Public Health & Affordable Housing: Partnerships to Improve Health and Quality of Life
OBJECTIVES:

• Explain how HUD and public health missions complement one another with regard to improving the lives of mutually targeted populations

• Discuss how the 3 core functions and 10 Essential services of Public Health can be carried out in the housing setting and help address mutual goals amongst priority populations

• Give multiple examples of this work as it has/can be used in health promotion areas such as tobacco, maternal and child health, and injury prevention to address social determinants of health
Office of Lead Hazard Control and Healthy Homes (OLHCHH)

_U.S. Department of Housing and Urban Development (HUD)_
What is OLHCHH?

• The Office of Lead Hazard Control and Healthy Homes (OLHCHH) is an office within the Department of Housing and Urban Development (HUD) that protects children and families from health and safety hazards in housing.

• The Office was established in 1991 as the Office of Lead Based Paint Abatement and Poisoning Prevention.

• 5 Divisions:
  • Programs Division
  • Regional Management and Technical Services Division
  • Lead Programs Enforcement Division
  • Grant Services Division
  • Policy and Standards Division
HUD’s Mission and Strategic Goals

Mission

To create strong, sustainable, inclusive communities and quality affordable homes for all.

Strategic Goals

- Strengthen the Nation’s housing market
- Provide quality affordable rental homes
- Use housing as a platform to improve quality of life
- Build inclusive and sustainable communities
- Transform the way HUD does business

(HUD, 2014, Strategic Plan 2014-18)
Where Does OLHCHH Fit In?

HUD’s Strategic Goals

- **Use housing as a platform to improve quality of life**
  - OLHCHH and PIH are working together to promote smoke-free public housing.
- **Build inclusive and sustainable communities**
  - OLHCHH is working to enhance safe and healthy housing and to embed healthy homes criteria across HUD programs.
  - OLHCHH is an Objective Lead in the following Agency Priority Goal: Complete 159,000 energy efficient or healthy retrofits or new constructions in 2014-2015.

(HUD, 2014, Strategic Plan 2014-18)
OLHCHH’s Mission, Vision, and Goals

**Mission**

To help all Americans, but especially children and other vulnerable populations in low-income households, reach their full potential by making homes safe and healthy.

**Vision**

To lead the nation to a future where homes are both affordable and designed, constructed, rehabilitated, and maintained in a manner that supports the health and safety of occupants.

**Goals**

- Building a National Framework
- Creating Healthy Housing through Key Research
- Mainstreaming the Healthy Homes Approach
- Enabling Communities to Create and Sustain Healthy Homes

(OLHCHH, 2009, Healthy Homes Strategic Plan)
Strategy for Action

- OLHCHH was the primary author of *Advancing Healthy Housing: A Strategy for Action* ("Strategy for Action"), which outlines goals and priorities in healthy housing for the next three to five years.

- The Strategy for Action was developed by the federal Healthy Homes Work Group (HHWG), an inter-agency group whose purpose is to coordinate and advance healthy housing issues at the federal level using collective expertise.

- 7 agencies helped develop the Strategy for Action:
  - Dept. of Agriculture
  - Dept. of Commerce
  - Dept. of Energy
  - Dept. of Health and Human Services
  - Dept. of Housing and Urban Development
  - Dept. of Labor
  - Environmental Protection Agency

(Federal Healthy Homes Working Group, 2013, Strategy for Action)
What is Unhealthy Housing?

Housing Problems
- Lead poisoning, which causes
  - Health problems
  - Hyperactivity
  - Reduced IQ
  - Behavioral Problems
  - Learning Disabilities
- Asthma
- Cancer
- Unintentional Injuries
- Other Health Impacts

Economic Impacts
- Costs to the Individual
  - School absenteeism
  - Academic failure
  - Learning difficulties
  - Lack of employment
  - Life-long health problems
  - Socialization problems
  - Criminal record
- Costs to Society
  - Healthcare
  - Hospitalization
  - Joblessness
  - Special education
  - Juvenile and criminal justice

(Based on: OLHCHH, 2014, Healthy Homes Rating System Operating Guidance; Loyola University 2015)
Multiple Impacts

Housing problems cause a ripple effect of impacts.

