12 and 20 weeks. The rate at which BLLs rise in late pregnancy varies by age (higher among older women) and is associated with calcium intake (lower in women taking calcium supplements).²⁴⁻ ²⁶ After delivery, breastfeeding women experience a rise in lead levels that is attributed to increased lead absorption and increased lead mobilization from deeper storage (i.e., bone).²⁷

Risk Factors

Risk factors for lead exposure include socioeconomic disadvantage; living in an area with lead industry; renovation or deterioration of older lead-painted houses; and previously living in a developing country where leaded gasoline is still used.^{15,28} Socioeconomic factors associated with lead exposure include lower family income, older age of housing, and poorer nutritional status.

In a New York study of low-income pregnant women, foreign-born women were 8 times more likely to have elevated BLLs compared with women born in the United States.²⁹ The American

College of Obstetricians and Gynecologists (ACOG) and the CDC also list the following as risk factors for lead exposure in pregnant women: living near a point source of lead; working with lead or living with someone who does; using lead-glazed ceramic pottery; eating nonfood substances (e.g., pica); using complementary and alternative therapies; using imported cosmetics; engaging in high-risk hobbies; renovating old homes without lead hazards in place; consuming lead-contaminated drinking water; having a previous history of lead exposure; and living with someone diagnosed with an elevated BLL.^{3,30}

Specific risk factors may vary in different communities. For example, exposures that occur through local water sources, lead pipes, and culturally-linked sources such as folk remedies, imported food and candy, and traditional pottery used for cooking^{31,32} may influence lead exposure on the local level. The CDC recommends that state or local health departments provide information to clinicians on community-specific risk factors that can be used to determine the need for screening in pregnant women.³ The CDC also recommends developing validated questionnaires at the community level since risk factors may vary significantly between communities.

Rationale for Screening/Screening Strategies

Current clinical guidelines and policies emphasize primary prevention of lead exposure. The rationale for screening pregnant women is to identify and reduce sources of lead exposure to reduce the risk of pregnancy complications and decrease the risk of lead exposure to the developing fetus and infant. Potential benefits for the pregnant women includes reduction of perinatal complications and prevention of general complications associated with adult lead exposure. As the prevalence of elevated BLLs has declined, there has been a shift from universal to targeted screening that incorporates primary prevention education.³³ Although several questionnaires have been developed to identify children at higher risk of lead exposure, none have been developed specifically for pregnant women. Venous blood sampling is the recommended screening strategy for pregnant women when lead exposure is suspected.^{3,30}

Interventions/Treatment

The management of elevated BLLs in pregnant women varies depending on the confirmed BLL and other factors. Types of interventions include education and environmental strategies, nutritional interventions, and chelation therapy. Identifying the source of lead exposure is key to preventing ongoing or repeated exposure and remains the mainstay of treatment for lead exposure.

Educational and Environmental Interventions

Educational interventions address awareness of lead exposure pathways, hygiene, and household dust control measures to prevent ingestion of dust and soil. Environmental and household interventions include specialized cleaning, repairs, maintenance, soil abatement (e.g., removal and replacement), painting, and temporary containment of lead hazards. For pregnant women, additional education includes advice on strategies to decrease exposure to children who are

breastfeeding. The CDC suggests that breastfeeding be discouraged in women with BLLs of 40 μ g/dL or greater; however, a 2012 policy statement from the American Academy of Pediatrics on breastfeeding does not include a recommendation to discourage breastfeeding for women with BLLs of 40 μ g/dL or greater.^{30,34} Current guidelines state that women with levels of 5 to 39 μ g/dL may breastfeed, but infant BLLs should be measured, and breastfeeding should be discontinued if infant BLLs rise above 5 μ g/dL.

Nutritional Interventions

The role of nutritional supplementation in reducing BLLs among pregnant women with elevated BLLs is unclear. Calcium, dietary iron, and other supplements are thought to decrease the intestinal absorption of lead. For lead, this theory is supported by epidemiologic studies that demonstrate an increased prevalence of iron deficiency among children with lead poisoning.^{35,36} However, the association is inconsistent and evidence in iron-replete children is lacking. Nonetheless, calcium and vitamin C supplementation is often recommended for women with elevated BLLs.³⁰

Chelation Therapy

In adults, chelation therapy may more rapidly decrease BLLs and relieve acute lead symptoms. Initiation of chelation is recommended for individuals with BLLs greater than 100 μ g/dL and should also be considered for levels between 80 and 100 μ g/dL in asymptomatic individuals and for symptomatic patients with BLLs between 50 and 80 μ g/dL.³⁷ 2,3-dimercaptosuccinic acid (DMSA), succimer, and calcium disodium ethylenediaminetetraacetate (CaEDTA) are commonly used chelating agents. Because treatment with CaEDTA is associated with significant adverse effects, it must be administered in a hospital setting. The risks and benefits of chelation therapy have not been fully characterized among pregnant women. There are eight case reports of successful use of chelation therapy in pregnant women, all of whom had a BLL greater than 45 μ g/dL.³⁸ The CDC recommends considering the use of chelation therapy when BLLs are greater than 45 μ g/dL.³ CaEDTA is considered pregnancy category B and DMSA is considered category C. Pregnant women undergoing chelation therapy should be managed by a clinician who is experienced with lead intoxication during pregnancy.

Current Clinical Practice/Recommendations of Other Groups

Current Clinical Practice

There are no available data regarding the prevalence of health care providers who screen pregnant women for elevated BLLs. The states of Minnesota³⁹ and New York⁴⁰ recommend routine risk factor assessment for lead exposure, as do ACOG and the CDC.^{3,30} The CDC recommends targeted screening for elevated BLLs through venous blood sampling based on risk factors for lead exposure in individual communities.

