



National Healthy Homes Month

June 2022

A Healthy Home @ Any Age

A Stakeholder Guide for You and the Families You Serve



hud.gov/healthyhomes

Welcome to National Healthy Homes Month - June 2022

Each year, National Healthy Homes Month (NHHM) is organized by the U.S. Department of Housing and Urban Development's Office of Lead Hazard Control and Healthy Homes (HUD OLHCHH). NHHM is an opportunity to bring together individuals, community-based and nonprofit organizations, industry, governments (state, tribal, and local), and others around two common goals:

- *to increase awareness of housing related health and safety hazards, childhood lead poisoning prevention, and the overall principles of a healthy home, especially in low-income populations*
- *to encourage residents to take the actions necessary to make their homes safe and healthy*

Reflecting this year's theme of ***A Healthy Home @ Any Age***, this guide is intended for many diverse stakeholders including our Office's partners. The support of our partners helps us reach target audiences and expand the variety of techniques for educating communities, families, and individuals.

It is important to inform communities about no cost or low cost strategies that families can implement. These strategies reflect a wide range of various factors, including the design, construction, maintenance, age, and overall condition of a home as well as the actions and behaviors of the home's occupants.

This guide will help you and your organization or agency prepare and promote Healthy Homes activities in your community, state, or region. It is created to assist partners with messaging, implementation ideas, and resources, in both the short and long term.

For stakeholders who are new to the healthy homes mission, this video about HUD OLHCHH is a quick introduction: [HUD OLHCHH Video](#)

Our partners are a vital resource in spreading awareness!

This Guide includes:

- Main Theme and Objectives for NHHM Outreach (pages 1-4)
- Social Media Outreach Materials (pages 5-6)
- National, Regional, and Local Resources and Contacts (pages 7-8 and 10)
- Downloadable Materials for Local Outreach (pages 9 and 11-12)
- Basic Healthy Homes Information (pages 13-14)
- And More Resources!

This year's theme, "A Healthy Home @ Any Age" – highlights how healthy homes principles are relevant to any resident, at any age, in a home of any age.

The objectives of National Healthy Homes Month are to:

- Raise awareness of the importance of a Home Assessment and its benefit for improving family health.
- Educate the public about national and local resources available.
- Encourage implementation of local and regional activities through social media and traditional media (print, radio, tv).
- Use outreach strategies to target communities and families, especially those that are underserved.



Partnerships Hold the Key to Success and Sustainability of Lead and Healthy Homes Programs

Partners have long been fundamental to achieving the mission of the Office of Lead Hazard Control and Healthy Homes. For our grantees, they are essential to the success and sustainability of their lead hazard control and healthy homes grant programs.

Recently, we celebrated our 30th anniversary! And as we celebrate the accomplishments of these years, we acknowledge the support and continuous effort of our partners in contributing to all of our collective accomplishments.

The Office collaborates with federal, tribal, state, and local partners; with health, housing and environmental trade groups and foundations; and with academic institutions to work with disadvantaged communities to ensure that substandard, low-income housing is made lead safe and healthy.



Building and sustaining local success also requires engaging a wide range of individuals, including elected officials, issue advocates, and technical experts, as well as building public support at the community and neighborhood level.

Building and sustaining lead and healthy homes programs comes with its challenges. But our state, tribal, local, and nonprofit grantees continue to shine because of the partners and coalitions they have built.

Over the next 30 years, we will continue to work on strengthening and expanding our partnerships. We will help more state, tribal, local, and nonprofit programs build and enhance their own partnerships and coalitions.

NHHM Social Media for Outreach

An important part of NHHM is the engagement of the families you serve (and perhaps would like to serve) through social media. Social media can increase awareness of healthy homes principles and provide underrepresented families with strategies for making a Healthy Home @ Any Age! Some examples of social media outreach messages you may want to consider for NHHM are provided below.

As part of your social media, consider using the appropriate NHHM hashtags #NHHM2022 #HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov @HUDHealthyHomes.

