



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

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Public Health

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



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



Environmental Justice

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

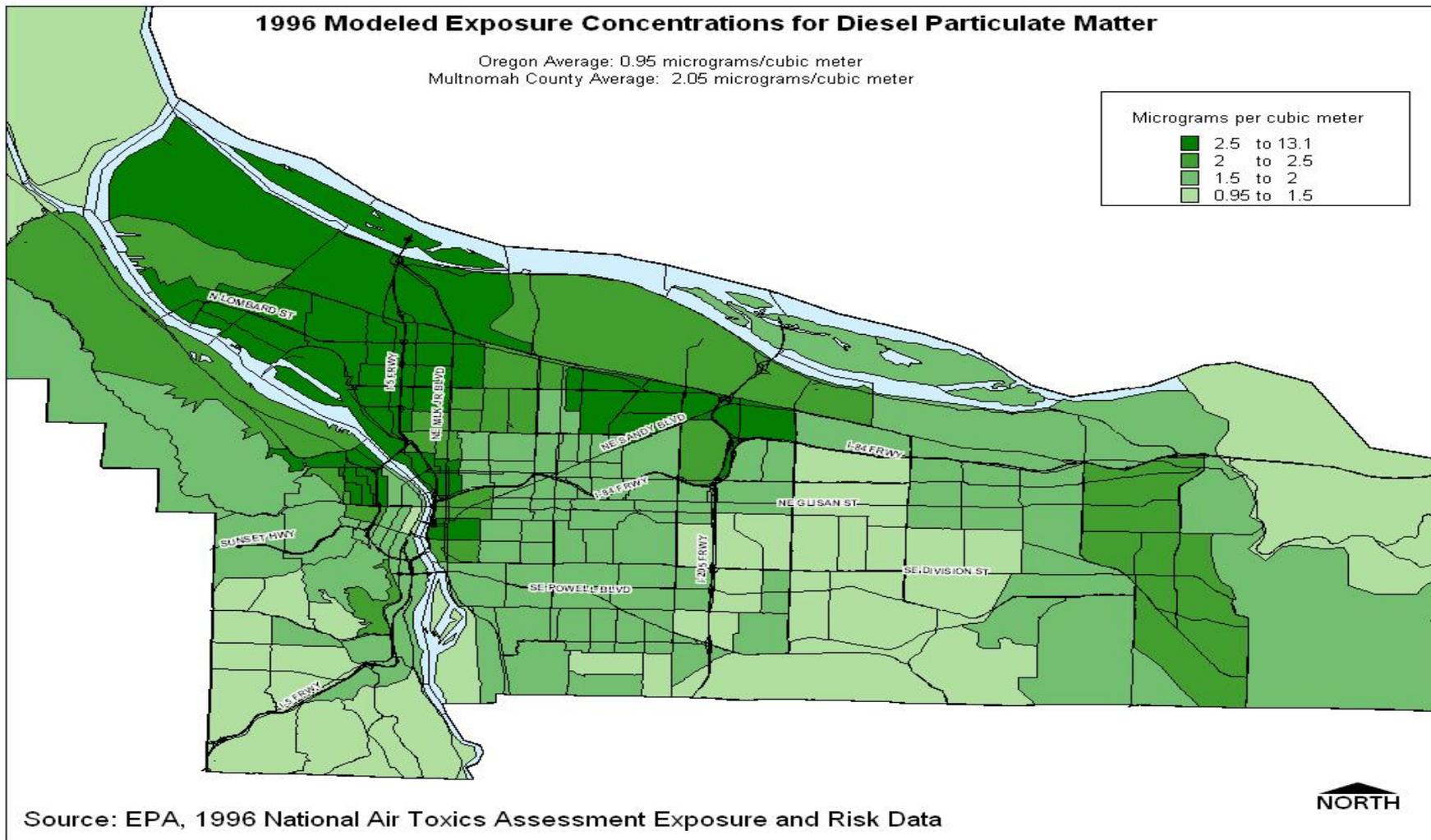


PACE Process

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

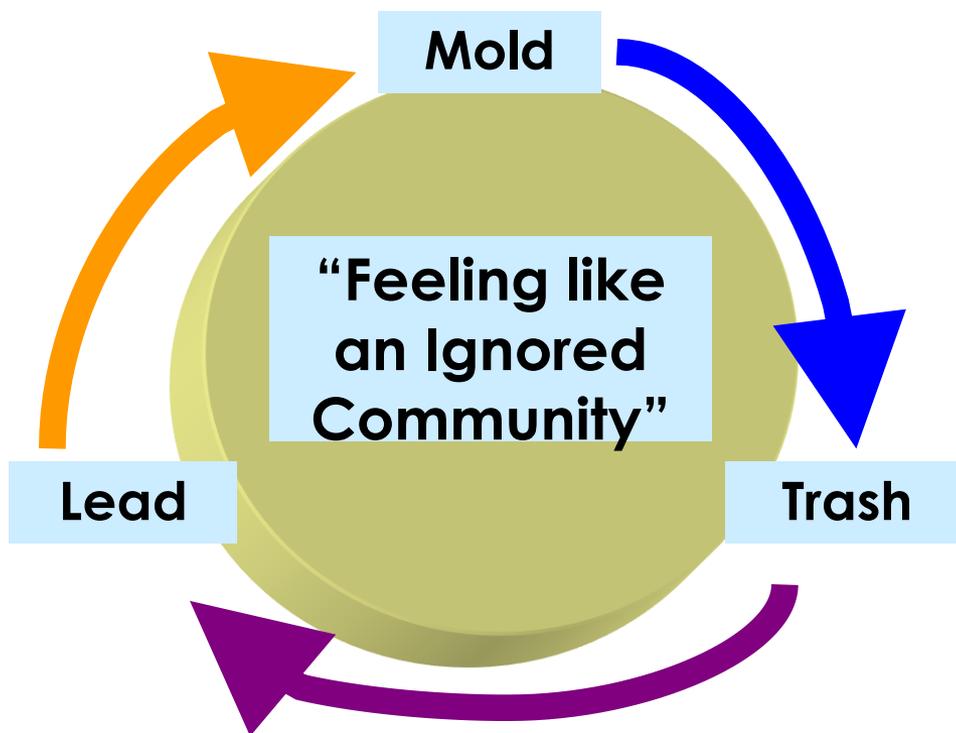


Mapping



Community Findings

- Focus Groups, Surveys, Photo Voice



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



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.**



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)



