



National Healthy Homes Month 2023

INFORMATION KIT

www.hud.gov/program_offices/healthy_homes/nhhm



A WELCOME FROM THE DIRECTOR

May 26, 2023

Welcome to National Healthy Homes Month 2023! As the Director of the Office of Lead Hazard Control and Healthy Homes, our mission is to protect vulnerable people from lead and other home health hazards, particularly in underserved communities.

Over 30 years ago, our office began efforts to develop the nationwide capacity, tools, and funding to address the hazards from lead paint. Together with communities and partners, we have made tremendous progress in reducing the number of young children exposed to lead paint and have reoriented the focus on a whole home approach to eliminated home-based health hazards. However, while we have made progress, there is still work to be done. To ensure future generations reach their full potential, we need programs and policies that address poor housing quality and promote environmental justice. This year, I want to acknowledge and appreciate the dedication of our current grantees. Our theme, "Connecting Home, Health, and You," is only possible because of the excellent work done by our grantees across the nation.

Every day, these grantees are improving the health and safety of homes, especially in low-income households. They are forming innovative and dynamic partnerships that are tailored to their communities' needs. National Healthy Homes Month is an opportunity for us to showcase our grantees and the impact they have on local communities.

If you are interested in becoming a grantee, we encourage you to learn more about our grants and how we can support healthy and safe homes in your community.

On behalf of HUD, we sincerely thank you for your interest, support, and outreach for NHHM 2023.

Matthew E. Ammon, Director

This Kit covers:

- Goals of National Healthy Homes Month 2023
- Theme and Weekly Subthemes
- How the OLHCHH Grant Programs Serves America
- Planning National Healthy Homes Month
- National, Regional, and Local Resources and Contacts
- Social Media Outreach Materials
- Downloadable Materials for Local Outreach



Goals of National Healthy Homes Month 2023

This year, National Healthy Homes Month has some inspiring goals to achieve! We want to make sure more people are aware of the fantastic grant programs offered by HUD's OLHCHH, understand their impact, and even encourage those who have never applied before to give it a try. We believe that by spreading awareness, we can make a bigger difference.

Another important aim is to educate everyone involved about the abundance of resources available for healthy homes. Whether you're a community member, a public health or housing professional, or part of the local government, we want to ensure that you have access to the valuable information and tools that can help create healthier living spaces. Together, we can empower and equip each other with knowledge.

Lastly, we want to celebrate and showcase the incredible activities taking place across the nation during National Healthy Homes Month. From coast to coast, communities are coming together to promote healthy homes and inspire positive change. By featuring these activities, we hope to inspire even more people to get involved and make a lasting impact in their own neighborhoods.

Let's join forces and make this National Healthy Homes Month a resounding success. Together, we can raise awareness, share knowledge, and ignite a movement towards healthier homes and communities nationwide.



Themes and Weekly Subthemes

This year's theme, ***Connecting Home, Health, and YOU***, serves as a call to action.

We encourage everyone to take an active role in creating and promoting healthy homes and communities.



**Get Ready for
National Healthy Homes Month (NHHM)
June 2023**

Connecting Home, Health, and YOU

WEEK 1: JUNE 5-10

Local Impact

WEEK 3: JUNE 19-24

**Public Health
Challenges with Healthy
Homes Solutions**

WEEK 2: JUNE 12-17

**Home Renovation,
Maintenance,
Energy,
Weatherization,
and Safety**

WEEK 4: JUNE 26-31

**Caregivers and
Individuals**



www.hud.gov/healthyhomes



How the OLHCHH Grants Program Serves America

Our mission is to create affordable, safe, healthy, and climate-resilient housing that promotes the well-being of residents, especially those in disadvantaged communities. We have been working diligently since 1991 to expand our programs and focus beyond lead hazard control, and we are excited to share our 2023 theme and subthemes with you.

For those who are new to our healthy homes mission, we have [a quick orientation video](#) that will provide you with an overview of what we do. We offer funding and technical assistance to state and local government agencies, tribes and territories, nonprofit organizations, and institutes of higher education. Our grantees utilize our support to improve the quality and sustainability of housing, strengthen local capabilities, explore innovative evidence-based approaches, and implement projects that mitigate home health hazards in single and multi-family housing.