What is a Healthy Home? Test your knowledge during June's National Healthy Homes Month 2022 www.hud.gov/program_offices/healthy_homes/nhhm #NHHM2022 #HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov @HUDHealthyHomes

Is your home healthy? Learn more about healthy homes, asthma, and lead at www.hud.gov/program_offices/healthy_homes/nhhm #NHHM2022 #HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov @HUDHealthyHomes

Do you know the Eight Principles of a Healthy Home? Find out more during June's National Healthy Homes Month. www.hud.gov/program_offices/healthy_homes/nhhm #NHHM2022 #HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov @HUDHealthyHomes

Lead poisoning affects thousands of children under six in your state. Find out more on how to fix this problem www.hud.gov/program_offices/healthy_homes/nhhm #NHHM2022 #HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov @HUDHealthyHomes

Radon affects thousands of families in your state. Find out more on how to eradicate this problem www.hud.gov/program_offices/healthy_homes/nhhm #NHHM2022 #HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov @HUDHealthyHomes

Carbon Monoxide is a deadly gas that you cannot see or smell. Find out more on how to eradicate this problem in homes. www.hud.gov/program_offices/healthy_homes/nhhm #NHHM2022 #HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov @HUDHealthyHomes

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Accidents (falls, choking, poisons) affect thousands of older adults and children in your state. Find out more on how to eliminate this problem in your home

www.hud.gov/program_offices/healthy_homes/nhhm #NHHM2022

#HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov @HUDHealthyHomes

Is the drinking water in your home safe? Find out more on how to keep your water safe in your home www.hud.gov/program_offices/healthy_homes/nhhm

#NHHM2022 #HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov

@HUDHealthyHomes

Are bugs and pests a problem in your home? There are safer ways to control the problem without dangerous pesticides. Find out more at

www.hud.gov/program_offices/healthy_homes/nhhm #NHHM2022

#HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov @HUDHealthyHomes

There are new regulations and guidelines for safely renovating and repairing homes with lead paint. Find out more at

www.hud.gov/program_offices/healthy_homes/nhhm #NHHM2022

#HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov @HUDHealthyHomes

After a natural disaster (tornado, hurricane, fire, flood) you can rebuild safer, healthier, and more resilient to future disasters. Find out more at

www.hud.gov/program_offices/healthy_homes/nhhm #NHHM2022

#HEALTHYHOMES #HUD #HUDHEALTHYHOMES @HUDgov @HUDHealthyHomes

OLHCHH Contacts

The table below identifies the HUD Office of Lead Hazard Control and Healthy Homes contacts who can help coordinate NHHM 2022 activities and outreach.

Throughout the year, the OLHCHH staff can provide information about HUD programs, help with addressing housing health and safety issues in their regions, provide referrals, and much more. We recommend that you email the regional representative for your region first. 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	All	Ed Thomas Edward.A.Thomas@hud.gov 215-861-7670
	West PA	Paul Diegelman Paul.H.Diegelman@hud.gov 216-522-4058 x7656
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 Egleton Myia.C.Egleton@hud.gov 202-402-7523
Region 5 Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin,	All	Paul Diegelman Paul.H.Diegelman@hud.gov 216-522-4058 x7656
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, Hawaii, 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
Tribal Grants	All	Karen Griego Karen.M.Griego@hud.gov 505-346-6462
High Impact Neighborhood Grants	All	Paul Diegelman Paul.H.Diegelman@hud.gov 216-522-4058 x7656
Headquarters - All Regions		Myia Egleton Myia.C.Egleton@hud.gov 202-402-7523 Victor Powell Victor.L.Powell@hud.gov 202-402-7591 Bruce Haber Bruce.P.Haber@hud.gov 202-402-7699

The National Lead Information Center



The National Lead Information Center (NLIC) provides the general public and professionals with information about lead, lead hazards and their prevention. The NLIC has a toll-free hotline (see below), with experts providing technical assistance on lead, lead hazards, and their prevention. The NLIC is operated for EPA, with support 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. 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 NLIC 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)

Callers with hearing or speech disabilities can use 711 for the teletype (TTY-based Telecommunications Relay Service). 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

Resources

NHHM Webinars

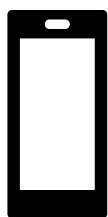
These webinars are a key feature of NHHM and are designed for a wide range of stakeholders. Whether you have years of experience, or are still on a learning curve, you'll benefit from hearing from our experts.



Please visit the HUD OLHCHH website (link to webinars at): <https://www.hud.gov/healthyhomes> for webinar descriptions and schedule. Please read the short description of each webinar, presenter(s), and target audience. To attend a webinar, follow the link to register. You must register for each webinar you plan to attend. Registration is limited to 500 people for each webinar, so please plan on registering early.

