

# Healthy Homes Month 2020 – NASCSP

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 [nascsp.org/healthy-homes-month-2020](https://nascsp.org/healthy-homes-month-2020)

## Healthy Homes Month 2020

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June is National Healthy Homes Month! NHHM is an awareness campaign to emphasize the importance of safe and healthy homes while highlighting the link between housing and the health of individuals and communities. NASCSP is a member of the National Safe and Healthy Housing Coalition, a broad group of over 650 members, including 400 organizations, working to improve housing conditions nationwide through education and outreach to key national stakeholders and federal public decision makers. The coalition promotes policies for safe and healthy housing in the United States, with special emphasis on those who are disproportionately impacted. Below you can find more information about how weatherization and healthy homes are connected, as well as other resources and social media posts to help you engage during National Healthy Homes month.

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## Healthy Homes and Weatherization

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The Department of Energy's Weatherization Assistance Program (WAP) plays a key role in making homes more livable and healthy. Beyond its primary mission of improving energy efficiency in low-income households to reduce energy costs, research has found that weatherization has numerous positive health impacts. Weatherizing a home can lead to fewer heat or cold related deaths, as vulnerable families may turn to unsafe fuel sources when they have difficulty paying their energy bills. The National Evaluation by Oak Ridge

National Laboratory found that 33% of individuals reported improved health of household members after their home was weatherized. Residents of weatherized homes also reported better mental health due to decreased financial stress and more comfort. Three US studies of low-income homes where energy efficiency work was conducted showed 12% fewer asthma related emergency department visits.

The health benefits of weatherization and residential energy efficiency were monetized in the WAP's 2015 evaluation performed by Oak Ridge National Laboratory. According to the evaluation, every DOE WAP dollar spent resulted in \$4.50 in benefits. These include \$1.72 in energy savings, which can instead be used by low income families to pay for medical bills, food, or other necessities, as well as \$2.78 in non-energy benefits including health and safety. On average, the total health-related savings in each weatherized unit were \$14,148.

Across the country, many states are working to implement a more comprehensive Weatherization Plus Health approach, designed to go beyond the health and safety measures traditionally included in WAP. The Weatherization Plus Health model aims to facilitate strong partnerships between WAP and Healthy Homes providers nationwide. This builds on the inherent health benefits associated with energy efficiency, while utilizing the highly skilled and trained WAP network to provide additional Healthy Homes services. See more in Washington, Vermont, and North Carolina.

## **Additional Resources**

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- [NASCSP Weatherization Plus Health Resource Page](#)
  - [HUD Office of Lead Hazard Control and Healthy Homes \(OLHCHH\)](#)
  - [National Center for Healthy Housing](#)
  - [Green and Healthy Homes Initiative \(GHHI\)](#)
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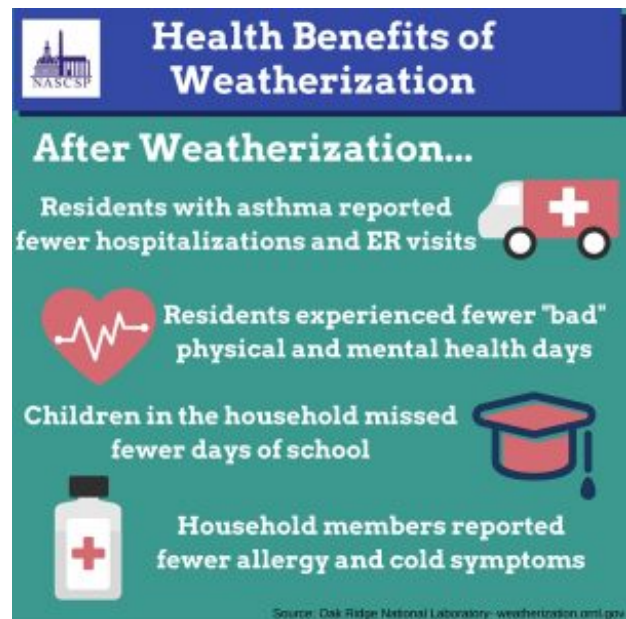
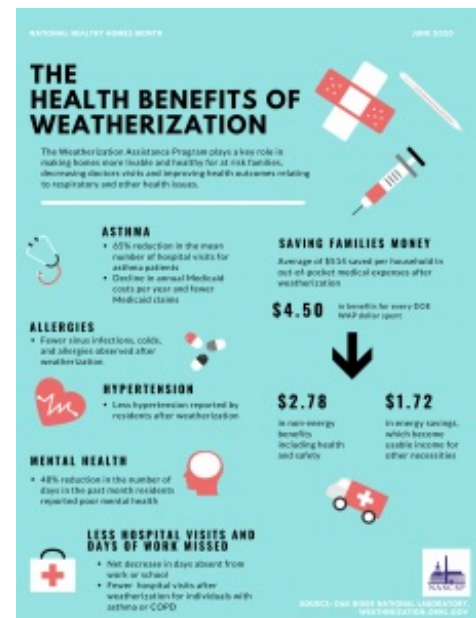
## **Suggested Social Media Posts**

