



AMERICAN LUNG ASSOCIATION®

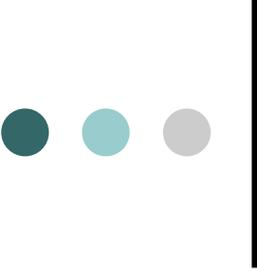
of Washington

MASTER ■ HOME
ENVIRONMENTALIST™



**Practical interventions making
measurable improvements in
children's health**

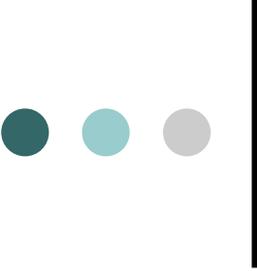
**Northwest Hazardous Waste Conference
April 11 – 14, 2004 Troutdale, Oregon**



Master Home Environmentalist™ Program Presentation

The purpose of this presentation is to introduce the Master Home Environmentalist™ (MHE™) program.

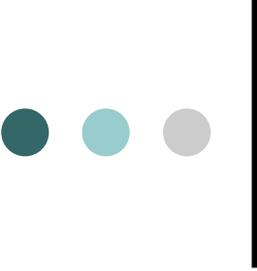
It is a community-based education program that is an effective tool in preventing exposures to pollutants in the home which can cause asthma, retarded growth, learning disabilities, allergies, cancer, lung disease and other illnesses



Master Home Environmentalist™ Program

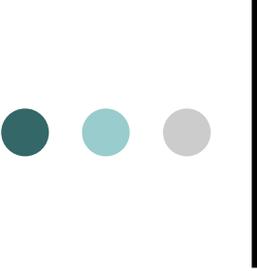
Values & Principles

- A healthy home environment promotes a quality life, particularly for children
- Residents have a right to know of hazards in their home
- A personalized approach is effective in motivating people to improve their home environment
- Residents, through their own actions, can make changes in their home to prevent illness
- Volunteer outreach and education enhance health and build a strong community



Master Home Environmentalist™ (MHE™) Program History

- 1992 MHE™ program established in Seattle. To date, 550 volunteers have been trained in 18 Seattle trainings
- Program has expanded to Spokane and Tacoma, WA., Oregon, Oklahoma, Washington DC., Boise, Idaho and to Fresno, CA.
- MHE™ is a designated Best Practice Program by the National American Lung Association and the Environmental Protection Agency



Master Home EnvironmentalTM Seattle Training Program

The 40 hour volunteer training includes such topics as:

- Moisture & Biological Pollutants
- Asthma and Allergies
- Communication and Behavior Change
- Dust
- Lead and Toxicology
- Cultural Diversity
- Indoor Air Quality & Ventilation
- Household Chemicals
- Second Hand Smoke
- HEALTM Home Environmental Assessment ListTM and Home Walkthroughs

Home Environmental Assessment List™ (HEAL™)

- The HEAL™ is an integrated approach to looking at potential environmental hazards in the home



Home Environmental Assessment List™ (HEAL™)

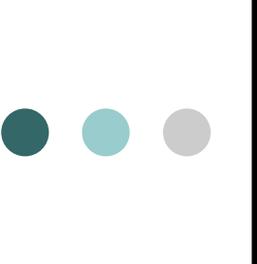
- Once the potential hazards have been identified, steps are discussed to reduce the family's exposure to these hazards
- Low or no cost solutions are suggested to make the home a healthier place to live





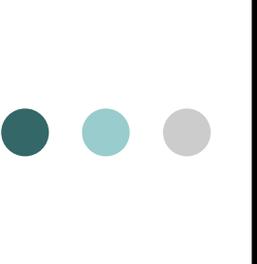
Identification of typical hazards in the home

- Age of home - directly related to possible lead and/or asbestos exposure
- Type of entry mat
- Types, locations and quantity of particleboard, household chemicals, pesticides and insecticides
- Frequency and type of dusting and vacuuming
- Location and amount of carpeting, stuffed toys and upholstered furniture
- Existence of mold and other biological contaminants
- Ventilation and filtration techniques
- Parental workplace/work clothes exposure to children



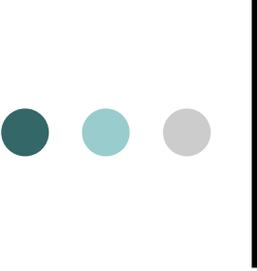
Remediation of hazard exposure

- Pre -1980 homes with lead based paint; 'popcorn' ceilings with possible asbestos; asbestos tape on ductwork
- Use of high quality commercial grade walk off mats to reduce indoor exposure to dust that may contain lead, arsenic, pesticides insecticides, etc.
- Particleboard contains formaldehyde; household chemicals including pesticides and insecticides can be hazardous, even fatal



