



Connecting Health & Housing: Healthy Homes Solutions

Presented by:

The California-Nevada
Public Health Training Center

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Learning Objectives

After this tutorial you will be able to...

1. Connect healthy homes hazards to potential solutions
2. Build a Healthy Homes Tool Kit with essential healthy homes supplies
3. Perform healthy homes activities on schedule to maintain a safe and healthy home

Introduction

- The connection between health and housing is well-established
 - The home is a critical determinant of health
 - People spend the large majority of their time indoors
- The home environment can either be conducive or harmful to the health of occupants

Connecting Hazards to Solutions

- Previous tutorials in the series have identified a number of healthy homes topics of concern:
 - Childhood lead poisoning
 - Asthma
 - Injuries in the elderly
 - Injuries in children
 - Domestic hygiene
 - Indoor air quality
 - Integrated pest management

Connecting Hazards to Solutions

- These topics of concern highlight a number of hazards that may be present in a home:
 - Excess moisture and mold
 - Dust mites
 - Pests (e.g., cockroaches, rodents)
 - Pet dander
 - Lead-based paint
 - Carbon monoxide
 - Structural deficiencies
 - Trash and clutter
- The key is to connect housing hazards to potential remedies

Connecting Hazards to Solutions

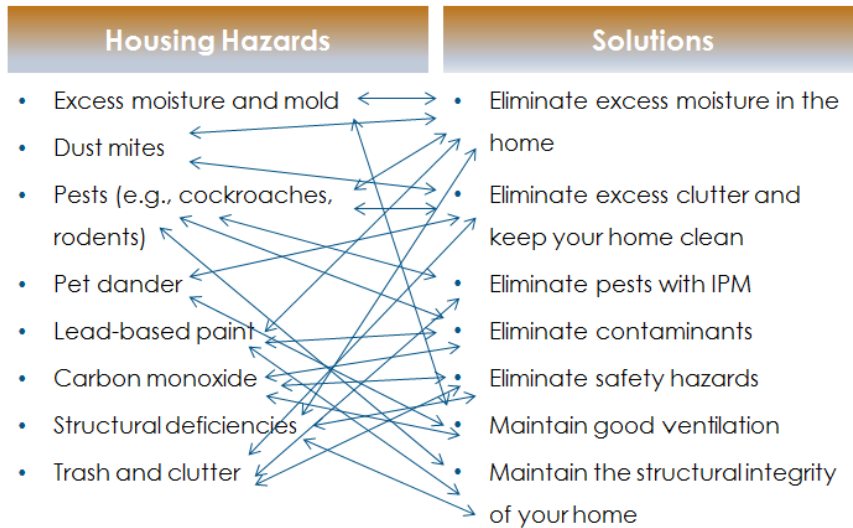
Housing Hazards

- Excess moisture and mold
- Dust mites
- Pests (e.g., cockroaches, rodents)
- Pet dander
- Lead-based paint
- Carbon monoxide
- Structural deficiencies
- Trash and clutter

Solutions

- Eliminate excess moisture in the home
- Eliminate excess clutter and keep your home clean
- Eliminate pests with IPM
- Eliminate contaminants
- Eliminate safety hazards
- Maintain good ventilation
- Maintain the structural integrity of your home

Connecting Hazards to Solutions



Connecting Hazards to Solutions

- There are simple, and relatively low-cost, recommendations that actually address a number of healthy homes issues
 - The key to cost-savings is to identify and address smaller issues before they become major problems
 - One way to address small healthy homes issues is to maintain the essential supplies of a Healthy Homes Tool Kit in your home

Building a Healthy Homes Tool Kit

- If you don't already have these items at home, consider purchasing:

Healthy Homes Tool	Estimated Cost
Carbon monoxide detector	\$30
Smoke detector (at least one per floor; preferably one for each sleeping area)	\$20 x quantity needed
Fire extinguisher	\$25
First aid kit	\$10
Cleaning supplies (mop, rags, green cleaners, etc.)	\$30
Trashcan with a lid	\$15
Integrated Pest Management supplies	\$15

Building a Healthy Homes Tool Kit

- Additional Healthy Homes Tool Kit items may include:
 - A drain pan for under your water heater
 - A dehumidifier
 - Air filters
 - Wire shelving
 - Air-tight food storage containers
 - A radon test kit
 - Allergen-reducing pillow and mattress covers
 - Non-slip backing for loose rugs
 - Anti-scald devices for faucets
 - Grab bars
 - Childproof latches
 - Electrical outlet covers

Creating a Healthy Homes Checklist

- Regularly perform certain activities
- Understand activities that support healthy homes solutions

Creating a Healthy Homes Checklist

- **Eliminate excess moisture in the home**
 - Check and repair any issues with:
 - Rain gutters and downspouts
 - Plumbing lines and water fixtures
 - Ensure that:
 - Irrigation systems point away from the home
 - Attics and basements are free of leaks
 - Regularly open windows or use exhaust fans in rooms with excess moisture (i.e., kitchens and bathrooms)