As our office continues to grow alongside our grantees, we recognize that building and maintaining healthy homes programs come with their own set of challenges. To help overcome these obstacles, we have developed the Healthy Homes Guidance Manual. This comprehensive resource offers clear instructions on how to establish and sustain a successful healthy homes program.

We are thrilled to have you join us on this journey towards healthier homes and communities. Together, we can make a positive impact and create a better future for all. Let's inspire one another as we work towards our shared goal of promoting health, safety, and well-being in every home.



Before photos of a home in the City of Memphis



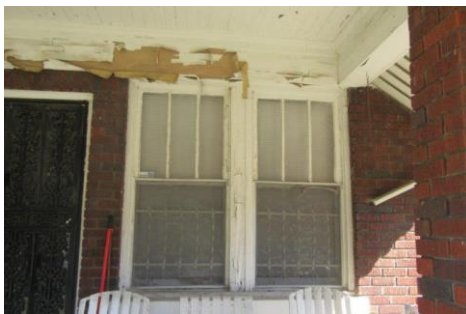
After photos of a home in the City of Memphis

Here are three key grant programs:

- [The Lead Hazard Reduction Grant](#) provides funding to communities to address lead hazards in pre-1978 homes and buildings that are owner occupied and rental units with children under the age of six.
- [Healthy Homes Production Grant](#) provides funding to identify, assess, and remediate a wide range of housing-related health and safety hazards. The goal of the grant is to create healthier housing environments for residents, particularly those who are low-income.
- [The Older Adult Home Modification](#) provides funding to make homes safer and more accessible for adult homeowners that are 62 and older. The program aims to help older adults age in place by making it possible for them to remain in their homes safely and comfortably.

We've updated our grant process:

- Offer a more streamlined application process.
- Set aside funds targeted for “never before” grantees, creating a better opportunity for new applicants.
- Created longer grant performance periods for greater program stability.
- Release a new Capacity Building grant to help communities that want to develop their partnerships and infrastructure to implement a lead hazard control program.



Before photos of a home in the City of Memphis



After photos of a home in the City of Memphis

Tips for Planning National Healthy Homes Month Activities in YOUR Community

To make National Healthy Homes Month a success in your community, it is important to focus on creating awareness and building partnerships. Here are three key activities to effectively engage your community in NHHM:

1. **Events and Activities:** Organize in-person and online activities and events to raise awareness about steps anyone can take to reduce home health and safety hazards every day.
2. **Build and Highlight Partnerships:** Showcase your healthy homes partnerships and their impact. Reach out to potential partners that serve your community and share similar populations to explore ways that you could collaborate for greater impact and efficiency.
3. **Engage Elected Officials:** Encourage local elected officials to designate June as National Healthy Homes Month.

Let's join forces and make this National Healthy Homes Month a resounding success. Together, we can raise awareness, share knowledge, and ignite a movement towards healthier homes and communities nationwide.

National Healthy Homes Month June 2023: Sample Social Media Package

This June during **National Healthy Homes Month (NHHM)** we invite you to join us in mobilizing individuals and communities to take action to address and reduce health and safety hazards in their homes.



**CONNECTING
HOME,
HEALTH, AND
YOU!**



A SOCIAL MEDIA PACKAGE THAT INCLUDES SAMPLE SOCIAL MEDIA POSTS FOR FACEBOOK AND TWITTER IS AVAILABLE FOR DOWNLOAD AT

www.hud.gov/program_offices/healthy_homes/nhhm

USE THE SAMPLE POSTS IN THE SOCIAL MEDIA PACKAGE TO HELP CREATE A BUZZ THROUGHOUT THE MONTH!

FEEL FREE TO CREATE YOUR OWN POSTS TO GET THE WORD OUT AND HIGHLIGHT YOUR EVENTS FOR NHHM 2022 USING THE HASHTAGS #NHHM23 #HUD #HUDHEALTHYHOMES TO JOIN IN THE CONVERSATION. FOLLOW US ON TWITTER @HUDGOV, @HUDHEALTHYHOMES OR LIKE US ON FACEBOOK AT HUD

A Blueprint for Developing or Expanding Healthy Homes Programs- program design, community involvement, strategies, evaluation, and best practices throughout.

The Healthy Homes Program Guidance Manual is a comprehensive manual (260 pages) developed by HUD/OLHCHH with the expertise of 27 subject matter experts, researchers, program managers, advocates for healthy homes, state and local officials, representatives of community-based organizations, and many others. Published in 2012, the content remains relevant and is a landmark resource for today.

