

# Healthier Housing in Rural Areas: Essentials Healthy Housing Practitioners Course



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**“The connection between health and the dwelling of the population is one of the most important that exists”.**

***Florence Nightingale***



Cited in Lowry, S. BMJ, 1991, 303, 838-840



# Health in the Late 19<sup>th</sup> Century

- Challenge of Tuberculosis Seemed Insurmountable
- Lessons for Public Health Officials, Architects and Planners: Light, Fresh Air, Reduce Crowding.
- With Improved Living Conditions & Medical Interventions, Disease Rates Declined

# Overarching Places Goal

- **The places where people live, work, learn, and play should protect and promote human health and eliminate health disparities.**



# Improving Safety in the Home

## *INJURY*

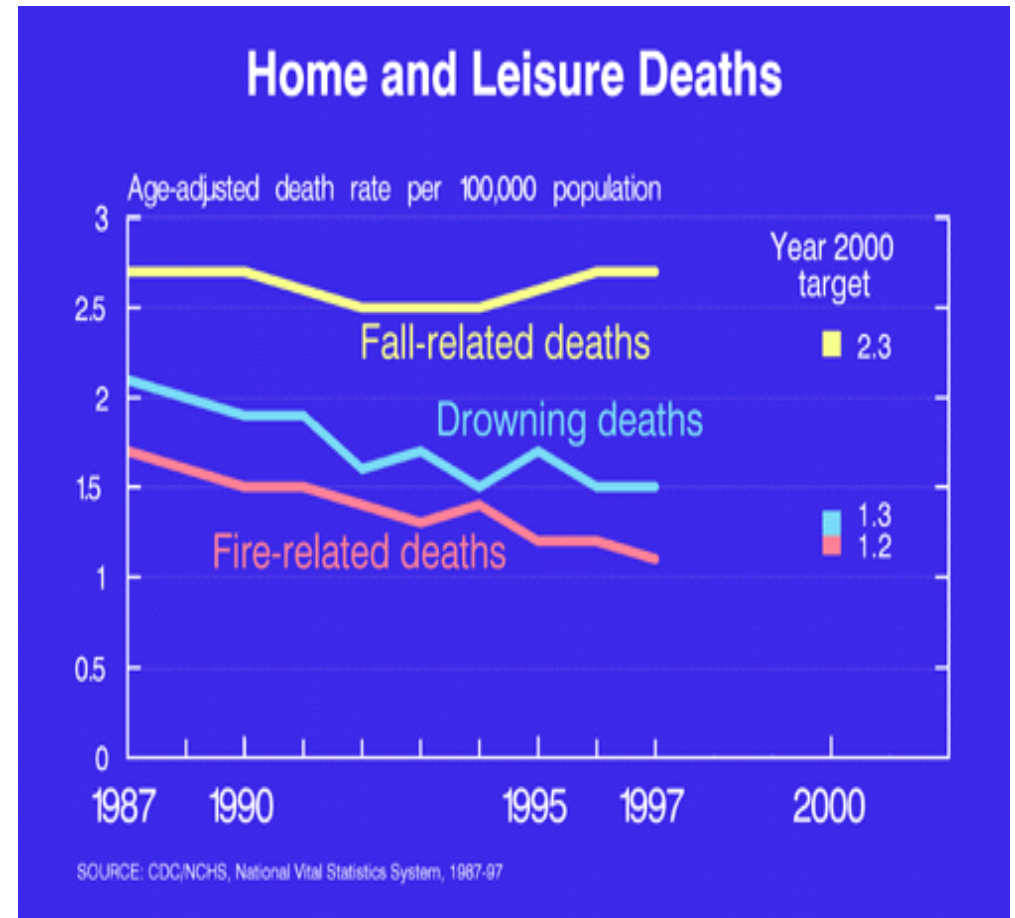
**18,000 unintentional injury deaths/year occur in the home**

