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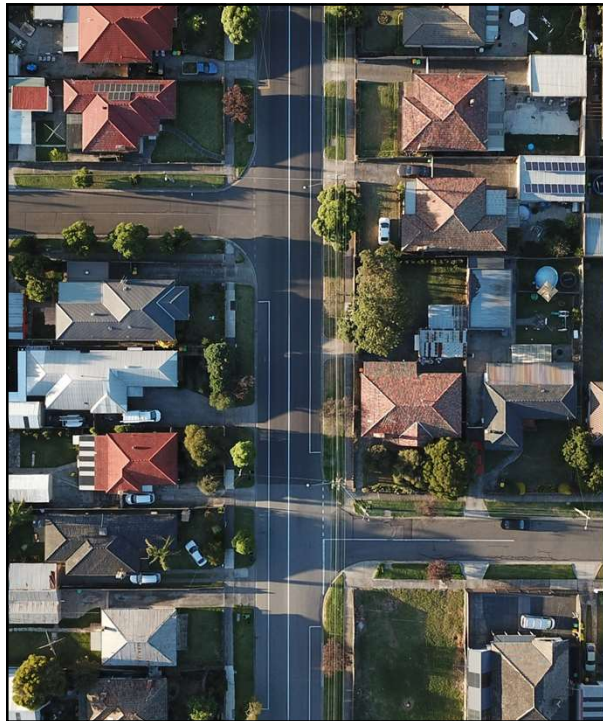
## HIDDEN INFLUENCERS

# SILK

# POT



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## **Breathe Easy, Live Well:**

Promoting Healthier  
Homes to Combat  
Asthma and  
Respiratory Risks

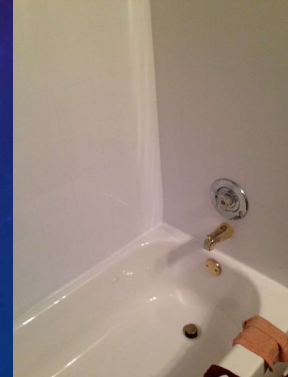
**Breathe easy. Live well.**

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## OUR IMPACT

Healthy Housing Omaha's (HHO) programs are designed to address health and safety concerns frequently seen in substandard housing. HHO works to reduce the economic and mental burden of illness caused by unhealthy housing conditions.

HHO's programs are evidence-based and holistically designed. Staff work to understand the whole picture of a family and their home to best curate services that will be most impactful to them.



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## Healthy Housing Approach



### Client-Centered

Prioritize the client's needs, concerns, and preferences throughout the process.



### Collaborative

Work together with the client, landlords, and local community partners to identify solutions and develop a shared plan of action.



### Holistic

Consider the client's overall well-being, including housing, health, and other factors affecting their quality of life.

**By adopting a client-centered, collaborative, and holistic approach, we can build strong relationships, gain trust, and accurately document important information to effectively support the client's journey towards a healthier life and home.**

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## INTRODUCTION TO HEALTHY HOUSING INTERVENTIONS

### Introducing HUD's Eight Healthy Housing Principles

- The CDC has found that 21% of asthma cases in the U.S. may be attributable to exposure to dampness and mold in the home.
- Some studies show that reducing indoor allergens through environmental intervention can reduce asthma-related hospitalizations by up to 79% in children.
- About 30% of asthma cases in children are linked to cockroach allergen exposure, especially in urban areas.



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## INTRODUCTION TO HEALTHY HOUSING INTERVENTIONS

- Radon exposure is estimated to be responsible for about 21,000 lung cancer deaths each year in the U.S., and while its not linked to asthma, it is a significant health risk and can worsen respiratory health.
- Regular maintenance prevents small issues like leaks or cracks from developing into larger problems, such as mold growth or pest infestations, both of which can worsen asthma symptoms.
- Asthma symptoms are often triggered by cold air, and having proper insulation and temperature control helps maintain a healthier indoor environment .



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## INTRODUCTION TO HEALTHY HOUSING INTERVENTIONS

By combining education, healthy home assessments, environmental interventions, coordinated care, and HHO's programs, (AIR program), HHO directly implements the CDC's EXHALE strategies.