The A-to-Z manual represents practices identified as effective, efficient, and realistic, in covering:

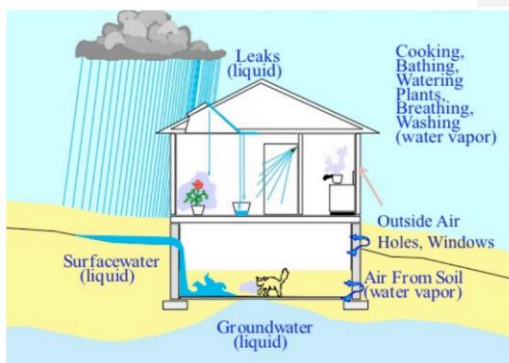
- Guidance and tools to help users establish or improve healthy homes/housing programs in every community.
- A broad range of practical information that will be of interest to organizations, programs, and individuals concerned about the need for healthy housing.
- There is no “one size fits all” in designing and maintaining healthy homes programs at the local level.
- Numerous examples and case studies of successful implementations.

The Healthy Homes Program Guidance Manual

July 2012


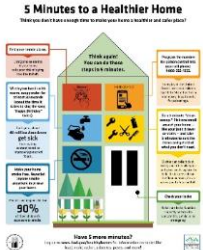



U.S. Department of Housing and Urban Development
Office of Healthy Homes and Lead-Based Control



Outreach Resources

Visit our [OLHCHH Publication page](#) to check out some of our informative information and outreach material.

		
<p>This guide is intended to be a useful tool for people - "stakeholders" who serve all types of families from all zip codes. A stakeholder can be any person or group of people who serve the local populations to assist them in maintaining or improving their safety and well-being.</p>	<p>Multiple infographics from Keeping your Home Healthier, Elder Care, Fire and Pool Safety and More.</p> <p>To find more please visit our Healthy Homes Publication Page.</p>	<p>This publication helps homeowners identify hazards, work with contractors to remove hazards, help ensure the work is done properly, and learn when they can return safely to the home. The publication discusses seven potential hazards that may impact your health. This publication is designed to be used only after the proper authorities have said it is safe to return to your home.</p>

Connecting with Our Office in Your Area

The OLHCHH staff are available throughout the year to help connect you to partners and resources, to provide training and to assist in coordinating activities and outreach. They can also provide information on lead safe work practices and make referrals to additional resources you may need.

The phone numbers below may also be reached by persons with hearing or speech difficulties by dialing 711 via teletype (TTY) or telecommunications device for the deaf (TDD).

Region	States	Regional Field Staff
Region 1 Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont	All	Sue Horowitz Susan.I.Horowitz@hud.gov 212-542-7411
Region 2 New Jersey, New York	All	Sue Horowitz Susan.I.Horowitz@hud.gov 212-542-7411
Region 3 Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, West Virginia		Victor Powell Victor.L.Powell@hud.gov 202-402-7591
	PA	Paul Diegelman Paul.H.Diegelman@hud.gov 216-659-4838
Region 4 Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee, Puerto Rico, Virgin Islands	All	Barrett Fischer Barrett.P.Fischer@hud.gov 678 732-2549 Myia Eggleton Myia.C.Eggleton@hud.gov 202-402-7523
Region 5 Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin,	All	Paul Diegelman Paul.H.Diegelman@hud.gov 216-659-4838
Region 6 Arkansas, Louisiana, Oklahoma, Texas, New Mexico	AR, LA, OK, TX	Brian Upshaw Brian.D.Upshaw@hud.gov 817-978-5866
	NM	Karen Griego Karen.M.Griego@hud.gov 505-346-6462
Region 7 Iowa, Kansas, Missouri, Nebraska	All	Flora Chavez Flora.D.Chavez@hud.gov 505-346-6928
Region 8 Colorado, Montana, North Dakota, South Dakota, Utah, Wyoming	All	Flora Chavez Flora.D.Chavez@hud.gov 505-346-6928
Region 9 Arizona, California, Hawái, Nevada		Karen Griego Karen.M.Griego@hud.gov 505-346-6462
Region 10 Alaska, Idaho, Oregon, Washington	All	Karen Griego Karen.M.Griego@hud.gov 505-346-6462

Commented [JLM1]: Have these contacts been updated and confirmed?