The accuracy of screening questionnaires for predicting elevated BLLs in pregnant women is uncertain. No validated questionnaire exists for identifying pregnant women at high risk of lead exposure. The state of Minnesota³⁹ provides a 10-question risk assessment tool, and the state of

New York provides a five-question risk assessment tool.³ In both screening programs, BLL testing is recommended if a woman answers yes to one or more questions. However, neither of these tools has been validated in pregnant populations. Venous blood sampling is the recommended screening method for maternal blood lead testing.^{3,30}

Recommendations of Other Groups

Table 1 summarizes current screening recommendations from other groups. At the time of the previous USPSTF recommendation,⁴¹ no other organizations had issued guidance about screening pregnant women for elevated BLLs. Since 2006, both the CDC and ACOG published recommendations stating that all pregnant women with risk factors for lead exposure should be screened for elevated BLLs using venous blood sampling and managed appropriately.^{3,30}

Chapter 2. Methods

Key Questions and Analytic Framework

This systematic review followed a standard protocol consistent with USPSTF procedures.⁴² The scope and Key Questions for this report were developed by Evidence-based Practice Center investigators in collaboration with the USPSTF and the Agency for Healthcare Research and Quality, and informed by evidence gaps identified from the prior review.⁴³ In addition, three Contextual Questions were requested by the USPSTF. Contextual Questions address topics important to the USPSTF recommendations, but are reviewed by summarizing evidence from key informative studies rather than by using systematic review methodology. Key Questions and Contextual Questions are listed below. Investigators created an analytic framework incorporating the Key Questions and outlining the patient populations, interventions, outcomes, and potential adverse effects (**Figure 1**). A research plan was externally reviewed and modified prior to finalization.

Key Questions

- 1a. Is there direct evidence that screening for elevated BLLs in asymptomatic pregnant women improves health outcomes (e.g., reduced cognitive problems in offspring, adverse perinatal outcomes, and adverse maternal outcomes)?
- 1b. Does the effectiveness of screening in asymptomatic pregnant women vary by gestational age?
- 2. What is the accuracy of questionnaires or clinical prediction tools that identify pregnant women who have elevated BLLs?
- 3. What are the harms of screening for elevated BLLs (with or without screening questionnaires) in asymptomatic pregnant women?
- 4. Do counseling and nutritional interventions, residential lead hazard control techniques, or chelation therapy reduce BLLs and rates of gestational hypertension in asymptomatic pregnant women with elevated BLLs?
- 5. Do counseling and nutritional interventions, residential lead hazard control techniques, or chelation therapy improve health outcomes in asymptomatic pregnant women with elevated BLLs?
- 6. What are the harms of interventions in asymptomatic pregnant women with elevated BLLs?

Contextual Questions

- 1. What is the reliability of venous blood lead testing at various lead levels in pregnant women?
- 2. What is the association between reduced BLLs and improved health outcomes in asymptomatic pregnant women with elevated BLLs?
- 3. Are there valid risk prediction tools available that identify communities at highest risk for lead exposure that could be used in primary care practices to target screening efforts in pregnant women?

Key Question 1a focused on direct evidence of the effectiveness of screening for elevated BLLs for improving future health outcomes (e.g., reduced cognitive problems in offspring, reduced adverse perinatal outcomes, and reduced adverse maternal outcomes) compared with not screening. Key Question 1b evaluated the effectiveness of screening by gestational age. Because such direct evidence may be limited, the remainder of the analytic framework (Key Questions 2 through 6) evaluates the chain of indirect evidence needed to link screening with improved health outcomes. Links in the chain of indirect evidence include the accuracy of screening for identifying pregnant women with elevated BLLs, the effectiveness of interventions for treating identified elevated BLLs and reducing the incidence of complications, the association between improvements in intermediate outcomes and clinical health outcomes, and harms (including infant harms) associated with screening and treatments. Implicit in the indirect chain of evidence is that, to understand benefits and harms of screening, it is necessary but not sufficient to show that pregnant women with elevated BLLs can be identified. It is also necessary to show that there are effective treatments for women identified with elevated BLLs.

A separate report covers screening for elevated BLLs in children.

Search Strategies

We searched the Cochrane Central Register of Controlled Trials (through March 2017), Cochrane Database of Systematic Reviews (through April 2017), and Ovid MEDLINE (1946 through March 2017) for relevant studies. Search strategies are available in **Appendix A1**. Searches were supplemented by review of studies included in the prior USPSTF review and by review of reference lists of other relevant studies. Searches were updated through June 2018. Ongoing surveillance was conducted through article alerts and targeted searches of high-impact journals to identify major studies published in the interim that may affect the conclusions or understanding of the evidence. The last surveillance was conducted on December 5, 2018.

Study Selection

Two reviewers independently evaluated each study to determine eligibility for inclusion based on predetermined inclusion and exclusion criteria developed for each Key Question (**Appendix A2**).

Populations of asymptomatic pregnant women were included, regardless of risk for elevated BLLs. Studies of screening questionnaires were included for Key Question 2. Comparisons were screening versus no screening (Key Questions 1 and 3); a questionnaire versus a reference standard for elevated BLL (i.e., venous BLL) (Key Question 2); and treatment versus placebo, no treatment, or usual care (Key Questions 4 through 6). Key Question 4 evaluated effects of interventions for elevated BLLs on intermediate outcomes (i.e., BLLs). Clinical outcomes were gestational hypertension, cognitive outcomes in offspring, and perinatal and maternal outcomes. Other outcomes were statistical markers of diagnostic accuracy, harms of testing (e.g., anxiety, distress, pain, or discomfort related to testing), and morbidity attributed to treatment (e.g., renal toxicity, sensitivity reactions). Inclusion was restricted to English-language articles, and studies only published as abstracts were excluded. Studies of nonhuman subjects were also excluded,

and studies had to report original data. Studies conducted in countries with a "very high" Human Development Index³⁹ (i.e., considered applicable to U.S. populations and practice) were included; studies from countries with a "high" Human Development Index were included if no other studies were available. For Key Questions 4 through 6 (treatments for elevated BLLs), studies of asymptomatic pregnant women conducted in any country that evaluated interventions that focused on the individual or family (e.g., counseling, nutritional interventions, residential hazard control techniques, and chelation therapy) were included; studies of policies, laws, or community-based interventions focused on the primary prevention of lead exposure were excluded. Study designs were randomized, controlled trials (RCTs) of screening and treatments; controlled clinical trials on effects of therapies; and studies on diagnostic accuracy of screening questionnaires or capillary sampling. The selection of literature is summarized in the literature flow diagram (**Appendix A3**). **Appendix A4** lists included studies and **Appendix A5** lists excluded studies with reasons for exclusion.

Data Abstraction and Quality Rating

One investigator abstracted details about the study design, patient population, setting, screening method, interventions, analysis, followup, and results. A second investigator reviewed data abstraction for accuracy. For studies that did not report measures of diagnostic accuracy but provided the necessary data, we calculated RRs, likelihood ratios, positive and negative predictive values, and 95 percent CI or p-values. Two investigators independently applied criteria developed by the USPSTF⁴² to rate the quality of each study as good, fair, or poor (**Appendix A6**) and resolved discrepancies by consensus.