**E**  
**X**  
**H**  
**A**  
**L**  
**E**

### Education

on asthma self-management

### X-tinguishing

smoking and exposure to secondhand smoke

### Home

visits for trigger reduction and asthma self-management education

### Achievement

of guidelines-based medical management

### Linkages

and coordination of care across settings

### Environmental

policies or best practices to reduce asthma triggers from indoor, outdoor, or occupational sources

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## Asthma In-home Response (AIR) PROGRAM

### Healthy Home Assessments

Comprehensive in-home evaluations to identify potential health and safety hazards, including lead-based paint, asthma triggers, radon, mold, and other environmental concerns.

### Hazard Identification

Detailed analysis of identified hazards, their severity, and the necessary steps to remediate or mitigate them, ensuring a healthier home environment.

### Custom Supply Kits

Provision of tailored kits containing essential items such as HEPA air filters, HEPA vacuums, allergen-proof bedding, cleaning supplies, and other resources to help families maintain a healthy home.

### Serving Vulnerable Populations

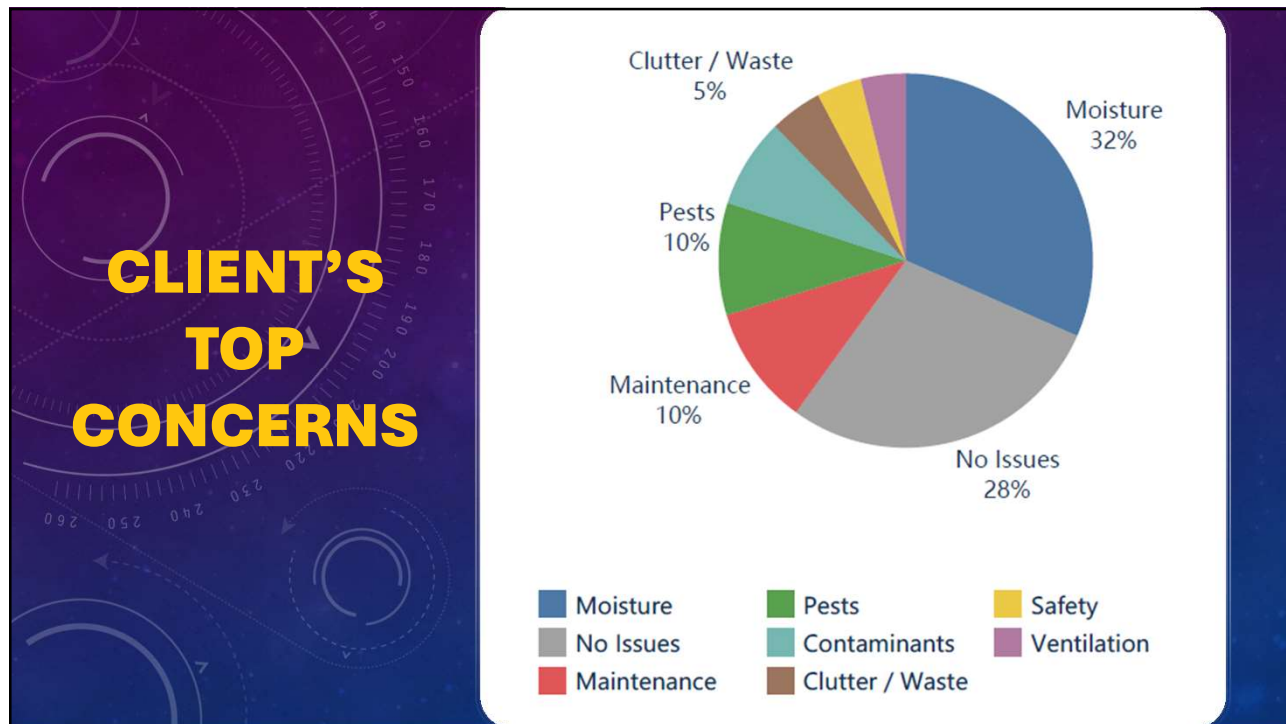
Prioritizing families with young children, older adults, individuals with disabilities, and those with chronic health conditions to address the disproportionate impact of unhealthy housing on these populations.