The National Lead Information Center 1-800-424 LEAD (5323)

The National Lead Information Center (NLIC) provides the public and professionals with information about lead, lead hazards, and their prevention. The NLIC is operated by the U.S. Environmental Protection Agency with funding from HUD.

A wide range of lead-based-paint educational publications are available and can be sent to requestors upon request.

Customer service at the NLIC can help with many different topics. Questions range from as needed, the NLIC will refer some questions to EPA and HUD for resolution, and/or provide the requester with contacts at other federal agencies.



Email and Website: The NLIC Website is <https://www.epa.gov/lead/forms/lead-hotline-national-lead-information-center>

You may use the online Document Request Form to order documents electronically for mailing to your office. The website also has an online form for you to email the NLIC.

Phone: 800-424-LEAD (5323) (TTY/TDD: 711)

Specialists are available Monday through Friday, 8:00 am to 6:00 pm Eastern time (except federal holidays)

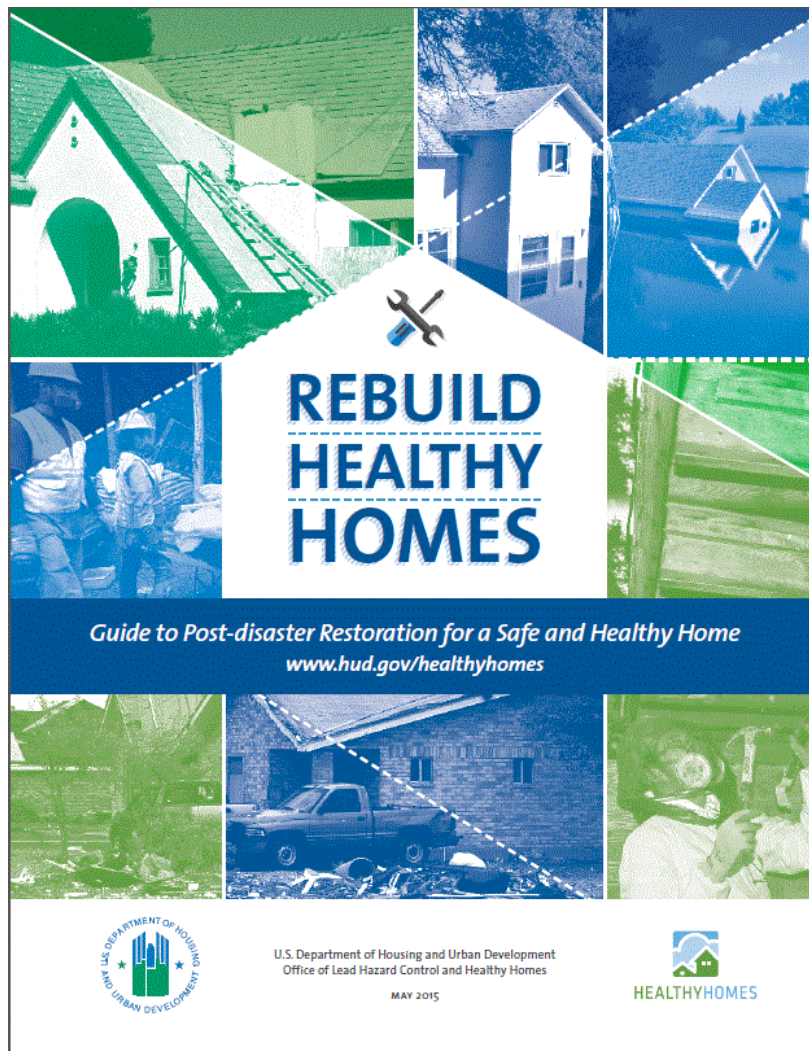
The NLIC has the capability to receive recorded messages in English and Spanish 24-hours a day, seven days a week. The NLIC can be reached via fax at (585) 232-3111.

Mail: National Lead Information Center
422 Clinton Avenue South
Rochester, NY 14620-1103



Getting Help with Natural Disaster Recovery

Did you know that the wrong home restoration methods after a natural disaster can worsen, or even cause, some hazards? Do not let this happen. For a quick start, please visit the link below and download the Rebuild Healthy Homes publication produced by OLHCHH.



Featured Technology to use in outreach and activities.



