

# What are the Healthy Home Issues in Your Community

**Home Energy Health Related Issues**

**Moisture and Molds**

**Radon**

**Asthma Triggers**

**Combustion Gases**

**Septic Systems**

**Drinking Water**

**Hanta-virus**

**Lead-Based Paint**

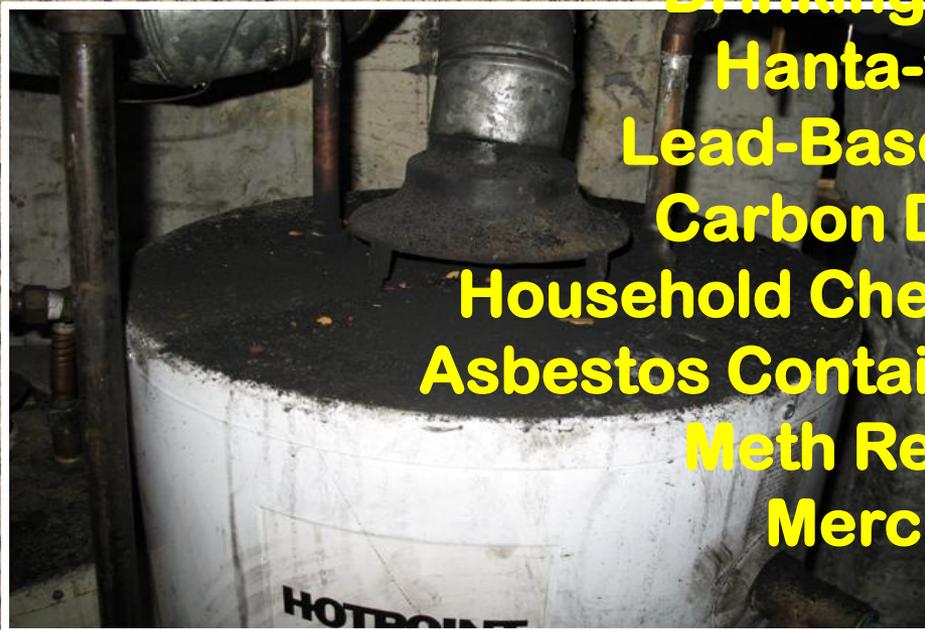
**Carbon Dioxide**

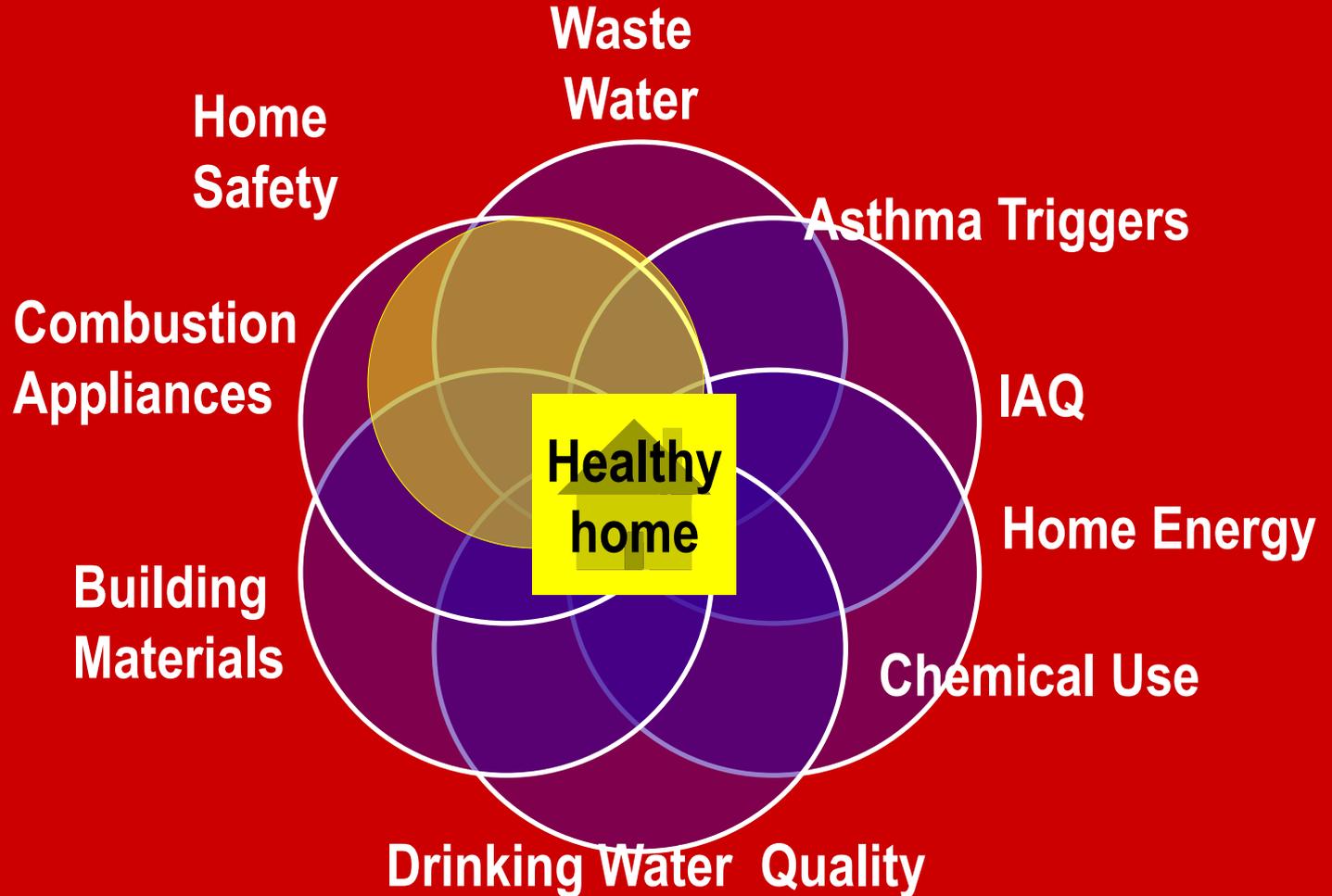
**Household Chemicals/VOCs**

**Asbestos Containing Materials**

**Meth Residue**

**Mercury**



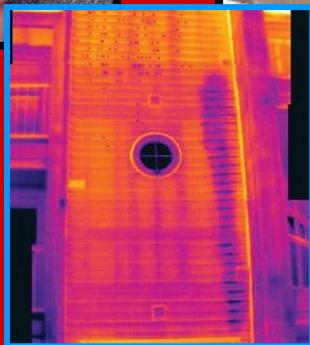
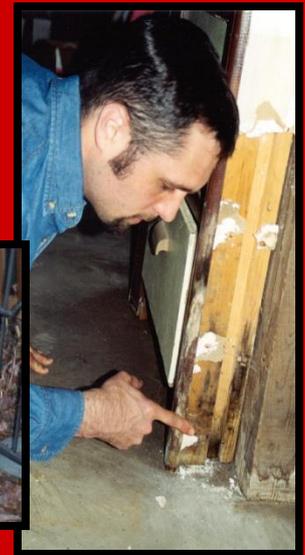


Healthy Housing = Typically not one issue.  
HH is Holistic with connected risk and impact\* on occupants.

\*health, financial, comfort, etc.