Data Synthesis

Two independent reviewers assessed the internal validity (quality) of the body of evidence for each Key Question ("good," "fair," or "poor") using methods developed by the USPSTF, based on the number, quality and size of studies, consistency of results between studies, and directness of evidence (**Table 2**).⁴² Due to the limited nature of the evidence, meta-analyses were not possible and we discuss the evidence qualitatively.

External Review

The draft report was reviewed by content experts (**Appendix A7**), USPSTF members, Agency for Healthcare Research and Quality Project Officers, and collaborative partners, and has been posted for public comment; it has been revised accordingly.

Response to Public Comment

A draft version of the evidence report was posted for public comment on the USPSTF Web site

from October 30, 2018 to December 3, 2018. No changes to the report were made in response to public comments.

Chapter 3. Results

The search and selection of articles are summarized in the literature flow diagram. Two reviewers independently evaluated 3,147 unique citations and 233 full-text articles based on predefined criteria. Two studies met inclusion criteria for this review (N=984). There were no studies of screening in pregnant women and no studies reported health outcomes of interventions to reduce BLLs in asymptomatic pregnant women. One study reported the diagnostic accuracy of a clinical questionnaire for pregnant women⁴⁵ and one study reported effects of a nutritional intervention during pregnancy.²⁶ **Appendix A3** shows the results of the literature search and selection process, **Appendix A4** lists the included studies, and **Appendix A5** lists the excluded full-text papers.

Key Question 1a. Is There Direct Evidence That Screening for Elevated BLLs in Asymptomatic Pregnant Women Improves Health Outcomes? Key Question 1b. Does the Effectiveness of Screening in Asymptomatic Pregnant Women Vary by Gestational Age?

As in the prior USPSTF review, no studies directly evaluated clinical benefits and harms of screening pregnant women for elevated BLLs versus no screening, or how effectiveness of screening varies according to the gestational age at which screening is performed.

Key Question 2. What Is the Accuracy of Questionnaires or Clinical Prediction Tools That Identify Pregnant Women Who Have Elevated BLLs?

Summary

One fair-quality observational study⁴⁵ included in the prior USPSTF review evaluated the accuracy of a questionnaire for identifying pregnant women with elevated BLLs using four questions from the five-question 1991 CDC questionnaire designed for identifying children at risk (N=314) (**Appendixes B1 and C1**). Women with a positive response to at least one of the four questions were more likely to have elevated BLLs than those who answered negatively to all four questions (RR, 2.39 [95% CI, 1.17 to 4.89]; P=0.01). However, diagnostic accuracy was poor, with a sensitivity of 75.7 percent and specificity of 46.2 percent. The most predictive single item was a "home built before 1960."

Evidence

The prior USPSTF review described one fair-quality cross-sectional study (n=314) of pregnant women in Ohio on the accuracy of the CDC lead questionnaire for screening children for risk of

elevated BLLs that was carried forward to this update.⁷ No additional studies on the accuracy of instruments for identifying pregnant women with elevated BLLs were identified.

The CDC questionnaire is a five-item survey developed in 1991 that aims to assess residential, household, and personal risk factors for lead exposure in children. Specific items include the age of current housing and the condition of the paint; presence of household members and children with a BLL of 15 μ g/dL or greater; exposure through [parental] work or hobbies; and a home in close proximity to lead industry.

The included study of pregnant women used four of the five items in the CDC questionnaire and eliminated an item on point source lead exposure from industries not relevant to this community. This study also included three additional questions.⁴⁵ The questions were answered based on responses to a self-administered questionnaire of 19 items and a logistic model to identify the most predictive factors. The study enrolled low-income women attending public health clinics. The majority of participants were age 35 years or younger, and a third were adolescents. Ninety-four percent were Medicaid eligible, 66 percent were white, and 28 percent were black. Thirteen percent of the study population (39/314) had BLLs of 10 μ /dL or greater, with a mean BLL of 12.6 μ g/dL.

Based on the threshold of at least one positive answer to one of four questions, 57 percent of the enrolled women qualified as at high risk for lead exposure and had a significantly increased risk for having an elevated BLL (defined as $\geq 10 \,\mu g/dL$). The modified CDC questionnaire had a sensitivity of 75.7 percent and specificity of 46.2 percent. The positive likelihood ratio was 1.4 and the negative likelihood ratio was 0.52.

Using logistic regression, three specific questions were identified as predicting elevated BLLs more accurately: question 1 in the CDC set (home built before 1960 with peeling paint) and two questions added to the CDC questions (being a current smoker and consuming >10 servings of canned food per week). The sensitivity and specificity of these questions were 59.5 and 67.2 percent, respectively, for a house built before 1960; 56.8 and 63.0 percent, respectively, for being a current smoker; and 18.9 and 91.6 percent, respectively, for consuming more than 10 servings of canned food per week. Answering "yes" to any of these three questions resulted in a sensitivity of 75.7 percent and specificity of 41.2 percent. The positive likelihood ratio for this three-question set was 1.4 and the negative likelihood ratio was 0.26. The exact method for selecting these three questions was not clearly reported.

Limitations of this study include lack of clarity on how patients were selected, no comparison group, and answers to the evaluated questions (four CDC questions and an additional three questions) being derived from a separate 19-question set. It was not clear if the interpretation of the questionnaire results was done without knowledge of the BLLs. In addition, the derived three-item instrument was not tested in an independent cohort.

Key Question 3. What Are the Harms of Screening for Elevated BLLs (With or Without Screening Questionnaires) in Asymptomatic Pregnant Women?

As in the prior report, no studies directly compared the harms of screening pregnant women for elevated BLLs in a screened population versus an unscreened population.

Key Question 4. Do Counseling and Nutritional Interventions, Residential Lead Hazard Control Techniques, or Chelation Therapy Reduce BLLs and Rates of Gestational Hypertension in Asymptomatic Pregnant Women With Elevated BLLs?

