



Improved Housing Improves Health
Idaho Healthy Homes Conference
September 17, 2009

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Multnomah County
Portland, Oregon

- Population 650,000
- Most urban
- Most diverse
- Port city located at the confluence of the Willamette and Columbia Rivers
- Includes 6 cities and unincorporated areas




2



The Genesis of Healthy Homes

Partnering with the community to identify priority environmental concerns from a community perspective using:

- Environmental Justice Vision & Values
- Socio-ecological Framework
- Popular Education Strategies
- PACE EH Assessment as Starting Point




3



Environmental Justice

- Improve health equity by creating solutions with people who are disproportionately exposed to environmental hazards



4



PACE Process

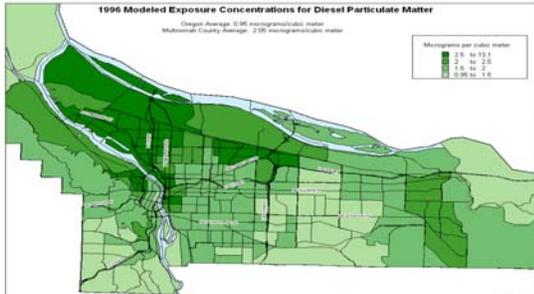
- Involved communities extensively (photo voice, survey, Coalition, etc.)
- Looked at 4 data points
 - Mapping Disparities
 - Reviewing Housing Inspection Data
 - Engaging Community
 - Review of Literature



5



Mapping



3

**Environment
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MULTNOMAH COUNTY
ENVIRONMENTAL HEALTH

Community Findings

- Focus Groups, Surveys, Photo Voice

Mold
"Feeling like an Ignored Community"
Trash
Lead

7

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ENVIRONMENTAL HEALTH

Data Point Inspection Reports

- 39% potential air quality citations (water leakage, mold, mildew, ventilation)
- 23% insect or rodent infestation citations
- 17% trash/debris/unsanitary condition citations
- 5% bare wood exposed citations (potential lead issues) *Approximately 311 Inspected, July '03 – June '04

8

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MULTNOMAH COUNTY
ENVIRONMENTAL HEALTH

PACE Outcomes

- OPAL - Organizing People-Activating Leaders launched as a 501c(3) to work for Environmental Justice in Portland
- Multiple funding resources to address PACE issues (EPA, HUD, CDC, General Funds).
- Healthy Homes Summit Convened in May 2007 as a precursor/catalyst for policy activities
- Hired community members as staff & consultants.

9



The Healthy Homes Model

- Utilizes the strength of the family
- Accesses services of partnering community agencies
- Reduces environmental triggers
- Complements clinic interventions
- Addresses structural causes (leaks, ventilation, substandard carpets)



10



The Team & Model

TEAM

- Bilingual Community Health Nurse, Asthma Certified
- Bilingual Community Outreach Workers
- Environmental Health Specialist

- 4 – 6 Home Visits over six months
- Incentives (Vacuum cleaners, mattress covers)
- Partnership Leverage (i.e, relocation, heat assistance)
- Landlord partnership or advocacy
- Pre and Post Evaluation

MODEL



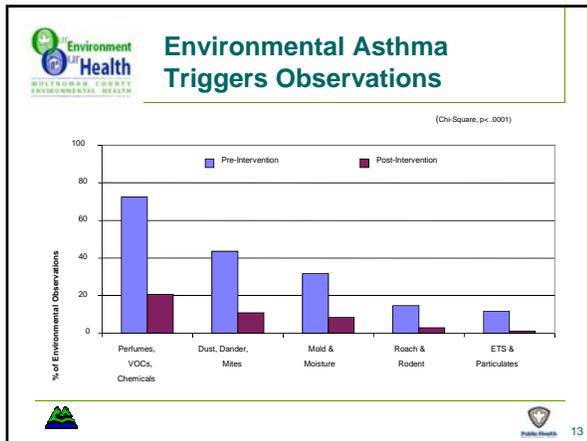
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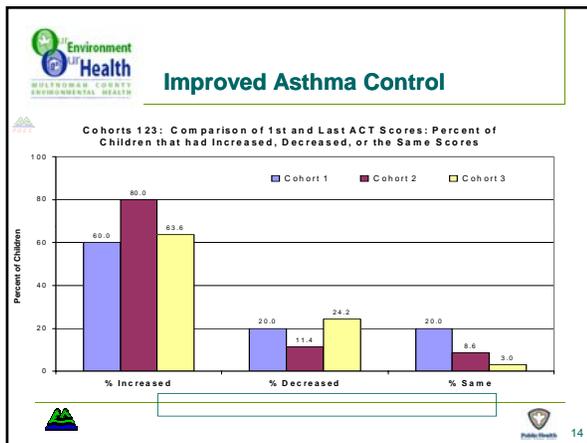


Healthy Homes Collaborative Network of Community Referrals



12





- Cost Savings Health Outcomes**
- Reduced asthma related emergency department visits by nearly one-half comparing a baseline period with the intervention period
 - Improved the asthma medication ratio showing improved understanding, compliance and control



Ongoing Evaluation

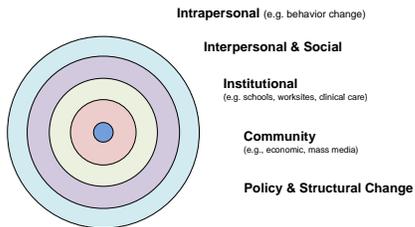
- Continued data stream from participating managed care organization to evaluate cost savings and medication use is underway.
- Continued improvements in ACT scores and reduction of environmental triggers has been sustained with increased age of participating children.



16



Socio Ecological Framework



17



Popular Education Strategies

- Be a facilitator of a process rather than trainer that imparts knowledge.
- Listen to community members' experiences, help them identify problems and develop solutions.
- Involve multiple community members (impacted tenants, landlords, community based organizations) working in partnership as a community.



18



WHAT MAKES A HEALTHY HOME?



A Guide for Landlords and Tenants





19



Research Literature

Substandard housing conditions are intimately linked with three of the leading pediatric health concerns:

- Asthma
- Lead poisoning
- Household Injuries

Estimated 40% of doctor diagnosed asthma is due to residential exposure

Meta-analysis Megan Sandel MD MPH
Boston University Medical School




20



HEALTH IMPACTS OF HOUSING IN MULTNOMAH COUNTY

February 2009



MULTNOMAH COUNTY HEALTH DEPARTMENT






21



Community Involvement

- Involvement of community in all planning, development and policy work.
- Empowered community members to represent their story in the legislative process.
- Building Agency Capacity through coaching, joint programming, training and convening.





Capacity Building

- HH Collaborative met bi-monthly & strengthened interagency collaboration
- Assisted agencies conceive, write and implement grants (evaluation/advisory)
- Provided training and technical assistance on new program efforts





Recent Policy Advancement

- Gresham: Initiated housing code and inspection program December 2007. Our Role: supporting development of implementation plan.
- Portland: City Appointed Taskforce developed recommendations for code/enforcement, education & mediation. Our Role: leadership on steering committee.
- Multnomah County: Adopted housing code and inspection program September 2009. Our Role: Policy change and implementation.
- State: Making health and housing a priority with goals of legislation to improve property maintenance regulations & pass legislation that supports managed care reimbursement of chronic respiratory disease.




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  28



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