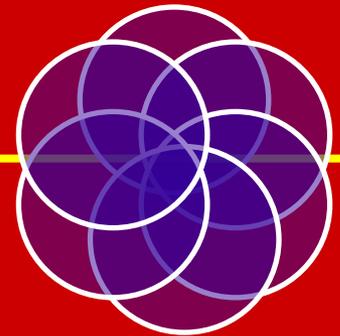
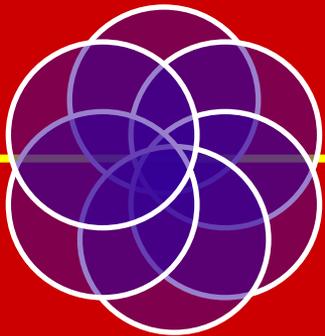
# How do you **VERIFY** the Health of a Home?

A home assessment can range from a general visual walk-through to the use of sophisticated diagnostics and testing.



# Integrated/Holistic Assessments consider:

1. People living in the home
2. The structure
3. Source, Concentration & Exposure Time of Hazard(s)
4. Cause and Effect
5. Sum-Exposure
6. Work Exposure



# ***Assessment...***

- can consist of many elements beyond the house.:**

Age and type of neighborhood?

Land uses?

Zoning?

What services?

Water Supply?

Sewer?

Solid waste?

Present & past property ownership?