### **Infographics**

[Download Zipfolder of Infographics Here](#)

## Twitter

- Almost 26 million people in the U.S. are living with asthma today. Learn how #weatherization can help reduce asthma triggers and symptoms <https://nascsp.org/wap/waptac/wap-resources/weatherization-plus-health/> #NHHM2020 #WeatherizationPlusHealth
- June is National Healthy Homes Month! This year's theme 'Healthy Housing for All' highlights the importance of a healthy home environment, no matter who you are or where you live! Click for more: <https://hud.gov/healthyhomes> #NHHM2020 #HealthyHomes
- June is National Healthy Homes Month! Some great accounts to follow for info and resources include:  
@HUDHealthyHomes  
@HealthyHousing @NCHH  
#NHHM2020 #WAP #HealthyHomes
- #DidYouKnow? #Weatherization can reduce mold, dust, and other asthma triggers. A national evaluation from @ORNL found that residents of weatherized homes reported fewer asthma symptoms and hospitalizations. Learn more here: [https://nascsp.org/wp-content/uploads/2017/09/ORNL\\_TM-2014\\_345.pdf](https://nascsp.org/wp-content/uploads/2017/09/ORNL_TM-2014_345.pdf) #NHHM2020 #HealthyHomes
- Is your home healthy? Learn more about healthy homes, asthma, and lead at <https://nascsp.org/wap/waptac/wap-resources/weatherization-plus-health/> and [HUD.gov/HealthyHomes](https://hud.gov/HealthyHomes) @HUDHealthyHomes #NHHM2020 #WAP #HealthyHomes



## Facebook

In the U.S. today, people spend close to 90% of their time indoors. This has also been magnified during the time of COVID-19. National Healthy Homes Month (NHHM) is a campaign designed to help people connect the dots between their health and their home.

Learn more from the HUD Office of Lead Hazard Control and Healthy Homes here:  
[www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2020 #HealthyHomes

Currently, millions of U.S. homes have moderate to severe physical housing problems, including dilapidated structure; roofing problems; heating, plumbing, and electrical deficiencies; water leaks and intrusion; pests; damaged paint; and high radon levels. These conditions are associated with a wide range of health issues, including unintentional injuries like slips and falls as well as respiratory illnesses like asthma. Weatherization not only increases the energy efficiency of homes, but it also helps ensure homes are comfortable, healthy, and safe. Learn more about the Department of Energy’s Weatherization Assistance Program here:  
<https://www.energy.gov/eere/wipo/weatherization-assistance-program> #NHHM2020 #WAP #HealthyHomes



June is National Healthy Homes Month! This year’s theme ‘Healthy Housing for All’ highlights the importance of a healthy home environment, no matter who you are or where you live! Learn more about how weatherization and health homes are connected, as well as resources to engage in National Healthy Homes month:  
<https://nascsp.org/healthy-homes-month-2020/>



# Improving Homes and Health – NASCSP

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 [nascsp.org/working-together-improving-homes-and-health](https://nascsp.org/working-together-improving-homes-and-health)

## Working Together: Improving Homes and Health

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*This guest blog was written by Matthew Flyer, Construction Manager at Yachad in Washington, D.C.*

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For the last 25 years YACHAD, which means “together” in Hebrew, has played an active role in the Washington, D.C. area by working with families to help them create and maintain healthy homes. Over the past year, Yachad received more than 200 calls for services—more requests than we can accept. The families accepted into our housing remediation programs all lived in their homes for at least a decade, and most for several decades. Their homes are the foundations for their families.

The key has been to pull together resources from volunteers, contractors, grants and local government programs. Rather than relying on individual programs, Yachad combines aspects of many programs targeting them to meet specific outcomes for each home. Historically we have relied on both grants to support contract work and volunteers to fix homes. More recently we have become an implementer of the Weatherization Assistance Program (WAP) administered by the District of Columbia’s Department of Energy & Environment. By combining the energy efficiency benefits of WAP with our other healthy homes and home repair services, we deliver a more comprehensive impact for our clients. In addition to saving money on energy every month, families live in safer, healthier, and more comfortable environments. Not only do these efforts include hands-on work within homes, but also outreach and community relations which are instrumental to identifying needs and implementing solutions.