You will receive confirmation by email after registration, including instructions for connecting to the webinar on the day of the event. Contact Michael Goldschmidt at goldschmidt@missouri.edu if you have questions. We look forward to your attendance and participation at our webinars!

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):

Rebuild Healthy Homes - *healthy homes disaster recovery*

Healthy Homes Basics - *consumer information on healthy homes*

Healthy Homes Partners - *stakeholder information on healthy homes*

Healthy Homes Youth - *healthy homes information for 5th - 7th grade students*

Your Tribal Healthy Home - *healthy homes information for Native Americans / Alaska Natives*

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.

Another video you might be interested in:

“Leady Lucy: Neighborhood Superhero” was created for families and children by the Utah Physicians for a Healthy Environment.

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>

The Healthy Homes Partnership

The U.S. Department of Agriculture's National Institute of Food and Agriculture (USDA-NIFA) supports a nationwide network of over 9,600 local extension educators in nearly half of the nation's 3,150 counties and extension professionals in 112 land-grant universities.

The HUD OLHCHH funds extension faculty for outreach by state specialists at these universities, who possess extensive expertise in housing, healthy homes, lead poisoning prevention, and the environment. Called the Healthy Homes Partnership, this program targets diverse and low-to moderate income residents in both rural and urban settings. Their website is at <https://extensionhealthyhomes.org>



These educators are excellent resources for HUD OLHCHH grantees. Extension educators are experienced in using multimedia communications, marketing strategies, and conducting educational outreach. Extension staff have relationships in their communities with many partners and stakeholders. The HHP educators in each state individually produce many unique and useful outreach materials (posters, guide books, curriculum, multimedia, presentations). Simply click on each link to see what is offered, and consider how you might be able to leverage for your own needs.

Alaska	Art Nash	907-474-6366	alnashjr@alaska.edu	https://www.uaf.edu/ces/family/homes/
Connecticut	Mary Ellen Welch	860-885-2829	mary.welch@uconn.edu	http://extension.uconn.edu/
Florida	Randall Cantrell	352-273-3554	rcantrell@ufl.edu	https://fyics.ifas.ufl.edu/
Georgia	Pamela Turner	706-542-9165	pturner@uga.edu	https://extension.uga.edu/topic-areas.html#c
Louisiana	Claudette Reichel	225-578-2378	creichel@agcenter.lsu.edu	https://www.lsuagcenter.com/topics/family_home/home/la-house
Mississippi	David Buys	662-325-3060	david.buys@msstate.edu	http://extension.msstate.edu/hhi
Missouri	Graham McCaulley	573-882-2005	mccaulleyg@missouri.edu	https://extension.missouri.edu/find-your-interest/youth-and-family/family-and-home-education/housing
Montana	Barbara Allen	406-994-3531	blallen@montana.edu	https://msuextension.org/housing/
North Carolina	Sarah Kirby	919-515-9154	sdkirby@ncsu.edu	https://www.ces.ncsu.edu/fcs-housing/
Oklahoma	Gina Peek	405-744-9521	gina.peek@okstate.edu	https://extension.okstate.edu/programs/healthy-homes.html
South Dakota	Axton Betz-Hamilton	865-974-8197	axton.betzhamilton@sdstate.edu	https://www.sdstate.edu/directory/axton-betz-hamilton
Tennessee	Martha Keel	865-974-8197	mkeel@utk.edu	https://extension.tennessee.edu/publications/Documents/SP789.pdf

For additional state contacts, please go to <https://extensionhealthyhomes.org>

HUD/OLHCHH Hazard-Specific Resources for NHHM

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:

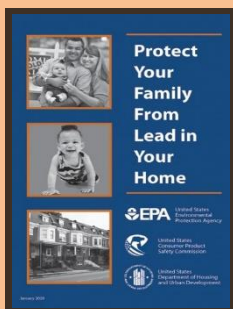
https://www.hud.gov/program_offices/healthy_homes/healthyhomes/homesafety

Mold:

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

Healthy Homes Do It Yourself Assessment Tool

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>

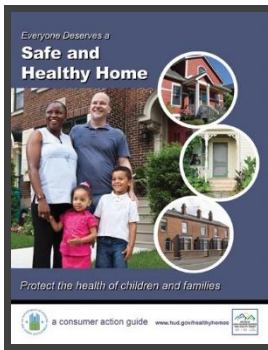


The Protect Yourself from Lead in Your Home

<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.

