

Creating a Home Environment Checklist for Tenants Living with Asthma

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To improve quality of life for those with asthma through advocacy, education and collaboration.



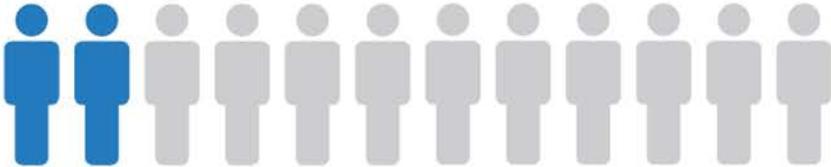
The Metropolitan Tenants Organization is a membership organization made up of tenants, tenant organizations, community members and groups who support the mission of MTO.

We educate, organize, and empower tenants to have a voice in the decisions that affect the affordability and availability of safe, decent & accessible housing.

State of Asthma in Chicago

Prevalence

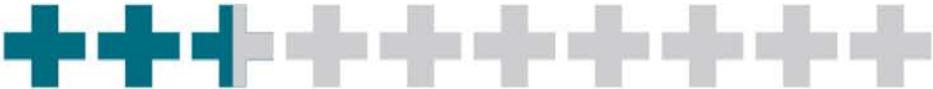
Proportion of Chicago parents who had a child who had ever been diagnosed with asthma



2 out of 12 Chicago parents had a child with asthma

Emergency Room and/or Urgent Care Center Visits

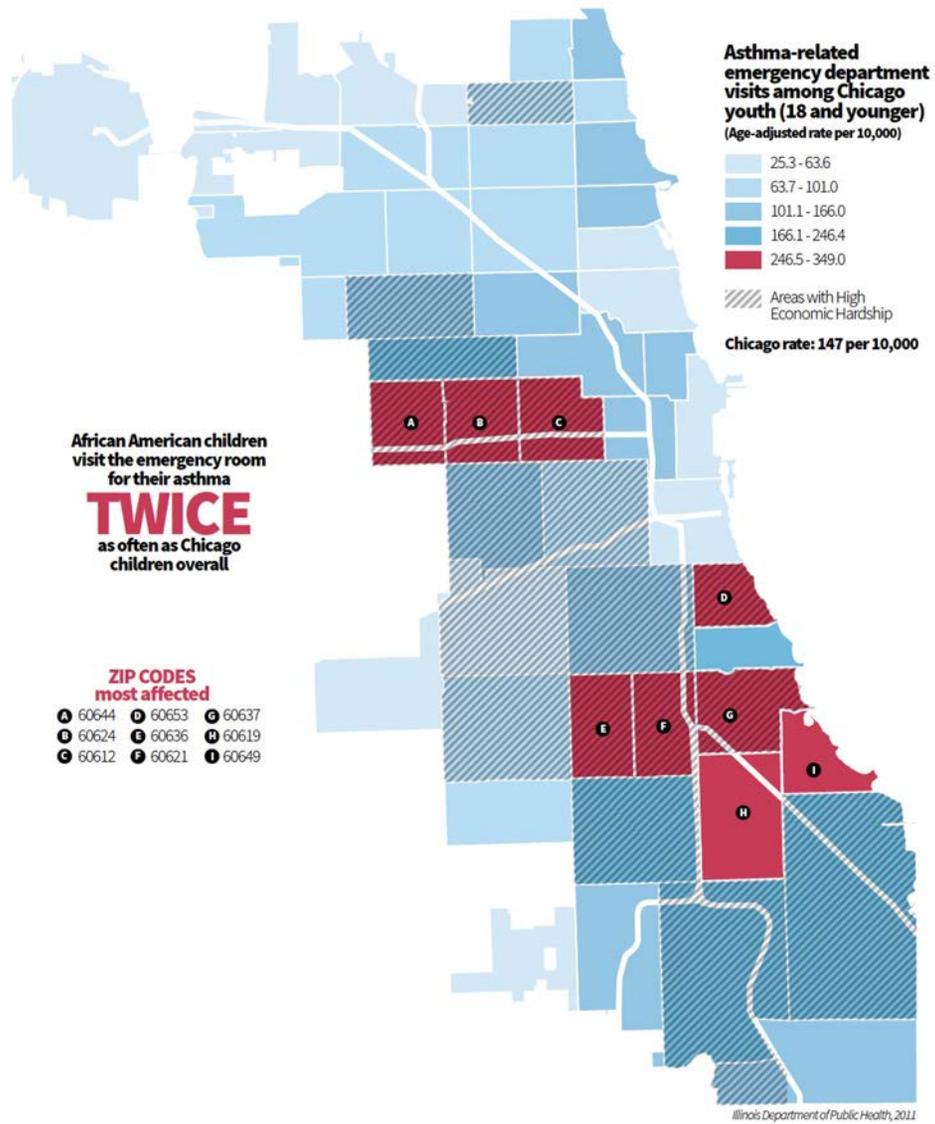
Proportion of Chicago parents who reported visiting an emergency room or urgent care center in the last year due to their child's asthma