Yachad also addresses food insecurity in homes that lack working stoves, refrigerators, and functioning kitchen plumbing. It was not unusual for the families we work with to use hot plates and microwaves when appliances were broken. Many are without a fully functioning refrigerator and unable to store food properly which can also lead to serious health problems.

### Examples of Yachad’s healthy homes work:

Yachad renovated and created new kitchens for homeowners, replacing stoves, refrigerators, microwaves, kitchen cabinets and laminate flooring.

Volunteers pulled out old carpeting, replacing it with new laminate or tile flooring.

- Repaired roofs, addressed extensive plumbing problems to fix water leaks and broken bathroom and kitchen fixtures.
- Installed new dry wall removing old and moldy material and completed the jobs with coats of paint.



Most recently Yachad has expanded its work to focus on households with serious health-related issues, such as asthma where mold, mildew and pests exacerbate respiratory issues. Data shows that healthy housing and energy efficiency leads to reduced incidents of asthma flare-ups including asthma related hospitalizations, emergency room visits and doctor visits. For this reason, Yachad is partnering with Children's National providing home remediation expertise alongside health care professionals for families receiving asthma treatment.

Collaboration is the future of healthy housing. Yachad is active in the newly formed D.C. Healthy Housing Collaborative, a multi-sector coalition connecting government agencies, healthcare, public health, health insurance providers, housing services, legal services, and more, united in pursuit of policy and systems changes that will lead to healthier housing conditions. Together we are creating healthy housing resources for the community and teaming up to have the deepest impact.



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*YACHAD'S mission is to bring communities together by preserving affordable homes and revitalizing neighborhoods throughout the District of Columbia and the greater metropolitan area. Yachad means "together" in Hebrew, and that is how we do our work through partnerships with homeowners, houses of worship, nonprofits, and other community stakeholders. We mobilize skilled and unskilled volunteers, invest financial resources, and, through our work together, transform people and properties. Our mission*

*is rooted in the Jewish commitment to seek justice by engaging in acts of loving kindness. We welcome people of all faiths to share in our work to keep our communities diverse and vital. Learn more at [yachad-dc.org](http://yachad-dc.org)*



# Making a Home Healthy, Safe, & Comfortable in South Dakota – NASCSP

[nascsp.org/making-a-home-healthy-safe-comfortable-in-south-dakota](http://nascsp.org/making-a-home-healthy-safe-comfortable-in-south-dakota)

## Making a Home Healthy, Safe, & Comfortable in South Dakota

In 2018, GROW South Dakota’s weatherization team received a call from Ruth, a senior resident in need of assistance with heating her house. When the weatherization team went to her home, they discovered energy inefficiencies as well as numerous safety concerns. Not only did the heating system need to be addressed, but the previous heating unit was not adequately ventilated, which could cause carbon monoxide poisoning. Other issues identified included leaking windows which created drafting in the house. Additionally, there was no insulation in the attic, walls, or under the floor, which made the house very cold. There was no exhaust set up for the stove, and there was not an indoor bathroom. The homeowner had been using an outhouse as a restroom and would go to friends and neighbors when she needed to shower.



GROW SD was able to transform this living space into a more efficient, safe, and comfortable home by providing insulation to the entire house and installing new storm windows. GROW SD also replaced the old unvented space heater with a properly vented heating unit, and installed an exhaust fan above the stove. In addition to the lifesaving installment of a new heating system, the most significant improvement, with assistance from the Federal Home Loan Bank Affordable Housing Program (FHLB AHP) funding, was a new addition to the house. Ruth now has an indoor bathroom with a shower, sink, toilet, and water hookups for a washing machine.





“Because of this program, I no longer have to worry about CO2 poisoning. I have adequate heat and no wind blowing through the windows and doors. For the first time, I don’t have to walk to the outhouse and worry about falling. I’m able to take a shower without going to someone else’s house. To say what I have received from the program has been life-changing would be a complete understatement.”-Ruth

These life-changing modifications were made possible through the Department of Energy Weatherization Assistance Program (WAP) and the FHLB AHP that are both administered by GROW SD. As noted by Marcia Erickson, GROW SD CEO, “This work is the core mission of GROW SD. We provide needed assistance to households that would not be possible without our dedicated team and our partnering funding sources that support the work we do. It is so rewarding to provide this type of service every day.”



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*This guest blog was contributed by GROW South Dakota, a Community Action Agency providing many programs & services in South Dakota. Learn more about their work and mission [here](#).*