**So ...**

**... how do we get started?**

**Knowledge of Environmental Sources**

**+**

**A bit of Building Science**

**+**

**Assessment Checklist**

**+**

**Detection Devices/Testing (maybe)**

**+**

**Occupant Rapport**



# Training:

- Self-Study
- Classroom
- On-site



**Good self-study  
reference**



U.S. Department of Health and Human Services  
U.S. Department of Housing and Urban Development  
**Healthy Housing Reference Manual**

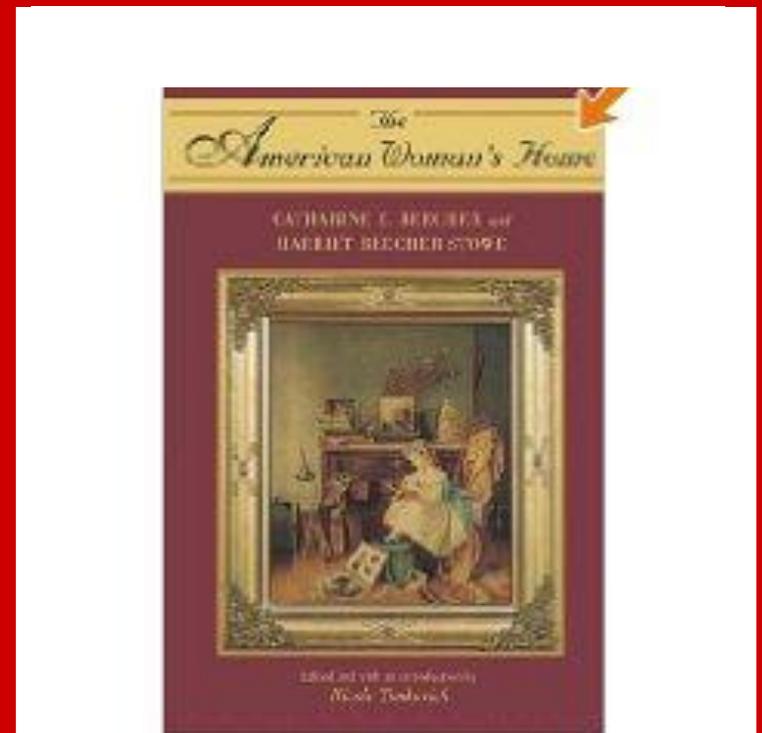
[www.cdc.gov/healthyplaces/healthyhomes.htm](http://www.cdc.gov/healthyplaces/healthyhomes.htm)



**Great Children's  
Environment Health  
Reference**



*American Woman's Home* by Catharine  
Esther Beecher and Harriet Beecher Stowe  
(1811-1896)



*“House and Home Papers”*



# Healthy Indoor Environment Protocols for Home Energy Upgrades



GUIDANCE FOR ACHIEVING SAFE AND HEALTHY  
INDOOR ENVIRONMENTS DURING HOME ENERGY  
RETROFITS

# Conducting A Home Asthma Assessment

## Asthma Home Environment Checklist

## ASTHMA HOME ENVIRONMENT CHECKLIST

Home visits provide an opportunity to educate and equip asthma patients with the tools to effectively manage their disease in concert with a physician's care. This checklist—designed for home care visitors—provides a list of questions and action steps to assist in the identification and mitigation of environmental asthma triggers commonly found in and around the home. The checklist is organized into three sections—building information, home interior and room interior. The room interior is further subdivided by categories (such as bedding and sleeping arrangements, flooring, window treatments, and moisture control). This will allow the home care visitor to focus on the specific activities or things in a room—in particular the asthma patient's sleeping area—that might produce or harbor environmental triggers. The activities recommended in this checklist are generally simple and low cost. Information on outdoor air pollution follows the checklist. The last page includes information on U.S. Environmental Protection Agency (EPA) resources and an area for the home care visitor to record a home visit summary.

If the patient's sensitivities to allergens (such as dust mites, pests, warm-blooded pets and mold) and irritants (such as secondhand smoke and nitrogen dioxide) are known, the home care visitor should begin by focusing on relevant areas. This checklist covers the following allergens and irritants, which are commonly found in homes. Information is also provided on chemical irritants—found in some scented and unscented consumer products—which may worsen asthma symptoms.

### **Dust Mites**

*Triggers:* Body parts and droppings.

*Where Found:* Highest levels found in mattresses and bedding. Also found in carpeting, curtains and draperies, upholstered furniture, and stuffed toys. Dust mites are too small to be seen with the naked eye and are found in almost every home.

