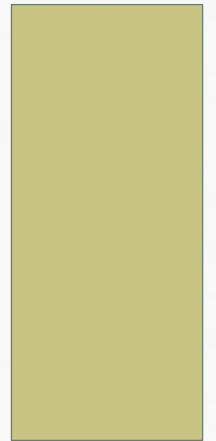


# IS YOUR HOUSE MAKING YOU SICK

A LOOK AT THE EFFECTS OF UNHEALTHY HOUSING



# A FEW EXAMPLES (NOT ALL INCLUSIVE)

- Overcrowding
  - Mental health
- Temperature Extremes
  - Excessive heat/cold
- Damp
  - Mold growth
- Unsanitary
  - Pest infestations
- Poor IAQ
  - Respiratory issues
- Economic Outcomes/Quality of Life
  - Educational attainment and employment opportunities

# SOME STATS

- Increases the risk of severe ill health or disability by up to 25% during early childhood and early adulthood.
- Increase the risk of meningitis, asthma and slow growth which is linked to coronary heart disease.
- A direct link to overcrowding and childhood TB
- Lower educational attainment
- Poor housing effects are pervasive and impact health education an the economy

# OVERCROWDING

# MY HOME IS MY CASTLE

- A Healthy Home is a place of refuge:
  - Safe
  - Warm
  - Clean
  - Happy
- Poor housing can lead to poor health and exacerbate existing health conditions. Some research has linked conditions such as
  - Over crowding
  - Damp
  - Poor IAQ
    - To eczema, hypothermia, heart disease and poor respiratory health.
- Occupants (especially children) in poor housing also frequently suffer from poor diets and family turmoil.

# WHEN THE KITCHEN IS ALSO THE BEDROOM

- Household crowding can increase the spread of infectious diseases.
- In particular, household crowding is a risk factor for:
  - lower and upper respiratory tract infections (including pneumonia and RSV bronchiolitis)
  - meningococcal disease
  - gastroenteritis
  - Hepatitis A
  - Helicobacter pylori infection
  - tuberculosis.
- Children are more at risk from these diseases.

# OVERCROWDING

- Growing up in poor or overcrowded housing has been found to have lasting impact on a child's health and well being throughout their lifetime.



# OVERCROWDING

- One study found that 6 month old infants were 26% more likely to have symptoms of wheezing if they were living in overcrowded housing conditions

