Meeker-McLeod-Sibley Healthy Homes
Introduction
Learning Objectives

• Identify health risks that are related to home hazards

• Recognize the importance of minimizing potential contaminants in the home setting

• Understand the effects that the home environment can have on an individual’s health and safety
The Surgeon General’s Call to Action to Promote Healthy Homes in 2009

What is a healthy home?

“A healthy home is sited, designed, built, renovated, and maintained in ways that support the health of residents.” –U.S. Surgeon General
“The connection between the health and the dwelling of the population is one of the most important that exists.”

-Florence Nightingale
Healthy Homes Minnesota initiative is intended to help MDH further its mission to protect, maintain and improve the health of all Minnesotans through a statewide focus and holistic approach to making indoor environments healthier and safer.
Meeker-McLeod-Sibley Community Health Services was awarded the Healthy Homes Grant for the years 2014-2017.
What Hazards Exist in the Home?

What hazards come to mind when you think of barriers to maintaining a safe and healthy home?
The Seven Principles of a Healthy Home

- Dry
- Clean
- Pest-Free
- Safe
- Contaminant-Free
- Ventilated
- Maintained

NCHH, 2008
Why Dry?

“Damp houses provide a nurturing environment for mites, roaches, rodents, and molds, all of which are associated with asthma.” -NCHH
Why Clean?

“Clean homes help reduce pest infestations and exposure to contaminants.” -NCHH
Why Pest-Free?

“Recent studies show a causal relationship between exposure to mice and cockroaches and asthma episodes in children; yet inappropriate treatment for pest infestations can exacerbate health problems, since pesticide residues in homes pose risks for neurological damage and cancer.” -NCHH
Why Safe?

“The majority of injuries among children occur in the home. Falls are the most frequent cause of residential injuries to children, followed by injuries from objects in the home, burns, and poisonings.” -NCHH
Why Contaminant-Free?

“Chemical exposures include lead, radon, pesticides, volatile organic compounds, and environmental tobacco exposure. Exposures to asbestos particles, radon gas, carbon monoxide, and second-hand tobacco smoke are far higher indoors than outside.” -NCHH
Why Ventilated?

“Studies show that increasing the fresh air supply in a home improves respiratory health.” -NCHH
Why Maintained?

“Poorly-maintained homes are at risk for moisture and pest problems. Deteriorated lead-based paint in older housing is the primary cause of lead poisoning, which affects some 240,000 U.S. children.” -NCHH
Health effects of poor quality environment

- Injury
- Death
- Developmental Delays
- Respiratory Issues
- Poisoning
- Cancer
- Asthma

Andelman & Tanefis, 2012
The Healthy Homes Assessment

Minnesota Healthy Homes Assessment Tool

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<thead>
<tr>
<th>Address</th>
<th>Apt#</th>
<th>City</th>
<th>Zip code</th>
<th>County</th>
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<thead>
<tr>
<th>Housing Type (circle one):</th>
<th>Owner-Occupied Rental-Single Rental-Duplex Rental-Multifl</th>
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<tbody>
<tr>
<td>Type of heating source:</td>
<td>Electric LP gas Water Other</td>
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<tr>
<th>Home Phone:</th>
<th>Number of Occupants:</th>
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<tbody>
<tr>
<td>Cell Phone:</td>
<td>Number under 6 yrs:</td>
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<td>Email:</td>
<td>Number over 65 yrs:</td>
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- Does anyone who lives in the home smoke? [Y/N/DK]
- Do all the electric outlets in your home work? [Y/N/DK]
- Are there any visible mold or musty odor problems? [Y/N/DK]
- Does the bathroom(s) have a working exhaust fan? [Y/N/DK]

Assessor Ingestion

- Is there any condensation visible? [Y/N/DK]
- Is there any visible mold or musty odor problems? [Y/N/DK]

Actions:
- [Specify actions or recommendations based on assessment results]
Contact Information

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Questions
References