Creating a Healthy Homes Checklist

- **Eliminate excess clutter and keep your home clean**
 - Place mats inside and outside doors and take shoes off when you enter the house
 - Utilize non-toxic cleaning supplies
 - Put away food in air-tight containers
 - Keep garbage in a sealed trashcan
 - Regularly vacuum and wet-clean smooth surfaces

Creating a Healthy Homes Checklist

- **Eliminate pests with Integrated Pest Management (IPM) techniques**
 - Remove pest access to food, water, and shelter
 - Regularly clean, repair leaks, and seal cracks and holes
 - Store pet food in air-tight containers and do not leave it on the floor
 - Use sticky traps and sealed bait stations over pesticide sprays
 - Never use pesticide foggers/bombs!
 - Consider hiring a professional in IPM if infestations are severe

Creating a Healthy Homes Checklist

- **Eliminate contaminants**

- Enforce a smoke-free policy in your home
- Install at least one carbon monoxide detector outside sleeping areas
 - Check the batteries monthly!
- Use green cleaners versus harsh chemicals
- Minimize the use of pesticides
- If your home was built before 1978, have it tested for lead
- Perform a do-it-yourself radon test

Creating a Healthy Homes Checklist

- **Eliminate safety hazards**

- Install:
 - Hand rails and anti-slip mats in homes with elderly occupants
 - At least one smoke detector on each floor of the home
 - Check the batteries monthly!
 - Nightlights in dark hallways
- Have a first aid kit available
- Set water heaters below 120° F
- Store firearms unloaded and separate from ammunition
- Childproof homes with young children

Creating a Healthy Homes Checklist

- **Maintain good ventilation**

- Install exhaust fans in bathrooms and over gas-burning appliances
 - Make sure they exhaust to the outside of your home
- Make sure chimneys are clean and flues are open when in use
- Replace heating, ventilation, air conditioning (HVAC) system filters every 1 – 3 months
- Never use gas-operated space heaters, grills, or other appliances indoors

Creating a Healthy Homes Checklist

- **Maintain the structural integrity of your home**

- Frequently inspect, clean, and organize your home
- Replace and repair items that are broken as soon as possible
- Keep a maintenance checklist to keep healthy homes activities on a user-friendly schedule

Creating a Healthy Homes Checklist

MAINTENANCE CHECKLIST

	SPRING ACTIVITIES	TWICE A YEAR	FALL ACTIVITIES
Yard & Exterior	<ul style="list-style-type: none"> Check to make sure all water drains way from house. Check that sprinklers point away from house. 	<ul style="list-style-type: none"> Check that pool/spa fencing is in good condition. Check for rodents, cockroaches and other pests. Clean window wells, rain gutters and downspouts. 	<ul style="list-style-type: none"> Drain outdoor faucets and hoses.
Roof, Attic, Windows, Walls & Crawlspace	<ul style="list-style-type: none"> Check the condition of roof shingles or tiles, chimney and flashing. Check the attic for signs of leaks and water damage. Look for peeling, chipping or cracking paint. Check operation of windows and doors. Check the weather stripping around windows and doors. 	<ul style="list-style-type: none"> Clean dryer vents. Check that exhaust ducts are clean and clear. Check for wet surfaces or puddles in crawlspace. 	<ul style="list-style-type: none"> Repair any broken or cracked glass. Check for rodents, termites and pests. Check walls and ceilings for signs of water damage. Check that fans exhaust to the outdoors and ductwork is intact. Check that insulation is in good condition.
Plumbing & Fixtures	<ul style="list-style-type: none"> Check washing machine hose connections for leaks. Check dishwasher hoses for leaks. Check toilet supply/shut-off valve. Check and clean refrigerator drip pan and ice maker conditions. 	<ul style="list-style-type: none"> Clean drains and supply lines for leaks. Check bath and kitchen fan operation. 	<ul style="list-style-type: none"> Check caulk around showers and tubs for signs of damage. Check traps under sinks, tubs and showers for clogs and leaks. Check water heater for leaks. Check septic tank, if applicable.
Electrical Equipment	<ul style="list-style-type: none"> Test ground fault circuit interrupters by each on and off. 	<ul style="list-style-type: none"> Check for damaged electrical cords. Change smoke detector batteries. Change carbon monoxide detector batteries. 	<ul style="list-style-type: none"> Test electrical circuit breakers by turning each on and off.
General Safety	<ul style="list-style-type: none"> Check that fire extinguishers are charged. Clear your yard of clutter and debris. 	MONTHLY <ul style="list-style-type: none"> Test smoke and carbon monoxide detectors. Replace air filters 	<ul style="list-style-type: none"> Perform routine safety check of stairs, rails, walkways, etc. Repair cracks in driveway or sidewalk.
Appliances	<ul style="list-style-type: none"> Remove lint from clothes dryer vents and screens. Clean exhaust fan outlets and screens. 	HIRE A PROFESSIONAL <ul style="list-style-type: none"> Clean air conditioning coils and drain pans. Clean/tune furnaces, water heaters, ovens and ranges. 	<ul style="list-style-type: none"> Clean outdoor air intakes and screens. Defrost freezer, clean drip trays and grills.

Conclusion

- As a public health professional:
 - You may visit a client's home and have the opportunity to identify sources that negatively affect health
 - Provide critical education regarding the best healthy homes solutions