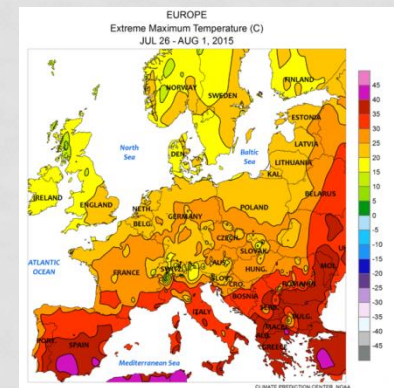




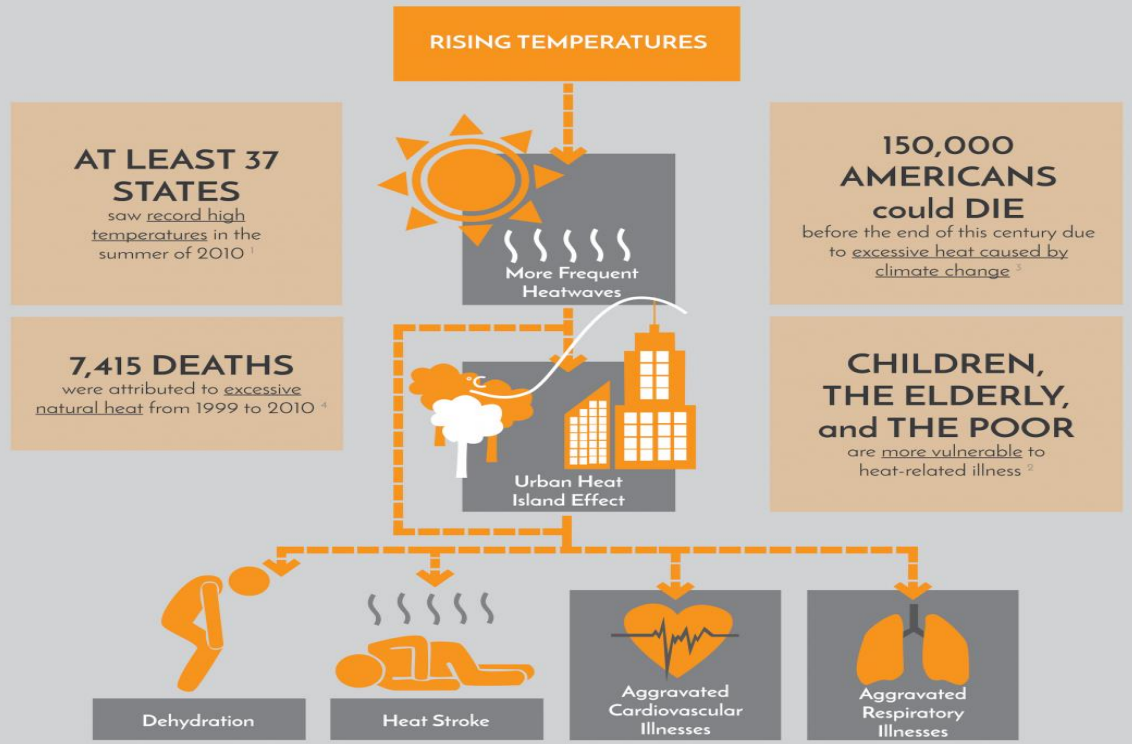
# EXTREME TEMPERATURES

# EXTREME TEMPERATURES

- The WHO's standard for warmth is 64 °F for normal, healthy adults who are appropriately dressed. For those with respiratory problems or allergies, the WHO recommends a minimum of 61 °F, and for the sick, disabled, very old or very young, a minimum of 68 °F.
- Cooling temperatures vary but some recommendations were 73 °F to 78 °F.



# HOW CLIMATE CHANGE AFFECTS YOUR HEALTH



1. <http://www.epa.gov/health/hotweather/heat.asp>  
2. <https://www3.epa.gov/heatstroke/impacts/health.html>  
3. <http://www.epa.gov/climatechange/effects/heat.html>



# EXTREME TEMPERATURES

- Cold temperatures lower resistance to respiratory infections.
- Damp conditions are favorable to virus and bacteria growth.
  - Mold produce allergens that can lead to asthma and other respiratory conditions

# MOISTURE INTRUSION

# DAMP

- Mold grows where there is moisture.
- Mold is found both indoors and outdoors. It can enter your home through open doorways, windows, vents, and heating and air conditioning systems. It can also attach itself to clothing, shoes, bags, and pets can and be carried indoors.
- It thrives in places with a lot of moisture, such as around leaks in roofs, windows, or pipes, or where there has been flooding. Mold grows well on paper products, cardboard, ceiling tiles, and wood products, dust etc.



# SANITARY MAINTENANCE



# SANITARY MAINTENANCE

- Unsanitary living conditions exist if the conditions inside of a dwelling are such that the health of the occupants, or the well being of the community are endangered.



# SANITARY MAINTENANCE

- A home may be dirty, or very untidy, but would not necessarily rise to the level of a health nuisance. Dirty or stained carpet, clothing on the floor, a small amount of animal feces, dirty dishes in the sink, and/or a dirty refrigerator may not necessarily create a health nuisance.





# INDOOR AIR QUALITY

# POOR INDOOR AIR

- Indoor Air Quality (IAQ) refers to the air quality within and around buildings and structures, especially as it relates to the health and comfort of building occupants. Understanding and controlling common pollutants indoors can help reduce your risk of indoor health concerns.



ECONOMIC OUTCOMES / QOL

# ECONOMIC OUTCOMES AND QUALITY OF LIFE

- Living in poor housing as a child carries a higher risk of lower educational attainment.
  - Impacts economic well being in adulthood
- Poor housing in childhood is linked to long term health problems which can negatively impact employment opportunities.



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