The Team & Model

TEAM

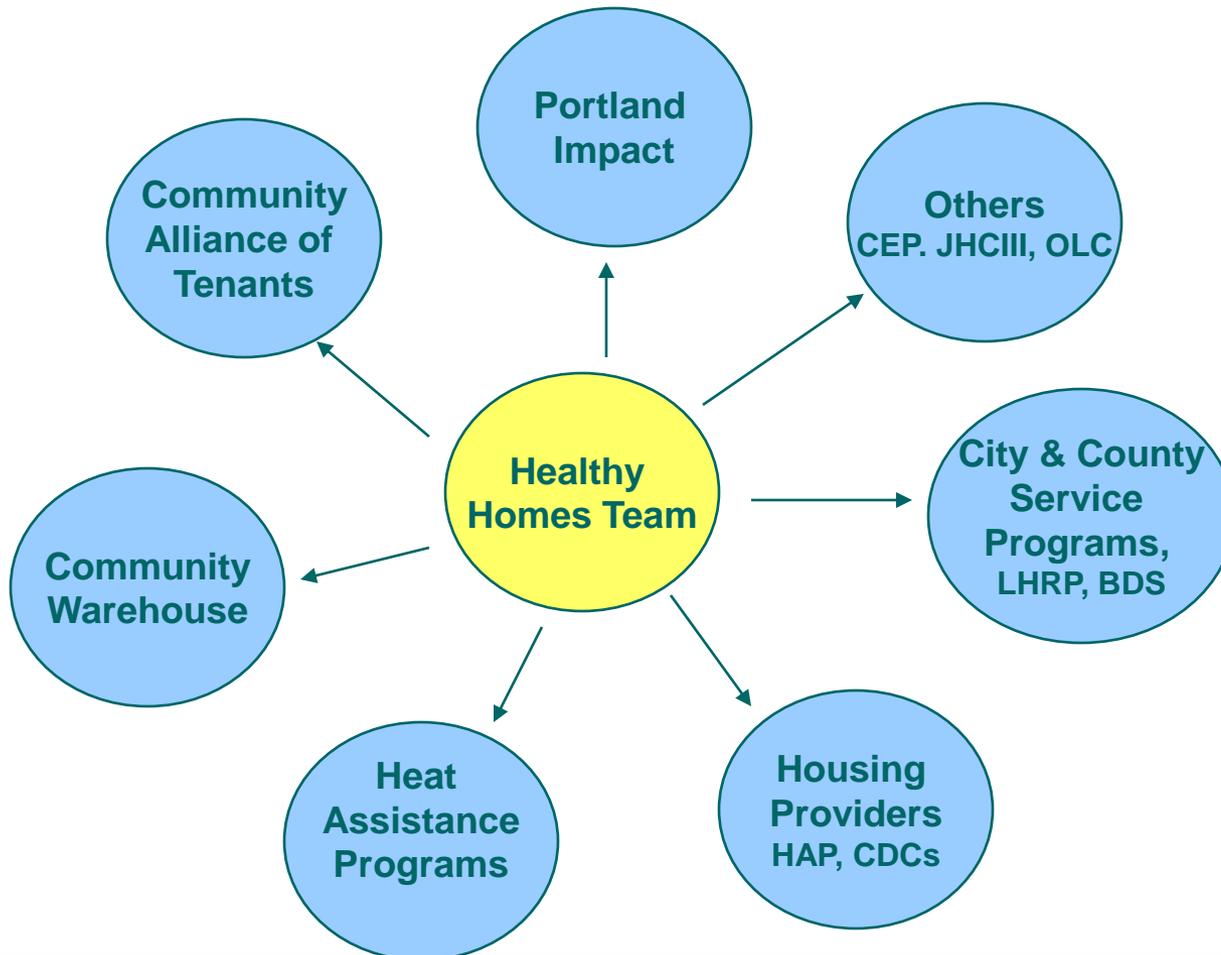
- Bilingual Community Health Nurse, Asthma Certified
- Bilingual Community Outreach Workers
- Environmental Health Specialist

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- 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