*Here is an example of how a single housing problem can lead to multiple health effects and economic impacts:*

**Legend**
- Housing problem
- Hazard
- Health effect
- Costs to the Individual
- Costs to Society

(Created by OLHCHH for Educational purposes only)
Housing Characteristics

Our Targets

- Low-Income
- Houses with Children
- Older Housing

Housing Units in American Housing Survey (2013)

- **Year Built**
  - < 1940: 20 mil
  - 1940-77: 56 mil
  - 1978-2014: 58 mil

- **Occupant**
  - Owner: 76 mil
  - Renter: 40 mil
  - Vacant: 17 mil

- **% of Poverty Level**
  - < 100%: 19 mil
  - 100-49%: 11 mil
  - 150% & Above: 86 mil

- **Households with Children**
  - Children: 37 mil
  - No children: 79 mil

- **Households with Children <6**
  - Children <6: 16 mil
  - No Children <6: 100 mil

(HUD & Census, 2013, American Housing Survey)
Burden of Housing Costs

• No one, of any economic class, should have to choose between a home that is affordable and one that is healthy for his or her loved ones.

• However, according to the American Housing Survey, more people chose their current house for “financial reasons” than for any other reason (quality of construction, neighborhood, layout, design, etc.).

(HUD & Census, 2013, American Housing Survey)
Why Does Our Work Matter?

- It helps children and other vulnerable populations reach their full potential by
  - Preventing injuries and diseases;
  - Lowering healthcare costs;
  - Increasing school and work performance; and
  - Decreasing the number of school and work days missed due to injuries and diseases.

- It frees up family expenses that would have been spent on healthcare for other critical needs, such as rent or nutritious food.

- It saves money and lives.
  - Studies have shown that lead and healthy homes interventions are effective and are more cost-effective than conventional maintenance.

(See Maqbook et al., 2015; Gould, 2009)
What Does OLHCHH Do Now?

**Grants for Producing Lead-Safe and Healthy Housing Units**
- OLHCHH provides and monitors funding to states and local governments to produce lead-safe and healthy housing units

**Technical Studies Grants (a.k.a. Research Grants)**
- OLHCHH provides and monitors funding to grantees to research methods, costs, and health benefits of making homes safe and healthy

**Enforcement**
- OLHCHH enforces the Lead-Based Paint Disclosure Rule and works with HUD program offices on compliance with the Lead Safe Housing Rule

**Guidance and Performance Criteria**
- OLHCHH develops and promotes development of healthy homes guidance and performance criteria

**Outreach**
- OLHCHH provides education and outreach to grantees; state, local and tribal governments; and the public on how to make homes safe and healthy
OLHCHH Grant Programs

- Grants for Producing Lead-Safe and Healthy Housing Units
  - 3 grant programs:
    - Lead Based Paint Hazard Control Grants
    - Lead Hazard Reduction Demonstration Grants
    - Healthy Homes Production Grants
  - Grantees (“Lead & Healthy Homes Grantees”)
    - Grantees of these programs are state, local, or tribal governments.

- Technical Studies Grants (a.k.a. Research Grants)
  - 2 grant programs:
    - Healthy Homes Technical Studies Grants
    - Lead Technical Studies Grants
  - Grantees (“Technical Studies Grantees”)
    - Grantees are academic institutions and state, local, and tribal governments.
### Hazards Identified by Lead & Healthy Homes Grantees (Cont.)

In an 18-month period (April 2013 through December 2014) . . .

<table>
<thead>
<tr>
<th>Hazard</th>
<th>Identified &amp; Addressed</th>
<th>Directly Benefitted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lead</td>
<td>6,477 housing units¹</td>
<td>&gt;12,000 children</td>
</tr>
<tr>
<td></td>
<td>x 1.9</td>
<td>directly benefitted from our grants during this period</td>
</tr>
<tr>
<td>Asthma and Allergy</td>
<td>1,978 housing units¹</td>
<td>~3,800 children</td>
</tr>
<tr>
<td>Unintentional Injury</td>
<td>1,807 housing units¹</td>
<td>~3,400 children</td>
</tr>
<tr>
<td>Cancer</td>
<td>207 housing units¹</td>
<td>~400 children</td>
</tr>
</tbody>
</table>