### Ongoing Support

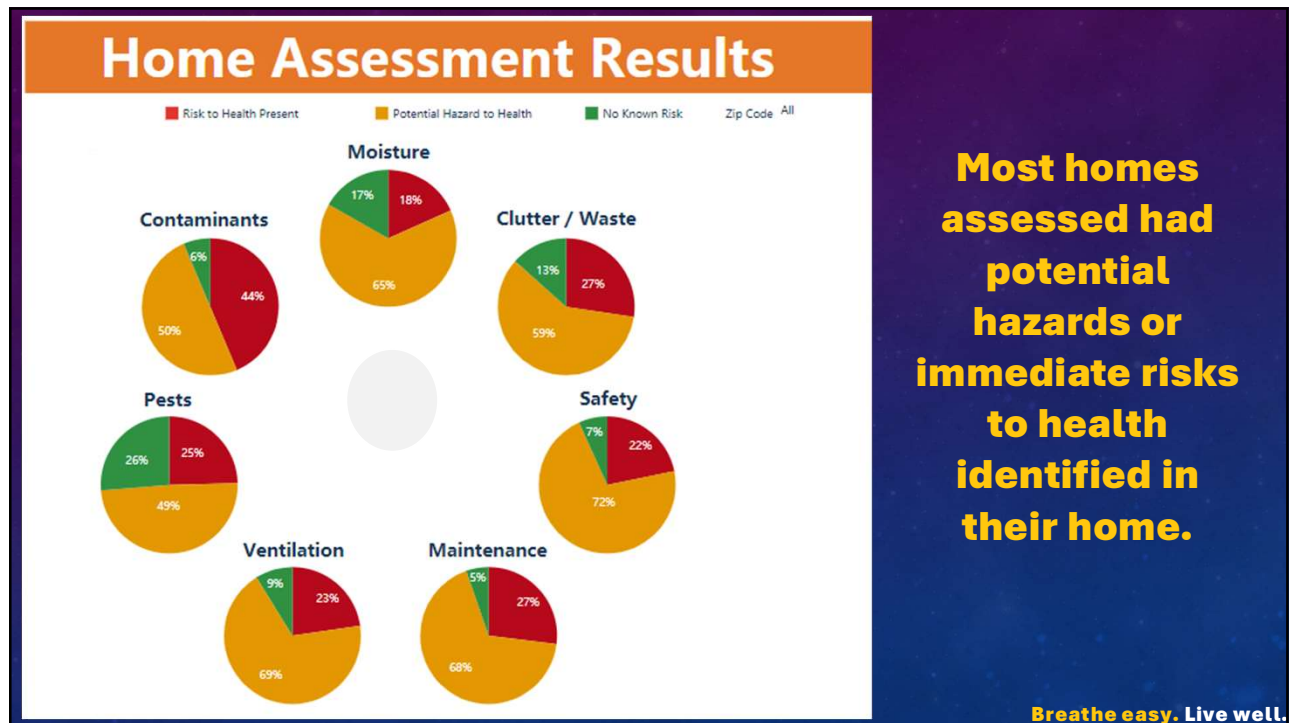
Follow-up visits and assistance to ensure families can effectively use the provided supplies and maintain a healthy home environment over time.

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## The Connection Between Housing and Health




**Asthma and Respiratory Health:** Poor indoor air quality, often due to mold, dust mites, and poor ventilation, can exacerbate respiratory conditions like asthma. Studies show that children living in healthier home environments with improved ventilation and reduced allergens experience fewer asthma-related hospital visits and require less emergency care.

Environmental Protection Agency, 2022


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## HHO's Impact




**HHO Interventions-Healthy Home Assessment (HHA)**




**Asthma attacks decreased by **31%****



**Emergency Dept. visits decreased by **16%****



**Hospitalizations decreased by **11%****



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## RESULTS

Table 2. Asthma-related outcomes compared from baseline to 6-months (n=75)

	Baseline	6-month	OR <sup>a</sup>	p-value
Asthma-related outcomes				
Asthma attacks (mean)	1.45	0.67	0.31	<b>0.001</b>
Emergency room visits (mean)	0.67	0.09	0.16	<b>&gt;0.0001</b>
Hospitalizations (mean)	0.19	0.02	0.11	<b>0.016</b>

<sup>a</sup>OR stands for Odds Ratio

Table 3. Asthma outcomes reported for the past 6-months pre- and post-intervention

	<u>Initial</u>	<u>6-month</u>
Asthma attacks	41	22
Emergency room visits	28	6
Hospitalizations	9	2