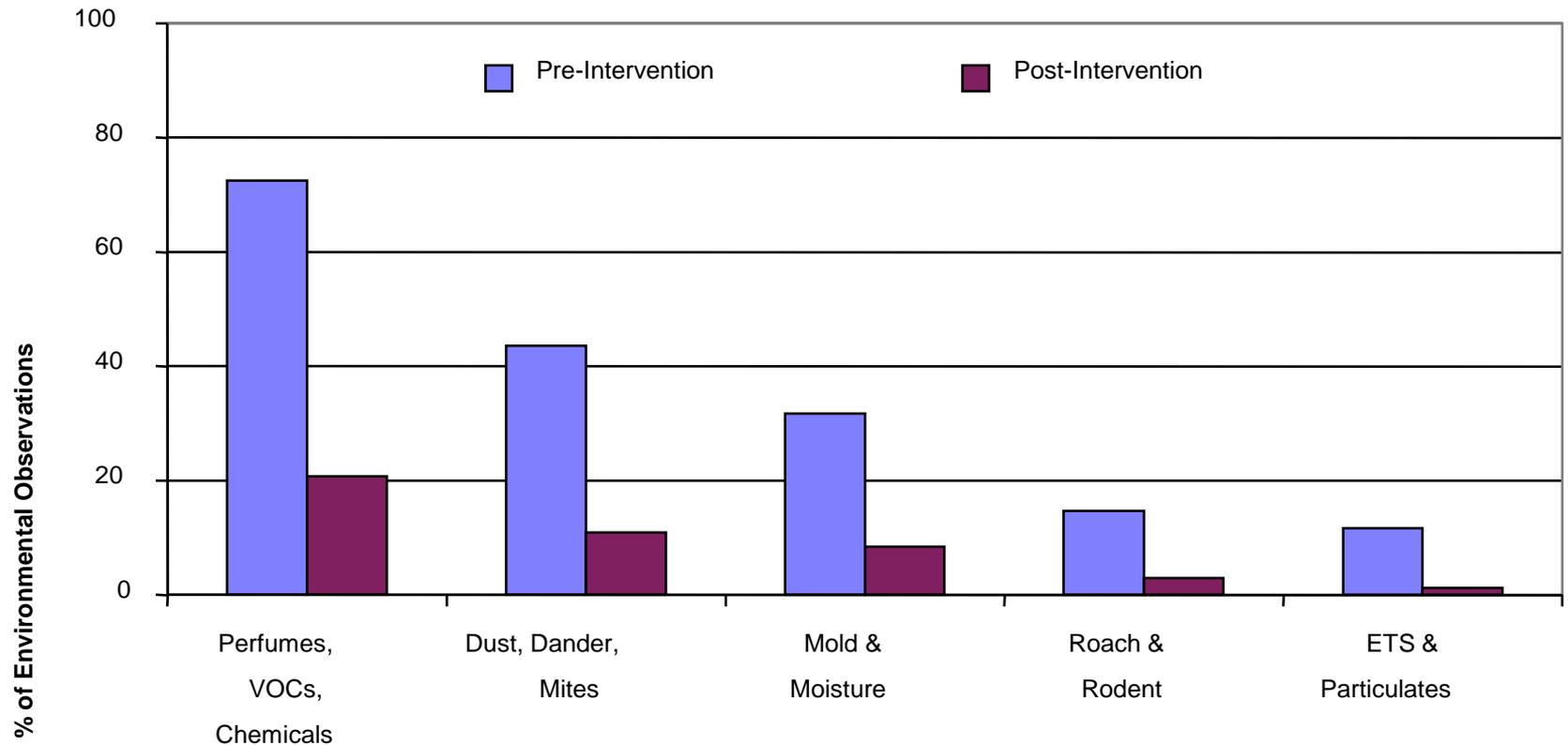


Healthy Homes Collaborative Network of Community Referrals