Summary

One new fair-quality RCT of healthy pregnant women in Mexico (N=670) with mean baseline BLLs of approximately 4 μ g/dL found that calcium supplementation was associated with reduced BLLs versus placebo (difference, 11%; p=0.004; levels in each group not reported). Effects were more pronounced in women with baseline <u>BLLs of 5 μ g/dL or greater (**Appendixes B2 and C2**).</u>

Evidence

The prior USPSTF report did not include any studies on effects of interventions to lower BLLs in asymptomatic pregnant women.

One new fair-quality RCT (n=670) of healthy pregnant women at less than 14 weeks' gestation attending Mexican Social Security Institute prenatal clinics compared a nightly dose of 1,200 mg of calcium until delivery versus placebo.²⁶ Women were not required to have an elevated BLL at baseline (mean BLL, 3.8 vs. 4.1 μ g/dL).

Calcium supplementation was associated with an 11-percent greater reduction in BLL than placebo (p=0.004; BLLs in each group not reported).²⁶ The difference was largest during the second trimester (14% difference; p<0.01; third trimester difference, 8%; p=0.11). Stratifying the analysis according to baseline BLL showed greater effects of calcium supplementation in patients with elevated BLL at baseline. In women with a BLL <u>of 5 μ g/dL or greater at baseline, calcium supplementation was associated with a 17-percent greater reduction in BLL versus placebo, compared with a 7-percent greater reduction in women with BLLs less than 5 μ g/dL at baseline.</u>

Limitations of this study include unclear methods of allocation (e.g., enrollment of any healthy pregnant woman, and not identifying an asymptomatic group with elevated BLLs at baseline), lack of blinding of patients or outcome assessors, and small population differences at baseline,

including dietary calcium intake.

Secondary analyses found a dose-response association between adherence with calcium supplementation and greater effects on blood lead concentration. Adherence of 50 percent or greater with calcium doses was associated with BLLs 15 percent lower than in the placebo group (p<0.001), taking more than 67 percent of calcium doses resulted in 19 percent lower levels (p<0.001), and taking more than 75 percent of calcium doses resulted in 24 percent lower levels (p<0.001). In women with an elevated BLL at baseline, the difference between calcium and placebo in BLL reduction among more adherent women was smaller (3%) and not statistically significant.

There were no studies of the effects of other interventions to reduce elevated BLLs in pregnant women.

Key Question 5. Do Counseling and Nutritional Interventions, Residential Lead Hazard Control Techniques, or Chelation Therapy Improve Health Outcomes in Asymptomatic Pregnant Women With Elevated BLLs?

As in the prior USPSTF report, no studies reported health outcomes following interventions to reduce BLLs in asymptomatic pregnant women.

Key Question 6. What Are the Harms of Interventions in Asymptomatic Pregnant Women With Elevated BLLs?

The prior USPSTF report found no studies on harms of interventions for lowering elevated BLLs in pregnant women. A subsequent RCT on effects of calcium supplementation on BLLs in pregnant women did not report harms (see Key Question 4).²⁶

Contextual Questions

No studies were identified on the reliability of venous blood lead testing at various lead levels in pregnant women, the association between reduced BLLs and improved health outcomes in asymptomatic pregnant women with elevated blood lead concentrations, or accuracy of risk prediction tools in identifying communities at highest risk for lead exposure during pregnancy.

Chapter 4. Discussion

Summary of Review Findings

Evidence to determine the clinical benefits and harms of screening pregnant women for elevated BLLs versus not screening is extremely limited. No evidence directly evaluated the health benefits and harms of screening or the health outcomes or harms of interventions to treat elevated BLLs in pregnant women. Important gaps in the indirect chain of evidence include the lack of an accurate questionnaire to identify women at risk of elevated BLLs and the lack of interventions shown to be effective for reducing BLLs or improving clinical outcomes in women with elevated BLLs. **Table 2** summarizes the evidence reviewed for this update.

One observational study of a questionnaire designed to evaluate lead exposure in children modified for use in pregnant women found poor diagnostic accuracy, with noninformative likelihood ratios.⁴⁵ No studies of questionnaires specifically designed to assess lead exposure in pregnant women have been published. Accurate risk assessment instruments would facilitate improved targeted screening strategies.

Evidence on the effectiveness of nutritional interventions for pregnant women with elevated BLLs was limited to one fair-quality trial of calcium supplementation that showed a modest (~11%) reduction in BLLs versus placebo.²⁶ There were no studies of chelation therapy or residential interventions in pregnant women. There were no available studies to address the remaining Key Questions or the Contextual Questions. At present, no studies address when to screen during pregnancy or effects of interventions for lowering elevated BLLs in pregnancy on clinical outcomes.

Contextual Issues

Evidence on the intraindividual and interlaboratory reliability of BLL testing would be helpful for interpreting testing results, informing technical standards, and informing testing protocols and strategies. No risk prediction tools were identified that could be used in primary care practices to target screening of pregnant women living in communities at high risk for lead exposure.

Generalizability

The findings from the two studies included in this report are not generalizable. The study of the CDC questionnaire originally developed to assess risk in children had poor diagnostic accuracy in a pregnant population.⁴⁵ The single study of calcium supplementation to reduce BLLs was conducted in low- to moderate-income women in Mexico, with a high proportion of enrolled women regularly using lead-glazed ceramics for cooking meals (35%), and did not limit enrollment to women with asymptomatic elevated BLLs at baseline.²⁶ It is unclear whether this intervention would have similar effectiveness in a U.S. population given potential differences in

environments and nutrition. However, identifying culturally linked sources of lead exposure in U.S. pregnant populations could have an effect on risk.

Limitations

The major limitation of this review was the overall lack of evidence to address all Key Questions. Other limitations of this review include restriction to English-language articles, which could result in language bias. However, we did not identify non–English-language studies in our searches that otherwise met inclusion criteria. Despite searching for updated data, the available studies may represent outdated risk factors and treatments that are not as relevant in U.S. primary care settings. We included nonrandomized studies to evaluate the effectiveness of interventions for elevated BLLs. Such studies are more susceptible to confounding and bias, as reflected in the quality ratings we assigned. We did not attempt meta-analysis, given the lack of studies, and were unable to formally assess for publication bias due to the small number of studies.

