

COMMON SENSE APPROACH TO HEALTHY HOUSING

RICK MORRISSEY, MPA

DEPUTY COMMISSIONER

WESTCHESTER COUNTY DEPT. OF HEALTH

Westchester
gov.com





Image © 2008 TerraMetrics
Image NASA
© 2008 Tele Atlas
© 2008 Europa Technologies

Google

40°57'09.44" N 73°52'58.50" W

Eye alt 564.96 mi



YONKERS

National Environmental Leadership Award in Asthma Management 2011 Winners

- The National Environmental Leadership Award in Asthma Management celebrates the outstanding programs and leaders who are improving the lives of people with asthma by delivering strong environmental asthma management as part of their comprehensive asthma care services.



**New York State Department of Health
Center for Environmental Health
Healthy Neighborhoods Program
(Troy, New York)**

Westchester County Healthy Neighborhood Program

New York State DOH Funded Program

- An average of almost 1500 home visits per grant year
- An average of 700 initial home visits per grant year
- An average of 500 revisits for Asthma / 250 for routine follow-up revisits per grant year

WHAT YOU WILL LEARN

- Organize and implement a preventive health outreach effort, to include partnering with local community agencies and municipal officials
- To identify environmental issues impacting public health, making referrals and devise interventions

WHAT YOU WILL LEARN

- To discuss cost effective techniques to remediate environmental hazards
- To identify resources in the community to address the remediation of environmental hazards
- Cost Benefit Analysis

MEET THE LOCALS

- Police Department
- Building Department
- Community Development Agency
- Fire Department
- Tax Assessor



MEET THE COMMUNITY

- Community Service Organizations
- Local Weatherization Program
- Local Merchants



MEET THE PROFESSIONALS

- Landlords / Landlord Associations
- Property Management Companies
- Contractors / Building / Painting

MEET THE NEIGHBORS

- Plan a block by block outreach effort
- Target Canvassing Based On
 - I. G.I.S. Mapping of Previous Lead Cases
 - II. Census data
 - III. Exterior Visual Inspections

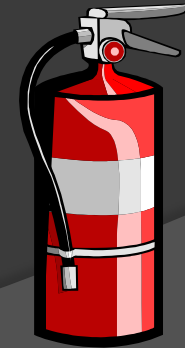
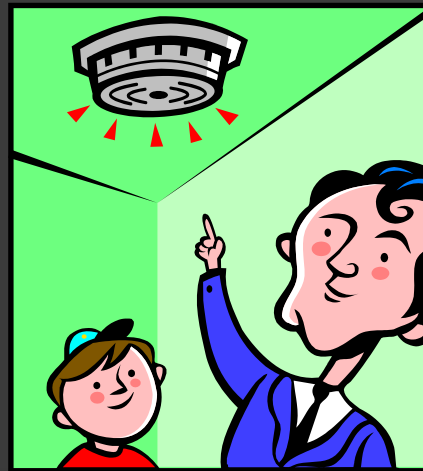
MEET THE NEIGHBORS

- Hire from the community and conduct building by building outreach
- Introduce yourself to a building's super
- Speak with neighbors
- Knock on doors / Leave door hangers

THE ACCESS STRATEGY

- When speaking with property owners or their representatives stress home safety as the purpose of your visits to their tenants
- Mention free fire extinguishers, smoke and carbon monoxide detectors

INCENTIVE ITEMS



INCENTIVE ITEMS

Product	Amount Ordered	Price Per Unit
LED Night Lights	1100	\$2.17
Simple Green Cleaner	192	\$1.14
Swiffer Cleaning Wand	150	\$17.99
Swiffer Refill Cloths	200	\$6.99
Sponges w/Logo	1200	\$2.69
Buckets w/Logo	250	\$2.69
First Aid Kit	500	\$9.66
Fire Extinguisher	80	\$22.37
Smoke Detector	250	\$10.67
Carbon Monoxide Detector	100	\$34.11
Duct Tape	160	\$5.51
Duffle Bag w/Logo	100	\$11.39
Eco Canvas Bags w/Logo	1150	\$2.87