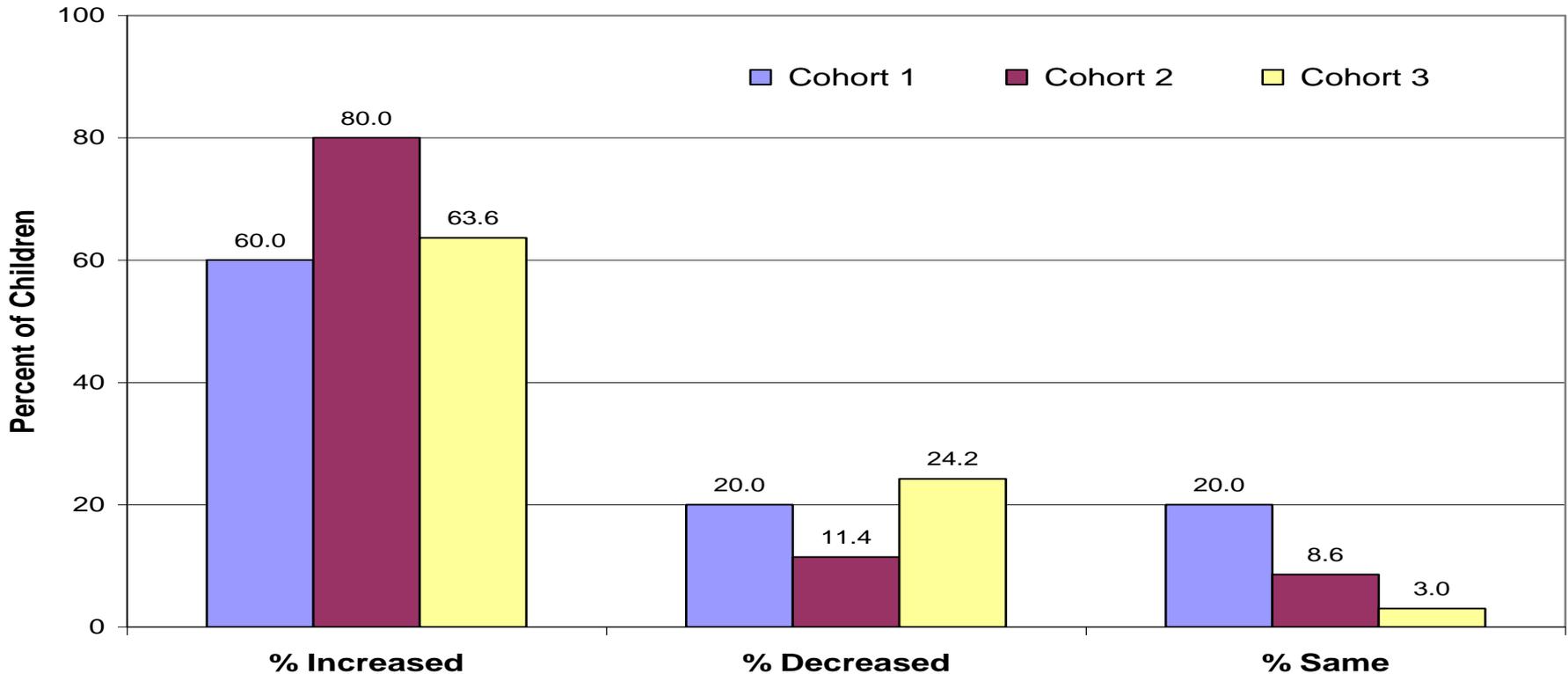
Environmental Asthma Triggers Observations