Evidence for Priority Populations, Particularly Racial/Ethnic Minorities

Elevated BLLs primarily affect socioeconomically disadvantaged and minority populations. Different sources of lead exposure than have been previously considered are emerging in these populations, yet research in these groups remains limited.^{31,32,46} Exposures related to community water sources, lead plumbing in schools, and factory emissions affecting neighborhood soil quality are just some of the emerging factors that are not widely incorporated into current screening questionnaires. Additional research is warranted to validate these potential associations in specific geographic locations and among at-risk populations, as the effect of these exposures on blood lead concentration in pregnant women is not well established. Culturally linked sources of lead poisoning such as imported candy, pottery, and cosmetics, specific to subpopulations living in the United States, may also provide information about risk in minority populations. For example, traditional folk remedies and imported digestive remedies that may contain high levels of lead are not monitored by the U.S. Food and Drug Administration, and are more common in Hispanic and Asian populations.^{31,32} Nontraditional sources of lead exposure that come from items manufactured in other countries, such as leaded pots and pans, cosmetics, medicines, ceramics, and leaded crystal may also pose additional risk since little regulation exists to monitor, identify, and control these nonpaint exposures. Pregnant women who are exposed to these lesser recognized sources of lead exposure may also live in housing that has higher risk for lead exposure. The potential for multiple sources of risk associated with minority communities suggests the need for more focused strategies to address population-specific risks.

Future Research

Elevated BLLs are associated with serious health consequences. Additional research is urgently needed to better inform decisions regarding screening in pregnant women, including evaluations of newer testing methods and techniques. Development of questionnaires that incorporate current

risk factors for elevated BLLs with validation in contemporary populations of pregnant women in the United States is necessary. Ideally, randomized trials would recruit pregnant women from a range of racial/ethnic and socioeconomic strata, and evaluate the effects of screening on improving health outcomes as well as short- and long-term harms. These studies should address risk factors in pregnant women including occupational exposures, be tested in contemporary cohorts, and be validated in independent cohorts. An initial step would include conducting RCTs that evaluate effective interventions for lowering BLLs in pregnant women and that report intermediate and health outcomes, outcomes in newborns, and harms in both women and infants. Research on the intraindividual and interlaboratory reliability of BLL testing would be helpful for informing testing strategies.

Conclusions

Evidence on the benefits and harms of screening pregnant women for elevated BLLs is extremely limited, with no evidence on effects of screening or interventions for lowering elevated BLLs in pregnant women on health outcomes.

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Abbreviation: KQ=key question.

^a Interventions include counseling families to reduce lead exposure, nutritional interventions, residential hazard control techniques, and chelation therapy.

^b Included outcomes measured in family members (e.g., siblings, pregnant women in the same household) subsequently identified as having elevated blood lead levels after the index family member was found to have an elevated blood lead level during screening.

Table 1. Current Recommendations From Other Organizations

Organization,				
Year	Screening Recommendation for Pregnant Women			
American Academy of Family Physicians (AAFP), 2006	The AAFP recommends against routine screening for elevated blood lead levels in asymptomatic pregnant women.			
Centers for Disease Control and Prevention (CDC), 2010	 Universal screening is not recommended. Blood lead testing is recommended for pregnant and lactating women with one or more important risk factors for lead exposure and increased blood lead levels: Recent immigration (from an area where ambient lead contamination is high) Living near point source of lead (e.g., lead mines, smelters, battery recycling plants, home remodeling) 			
	 Pica (i.e., compulsive eating of nonfood items) Occupational exposures (e.g., painters, women exposed to batteries or radiators, women living with someone who works in lead industry) Environmental exposures (e.g., lead-contaminated soil, water, or food) Use of lead-containing cosmetics Cooking/storing in lead-glazed pottery Use of herbal/alternative medicines (e.g., some Chinese herbs, Ayurvedic medicines) 			
American College of Obstetricians and Gynecologists	Blood lead testing of all pregnant women in the United States is not recommended. Obstetric health care providers should consider the possibility of lead exposure in individual pregnant women by evaluating risk factors for exposure as part of a comprehensive health risk assessment and perform blood lead testing if a single risk factor is identified. Assessment of lead exposure should take place at the earliest contact with the pregnant patient. The ACOG guidelines refer to CDC recommendations regarding risk factors for exposure.			
(ACOG), 2012				

Abbreviations: AAFP=American Academy of Family Physicians; ACOG=American College of Obstetrics and Gynecologists; CDC=Centers for Disease Control and Prevention.

Key Question* 1a, 1b	Main Findings From Prior USPSTF Reviews No studies	Number and Type of Studies Identified for Update	Limitations	Consistency No studies	Applicability	Summary of Findings	Overall Quality [†] No
14, 15	140 3100163	0		NO Studies	NO Studies		studies
2	No studies	1 observational study	Questionnaire not designed specifically for pregnant women; used a higher BLL threshold than the CDC threshold of <5 µg/dL. No intention-to- treat analysis. Larger set of investigator- designed questions not reported.	Not applicable	One study conducted in a single setting in Ohio from 1990 to 1992.	One study used 4/5 questions from the CDC questionnaire for children and showed that women with a positive response to at least 1 of the 4 questions were more likely to have elevated BLLs than those who answered negatively to all 4 questions (RR, 2.39 [95% CI, 1.17 to 4.89]; p=0.01). The CDC questionnaire had a sensitivity of 75.7% and a sensitivity of 46.2%. The most predictive single item was "home built before 1960."	Fair
3	No studies	0	No studies	No studies	No studies	No studies	No studies
4	No studies	1 RCT	Enrolled any healthy pregnant woman; did not identify an asymptomatic group with elevated BLL at baseline. Limited subgroup analyses of women with elevated BLLs were available; some findings conflict with overall study results.	Not applicable	One study conducted in Mexico city; high proportion of participants regularly using lead-glazed ceramics for cooking meals (35%).	One RCT of healthy pregnant women (mean baseline BLL, ~4 µg/dL) in Mexico found that calcium supplementation was associated with reduced BLLs vs. placebo (difference, 11%; p=0.004; levels in each group not reported). In women with baseline BLL ≥5 µg/dL, calcium supplementation was associated with a 17% greater reduction in BLL vs. placebo, compared with a 7% greater reduction in those with lead levels <5 µg/dL at baseline.	Fair
5	No studies	0	No studies	No studies	No studies	No studies	No studies
6	No studies	0	No studies	No studies	No studies	No studies	No studies

* Key Question 1a. Is there direct evidence that screening for elevated BLLs in asymptomatic pregnant women improves health outcomes?

Key Question 1b. Does the effectiveness of screening in asymptomatic pregnant women vary by gestational age?