THE INSPECTION

- Holistic approach to the housing inspection / Start with Residents Needs!
- Walls, Floors, Ceiling
- Injury Prevention awareness
- Medical Status Lead Screened/Asthma

Multi-Family Housing



HEALTHY HOUSING FUNDAMENTALS

- Partnerships
- Outreach
- Education
- Engineering
- Enforcement

EDUCATION

Tenants-Landlords-Contractors

- Lead Safe Work Practices Training
- Interim Control Maintenance
- Field Conferences w/ Bldg. management
- Fire exit plan practice & clearing fire escapes
- Asthma Inspection / Intervention
- Referrals for Health and Safety Issues

ENGINEERING

Distribution of health and safety products help reduce illness and injury risk

- Smoke & CO detectors
- Fire extinguishers
- Flash lights
- Energy efficient light bulbs for hallways
- Hypoallergenic mattress covers
- Glue traps
- Radon detectors
- Reachers & grab bars for the elderly
- Multi-outlet strips
- HEPA vacuum loan program

ENFORCEMENT

- Interpreting and Implementing Public Health Law, Sanitary Codes and Local Municipal Codes
- The key to safe and healthy housing is personal responsibility, awareness, maintenance, and effective code enforcement

Childhood Lead Poisoning Prevention Program

- Experienced, EPA Certified Lead Based Paint Risk Assessment Staff
- Environmental Inspection
- Intervention Strategies
 - Education / Engineering / Enforcement
 - Interim Controls / Remediation

Check for the presence of: Lead Based Paint



Community Based Organizations

- WESTHAB
 - Emergency Family Housing Provider
- Cluster
 - Housing Resource Center
- Nepperhan Community Center
 - Advocate for Positive Social Environmental Change

Healthy Neighborhood Program Cost Benefit

Note: Total costs per household are calculated on
1450 visits:

Total Actual Spending for Home Visits - \$284,200

Total Initial Field Visits – 704

Total Revisits / Asthma – 496

/ Routine – 250

**\$196.00 (Average cost of a visit made by HNP
Staff)**

COST BENEFIT

- For the \$196.00 per visit cost residents received several if not all of the following:
 - An environmental assessment of their home with referrals to all appropriate agencies
 - Buckets, Cleaning Supplies, Rodent and Insect Traps
 - Night Lights, Smoke & Carbon Monoxide Detectors
 - Escape Routes were questioned and checked

COST BENEFIT

- For the \$196.00 per visit cost residents received several if not all of the following:
 - Packets of informational materials including Home Safe Homes, Lead Poison Prevention, asthma management, etc.
 - Phone Numbers for Referral Agencies
 - Hypoallergenic Bedding materials

WHAT YOU LEARNED

- Organize and implement a preventive health outreach effort, to include partnering with local community agencies and municipal officials
- To identify environmental issues impacting public health , making referrals and devise interventions

WHAT YOU LEARNED

- To discuss cost effective techniques to remediate environmental hazards
- To identify resources in the community to address the remediation of environmental hazards
- Cost Benefit Analysis

GET THE WORD OUT





THANKS!

Peter DeLucia, MPA, Assistant Commissioner, Bureau of Public Health Protection, Westchester County Department of Health

Mario Polvere, Chief Sanitarian, Bureau of Public Health Protection, Westchester County Department of Health

Steve Eschweiler, Program Administrator, Bureau of Public Health Protection, Westchester County Department of Health

Jerry Grippo & Evelyn Cruz, Community Health Workers, Bureau of Public Health Protection, Westchester County Department of Health



Transitioning from a Lead Focus to Healthy Homes: The NYC Experience

Deborah Nagin, MPH

Director

Lead Poisoning Prevention Program

NYC Department of Health and Mental Hygiene

Today's Presentation

- Why we transitioned to Healthy Homes
- What we do
- Using data to target intervention efforts --
Four strategies
- Accomplishments & challenges

NYC's Program

- Began in 1970
- Comprehensive lead poisoning prevention services:
 - ❑ Lead hazard reduction in homes and communities
 - ❑ Outreach and education to the public and health care providers
 - ❑ Case coordination for lead poisoned children and pregnant women
 - ❑ Environmental investigation and enforcement
 - ❑ Surveillance and research