*Effectiveness of a community driven asthma intervention project asthma in home response. Sept 22 Journal of Asthma (Dr. Aislinn Rookwood in conjunction with HHO).*

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## SAMPLE POPULATION DEMOGRAPHICS

Table 1. Characteristics of sample population (n=75)

	Sample (%)
Age (median, year)	10
Age Categories	
3-5	26.0
6-10	29.3
11-15	34.7
16-18	10.0
Gender	
Female	32.0
Male	68.0
Race/Ethnicity	
White	18.7
Hispanic/Latino	41.3
Black/African American	40.0
Insurance	
Private	11.1
Medicaid	87.5
No insurance	1.4

*Effectiveness of a community driven asthma intervention project asthma in home response. Sept 22 Journal of Asthma (Dr. Aislinn Rookwood in conjunction with HHO).*

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## ASTHMA IN NEBRASKA CHILDREN



**Asthma affects between  
~5-9% of Nebraska  
children**

This translates to roughly  
25,000 to 40,000 children  
in the state dealing with  
this chronic respiratory  
condition.



**Asthma leads to  
missed school days**

Children with asthma  
miss an average of 2-3  
school days per year  
due to their condition.



**Substandard housing  
conditions contribute to  
asthma**

Exposures in the home,  
such as mold, pests, and  
poor ventilation, can  
trigger and exacerbate  
asthma symptoms.

**Addressing asthma in Nebraska children requires a focus on  
improving housing conditions to create healthier, safer living  
environments.**

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## HEALTHY HOUSING INTERVENTIONS



- ❖ Duct Cleaning
- ❖ New HVAC installation
- ❖ Pest Remediation
- ❖ Mold Remediation
- ❖ Education

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## HEALTHY HOUSING INTERVENTIONS

- ❖ Duct Cleaning
- ❖ New HVAC installation
- ❖ **Pest Remediation**
- ❖ Mold Remediation
- ❖ Education

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## HEALTHY HOUSING INTERVENTIONS

- ❖ Duct Cleaning
- ❖ New HVAC installation
- ❖ Pest Remediation
- ❖ **Mold Remediation**
- ❖ Education

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**Environmental Health Perspectives:** Children exposed to mold in early childhood had a 40% higher risk of needing emergency asthma treatments.

**World Health Organization (WHO)-** dampness and mold exposure may increase the risk of respiratory symptoms by 50%.

**Institute of Medicine-** ~20-30% of buildings in the United States have some form of dampness or mold. Children spend approximately 90% of their time indoors, this level of exposure is significant, especially for those with asthma.

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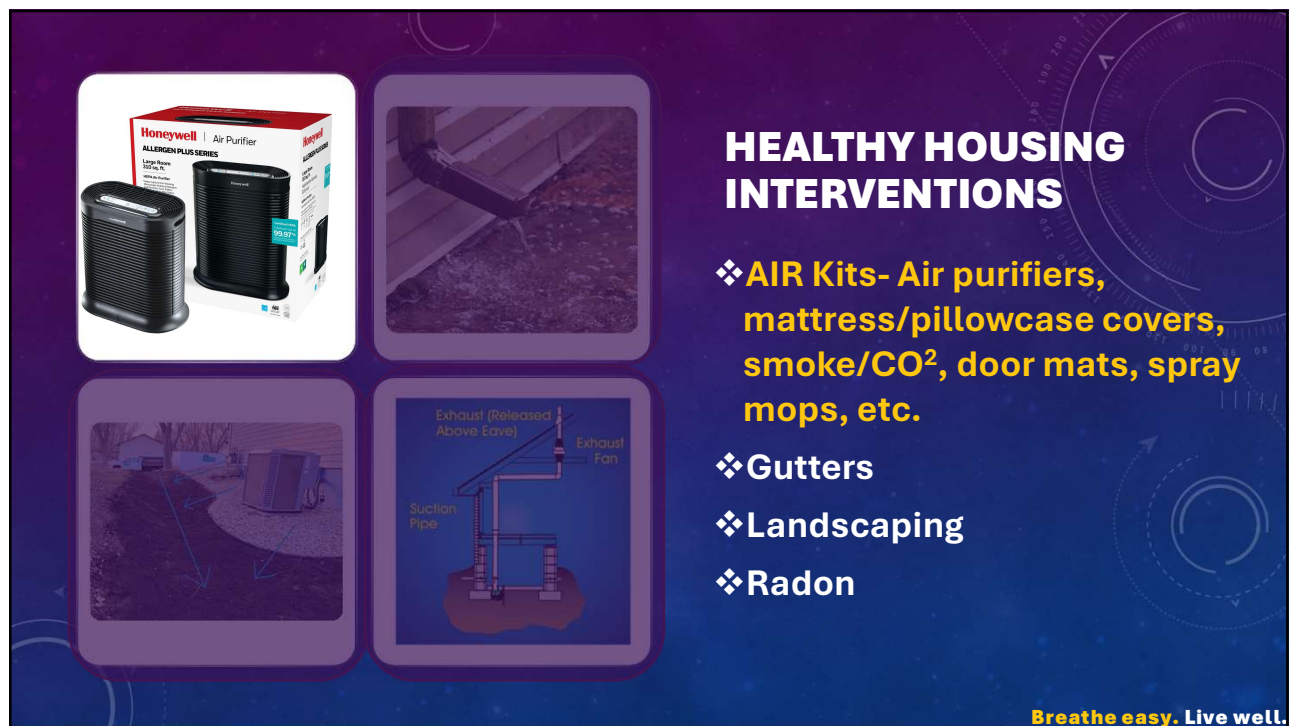