Key Question 2. What is the accuracy of questionnaires or clinical prediction tools that identify pregnant women who have elevated BLLs?

Key Question 3. What are the harms of screening for elevated BLLs in asymptomatic pregnant women?

Key Question 4. Do counseling and nutritional interventions, residential lead hazard control techniques, or chelation therapy reduce BLLs and rates of gestational hypertension in asymptomatic pregnant women with elevated BLLs?

Key Question 5. Do counseling and nutritional interventions, residential lead hazard control techniques, or chelation therapy improve health outcomes in asymptomatic pregnant women with elevated BLLs?

Table 2. Summary of Evidence

Key Question 6. What are the harms of interventions in asymptomatic pregnant women with elevated BLLs? [†] "Overall quality" is based on new evidence identified for this update.

Abbreviations: BLL=blood lead level; CDC=Centers for Disease Control; RCT=randomized, controlled trial; RR=relative risk; U.S.=United States; USPSTF=U.S. Preventive Services Task Force.

Screening

Database: Ovid MEDLINE (R) 1946 to March Week 2, 2017

1 exp Lead/ 2 exp Lead Poisoning/ 3 1 or 2 4 exp mass screening/ 5 exp "Surveys and Questionnaires"/ 6 exp risk/ 7 4 or 5 or 6 8 3 and 7 9 limit 8 to ("all infant (birth to 23 months)" or "preschool child (2 to 5 years)") 10 exp pregnancy/ 11 exp pregnancy complications/ 12 exp fetus/ 13 exp prenatal care/ 14 exp Prenatal Exposure Delayed Effects/ 15 exp Prenatal Injuries/ 16 exp "Embryonic and Fetal Development"/ 17 10 or 11 or 12 or 13 or 14 or 15 or 16 18 8 and 17 199 or 18 20 ((test* or assay* or sampl* or detect* or surveil* or screen* or questionnair* or survey* or (risk* adj3 (assess* or predict* or determin* or measur* or calculat*))) adj5 (lead or pb) adj7 (infan* or fetus or fetal* or prenat* or pregnan* or baby or babies or child* or toddler*)).mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms] 21 19 or 20 22 exp diagnosis/ 23 3 and 22 24 17 and 23 25 limit 24 to ("all infant (birth to 23 months)" or "preschool child (2 to 5 years)") 26 24 or 25 27 ((test* or assay* or sampl* or detect* or surveil* or screen* or questionnair* or survey* or (risk* adj3 (assess* or predict* or determin* or measur* or calculat*))) adj5 (lead or pb) adj7 (infan* or fetus or fetal* or prenat* or pregnan* or baby or babies or child* or toddler*)).mp. 28 17 and 27 29 limit 27 to ("all infant (birth to 23 months)" or "preschool child (2 to 5 years)") 30 28 or 29 31 26 or 30 32 21 or 31 33 limit 32 to humans 34 limit 33 to english language 35 limit 33 to abstracts 36 34 or 35

37 remove duplicates from 36 38 limit 37 to yr="2002 -Current" 39 limit 37 to yr="1902-2001"

Treatment

Database: Ovid MEDLINE (R) 1946 to March Week 2, 2017

1 exp Lead Poisoning/dh, dt, nu, su, th [Diet Therapy, Drug Therapy, Nursing, Surgery, Therapy] 2 exp Lead/ae, to [Adverse Effects, Toxicity] 3 ((treat* or therap* or interven* or counsel* or antidot* or remed* or cure or cured or curing or cures or chelat*) adj7 (lead or pb) adj5 (poison* or toxic* or intoxic* or ((high* or elevat*) adj3 level*))).mp. 4 exp Lead Poisoning/ or exp Lead/ 5 3 and 4 61 or 5 7 exp Therapeutics/ 8 (th or dt or dh).fs. 9 exp counseling/ 10 exp health education/ 11 7 or 8 or 9 or 10 12 4 and 11 13 6 or 12 14 limit 13 to humans 15 limit 14 to english language 16 limit 14 to abstracts 17 15 or 16 18 remove duplicates from 17 19 limit 18 to ("all infant (birth to 23 months)" or "preschool child (2 to 5 years)") 20 exp Pregnancy/ 21 exp Pregnancy Complications/ 22 exp fetus/ 23 exp prenatal care/ 24 exp Prenatal Exposure Delayed Effects/ 25 exp Prenatal Injuries/ 26 exp "Embryonic and Fetal Development"/ 27 20 or 21 or 22 or 23 or 24 or 25 or 26 28 14 and 27 29 19 or 28 30 18 not 29

Screening and Treatment

Database: Cochrane Database of Systematic Reviews 2005 to April 19, 2017

((treat* or therap* or interven* or antidot* or remed* or cure or cured or curing or cures 1 or chelat*) adj7 (lead or pb) adj5 (poison* or toxic* or intoxic* or ((high* or elevat*) adj3 level*))).mp.

2 ((screen* or ((routin* or annual* or yearly) adj5 (test* or diagnos* or assay* or exam*))) adj7 ((lead or pb) adj5 (poison* or toxic* or intoxic* or ((high* or elevat*) adj3 level*)))).mp. [mp=title, abstract, full text, keywords, caption text]

3 1 or 2

Database: EBM Reviews - Cochrane Central Register of Controlled Trials through March 2017

1 ((treat* or therap* or interven* or antidot* or remed* or cure or cured or curing or cures or chelat*) adj7 (lead or pb) adj5 (poison* or toxic* or intoxic* or ((high* or elevat*) adj3 level*))).mp.