Lead Poisoning: Tremendous Success, but Still a Problem in NYC

- ❑ Dust from lead paint is the major cause
- ❑ Lead paint was banned for residential use in 1960
 - 67% of NYC's housing units were built before 1960
- ❑ Dramatic decline in cases over the last 30 years
 - However, over 1,600 children had blood lead levels ≥ 10 $\mu\text{g}/\text{dL}$ in 2010
 - Blood lead levels previously thought to be safe are associated with learning and behavioral problems

Asthma

- Chronic respiratory disease common in children
- Life-threatening if not managed properly
- In 2008, nearly 1 in 10 NYC children had an asthma attack
- Leading cause of school absenteeism and hospitalization of children < 14 years of age
- Hazards that can cause or worsen symptoms:
 - Mold, pests, cockroaches, dust mites, household cleaners and second hand smoke

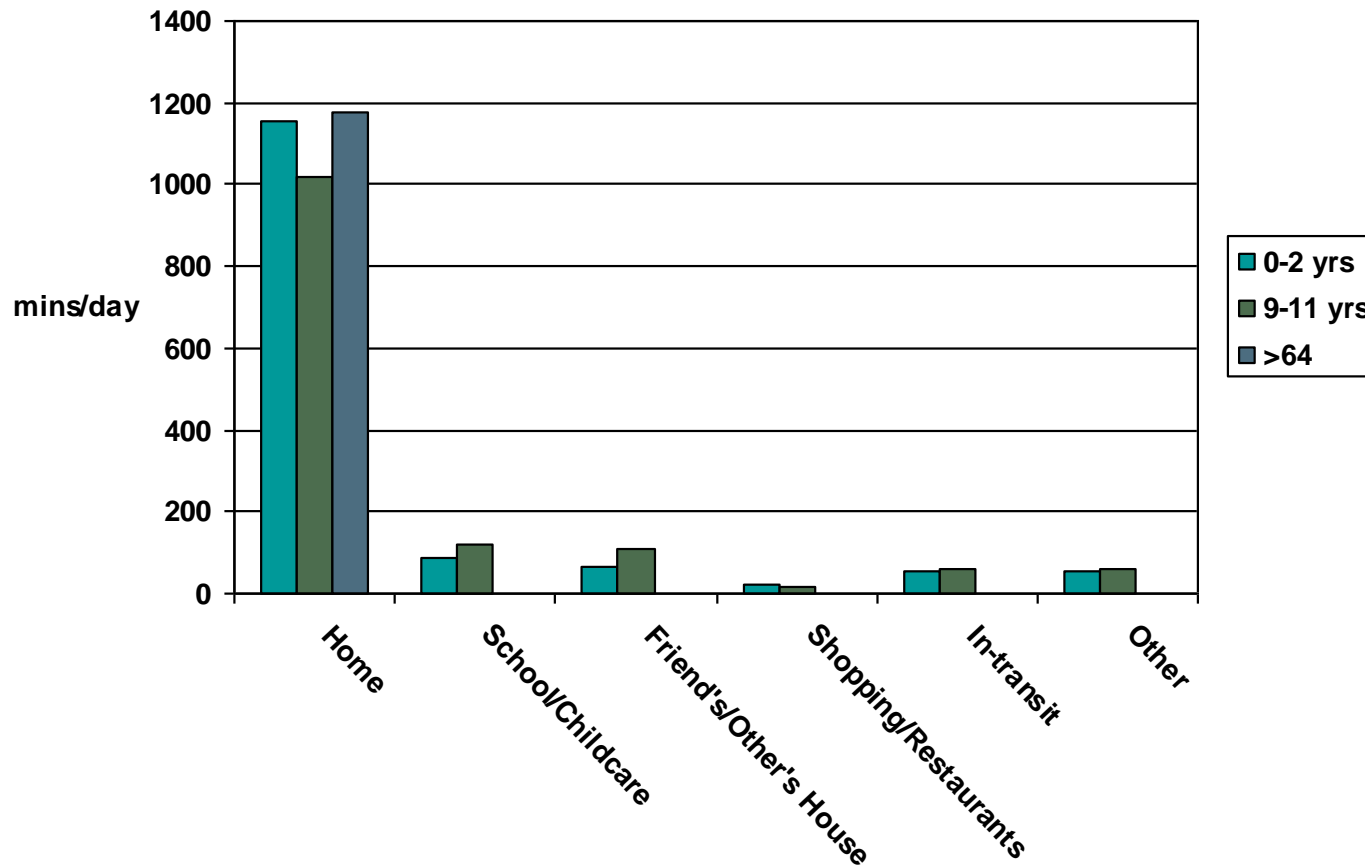
Injury Hazards

- Leading cause of death for children ages one to 12 years in NYC
- Most fatal unintentional injuries among children occur in the home
- From 2001-2008, the leading causes of fatal unintentional injuries:
 - Traffic (41%)
 - Fire and burns (28%),
 - Falls (9%)
 - Asphyxia (10% of deaths)

Opportunity to Expand Primary Prevention Efforts

- Expanded interventions efforts to address lead hazards in homes of young children before they were poisoned (NYS funding)
- Added interventions to address other home environmental hazards
- Intervention efforts targeted to young children

Young Children and Seniors Spend Most of Their Time at Home



Transitioning to Healthy Homes - 2008

- Research to select hazards
 - Nature and severity of health impact
 - Priority given to hazards that can be fatal – fire, CO poisonings, window falls; also associated with asthma – mold, pests, pesticides
 - Policy Review -- Housing and health code requirements that could be used to support intervention