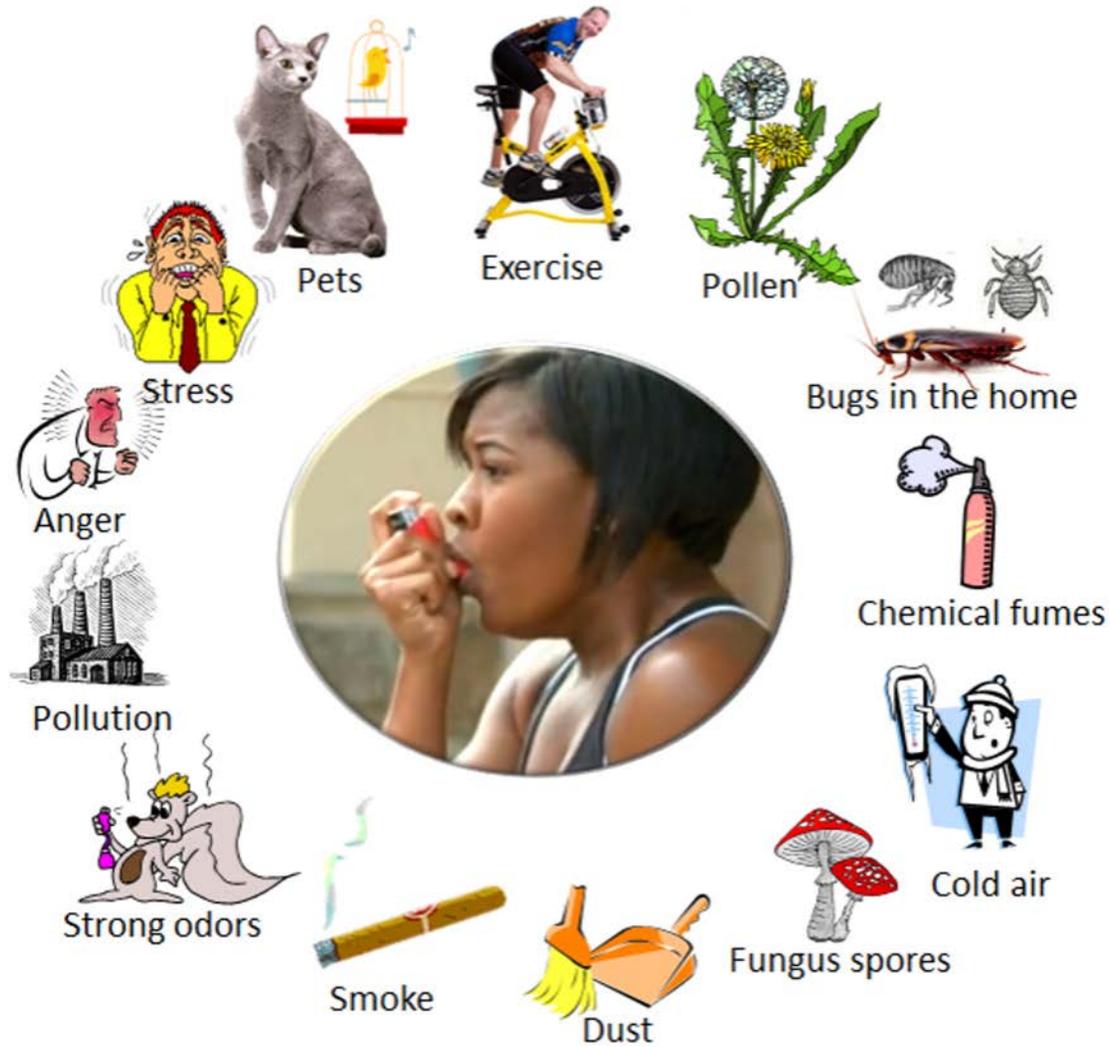


24%

Davis MM, Heffernan ME, Smith TL, Bendelow A, Bhatti PK, Prachand NG, Weaver KN, Laflamme EM. Childhood Asthma in Chicago. Voices of Child Health in Chicago Report. Vol 2, Number 6. July 2020. Available at luriechildrens.org/ChildhoodAsthma2020.