2 ((screen* or ((routin* or annual* or yearly) adj5 (test* or diagnos* or assay* or exam*))) adj7 ((lead or pb) adj5 (poison* or toxic* or intoxic* or ((high* or elevat*)

3 1 or 2

Appendix A2. Inclusion and Exclusion Criteria

	Included	Excluded
Populations	All KQs: Asymptomatic pregnant women KQ 2: Asymptomatic pregnant women and asymptomatic	All other populations
	nonpregnant adults	
Screening tests	KQs 1, 3: Measurement of venous blood lead level, with or without screening questionnaires or risk prediction tools KQ 2: Questionnaires or risk prediction tools that identify adults who are more or less likely to have elevated blood lead levels (defined by a minimum threshold of 5 μg/dL)	All other screening tests, including point-of-care blood lead level assays that are not approved by the U.S. Food and Drug Administration and are not available in the United States
Interventions	KQs 4–6 : Studies assessing interventions aimed at reducing blood lead levels, including one or more of the following: counseling families to reduce lead exposure, nutritional interventions, residential hazard control techniques, and chelation therapy	Policies, laws, or community-based interventions focused on the primary prevention of lead exposure
Comparisons	 KQs 1, 3: Screened vs. nonscreened groups KQ 1b: Women screened early vs. later in pregnancy KQ 2: Measurement of blood lead levels using venous sampling KQs 4–6: Treatment vs. placebo, inactive control, or no treatment 	All other comparisons, including head-to-head comparisons of two different interventions
Outcomes	 KQs 1, 5: Validated measures of cognitive and neurobehavioral outcomes in offspring, including assessment of IQ or development*; rates of adverse perinatal outcomes (e.g., premature birth, low birth weight); rates of adverse maternal outcomes (e.g., chronic kidney disease, cognitive decline, mortality) KQ 2: Sensitivity, specificity, discrimination, and calibration KQ 3: Anxiety or distress; false-positive results or blood lead levels <5 µg/dL, leading to repeat testing, unnecessary treatment, or both KQ 4: Reduction in blood lead level*; reduction in gestational hypertension KQ 5: Reduction in adverse perinatal outcomes and cognitive problems in offspring KQ 6: Anxiety or distress; inconvenience associated with intervention (e.g., need for temporary housing due to home lead abatement, work absenteeism associated with followup testing and treatment); morbidity attributed to chelation therapy (e.g., renal toxicity, sensitivity reactions); adverse effects of nutritional supplements (e.g., nausea) 	All other outcomes, including measures of household lead dust
Study designs	 KQs 1, 4: RCTs KQ 2: Observational studies assessing the accuracy of screening questionnaires for predicting elevated blood lead levels KQ 3: RCTs, CCTs, or prospective cohort studies KQ 5: RCTs and CCTs KQ 6: RCTs, CCTs, prospective cohort studies with a concurrent control group, and case-control studies 	Systematic reviews [†] , case series, case reports, or comparison with historical controls
Quality	Studies rated good or fair quality	Studies rated poor quality
Clinical	All KQs: Settings applicable to U.S. primary care settings	All other settings, including
Setting	where women receive prenatal care, including obstetrics/gynecology outpatient and family medicine clinics KQs 4–6: The above plus settings referable from primary care settings	community health case-finding (e.g., blood lead level monitoring after known environmental exposure)
Country Setting	KQs 1–3: Research conducted in the United States or in populations similar to U.S. populations with services and interventions applicable to U.S. practice (i.e., countries with a United Nations Human Development Index of "Very High" or "High" when no evidence exists from "Very High" countries)	KQs 1–3: Research not relevant to the United States or conducted in countries with a Human Development Index other than "Very High"
Language		Languages other than English
Language	KQs 4–6: Any country English language	Languages other than English

Appendix A2. Inclusion and Exclusion Criteria

* We included outcomes measured in family members (e.g. siblings, pregnant women in the same household) subsequently identified as having elevated blood lead levels after the index family member was found to have an elevated blood lead level during screening.

[†] Systematic reviews are excluded from the evidence review. However, we conducted a separate search to identify relevant systematic reviews published since the last review to ensure that our database searches captured all relevant studies.

Abbreviations: CCT=controlled clinical trial; IQ=intelligence quotient; KQ=Key Question; RCT=randomized, controlled trial; U.S.=United States.

Appendix A3. Literature Flow Diagram


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Systematic Reviews

Criteria:

- Comprehensiveness of sources considered/search strategy used
- Standard appraisal of included studies
- Validity of conclusions
- Recency and relevance (especially important for systematic reviews)

Definition of ratings based on above criteria:

Good: Recent, relevant review with comprehensive sources and search strategies; explicit and relevant selection criteria; standard appraisal of included studies; and valid conclusions **Fair:** Recent, relevant review that is not clearly biased but lacks comprehensive sources and search strategies

Poor: Outdated, irrelevant, or biased review without systematic search for studies, explicit selection criteria, or standard appraisal of studies

Case-Control Studies

Criteria:

- Accurate ascertainment of cases
- Nonbiased selection of cases/controls, with exclusion criteria applied equally to both
- Response rate
- Diagnostic testing procedures applied equally to each group
- Measurement of exposure accurate and applied equally to each group
- Appropriate attention to potential confounding variables

Definition of ratings based on above criteria:

Good: Appropriate ascertainment of cases and nonbiased selection of case and control participants; exclusion criteria applied equally to cases and controls; response rate equal to or greater than 80 percent; accurate diagnostic procedures and measurements applied equally to cases and controls; and appropriate attention to confounding variables

Fair: Recent, relevant, and without major apparent selection or diagnostic workup bias, but response rate less than

80 percent or attention to some but not all important confounding variables

Poor: Major selection or diagnostic workup bias, response rate less than 50 percent, or inattention to confounding variables

RCTs and Cohort Studies

Criteria:

- Initial assembly of comparable groups:
 - For RCTs: Adequate randomization, including first concealment and whether potential confounders were distributed equally among groups
 - For cohort studies: Consideration of potential confounders, with either restriction or measurement for adjustment in the analysis; consideration of inception cohorts

Appendix A6. USPSTF Quality Rating Criteria

- Maintenance of comparable groups (includes attrition, cross-overs, adherence, contamination)
- Important differential loss to followup or overall high loss to followup
- Measurements: equal, reliable, and valid (includes masking of outcome assessment)
- Clear definition of interventions
- All important outcomes considered
- Analysis: adjustment for potential confounders for cohort studies or intention-to treat analysis for RCTs

Definition of ratings based on above criteria:

Good: Meets all criteria: Comparable groups are assembled initially and maintained throughout the study (followup \geq 80%); reliable and valid measurement instruments are used and applied equally to all groups; interventions are spelled out clearly; all important outcomes are considered; and appropriate attention to confounders in analysis. In addition, intention-to-treat analysis is used for RCTs.

Fair: Studies are graded "fair" if any or all of the following problems occur, without the fatal flaws noted in the "poor" category below: Generally comparable groups are assembled initially, but some question remains whether some (although not major) differences occurred with followup; measurement instruments are acceptable (although not the best) and generally applied equally; some but not all important outcomes are considered; and some but not all potential confounders are accounted for. Intention-to-treat analysis is used for RCTs.