### **Pests (such as cockroaches and rodents)**

*Triggers:* Cockroaches – Body parts, secretions, and droppings.  
Rodents – Hair, skin flakes, urine, and saliva.

*Where Found:* Often found in areas with food and water such as kitchens, bathrooms, and basements.

### **Warm-Blooded Pets (such as cats and dogs)**

*Triggers:* Skin flakes, urine, and saliva.

*Where Found:* Throughout entire house, if allowed inside.

### **Mold**

*Triggers:* Mold and mold spores which may begin growing indoors when they land on damp or wet surfaces.

*Where Found:* Often found in areas with excess moisture such as kitchens, bathrooms, and basements. There are many types of mold and they can be found in any climate.

### **Secondhand Smoke**

*Trigger:* Secondhand smoke – Mixture of smoke from the burning end of a cigarette, pipe or cigar and the smoke exhaled by a smoker.

*Where Found:* Home or car where smoking is allowed.

### **Nitrogen Dioxide (combustion by-product)**

*Trigger:* Nitrogen dioxide – An odorless gas that can irritate your eyes, nose, and throat and may cause shortness of breath.

*Where Found:* Associated with gas cooking appliances, fireplaces, woodstoves, and unvented kerosene and gas space heaters.

# Specialized Training



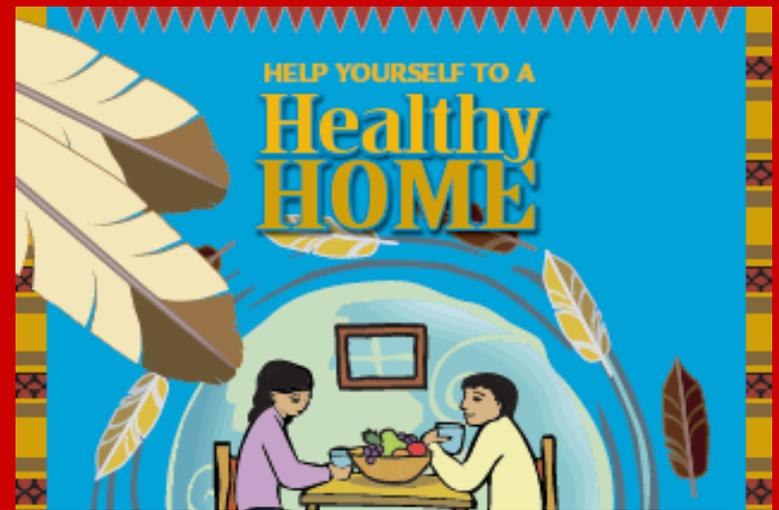
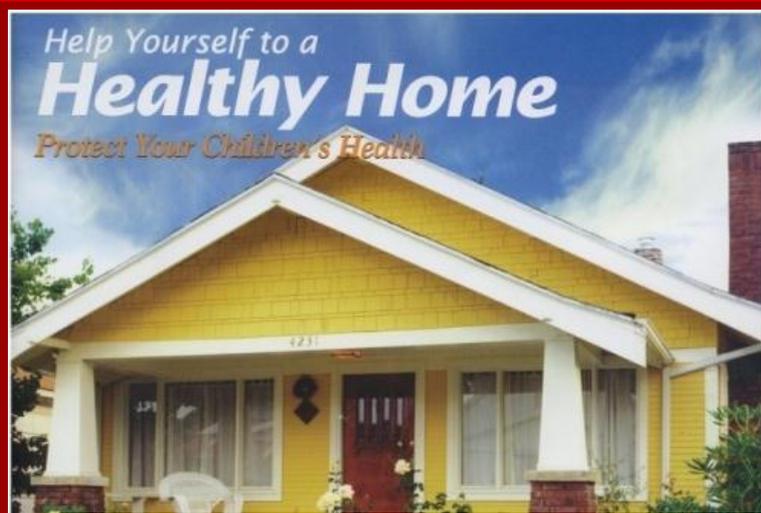
## The EPA Renovation, Repair and Paint (RRP) Lead Rule

On or after April 22, 2010, firms working in **pre-1978** homes and child-occupied facilities must be certified and use lead-safe work practices during renovations.

# Healthy Homes Specialist Credential



National Environmental Health Association  
and  
National Center for Health Housing



# Consumer Education



## 9 Sections:

- asthma
- lead
- IAQ
- molds
- water
- safety
- CO
- pesticides
- hazardous household products