General Healthy Homes Publications

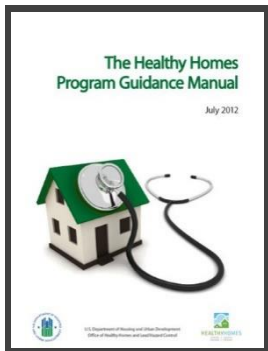


For a quick but thorough overview of healthy homes, ***Everyone Deserves a Safe and Healthy Home: A Consumer Action Guide*** <https://www.hud.gov/sites/documents/SAFEANDHEALTHYHOME.PDF> This guide is a 12-page booklet written for the general public. It outlines the eight principles of healthy housing 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 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 Healthy Homes Program Guidance Manual is a comprehensive manual (260 pages) developed by HUD/OLHCHH and many select partners and offers guidance and tools to help users establish or improve healthy homes/housing programs. It provides a broad range of practical information that will be of interest to organizations, programs, and individuals concerned about the need for healthy housing. The content takes into account that no “one size fits all” in designing healthy homes programs at the local level. https://www.hud.gov/sites/documents/HHPGM_FINAL_CH1.PDF

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>

The final pages of this guide are infographic posters for you to use in your 2022 NHHM outreach activities and for the rest of the year.

The Eight Principles of a Healthy Home

HUD's Office of Lead Hazard Control and Healthy Homes defines [Eight Principles of a Healthy Home](#).

1

Keep it dry:

Prevent water from entering the home through leaks in roofing systems, prevent rainwater from entering the home due to poor drainage, and check interior plumbing for any leaking.



5

Keep it pest-free:

All pests look for food, water, and shelter. Seal cracks and openings throughout the home; store food in pest-resistant containers. If needed, use sticky-traps and baits in closed containers, along with least-toxic pesticides such as boric acid powder.



2

Keep it clean:

Control the source of dust and contaminants, by creating smooth and cleanable surfaces, reducing clutter, and using effective wet-cleaning methods.



6

Keep it contaminant-free:

Reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint and keeping floors and window areas clean using a wet-cleaning approach. Test the home for radon, a naturally occurring dangerous gas that enters homes through soil, crawlspaces, and foundation cracks. Install a radon removal system if levels above the EPA action level are detected.



3

Keep it safe:

Store poisons out of the reach of children and properly label. Secure loose rugs and keep children's play areas free from hard or sharp surfaces. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand.



7

Keep it well maintained:

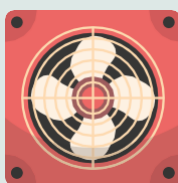
Inspect, clean, and repair the home routinely. Take care of minor repairs and problems before they become large repairs and problems.



4

Keep it well ventilated:

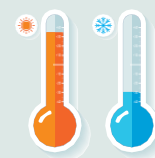
Ventilate bathrooms and kitchens and use whole-house ventilation for supplying fresh air to reduce the concentration of contaminants in the home.

















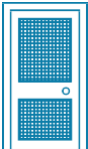





8

Keep it thermally controlled:

Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold or heat.



Keep Your Home Healthy and Safe

Every Day	Every Week	Every Month	Every 6 Months	Every Year
 <p>Turn on the bathroom fan while taking a bath or shower.</p>	 <p>Change and wash bedding.</p>	 <p>Check your air filter and replace if necessary. (Replace every 3 months).</p>	 <p>Clean your gutters of leaves and debris.</p>	 <p>Treat deck/patio for mold and mildew.</p>
 <p>Put trash in garbage cans (do not allow to build up).</p>	 <p>Vacuum (with HEPA filter) carpeting and sweep/wet clean floors.</p>	 <p>Test smoke and carbon monoxide detectors (change batteries every 6 months).</p>	 <p>Clean your kitchen exhaust fan and filter.</p>	 <p>Deep clean and inspect your basement.</p>
 <p>Wipe countertops in the kitchen, bathroom and laundry room.</p>	 <p>Clean bathrooms and kitchens.</p>	 <p>Trim trees and bushes. Clear leaves and debris from around your home and roof.</p>	 <p>Test your GFCI outlets.</p>	 <p>Inspect screens and replace any that have holes.</p>
 <p>Keep floors dry and clean.</p>	 <p>Remove clutter. Dust surfaces of furniture and blinds.</p>	 <p>Check for water leaks, inspect sump pump (if applicable).</p>	 <p>Check all locks and deadbolts on your doors and windows.</p>	 <p>Inspect roof for cracks, leaks, or broken shingles/tiles.</p>



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