## HEALTHY HOUSING INTERVENTIONS

- ❖ Duct Cleaning
- ❖ New HVAC installation
- ❖ Pest Remediation
- ❖ Mold Remediation
- ❖ **Education**

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**HEALTHY HOUSING INTERVENTIONS**

- ❖ **AIR Kits- Air purifiers, mattress/pillowcase covers, smoke/CO<sup>2</sup>, door mats, spray mops, etc.**
- ❖ Gutters
- ❖ Landscaping
- ❖ Radon

**Breathe easy. Live well.**

The graphic features a dark blue background with white circular patterns. It includes four inset images: a Honeywell Air Purifier box and unit, a close-up of a gutter with a downspout, a diagram of a radon mitigation system showing a suction pipe and exhaust fan, and a photograph of a house with a lawn and trees.

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**HEALTHY HOUSING INTERVENTIONS**

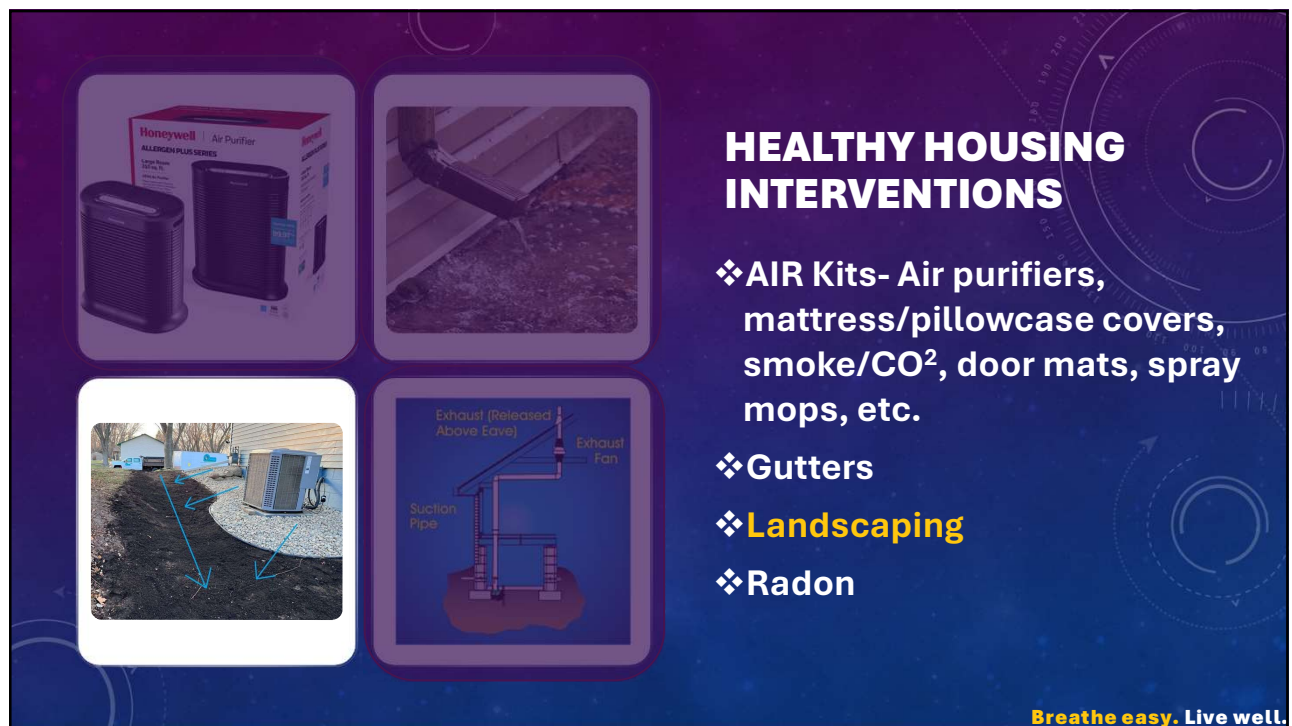
- ❖ **AIR Kits- Air purifiers, mattress/pillowcase covers, smoke/CO<sup>2</sup>, door mats, spray mops, etc.**
- ❖ **Gutters**
- ❖ Landscaping
- ❖ Radon

