



Our Healthy Homes Work

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MAILMAN SCHOOL OF PUBLIC HEALTH
COLUMBIA UNIVERSITY



Who we are

Columbia University has two environmental health science centers since 1998:

- Center for Environmental Health in Northern Manhattan (CEHNM: Outreach Core is COEC)
- Columbia Center for Children's Environmental Health (CCCEH: Outreach Core is COTC)

Both centers' research focuses on:

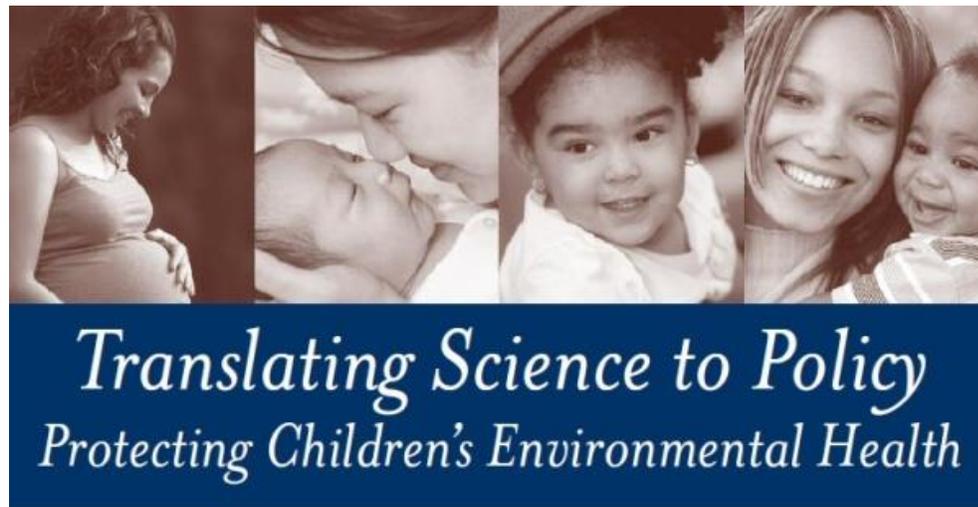
- Diseases—asthma, neurodevelopment problems, and cancer
- Exposures—allergens, energy byproducts (PAH, black carbon), pesticides, and heavy metals

Both centers have partnered with We Act for Environmental Justice (WEACT) to create bi-directional communication and education about environmental health and justice.

WEACT's environmental concerns focus on:

- Sustainable & Equitable land use
- Open and green spaces
- Food Justice
- Toxic free products
- Waste, pests and pesticide reduction
- Affordable, equitable transit
- Clean Air Quality and Climate Change

We share our Centers' outreach budget with WEACT, and work with volunteer community advisory boards.



Conference hosted by
The Columbia Center for Children's Environmental Health
in collaboration with WE ACT for Environmental Justice

Healthy Homes Activities

- Community studies of IPM, Asthma/Air Pollution, and Clean Heat
- Healthy Home, Healthy Child Campaign
- Northern Manhattan CARE Collaborative I & II
- NYC Healthy Homes Summit
- WE ACT for Healthy Homes Campaign
 - Asthma Free Homes Coalition – Asthma Free Homes Bill (Intro 385 A)
 - Stand for Tenant Safety Coalition – Reform Department of Buildings
 - WE ACT for Healthy Homes Working Group
- WE ACT's Environmental Health and Justice Leadership Training (EHJLT)
- WE ACT for Environmental Justice's Environmental Health Report Card for Northern Manhattan