(Chi-Square, $p < .0001$)



Improved Asthma Control

Cohorts 123: Comparison of 1st and Last ACT Scores: Percent of Children that had Increased, Decreased, or the Same Scores



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



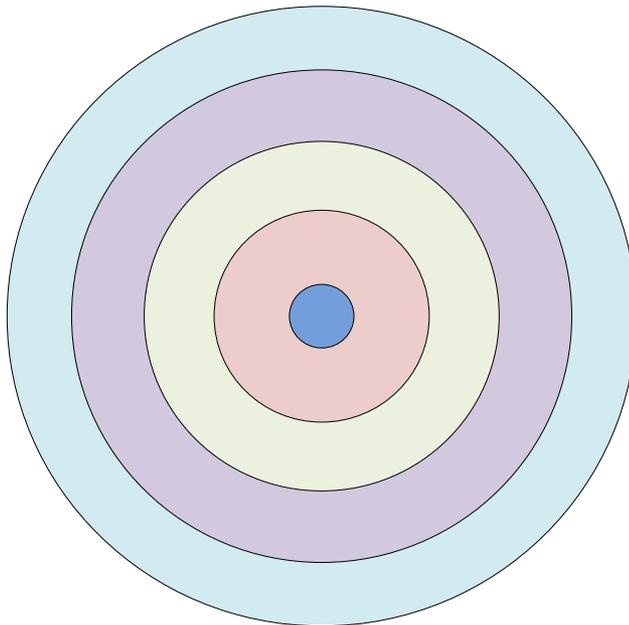
Ongoing Evaluation

- 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.



Socio Ecological Framework

Intrapersonal (e.g. behavior change)



Interpersonal & Social

Institutional

(e.g. schools, worksites, clinical care)

Community

(e.g., economic, mass media)