- Development of inspection protocol and checklists for occupants and owners
- Adapted existing lead data management system to track HH inspection results
- Trained of inspectors
- Establishing referral systems

Key Partners

- Housing, Fire Safety, Pest Control, Window Guards
- Home visiting programs serving high risk families
- Hardware stores, CBOs

Collaboration with Home Visiting Programs Serving High-Risk Families

- Newborn Program and Asthma Initiative
 - LPPP trained home visiting staff to do visual assessment for peeling and deteriorated paint
 - Referral is made to LPPP
 - LPPP performs environmental inspection
 - If lead paint hazards identified, landlord is ordered to remediate the hazards

Components of Healthy Homes Inspections

- Comprehensive lead hazard assessment including XRF testing
- Visual inspection for other home health hazards
- Education for occupants and building owners (brochures, checklists, oral messages)
- Referral to appropriate city agencies for enforcement using 311



Inspection Staff

- 17 field-based public health sanitarians
- All are EPA-certified lead paint risk assessors
- All received “Healthy Homes Essentials” training
- Additional HH training from:
 - NYC Fire Department
 - NYC Window Falls Prevention Program

Lead

- Inspector performs a risk assessment for possible lead exposures, including:
 - Visual assessment
 - Comprehensive risk assessment interview
 - XRF testing
 - Environmental samples, as necessary
- Orders building owner to correct hazards

Window Guards

- Guards are required by NYC law on every window (except fire escape) for children < 11 years of age
- LPPP inspector immediately reports missing or improperly installed window guards directly to HPD via 311
- HPD orders building owner to correct the violations
- Window guard inspection has been part of LPPP inspection protocol for many years