## *FIRES*

**~400,000 residential fires/year result in ~ \$7 billion in property damage, 3,000 deaths, and 14,000 injuries**

## *PREPAREDNESS*

**Only 43% of households on the Atlantic Ocean or Gulf coast believe they are vulnerable to hurricanes.**



# Addressing Housing Characteristics that Affect Health

## **Inadequate Ventilation**

**Radon, found in indoor air, causes ~ 21,000 cases of lung cancer/ year**

**More than 13 million children are exposed to tobacco smoke at home.**



## **Dampness**

**Mold and moisture aggravates pre-existing respiratory conditions such as asthma**

## **Pests**

**Rodents transmit disease directly and can also be the source of allergens that exacerbate asthma**



# Addressing Environmental Features that Affect Health



**Each year, more than 500 people in the US die from accidental CO poisoning.**

## **CHEMICAL CONTAMINANTS-**

**47% of households in the US with children under 5 years old had a pesticide stored in an unlocked cabinet within reach of a child**



**1.2 million housing units with lead-based paint house low-income families with children.**

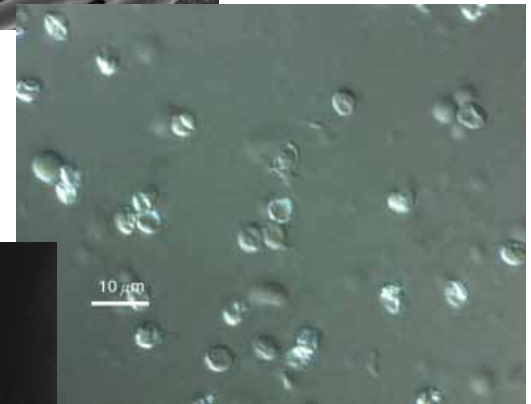
# ADDRESSING BIOLOGICAL CONTAMINATES-

**In 1999 and 2000, 43% of all drinking water disease outbreaks were associated with small, unregulated community water systems and private wells. 45 million people in the US use unregulated water.**



Escherichia  
Coli

Pseudomonas



Giardia



## Health Care and Productivity Costs for Illnesses and Injuries:

### Asthma-**\$18.3 billion a year**

\$10.1 billion in direct medical costs

\$8.2 billion in lost work/school

### Burns-**\$7.5 billion a year**

Falls in 2000-**\$81 billion in lifetime costs**

### Depression-**\$83.1 billion in lifetime costs**

\$26.1 billion in medical care

\$5.4 billion mortality costs related to suicide

\$51.5 billion in lost productivity





December 2006, the acting U.S. Surgeon General announced at the National Environmental Health Association Conference that the next major national health issue to be addressed was **healthy homes**.



## Essentials Healthy Homes Practitioners Course

*A healthy home* is a home designed, constructed, maintained, or rehabilitated in a manner that supports the health of residents. The concept of healthier housing is receiving considerable attention from public health and housing communities. A growing body of evidence links housing conditions to health outcomes such as asthma, lead poisoning, lung cancer, and unintentional injuries.



# Substandard Housing

Any home may have health hazards. Yet, there are more than six million substandard housing units nationwide, especially in rural areas.

Addressing the health hazards in these substandard units presents a significant opportunity to improve public health.

Creating healthier housing promotes the growth and development of our children and can save billions of dollars in health care costs.



# **National Healthy Homes Training Center & Network**

brings together public health and housing practitioners to promote practical and cost-effective methods for making homes healthier. It also serves as a forum for exchanging information on new research and best practices.



# The Training Center

- is funded by a grant from the U.S. Centers for Disease Control & Prevention, with support from the U.S. Department of Housing & Urban Development, and the U.S. Environmental Protection Agency.
- is a collaboration of universities, federal, state and local agencies, non-profits organizations, and trainers committed to making homes healthier for all.