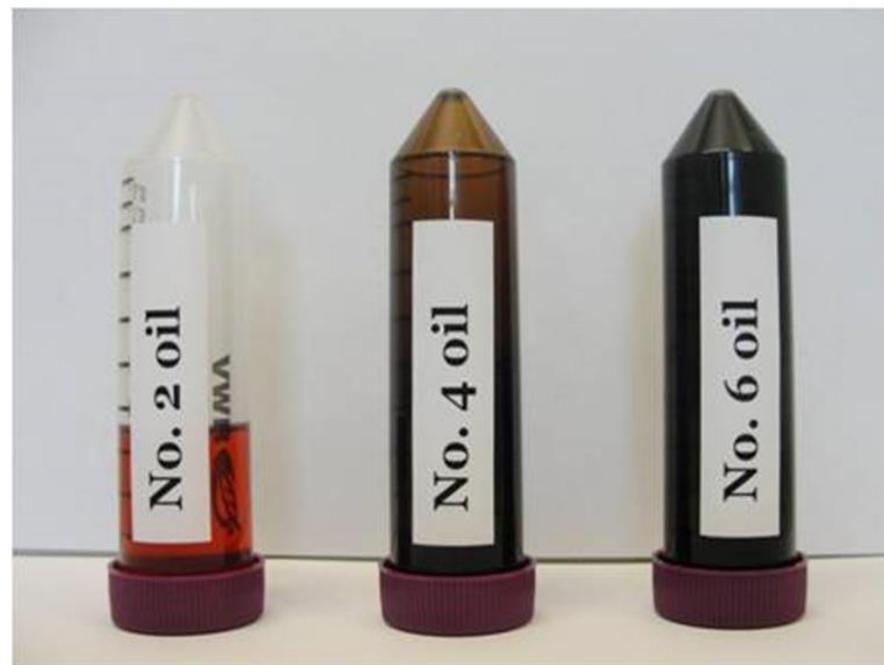
Healthy Homes Research by COEC, COTC and WEACTION

David Evans compared IPM with sprayed pest control in 300 public housing apartments and found IPM reduced cockroach counts and allergen levels in dust.

Matt Perzanowski studied 240 children in high and low asthma prevalence neighborhoods. They linked ↑ outdoor black carbon (BC) exposure levels to ↑ indoor BC levels to ↑ inflammation in children.

Diana Hernández is studying 60 apartments to see impact of switching from #6 oil to cleaner fuel on indoor air pollution and resident's perception of air quality.

David Evans, Peggy Shepard & David Chang are studying resilience in public housing residents affected by Sandy.



Evolution of our Healthy Home, Healthy Child Campaign

Our initial strategy was to conduct educational campaigns in the community about known risks, and to use focus groups, surveys and town hall meetings to assess community concerns.

- Our materials were focused on specific toxics and were densely informative
- Community members were confused and frustrated at the number of toxicants and materials about each one.

We then developed a holistic approach to our educational materials and campaigns, focusing on themes of healthy habits that together would protect against most toxic exposures.

- Green cleaning
- Clean indoor air
- Eat fresh
- Toxic free shopping
- Reduce stress
- Create change

Early campaign materials

In the first years of our Healthy Home, Healthy Child campaign, we created tip sheets that were informative, but much too wordy.

HEALTHY HOME
HEALTHY CHILD

The Truth About the Environment...
And How to Make it Safe.

The Truth About NUTRITION... Because you are what you eat!



Balanced meals offer the best protection against obesity and other illnesses.

Why is eating balanced meals important?

Balanced meals eaten with friends and family offer the best protection against illness and obesity. Too many unhealthy snacks and meals on the run lead to bad eating habits.

Healthy foods give you the vitamins and minerals you need for healthy skin, hair, and nails.

Being overweight has skyrocketed in the last ten years due to fast food and less physical activity. A high fat diet can contribute to obesity, cancer, diabetes, arthritis, heart disease, and chronic high blood pressure.

What to look for when preparing meals:

Fruits and vegetables, plus beans, whole grains, and potatoes are high in vitamins and minerals that offer protection against disease.

Eat five servings of fruits and vegetables a day. It's easier than it sounds.

Learn how to read labels to tell how much fat, sugar, and salt is in your food. Foods high in fat, salt, and added sugar lead to disease, such as heart disease and cancer.

Tips for healthier eating:

Changing your eating habits is a life-long challenge. Do it a little bit at a time.

Plan regular meals that bring your whole family together at least twice a week.

Make eating vegetables fun for children. Try cooking them in different ways. Mix vegetables with other dishes they enjoy eating.

Eat breakfast. You've been fasting all night so you need to break it. Prepare cereals with bananas or raisins. Have a toasted bagel with butter and jam (not too much) and a side of your favorite fruit.

Eat salads as often as you can. Experiment with different ingredients in salad. Choose dressings that are low in calories, fat, sugar, and salt, such as oil and vinegar.

Ask for lettuce and tomatoes when you order a sandwich and have a piece of whole fruit.