Smoke and CO Alarms

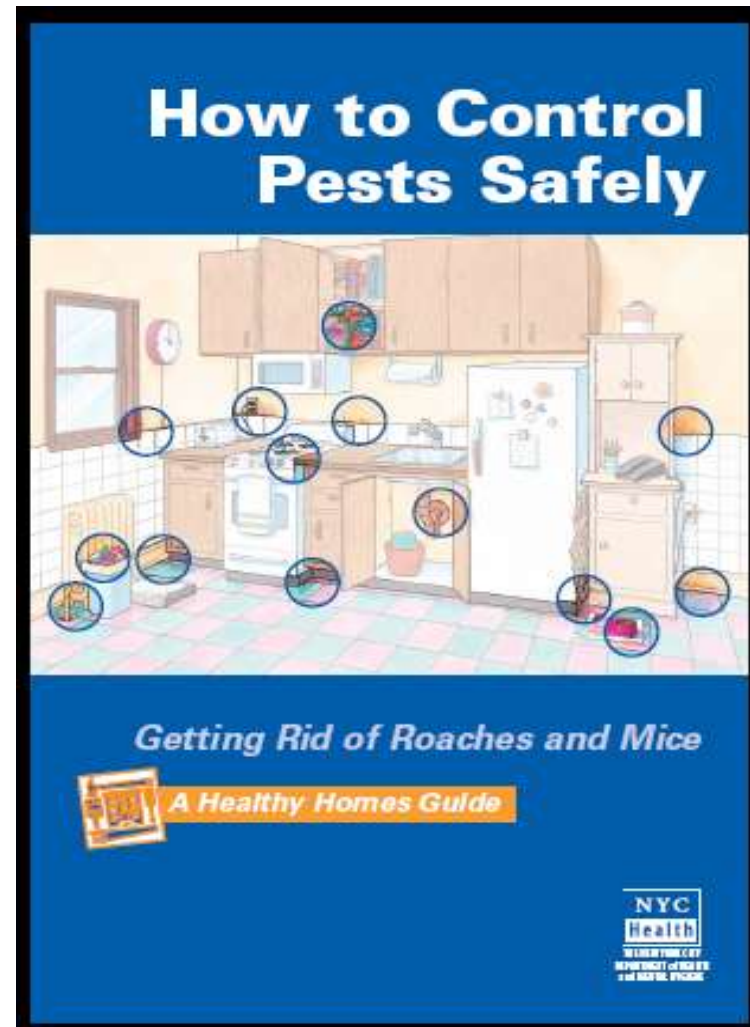
- Both types of alarms are required by NYC law
- Inspector's responsibilities:
 - Checks for alarms within 15 feet of bedrooms and at least one on every floor
 - Distributes free batteries provided by Fire Dept
 - Distributes fire department brochure with messages on fire prevention
- Possible future program enhancements
 - Distribute free alarms
 - Arrange for installation of free alarms



Pests and Pesticide Hazards

Inspector's Responsibilities:

- Checks for roaches, mice and rats
- Helps occupant report rats to DOHMH Office of Pest Control
- Warns occupants not to use dangerous, illegal pesticides such as *Tempo*®, Chinese Chalk and *Tres Pasitos*
- Encourages occupants to use Integrated Pest Management; provides brochure on IPM



Mold

Inspector's Responsibilities:

- If mold is extensive, helps the occupant file a complaint with NYC's housing agency
- If mold is small or found only on bathroom tiles, gives the occupant information on clean-up procedures

HEALTHY HOMES

Mold

Mold growth indoors may be a problem. Mold may cause allergic reactions in some people. Mold may also be an asthma trigger.

Mold needs water or moisture to grow. Stop indoor mold growth by fixing leaks, controlling moisture, and cleaning up the mold.

Things You Can Do to Protect Your Family

Fix the Water Problem

- Correct water leaks immediately.
- Dry any water damaged items within 24-48 hours to prevent mold growth.

Control Moisture Sources

- Run the bathroom fan or open the window when showering and afterwards as well.
- Vent clothes dryers to the outside.
- Use a dehumidifier to keep humidity levels low in basements.

Tenants: Report all plumbing leaks and moisture problems to your landlord. Call 311 if your problem isn't fixed.

Clean Moldy Surfaces

If the mold problem is small (less than about 10 square feet – roughly a 3 foot by 3 foot patch), then you can normally handle the cleanup job yourself. If you have a larger area of mold, you may need professional help.

- Remove mold with sponges or rags using a detergent.
- Scrub mold off hard surfaces with detergent and water, and dry completely.
- Moldy ceiling tiles, carpet and other porous materials should be thrown away.
- Dispose of any sponges or rags used to clean mold.
- If the mold returns quickly or spreads, you may have an ongoing water problem. Fix water problems immediately.
- Protect yourself: Use safety goggles and gloves. For larger jobs, consider using a respirator.