# The National Center for Healthy Housing

- serves as host and coordinator of the Training Center.
- is funded by a grant from the U.S. Centers for Disease Control & Prevention, with support from the U.S. Department of Housing & Urban Development, and the U.S. Environmental Protection Agency.
- **Federal Partners:**
  - U.S. Centers for Disease Control and Prevention
  - U.S. Department of Housing and Urban Development
  - U.S. Environmental Protection Agency
- **Nonprofit Partners:**
  - Home Safety Council
  - National Environmental Health Association
  - The Coalition to End Childhood Lead Poisoning



# 23 Training Partners (Southern Region - 7)

- City of Houston Health Dept./Univ. of Texas
- School of Public Health
- Florida Department of Health
- Louisiana State Univ. AgCenter Extension
- Service – LaHouse Resource Center
- Mississippi State University
- University of Georgia
- University of Tennessee
- North Carolina State Univ./Advanced Energy





## Essentials Healthy Homes Practitioners Course

If you visit homes to provide health or inspection services of any type, you will benefit from the *Essentials for Healthy Homes Practitioners Course*. The training will help you understand the connection between health and housing and how to take a holistic approach to identify and resolve problems, which threaten the health and well-being of residents.



## **Essentials Healthy Homes Practitioners Course**

Everyone from a public health nurse visiting a client to an environmental health professional doing a rodent inspection will gain insight into how housing and health are related and actions they can take to improve the health of their clients. This two-day course brings together professionals with a variety of perspectives and experiences in a series of exercises — keeping the training lively and engaging.



# Essentials Healthy Homes Practitioners Course

The training complements hazard-specific training in:

lead-based paint

radon

mold

pests

asbestos



# Essentials Healthy Homes Practitioners Course

It identifies root causes of health problems in a home and links them to seven principles of healthy housing:

keep it dry

keep it clean

keep it pest-free

keep it ventilated

keep it safe

keep It Contaminant-Free

and maintain the house.



# Essentials Healthy Homes Practitioners Course

Course participants have a better understanding of how to collaborate to make healthy homes a reality in their community.



# Who should attend?

- Cooperative Extension Field and Campus Faculty
- Environmental Health Professionals
- Housing Code Inspectors
- Public Health Nurses
- Energy Auditors
- Licensed Home Inspectors
- Lead Risk Assessors
- Health and Housing Advocates
- Lead Poisoning Case Managers
- Asthma Case Managers
- Community-Based Organization Staff
- Weatherization Specialists
- Respiratory Therapists
- Property Managers
- Pest Management Professionals



# NCSU/Advanced Energy

- Cooperative Extension Field and Campus Faculty
- Environmental Health Professionals
- Housing Code Inspectors
- Public Health Nurses
- Energy Auditors
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- Lead Risk Assessors
- Health and Housing Advocates
- Lead Poisoning Case Managers
- Asthma Case Managers
- Community-Based Organization Staff
- Weatherization Specialists
- Respiratory Therapists
- Property Managers
- Pest Management Professionals
- **Realtors**
- **Cities of Greensboro & Elizabeth City**
- **NC Dept. of Environment & Natural Resources**
- **NC Division of Public Health**
- **County Health Departments**
- **Construction Companies**
- **Energy Consultants**
- **NC Rural Communities Outreach**



# Partnership Agreement

- Signed agreement between the National Healthy Homes Training Center and the University
- Raise initial \$13,000 start up cost
- Identify and train course instructors
- Offer the course twice during the first year





# Trainers

Lead Trainers:

Sandy Wiggins-NCSU

Arnie Katz – Advanced Energy

Industrial Hygienists – NC Division of Public Health

NCSU Extension Specialists: Entomologists & Housing

Guilford County Health Dept.

NC Lead Div.

NC Housing Finance Agency & Weatherization Program



## Healthy Homes Specialist

- After completion of course, option to take an exam and visual assessment
- If pass both components of the exam, receive credential from the National Environmental Health Association



## Becoming a center....

If you are interested in establishing a center  
in your state, contact:

**Tom Neltner, JD, CHMM, Director of Training and  
Education, formerly executive director of Improving Kids'  
Environment, in Indiana, Indianapolis**

([tneltner@centerforhealthyhousing.org](mailto:tneltner@centerforhealthyhousing.org))



**Thank you!**