Poor: Studies are graded "poor" if any of the following fatal flaws exists: Groups assembled initially are not close to being comparable or maintained throughout the study; unreliable or invalid measurement instruments are used or not applied equally among groups (including not masking outcome assessment); and key confounders are given little or no attention. Intention-to-treat analysis is lacking for RCTs.

Diagnostic Accuracy Studies

Criteria:

- Screening test relevant, available for primary care, and adequately described
- Credible reference standard, performed regardless of test results
- Reference standard interpreted independently of screening test
- Indeterminate results handled in a reasonable manner
- Spectrum of patients included in study
- Sample size
- Reliable screening test

Definition of ratings based on above criteria:

Good: Evaluates relevant available screening test; uses a credible reference standard; interprets reference standard independently of screening test; assesses reliability of test; has few or handles indeterminate results in a reasonable manner; includes large number (>100) of broad-spectrum patients with and without disease

Fair: Evaluates relevant available screening test; uses reasonable although not best standard; interprets reference standard independent of screening test; has moderate sample size (50 to 100 subjects) and a "medium" spectrum of patients

Poor: Has a fatal flaw, such as: Uses inappropriate reference standard; improperly administers screening test; biased ascertainment of reference standard; has very small sample size or very narrow selected spectrum of patients

*Reference: U.S. Preventive Services Task Force Procedure Manual. July 2017. Accessed at <u>https://www.uspreventiveservicestaskforce.org/Page/Name/methods-and-processes</u>

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- * Additional Federal Partners from the Centers for Disease Control and Prevention
 - o Brandy Peaker, MD, MPH, CDC Liason, Centers for Disease Control and Prevention

Note: Reviewers provided comments on a prior version of the draft report and may or may not agree with the report findings.

Appendix B1. Data Abstraction of Pregnancy Diagnostic Accuracy Study

Study, year	Screening test	Definition of a positive screening exam	Reference standard	Type of study	Country Setting	Population characteristics	Sample size Proportion with condition	Proportion unexaminable by screening test
Stefanak, 1996 ⁴⁵	CDC Lead Poisoning Risk Questionnaire	A positive response to any of the 4 relevant questions from the CDC Lead Poisoning Risk Questionnaire	Venous blood lead testing	Prospective cohort	United States	Mean age: NR Race: 66% white, 28% black Mean blood lead: 12.6 µg/dL	n=314 Prevalence of elevated blood lead: 13%	4.8% (15/314)
	Three questions regarding housing, smoking, and consumption of canned foods	A positive response to any of the 3 relevant questions	See above	See above	See above	See above	See above	See above

Appendix B1. Data Abstraction of Pregnancy Diagnostic Accuracy Study

Study, year	Analysis of screening failures	Proportion who underwent reference standard and included in analysis		Specificity (95% Cl)	Positive likelihood ratio (95% CI)	Negative likelihood ratio (95% CI)	Positive predictive value (95% CI)	Negative predictive value (95% CI)	Quality rating	Comments
Stefanak, 1996 ⁴⁵	NR	299/315 (95.2%)	75.7% (NR)	()	11 (NR) [Calculated]	0.26 (NR)	16.6% (NR) [Calculated]	93.1% (NR)		Also reports accuracy results for a different set of questions (i.e., not the CDC questions)
	See above		89.2% (NR)	()		0.11 (NR) [Calculated]	41.2% (NR)	17.7% (NR)	Poor	

Abbreviations: CDC=Centers for Disease Control and Prevention; CI=confidence interval; NR=not reported.

Appendix B2. Data Abstraction of Pregnancy Trials

Author, year	Study design	Setting Country	Study duration Mean followup	Interventions (N)	Inclusion criteria	Patient characteristics
Ettinger, 2009 ²⁶	RCT	Prenatal clinics Mexico		bedtime (n=334) B. Placebo (n=336)	weeks' gestation, without a high-risk pregnancy	A vs. B Mean age: 26.9 vs. 25.9 years (p<0.05) Race: NR Number of pregnancies: 2.0 vs. 2.1 Blood lead: 3.8 vs. 4.1 μg/dL

Appendix B2. Data Abstraction of Pregnancy Trials

Author, year	Number screened Number eligible Number enrolled Number analyzed Withdrawals Loss to followup	Adjusted variables for statistical analysis (for observational studies)	Intermediate outcomes	Clinical health outcomes	Adverse events	Quality rating	Funding source
Ettinger, 2009 ²⁶	Enrolled: 670 Analyzed: 557 Withdrawals: Unclear Loss to followup: 14% (46/334) vs. 18% (59/336); RR, 0.78 (95% Cl, 0.55 to 1.12)	N/A	A vs. B. Blood lead level: 11% mean reduction in treatment group vs. placebo (p=0.04)	NR	NR	Fair	U.S. NIEHS

Abbreviations: CI=confidence interval; NIEHS=National Institute of Environmental Health Sciences; N/A=not applicable; NR=not reported; RR=relative risk; U.S.=United States.

	Was a consecutive	Was a		Were the index test results interpreted without		Is the reference standard likely to	Were the reference standard results interpreted	Was there an appropriate interval between	Did all	Did patients	Were all	
	or random	case-	Did the study	knowledge of	If a threshold	correctly	without	index test(s)	patients	receive the	patients	
	sample of	control	avoid	the results of	was used,	classify the	knowledge of	and	receive a	same	included	
Author,	patients	design	inappropriate	the reference	was it	target	the results of	reference	reference	reference	in the	Quality
year	enrolled?	avoided?	exclusions?	standard?	prespecified?	condition?	the index text?	standard?	standard?	standard?	analysis?	rating
Stefanak,	Unclear	Yes	Yes	Unclear	Yes	Yes, but	Unclear	Yes	Yes	Yes	No	Fair
1996 ⁴⁵						not the					(299/31	
						current					4)	

Appendix C2. Quality Assessment of Pregnancy Trial

Author, year	Randomization adequate?			Eligibility criteria specified?	Outcome assessors masked?	Care provider masked?	Patient masked?	Attrition and with- drawals reported?	Loss to followup differential/ high?	Analyze people in the groups in which they were randomized?	Quality rating
Ettinger, 2009 ²⁶	Unclear	Unclear	Yes; except age	Yes	Unclear	Unclear; but described as double blind	Yes	Yes	No	Yes	Fair