Choose vegetables your family likes and prepare them as part of every meal. Do not fry your vegetables, because frying adds fat. Try steaming or grilling. Stir frying with a small amount of olive oil, one tablespoon, is a healthy way to cook vegetables.

When choosing a snack, look for one that is low in calories, fat, sugar, and salt. Whole fruits, carrot sticks, celery sticks, and air-popped pop corn are some options. Eat smaller snacks. Peanut butter, cheese, and olives are good snacks in small portions.

Developed by:
**The Columbia Center for Children's
Environmental Health (CCCEH)**

Community Partner:
**West Harlem Environmental Action
(WE ACT)**

For Further Information Contact
WE ACT at (212) 961-1000

Holistic Campaign Materials

We worked with our Community Advisory Board to identify and simplify key messages.

A design group made attractive pictures and layout, and we tested the materials with our CAB and in focus groups.



Eating fresh fruits and vegetables and unprocessed foods provides vitamins, minerals and nutrients to help your family feel great.

Making healthy food choices can help prevent and control many problems like heart disease, high blood pressure, diabetes, and cancer.

Vegetables and fruits are high in antioxidants that help repair your body from toxins in our environment.

1 Eat fresh fruits or vegetables at every meal and as snacks. Wash them with water before you eat to reduce pesticides.



2 Canned food may contain BPA. Dried beans are a cheaper alternative and BPA-free!



3 Re-heat and store food in glass, porcelain or ceramics rather than plastic.



4 Join a community supported agriculture (CSA) group or shop at a farmers' market in your neighborhood. You can buy healthy food grown without pesticides and support local farmers at the same time!

Contact GrowNYC for details: 212-788-7476 or call 311 for a farmer's market location near you.



5 Many processed foods and frozen meals are high in salt. Choose fresh foods when you can and replace salt with herbs and spices.



healthy home | healthy child
www.ccceh.org



WEACT
FOR ENVIRONMENTAL JUSTICE

Evolution and challenges of our Center ↔ Community interactions

In addition to the Healthy Home, Healthy Child campaign, we have worked together on projects to:

- Assess community concerns
- Develop community action campaigns to address them
- Offer Environmental Health and Justice Leadership training to community residents
- Develop a membership model at WEACTION
- Engage members and Center researchers in lobbying activity at the city, state and Federal levels.

Northern Manhattan CARE Collaborative I

WEACT received funding from EPA to establish a coalition of 50+ organizations to assess community environmental concerns.

In 4 communities we surveyed residents, held public meetings to assess and rank priorities.

The chief concerns of residents were:

- Garbage and waste management
- Pests and pesticides



Northern Manhattan CARE Collaborative II

A second grant from EPA funded three projects to address these concerns:

1. A composting project to reduce waste at the WHEELS high school in Northern Manhattan
2. Workshops for staff and residents in waste management in a large apartment complex
3. A campaign to persuade store owners in two neighborhoods to manage waste better in collaboration with the Dept. of Sanitation.

The NYC Healthy Homes Summit (2014)

- Summit served as launching event to support the WE ACT for Healthy Homes Campaign
- 320 attendees made up of researchers, activists, elected officials, advocates, tenants, and high school youth
- 80 speakers who work at intersection between housing and health
- Event highlights:
 - speech by EPA Administrator Gina McCarthy
 - a keynote address by commissioner of the NYC Department of Housing Preservation and Development (HPD)
- Online publication of *Environmental Justice* journal found at: http://www.weact.org/resources_hhsummit



THE NYC HEALTHY HOMES SUMMIT

WE ACT for Environmental Justice
Columbia's NIEHS Center for Environmental Health in Northern Manhattan
Milano School of International Affairs, Management and Urban Policy

November 21 & 22, 2014 • www.weact.org/summit2014

WE ACT for Healthy Homes Campaign

Campaign Priorities:

- Pass the Asthma Free Homes Bill (Intro 385-A/B) as part of the Asthma Free Homes coalition
- Ensure healthy and affordable housing for all moderate & low income New Yorkers
- Protect our homes from mold and toxins