Suggested Products

- Detergent/household cleaner
- Disposable gloves
- Disposable rags/sponges
- Heavy-duty plastic garbage bags
- Buckets
- Protective gear (goggles, rubber gloves, N95 respirator)

For More Information
Call the New York City Department of Health and Mental Hygiene. In NYC, call 311 or go to nyc.gov/health

NYC Health **NYC DEP** **Healthy Homes** **NYC**
A key step to a healthier New York
nyc.gov/health

2010 Healthy Homes Inspections

In 2010

Over 1,400 Healthy Homes Inspections were performed:

LEAD PAINT

- 62% had lead paint related violations

WINDOW GUARDS

- 64% had potential window guard violations

SMOKE- AND CO-ALARMS

- 34% had NO CO alarm
- 27% had NO smoke alarm

PESTS AND RODENTS

- 38% had roaches
- 35% had mice
- 1% had rats

MOLD

- 4% had mold



Using Data to Target Intervention Efforts

- Strategy 1: Referrals from home visiting programs
 - Newborn
 - Asthma
- Strategy 2: Using lead and vital records registries
 - Children < 3 yrs with BLL 10-14
 - Newborns at the same building address
- Strategy 3: Peeling paint complaints (1-and-2 family homes)
- Strategy 4: Buildings with a history of violations
 - Building wide approach
 - Inspections in homes with young children

Comparison of Strategies

	Strategy I	Strategy II	Strategy III*	Strategy IV
	Home Visiting	10-14 and Newborns	Complaints	MOBI
% Ultimately inspected	83%	70%	95%	95%
% Inspected with lead hazards	50.3%	60.2%	67.1%	95.0%

**(data only provided for peeling paint complaints)*

Summary:

1. Strategies I, III and IV have high success rates due to the fact that the tenants residing in these buildings either initiated a complaint or have agreed to a referral
2. Strategies II, III and IV have a greater percentage of units with identified lead hazards because the strategy focused on buildings with either current or historic cases of lead poisoning, or high risk housing.

Challenges in Transitioning to Healthy Homes

Inspections

- Inspectors must develop expertise in assessing multiple hazards, not just lead; while this is rewarding, it also adds additional challenges to the job
- Inspections take more staff time
- New inspection protocols, new forms to document inspections, and revised orders are needed
- Establishing new referral mechanisms and effective feedback

Policy Infrastructure

- Need to assess existing laws and regulations to support enforcement related to other home health hazards and determine whether authority can be used by health dept.
- Considering whether new policy is required and developing rationale to spearhead and/or support policy change
- Better removal of hazards where laws and enforcement are in place (tenant survey)

Education & Training

Internal:

- Staff need training on assessing home health hazards other than lead, new referral mechanism, new documentation processes and databases

External:

- Developing new educational materials for families, CBOs, landlords, and contractors
- Developing expertise to provide training in community related to diverse content areas
 - Multiple languages
 - Low literacy level

Partnerships

- Creating new and cultivating existing partnerships
 - Housing, Fire Safety, Window Guards, Pest Control, Poison Control, Injury Prevention
 - CBOs, Tenant Organizations, Landlord Organizations, Contractor Associations, Hardware Stores
- Creating effective referral systems
 - Sometimes challenging
 - Feedback loops

Systematic Use of Data

- Targeting
- Identifying appropriate outcome measures for evaluation of Healthy Homes initiatives; important both for surveillance and evaluation and for convincing policy makers
- Changing lead poisoning surveillance system to include Healthy Homes indicators
- Data feedback related to referrals

Budgetary Concerns

- Budget cuts – current and projected – at the local, state, and federal level impacting on staffing and program resources
 - For LPPP
 - For our partners
- More difficult to implement new program areas

Healthy Homes Key Messages

- Maintenance of the home is critical
 - Address moisture problems
 - Fix Keep it Clean and Dry
 - Fix Peeling Paint
 - Pest Proof Your Home
 - Reduce Use of Chemicals
 - Keep it Smoke Free
 - Prevent Accidents at Home