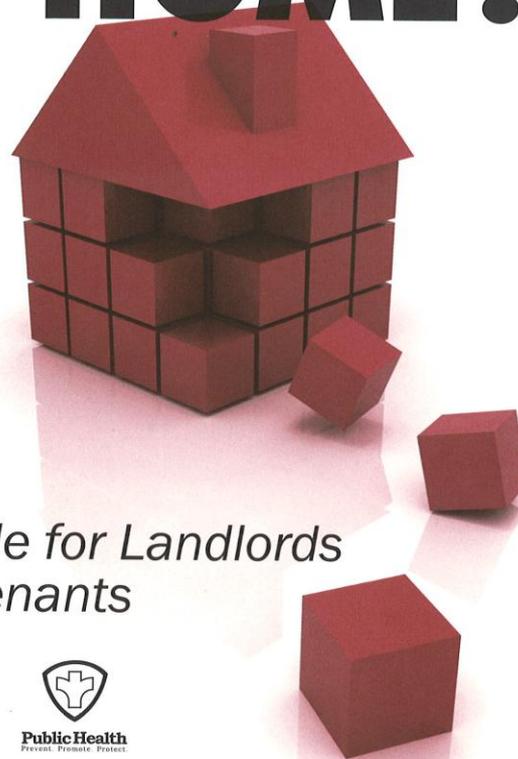
Policy & Structural Change

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.**



WHAT MAKES A HEALTHY HOME?



*A Guide for Landlords
and Tenants*



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



HEALTH IMPACTS OF HOUSING IN MULTNOMAH COUNTY

*February
2009*



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.**



Healthy Homes 2008-2009

	Goals	Community Connections	Sustainability of Project	Staffing
CDC Healthy Homes	<ul style="list-style-type: none"> Influence & Support Policy Maintain Partnership Coalition Pilot Education Projects Collect & Report Data Provide National Leadership 	<ul style="list-style-type: none"> City Of Portland & Gresham Healthy Homes Partners Health Equity Initiative County/State Policy Makers 	<p>This Section of work is supported for the next two years by the CDC grant.</p>	<p>Key Staff Health Policy Analyst Health Educator</p> <p>Consultants Health Economist (I) Community Connector (I)</p>
Home Visiting Model	<ul style="list-style-type: none"> Build Reimbursement Model Influence State Legislation Continue Home Visits Plan for Expansion Cross Department Collaboration AE Cert. for Outreach Workers 	<ul style="list-style-type: none"> Care Oregon MCHD Clinics and Programs State Asthma Program State Policy Makers 	<p>This project is currently funded but the goal is to create a model of funding that includes general funds, 3rd party reimbursement and State Health funds.</p>	<p>Key Staff Public Health nurse Community Health Workers</p> <p>Consultants Environmental Health Specialist Program Evaluator (I)</p>
Lead Prevention	<ul style="list-style-type: none"> Leadline Information & Referral EBL Case Management Limited Outreach & Education EPA Lead Screening Grant Coordination with other Agencies 	<ul style="list-style-type: none"> City Lead Partners Regional water Districts State Lead Program 	<p>This work continues to be a mix of City, County & State Funds. With some grant money in the mix. The EPA money will continue through this County fiscal year</p>	<p>Key Staff Environmental Health Specialist Community Outreach Worker</p>
Environmental Education	<ul style="list-style-type: none"> Vector Education & Outreach Food Safety Education & Outreach Environmental Conference Global Climate Change Community Connection & Liaison EH Community Inspections (?) Food Handlers 	<ul style="list-style-type: none"> Health Equity Initiative Community Partners Workgroups such as EJ Taskforce; Nail Salon, DEQ/PATS 	<p>This continues to be part of our core County General Funds and also is woven into most of our grants</p>	<p>Key Staff Health Educator</p>
Capacity Building	<ul style="list-style-type: none"> Grants & Admin Reports Grants tracking & QA/I Articles, presentations, Awards Internal and partnership Capacity 	<ul style="list-style-type: none"> Funding Agencies Community Partners MCHD Departments National Organizations 	<p>This continues to be part of our core County General Funds and also is woven into most of our grants</p>	<p>Key Staff Program Administrator Analyst Health Educator</p>

(I) – Ideal Staffing

Future Directions

- **Institutionalize Healthy Homes and Asthma Information and Referral home-visits with 3rd party reimbursement.**
- **Create sustainability for a housing coalition to lead policy change.**
- **Engage the Affordable Housing – Green Building community.**



Lessons Learned

- **Leadership matters**: A genuine & committed champion willing to fight for a long term agenda
- **Strategy matters**: Use empowerment methodology from the start. Be systematic & systemic
- **Partnerships matter**: Community is the driver
- **Data matters**: Involve Evaluators & Economists early
- **Communication matters**: Stay relational and genuine
- **Your lens matters**: Wear your Environmental Justice & Health Disparities “glasses”







Multnomah County Environment Health

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