State of Asthma in Chicago





Asthma Triggers

The Need for Tools for Tenants with Asthma

Objective 1: Patient, Caregiver and Family Focused Educate patients/families, particularly those who are tenants, on:

- 1) Identifying and minimizing home environmental triggers
- 2) How to self-remediate or to enlist their landlords in providing healthier tenants-rights based services for trigger remediation

Objective 2: Healthcare Professional Focused Provide information and resources to healthcare providers to better understand the impact the home environment has on asthma, ways to mitigate exposures that trigger asthma and support patients and their families with the home environmental challenges they face.

THE SEVEN PRINCIPLES OF A HEALTHY HOME:

1

KEEP IT DRY

2

KEEP IT CLEAN

3

KEEP IT PEST-FREE

4

KEEP IT VENTILATED

5

KEEP IT SAFE

6

KEEP IT
CONTAMINANT-FREE

7

KEEP IT MAINTAINED



CHICAGO ASTHMA
CONSORTIUM

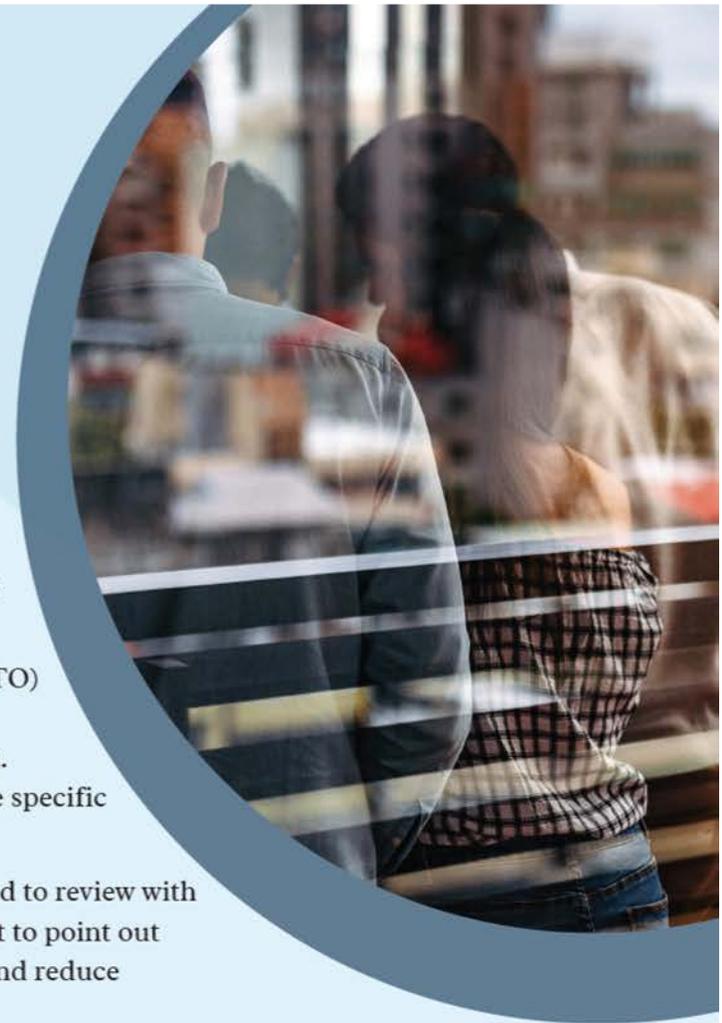
Tenants with Asthma: An Environmental Checklist

The condition of your household or the building you live in can affect your health and poor conditions are a major public health issue. Substandard housing has been linked to numerous health problems including ASTHMA.

Chicago Asthma Consortium (CAC) and Metropolitan Tenants Organization (MTO) collaborated to create this checklist as a tool to identify and lessen potential household hazards (called triggers) for any tenant or family member with asthma.