HUD Smartphone Apps

Developed by HUD and the Healthy Homes Partnership, these apps cover lead and other indoor environmental hazards and recovering from disasters using safe and healthier methods. Download the apps at (click on the title):

[Healthy Homes Basics](#) – consumer information on healthy homes



HUD Videos

You can access the HUD Healthy Homes Playlist on YouTube at:

[Healthy Homes Playlist](#). Included in the playlist are videos highlighting HUD best practices, focusing on lead, asthma, disaster recovery, renovation, and repair, and more.



HUD Infographics

Please use the posters and infographics at the end of this guide in your NHHM outreach. You can also find more resources at <https://www.hud.gov/healthyhomes>

HUD/OLHCHH Hazard-Specific Resources

These guides are available for stakeholders and the families you serve:

Lead:

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/lead

Carbon Monoxide:

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/carbonmonoxide

Radon:

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/radon

Asbestos:

https://www.hud.gov/sites/documents/iepwg_asbestos_worker.pdf

Asthma:

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/asthma

Allergies:

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/allergies

Home Safety:

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/homesafety

Mold:

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/mold

The Healthy Homes Do It Yourself Assessment Tool walks users through each room of a home and provides a simple, low, and no cost solutions to many common healthy housing problems. This project was funded by OLHCHH several years ago and is still one of the most user-friendly tools available. Developed by the City of Fort Collins, Colorado's Environmental Services, it is available at: <https://healthyhomes.fcgov.com>

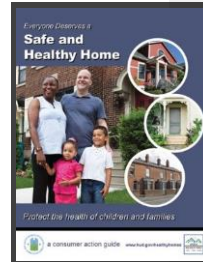


General Healthy Homes Publications

For home owners or renters, a quick but thorough overview of healthy homes:

[Everyone Deserves a Safe and Healthy Home: A Consumer Action Guide](#)

This guide is a 12-page booklet written for the public. It outlines the eight principles of healthy housing and provides a useful overview of key healthy homes issues, including lead-based paint, asthma and allergies, mold and moisture, radon, household chemicals, pests, carbon monoxide, home safety, asbestos, home temperature control, and indoor air quality. For each hazard, this publication provides critical action steps. It also includes a room- by-room checklist. Housing counselors can use this guide to educate themselves and their clients.



For people working within your state or community to assist others, a more in-depth view of healthy homes:

[Everyone Deserves a Safe and Healthy Home: A Stakeholder Guide](#)

https://www.hud.gov/sites/dfiles/HH/documents/STAKEHOLDER_EDSHH.PDF

This guide is a 40-page guide that provides additional detail on each of the hazards described in the Consumer Action Guide. It is written for stakeholders, such as housing counseling agencies, that assist people in maintaining and improving their safety and health.



The *Protect Yourself from Lead in Your Home*





















<https://www.epa.gov/lead/protect-your-family-lead-your-home-english>

This pamphlet was created by EPA, HUD, and the CPSC to educate home- buyers and renters about lead-based paint and the protections provided by federal law. It is available in several languages, and it walks through the key things a homebuyer or renter must know about lead-based paint, the rules that protect consumers from lead-based paint, and the measures people can take to protect themselves from lead exposure.

For additional resources including Safe and Healthy Disaster Recovery resources and guides for tribal communities, you should also check the NHHM website

<https://www.hud.gov/healthyhomes>

Keep Your Home Healthy and Safe

	Every Day		Every Week		Every Month		Every 6 Months		Every Year
	Turn on the bathroom fan while taking a bath or shower		Change and wash bedding		Check for water leaks		Clean your gutters of leaves and debris		Treat deck/patio for mold and mildew
	Put trash in garbage cans		Vacuum carpeting and sweep/wet clean floors		Test smoke and carbon monoxide detectors (change replaceable batteries every 6 months)		Clean your kitchen exhaust fan and filter		Inspect and deep clean your basement
	Wipe countertops in the kitchen, bathroom, and laundry room		Clean Bathrooms and Kitchens		Trim trees and bushes. Clear leaves and debris from around your home and roof		Test your ground fault (GFCI) outlets		Inspect screens and replace any that have holes
	Keep floors dry and clean		Remove clutter. Dust surfaces of furniture and blinds		Check your furnace and air conditioning filters and replace if necessary (replace every 3 months)		Check all locks and deadbolts on your doors and windows		Inspect roof for cracks, leaks, or broken shingles/tiles

[Click Here to Download Printable Checklist](#)