1. (Healthy Homes Grant Management System data pull and analysis, 4/29/2015; dates covered: April 2013 through December 2014)
2. (Census, 2010, Table FM-3; average includes only families with own children under 18)
Enforcement

- The Enforcement Division…
  - Enforces the **Lead-Based Paint Disclosure Rule**
  - Works with HUD program offices on compliance with the **Lead Safe Housing Rule**

- OLHCHH’s enforcement efforts have resulted in:
  - Over **188,000** units made lead-safe and
  - Almost **$1.5 million** in penalties
  - In at least **20** states
  - Since **1999**
Guidance and Performance Criteria

- **Guidelines for the Evaluation and Control of Lead-Based Paint Hazards in Housing**
  - OLHCHH has published two editions of The Guidelines, which is a technical manual for lead hazard evaluation and control in federally-assisted housing.

- **The Healthy Homes Guidance Manual**
  - OLHCHH promulgated a Healthy Homes Program Guidance Manual to provide practical guidance for successfully developing and implementing a local healthy homes program.

- **The Healthy Homes Rating System**
  - OLHCHH developed the Healthy Home Rating System (HHRS), a risk assessment system to identify the likelihood and impact on resident health from housing-related health hazards such as radon, lead-based paint, carbon monoxide, fall hazards, and more.

*Pictures from Guidelines for the Evaluation and Control of Lead-Based Paint Hazards in Housing*
Cross-Cutting Initiatives

• **Smoke-free Public Housing**
  - OLHCHH and Public & Indian Housing (PIH) are working together to promote smoke-free public housing.
  - As of December 2014, 571 PHAs have implemented smoke-free housing policies.
  - OLHCHH and PIH developed smoke free tool kits for public housing agency management and residents.

• **Medicaid Reimbursements for Lead Poisoning Follow-Up and Home-Based Asthma Assessments**
  - OLHCHH has collaborated with other agencies, practitioners, and insurance payers to expand Medicaid services and private insurance to provide healthcare financing for lead poisoning follow-up and home-based asthma services.
  - OLHCHH is conducting asthma summits to promote insurance reimbursements for asthma home assessments and interventions.
Cross-Cutting Initiatives (Cont.)

- **Implementation of the Federal Radon Action Plan**
  - OLHCHH is working to more explicitly include radon testing and intervention in HUD’s programs.
  - OLHCHH worked to develop and implement new radon testing and mitigation requirements by the Office of Multifamily Housing
  - OLHCHH is working to encourage/ require OLHCHH grant recipients to test for and mitigate radon hazards

- **Participation on Federal and Interagency Workgroups**
  - Steering Committee of the Federal Action Plan to Reduce Asthma Disparities
  - Healthy People 2020 Federal Interagency Workgroup
Evidence….Lead Based Paint Abatement
What’s Next?

• Continue implementation of activities that will fulfill the goals outlined in our Strategy for Action

• Expand partnerships with philanthropy, public health, environmental health, and community organizations

• Assist grantees in identifying potential local philanthropic partners and other unique funding sources

• Share data and identify “gaps” in our data and information
Healthy People 2020 goals:

- Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death;
- Achieve health equity, eliminate disparities, and improve the health of all groups;
- Create social and physical environments that promote good health for all; and
- Promote quality of life, healthy development, and healthy behaviors across all life stages.

(CDC, retrieved Aug 2015)

Social Determinants of Health

- Neighborhood and Built Environment
  - Access to Healthy Foods
  - Quality of Housing
  - Crime and Violence
  - Environmental Conditions

Department of Health and Human Services Healthy People 2020 goals:
Intersecting Missions & Goals and Common Populations
Intersecting Missions & Goals

P.H. + Housing = 4EVER
Populations in Common

• Access to multiple priority populations
  – Low SES
  – Youth
  – Seniors
  – Mental health
  – People with disabilities
  – Native American
  – Straight to Work- 18-25y/o
  – Veterans
Themes

