



Steps to Healthier Homes

■ Start with People

■ House as a System

■ Keep It:

Dry

Pest-Free

Safe

Maintained

Clean

Ventilated

Contaminant-Free

■ Making it Work





Why do you go in houses?



National Center for Healthy Housing
Healthy Homes Training Center



Why Start with People?

- What good are they?
- What's difficult about people?
- How can you deal with people?



Open v. Closed Questions

- Open-Ended or Indirect
 - How
 - What
 - Tell me about
 - Describe for me
- Closed-Ended or Direct
 - Are
 - Is
 - Do





Bracketing

- Method to:
 - Stay Calm and Non-Judgmental
 - Keep Ability to Listen
- Put negative feelings and thoughts in mental “container” so they can be objectively evaluated and managed.







Special Communication Issues

- Language
- Cultural
 - Shoes in the Home
 - Men and Women
- Responding to Problems
 - Hoarding
 - Tolerance for Clutter and Pests





Resident Choices

- Health
- Comfort
- Cost





What's going on in the neighborhood?

- What neighborhood?
- What uses?
- How zoned?
- What services?
 - Water?
 - Sewer?
 - Solid waste?
- How old?
- Who owns it?
- Water supply? Lead?





Routes of Exposure

- Inhalation
- Ingestion
- Skin Absorption
- Injection
- Built-In Protection Mechanisms

Risk = Hazard x Exposure





What are the signs and symptoms of Housing Related Disease?

- Signs are things you can measure or outside observer can see (objective)
 - Blood pressure, heart rate, peak flow
 - Bloody nose, rash
- Symptoms are experiences and described by a person (subjective)
 - Back pain, fatigue, headaches
- Some can be a combination
 - Shortness of breath





What are the signs and symptoms of Housing Related Disease?

- Timing, location and corroboration are very important in relating to environment
- Do signs and symptoms occur:
 - At the same time each day?
 - In the same place each day?
 - Only in certain times of year?
- Do others have the same signs and symptoms and same timing?
- Do signs and symptoms go away when out of the environment?





Mental health

- Poor housing conditions, (e.g. crowding and inadequate lighting) associated with risk for poor mental health.
- Poor-quality, overcrowded, multifamily homes -- associated with aggression and withdrawal, lower health status and psychological distress.
- Lack of light (e.g. from inadequate number and placement of windows) is related to depression.
- Some studies suggest association of dampness or mold with depression. But IOM concluded that evidence is insufficient.





How can you identify housing conditions that may affect health?

- Many people may recognize signs and symptoms of diseases but not the environments that cause them
 - Many are overlooked
 - Many are ignored
- Many exposures are only found out because someone asked





Often OVERLOOKED sources of health problems

- Lead

- Was your home built before 1978? 1950?

- Radon

- Was your home ever tested for radon?

- CO (Carbon Monoxide)

- Do you have a carbon monoxide detector?



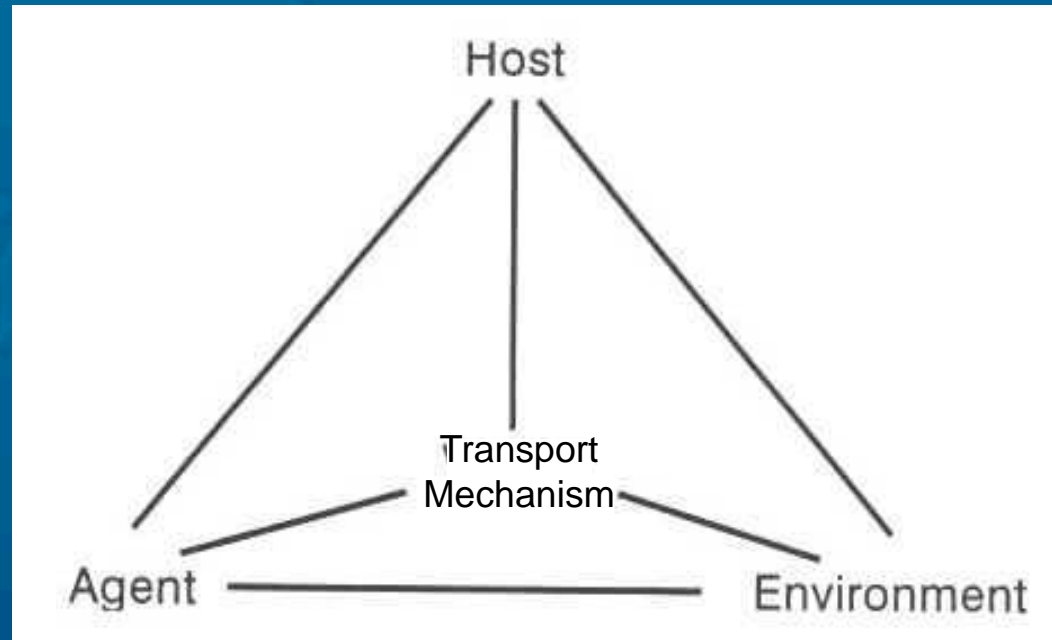


Often IGNORED sources of health problems

- Environmental Tobacco Smoke
 - Does anyone in the family smoke?
 - Do they want help quitting?
- Consumer chemicals
 - What cleaning chemicals do you use?
 - Where do you store them?
- Pesticides
 - Any Pesticides used? Which ones?



Epidemiologic Triangle of Disease



Learning Objectives

- Explain how to work with people to get important information from them about potential hazards in the home.
- Identify key routes of exposure and their relationship to housing hazards.