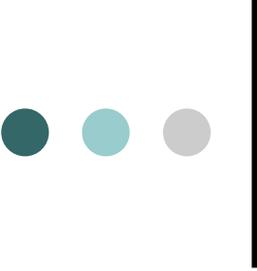
Remediation of hazard exposure

- Damp dust and vacuum weekly with a high quality vacuum with a HEPA filter
- Removal of carpeting, stuffed toys and upholstered furniture from bedrooms which harbor dust, dust mites, animal dander etc.
- Mold can trigger allergic reactions in sensitive individuals
- Use of a high quality HEPA filtration system
- Wash potentially toxic workplace clothes separately from all other clothing
- Ventilate the home frequently when weather and safety permit



Seattle MHE™ Program Evaluation Techniques

- Most common behavioral changes:
 - Removing shoes upon entering the home
 - Smoking outside
 - Increase frequency of vacuuming and damp dusting
 - Installing dust mite covers on pillows and mattresses
 - Installing high quality walk off mats
 - Purchase of a HEPA vacuum or air purifier



MHE™ Success in Changing Behavior

- The home visits resulted in 86% of people making at least one behavior change, 62% make dust or moisture control improvements and 54% made changes due to perceived health benefits

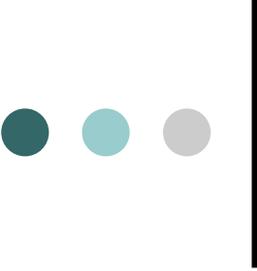
Based on a three month post home visit survey performed by Rainbow Lueng and published in *Environmental Health Perspectives*, 1997, pp 1132-35

Clean Air For Kids® - Tacoma, WA

Mission:

- To reduce asthma morbidity in high-risk populations by using a community-based partnership model that incorporates home environmental changes and asthma management





Partnership Members

- American Lung Association of WA
- Tacoma-Pierce County Health dept.
- University of Washington – Tacoma campus
- Local health care providers and clinics
- Additional non-profit, community agencies
- School nurses – 3 different school districts

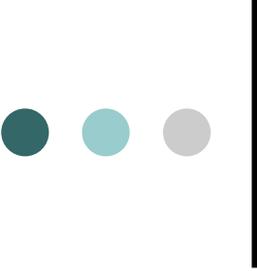
Program Components

- Medical Advisory Board
- Community Outreach
- Master Home Environmentalist™ Program
- Community-based Asthma Outreach Worker

Clean Air For Kids® - Tacoma, WA Master Home Environmentalist™ Program

Began implementing in Spring of 1998 with
assistance from American Lung Association
of Washington, Seattle

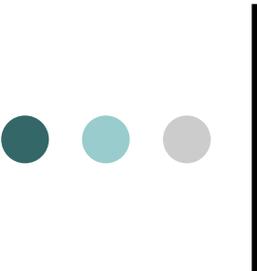




Master Home Environmentalist™ Program – Tacoma, WA

**Improvements in asthma or allergies
resulting from home environmental
assessments**

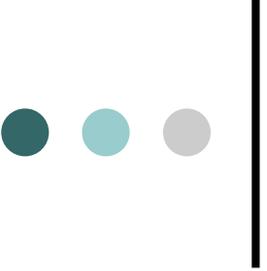
	Number	Percentage
Yes	34	87
No	4	10
Don't Know	1	1.5



Home Environmental Behavior Changes – Tacoma, WA

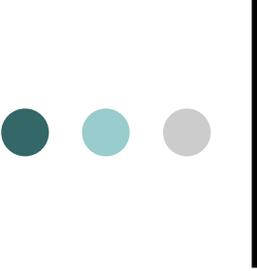
Percent of Families

	Yes	No
Did you make changes (n=64)	94	6
Planning to make changes? (n=34)	94	6



Home Environmental Behavior Changes – Tacoma, WA

- General Categories of Changes Made:
 - Household cleaning
 - Indoor ventilation
 - Mattress/pillow covers
 - Door mats/shoe removal
 - Furnace filters; vent covers
 - Washing bedding in hot water
 - Reduced indoor smoking



Conclusion

- The Master Home Environmentalist™ Program is an effective way to serve community members who have concerns about asthma and other health issues and their home environment
- The MHE™ program gives you practical interventions that make measurable improvements in children's health
- It's an effective way to leverage limited resources and build capacity in the community



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