• Shared mission components that emphasize increasing quality of life, of which health is a piece
• Variety of shared priority or target populations in one place
• Opportunity to address social determinants of health in neighborhoods and the home setting
Methods/Examples
• Reaching out to and/or joining housing organizations
• Formal meetings with Denver Housing Authority to discuss mission, populations, programming, goals & needs, and identify possible opportunities
  – Nutrition- classes on cooking and nutrition; info on foods and what to do with them; “commodity” boxes and how to cook from them (powdered milk, unfamiliar foods; foods people don’t care for; unusual foods likes cans of pearl onions)
  – Injury Prevention
  – HEAL
  – Maternal Child health
  – Worksite Wellness
  – Immunizations
  – Disaster Preparedness
  – General Health Education
• Policy work with housing providers to reduce resident exposure to secondhand smoke
  • Surveying
  • Education
    – Health and economic benefits
    – Implementation
    – Enforcement
• Planning and Programming Support
  – cessation resources
  – resident activities
  – communication
• Clearing the Air Conference
  – Education and networking for housing providers, other local health agencies, and legal professionals throughout CO

• Smoke-Free Housing Forum
  – Denver Health, Jefferson County Public Health, GASP of CO
Tri-County Health Department- A Matter of Balance Fall Prevention for Older Adults

“When I approach a potential class site, I explain that the classes are a "win-win" as residents who stay healthy can age in place and this results in less resident turnover and thus lower costs for the housing authority/site.”
- Barbara Lyons, Tri-County Health Department

• DRCOG (AAA) Grant
• Lay-leader model – optimize volunteer contribution
• Low income, senior residential properties, recreation centers, senior meal centers
• Partnerships deliver 20+ classes, 200-330 participants per year
• English, Spanish, Low/No Vision
• Helps older adults to age in place
Research: Health and Economic Benefits of Smoke-Free Policies In Multiunit Housing

• American Lung Association, Walter “Snip” Young; Peter Bialick, GASP of CO; statistician and team of consultants
  – See if there is a relationship between variables of smoke-free policies and better health outcomes
  – Gather information on turnover costs; resident and management knowledge, attitudes, and behaviors
  – Identify barriers to implementing smoke-free policy

• Found that implementing policies that restrict or ban smoking results in better health outcomes; residents reported being bothered by fewer smoking related illness symptoms after no-smoking policy was in place

• Greater number of quit attempts occurred and fewer cigarettes were smoked after policies were put in place
• Connecting Housing Providers with American Lung Association and Freedom From Smoking (FFS)
  – Jefferson County Public Health staff supporting FFS facilitators and groups in housing; connecting housing provider representatives with FFS program
  – South Metro Housing Options has trained Resident Service Coordinator as facilitator
Lessons Learned and Results
Lessons Learned

• Talk about public health
• Make the first move and be visible
• Actively and intentionally foster relationships across divisions
• Be flexible and patient
• Recognize that programming and human resources are important commodities
• Vary formats and customize materials- modify for age, culture, lifestyle
Lessons Learned

• Plug in to existing wellness initiatives/policies
• Look at assets and focus on strengths
• Bring services to people to reduce barriers to access
  – Transportation- anyone without car, children and adults
  – Tailored learning to smaller populations; better account for things like generation, culture, customs, and language
Lessons Learned

• Remember different buildings have different personalities:
  – Management and service coordination resources for programming differ
  – Different management styles, funding, programming, resident dynamics
  – Different properties have different schedules - ask about best times for staff and residents

• Make training available for legal staff
Results

- The nature of the partnerships help satisfy a variety of mutual missions, values, and goals, and provide a platform for carrying out the core functions and essential services of Public Health.
- There are a variety of novel ways to connect and partner, as public health agencies, with affordable housing and there are many examples of these partnerships in CO.
- These partnerships can improve resident health and this can positively impact quality of life.
Contacts:

Abby Hugill, MBA
Office of Healthy Homes and Lead Hazard Control's Region VIII Healthy Homes Representative
Department of Housing and Urban Development
Abby.D.Hugill@hud.gov

Erica Berg, MPH
Health Program Specialist
Denver Public Health
Erica.Berg@dhha.org

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