Asthma Free Homes Coalition

Intro 385A/B – Asthma Free Housing Act, 2015

- Prioritize prevention measures in homes of susceptible persons – those diagnosed with asthma, COPD, or lung cancer
- Require landlords to inspect for Indoor Allergen Hazards and correct them and their causes using approved methods
- Require NYC HPD to inspect for Indoor Allergen Hazards and their causes, and issue appropriate violations
- In homes of susceptible people, require HPD to correct violations for Indoor Allergen Hazards where landlords fail to do so promptly
- Create a system for physician referrals for housing inspections by the City for patients with asthma
- Codify safe and effective work practices for remediation of mold hazards

Link to fact sheet:

https://d3n8a8pro7vhm.cloudfront.net/weact/pages/389/attachments/original/1438716307/Asthma_Fact_Sheet_Updated_4.29.2015docx.pdf?1438716307



Stand for Tenant Safety (STS) Coalition

Reform the Department of Buildings (DOB) to respond to tenants who report violations/harassment

- STS – a coalition of community-based organizations, legal service agencies and tenant advocates who are working to document instances of “construction as harassment” and protect tenants.

- STS introduced a 12 bill legislative package that includes the following:

- Requires DOB to inspect at risk buildings
- Create a list of contractors found guilty of working without a permit
- Require DOB oversight for tenant protection
- Create an inter-agency task force between DOB, HPD, Department of Health (DOH), and Department of Environmental Protection (DEP) to address tenant concerns
- Create a real time enforcement unit within DOB to respond to violations
- Link to platform: <http://www.standfortenantsafety.com/sts-dob-platform>



WE ACT for Healthy Homes – member working group

- **WE ACT membership program: cost = \$25/year**
 - Vision members – residents who don't live in Northern Manhattan and volunteer annually
 - ACTION members – residents who live and/or work in Northern Manhattan and attend membership orientation/campaign meetings
- **Healthy Homes Working Group – Moving Forward (2016)**
 - ACTION Members
 - Meet quarterly (tentative)
 - Receive updates on WE ACT involvement in coalitions and attend events related to lobbying, giving testimony, drafting/revising bills
 - Design initiatives that fall under Healthy Homes Campaign priorities



Environmental Health and Justice Leadership Training (EHJLT)

A training program for ACTION members to learn about different health indicators in the community

- **Interactive 10 week course that runs 2x a year**
 - Spring 2015– graduated 21 members
 - Fall 2015 – graduated 17 members
- **Modules related to Healthy Homes**
 - Healthy Indoor Environments
 - Introduction to indoor air pollution, asthma triggers, solid waste
 - Guest Presenter – Diana Hernandez, PhD Mailman School of Public Health
 - Toxic Free Products
 - Introduction to toxic household cleaners and toys
 - Guest Presenter – Ansje Miller, Eastern States Director for Center for Environmental Health
- **Moving Forward (2016)**
 - Spring cohort – adults
 - Fall cohort – high school students (new)



WE ACT for Environmental Justice's Environmental Health Report Card for Northern Manhattan

Report Card that displays public agency data compiled around health indicators and community perceptions to health indicators

- Last report came out in 2011
- 2 grades
 - Public Agency
 - Community Surveys
- Indicators related to Healthy Homes
 - Indoor Air Quality
 - Lead Poisoning
 - Solid Waste
- Next Steps
 - Add new community survey data from 2015
 - Add updated community health profile data from DOHMH 2016

<http://www.nyc.gov/html/doh/html/data/nyc-health-profiles.shtml>

NYC DOHMH Environmental & Health Data Portal

| PROBLEM | Community Board 10 (Central Harlem) | New York City | Public Grade |
|--------------------------------------|--|---------------|--------------|
| Exposure to Secondhand Smoke at Home | 23.3% | 23.5% | B+ |
| Adults Reporting Mold in the Home | 9.1% | 9.5% | |
| Cracks or Holes in the Home | 24.1% | 15.7% | |

Survey Data collected in Central Harlem

Q. How serious of a health threat to your community do you consider indoor air quality?

| | | |
|----------------------------|----|-------|
| very serious | 25 | 51% |
| somewhat serious | 18 | 36.7% |
| somewhat minor | 6 | 12.2% |
| not a health threat at all | 0 | 0% |

Community Grading: Indoor Air Quality

| | | |
|---|----|-------|
| A | 7 | 14.9% |
| B | 15 | 31.9% |
| C | 12 | 25.5% |
| D | 8 | 17% |
| F | 5 | 10.6% |

B

Questions?