**Breathe easy. Live well.**

This graphic is identical to the one on slide 23, featuring the same four inset images and text layout on a dark blue background with white circular patterns.

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**HEALTHY HOUSING INTERVENTIONS**

- ❖ AIR Kits- Air purifiers, mattress/pillowcase covers, smoke/CO<sup>2</sup>, door mats, spray mops, etc.
- ❖ Gutters
- ❖ Landscaping
- ❖ Radon

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**HEALTHY HOUSING INTERVENTIONS**

- ❖ AIR Kits- Air purifiers, mattress/pillowcase covers, smoke/CO<sup>2</sup>, door mats, spray mops, etc.
- ❖ Gutters
- ❖ Landscaping
- ❖ Radon

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## CASE STUDY

### Client

- 34 y/o mother, 17 y/o daughter
- No HVAC, only window A/C unit
- Mold in basement (daughter's bedroom) and in living room.
- Mold- trigger of daughter's asthma.
- Cold temp in winter
- Radon level 6.3

### HHO Intervention

- New HVAC
- Remove window unit, seal opening.
- Cleaned gutters, new downspouts, splash blocks
- Seal cracks in foundation and around windows,
- Remove drywall and replace
- Education
- Custom AIR Supply Kit

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## CALL TO ACTION

- Upstream intervention
- Healthy Housing Assessments
- Interventions and Education
  - Connect with local agency, health department, hospital or nonprofit to create a strategic vision to act now to reduce asthma, radon exposure and other health risks in the home.



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**INDIVIDUALS CAN APPLY AT**  
[\*\*HTTPS://HEALTHYHOUSINGOMAHA.ORG\*\*](https://HEALTHYHOUSINGOMAHA.ORG)

**Over 100  
languages  
available:**

Renter Intake

EN ▾

Spanish

Albanian


Arabic

Afrikaans

Amharic

Assamese

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**Renters Apply  
Here!**

**Owner-occupied  
Apply Here!**

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HEALTHYHOUSING

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 **Jeff Weaver**  
Jeff.Weaver@onehh.org

 **Direct Line**  
Cell: 402-981-3294

 **General Email Address**  
info@onehh.org

 **Phone Number**  
Main Office: 402-934-9700



onehh.org



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<b>INCOME QUALIFICATION</b>	
<u>Household Size</u>	<u>Maximum Income Limit (80% AMI)</u>
<b>1 person</b>	<b>\$61,350</b>
<b>2 persons</b>	<b>\$70,100</b>
<b>3 persons</b>	<b>\$78,850</b>
<b>4 persons</b>	<b>\$87,600</b>
<b>5 persons</b>	<b>\$94,650</b>
<b>6 persons</b>	<b>\$101,650</b>
<b>7 persons</b>	<b>\$108,650</b>
<b>8 persons</b>	<b>\$115,650</b>

\*Data source: HUD Income Limits for Douglas County, Nebraska as of 4/1/2024

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