It is based on MTO's Seven Principles of a Healthy Home and portions are made specific to asthma control.

It is meant to be used when looking for a new home or apartment and may be used to review with your potential or current landlord. "TIPS" are shared not as end-all solutions, but to point out actions you and your landlord can take to better manage your living conditions and reduce exposure to environment triggers that could otherwise worsen your asthma.



<https://chicagoasthma.org/tenant-checklist>



Webinars

<https://chicagoasthma.org/page-1075430>



CAC Ask an Expert - Apartment Walkthr... Watch later



Ask an Expert Series

Tenants With Asthma: Assessing a Home

MORE VIDEOS CHICAGO ASTHMA

WWW.CHICAGOASTHMA.ORG

MITO Metropolitan Tenants Organization

<https://chicagoasthma.org/page-1075430>

CAC Ask an Expert - Apartment Walkthrough (4/25/22) Watch later Share



Moldy Carpet



Tobacco smokers in the home



Madeline Woodberry

CHICAGO ASTHMA CORPORATION WWW.CHICAGOASTHMA.ORG

MITO Metropolitan Tenants Organization

MORE VIDEOS

Community Cards



CHICAGO ASTHMA CONSORTIUM



Tenants with Asthma: An Environmental Checklist

For the complete checklist and detailed tips, visit our website at www.chicagoasthma.org.

If you are a tenant living in the City of Chicago and would like more information, or you are an organization that would like training in Healthy Homes, please contact MTO at their hotline, 773-292-4988, M-F 1-5pm.



MTO Metropolitan Tenants Organization

WWW.CHICAGOASTHMA.ORG

If you are a person with asthma, have a friend or family member with asthma, or are a healthcare provider, please visit The Chicago Asthma Consortium at www.chicagoasthma.org for a variety of support and information.



CHICAGO ASTHMA CONSORTIUM

Tenants with Asthma: An Environmental Checklist

THE SEVEN PRINCIPLES OF A HEALTHY HOME

Chicago Asthma Consortium (CAC) and Metropolitan Tenants Organization (MTO) collaborated to create a checklist as a tool to identify and lessen potential household hazards (called triggers) for any tenant or family member with asthma.



- 1 KEEP IT DRY** **MOLD** develops when moisture and dampness do NOT completely dry due to poor ventilation or standing water.
- 2 KEEP IT CLEAN** **HOUSEHOLD DUST** and **THIRD-HAND SMOKE** created from the by-products of cigarettes, cooking oil, candles /incense are major triggers of asthma. While cleaning and vacuuming helps reduce these exposures, cleaning products can be irritants to airways of persons with asthma. Consider using green-cleaning products, a vacuum with a HEPA-filter or choosing tile or hardwood floors instead of carpeting.
- 3 KEEP IT PEST FREE** **MICE, COCKROACHES AND BEDBUGS** leave behind feces, urine, and other chemicals that make asthma worse. They look for places to feed, drink, and nest; they leave trails of poop and urine for others to follow.
- 4 KEEP IT VENTILATED** **INCREASING THE FRESH AIR SUPPLY** in your home improves respiratory health.
- 5 KEEP IT SAFE** **FALLS** are the most frequent cause of residential injuries to children, followed by **INJURIES** from objects in the home, burns and poisonings.
- 6 KEEP IT CONTAMINANT FREE** Chemical exposures to **LEAD, RADON, PESTICIDES, VOLATILE ORGANIC COMPOUNDS** and **ENVIRONMENTAL TOBACCO SMOKE** harm your health.
- 7 KEEP IT MAINTAINED** **POORLY MAINTAINED** homes are at risk for moisture and pest problems. Deteriorated lead-based paint in older housing is the primary cause of lead poisoning.

Call to Action

- Utilize collaboration of community housing partners to develop and disseminate tools
- Housing Policies in different cities
- Future mold ordinances
 - **The Chicago Healthy Homes Coalition (CHHC) and the Chicago Healthy Homes Ordinance**



Thank you!

Chicago Asthma Consortium Community Advisory Board Members

-Molly Martin, Kim Jay, Rhonda Lay, Felicia Fuller

Illinois Department of Public Health

-Nikki Woolverton

For more information on the **Chicago Healthy Homes Ordinance**, or to join in our efforts, please reach out to us:

<https://www.tenants-rights.org/chicago-healthy-homes-2022/>

