UConn Extension and the Healthy Homes Partnership – Educational Resources

Mary Ellen Welch

• UConn Extension Educator, Family and Consumer Sciences

Faye Griffiths-Smith

• UConn Associate Extension Educator, Family Economics and Resource Management

Marc Cournoyer

• UConn Extension 4-H Youth Development Program Specialist







A national effort to provide information on how to keep your home safe and healthy.

The UConn Extension Healthy Homes Partnership team provides workshops on healthy homes principles and storm preparedness.

We also post social media content pertaining to home & environmental health.



@Healthyhomespartners

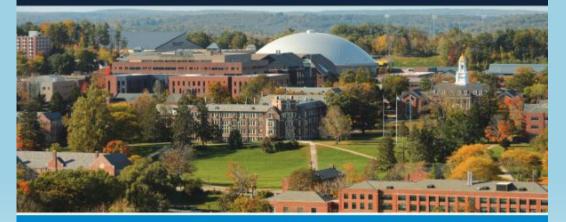


@Healthyhomes4



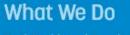
EXTENSION

COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES



Why Extension

We are on a collaborative journey.



Food, Health, and Sustainability.

How We Do It

We co-create knowledge with farmers, families, communities, and businesses. We educate. We convene groups to help solve problems.

Join Us.



UConn Extension

- Community outreach of the UConn College of Agriculture, Health and Natural Resources
- Located throughout the state in 8 community Extension offices
- Connect University resources with local audiences of various ages



UConn Extension Healthy Homes

www.healthyhomes.uconn.edu

Healthy Homes

Home Resources

About Us

A healthy home supports the health and safety of the people who live there. UConn Extension has an educational series of workshops and information on how to make your home a healthy place to be. Your health is impacted by the health of your home. Learn about indoor air quality, asthma and allergies, lead poisoning prevention, carbon monoxide, residential drinking water, mold and moisture, household products, safe and green cleaning, pest control and home safety.

Quick Links

UConn Extension Healthy Homes Partnership

U.S. Department of Housing & Urban Development

USDA NIFA



....

f 🖗 🛩

Q A-Z

Upcoming Events

Creat Decisions 1:15pm

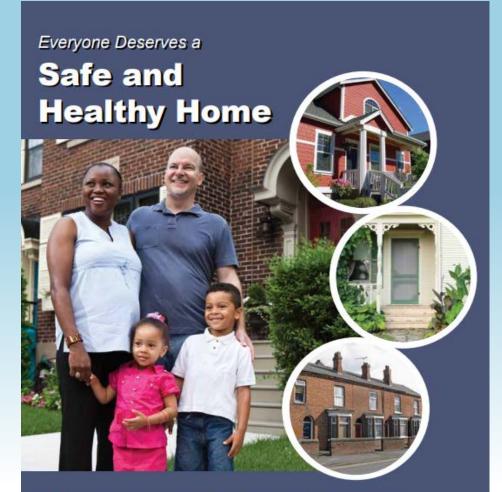
- APR COASTAL CERTIFICATE Sound
- 23 Gardening: Sustainable Landscaping for Clean Waters and A Healthy Long Island Sound 6:00pm
- APR Are you prepared for flooding and
- 24 storms?

8 Principles of a Healthy Home

- 1. Keep your home DRY.
- 2. Keep your home CLEAN.
- 3. Keep your home SAFE.
- 4. Keep your home WELL-MAINTAINED.
- 5. Keep your home PEST-FREE.
- 6. Keep your home CONTAMINANT-FREE.
- 7. Keep your home WELL-VENTILATED
- 8. Keep your home GREEN AND ENERGY EFFICIENT.



Consumer Guide



Protect the health of children and families





Stakeholder Guide



Lead Mold and Moisture Asthma and Allergies Radon Unsafe Drinking Wate Carbon Monoxide Household Chemicals Indoor Environmental Quality Pests

> United States Department of Agriculture National Institute of Food and Agriculture

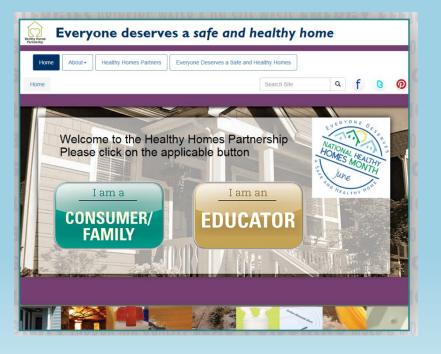
Home Safety Home Comfort Asbestos







Healthy Homes Partnership







STORY

Pamela Turner

Healthy Homes ub Like A Share Send Message

BUSINESS INFO

Mission

* Started in June 2015

About

Home About Posts Photos Videos Events

Partnership @HealthyHomesPartnerst

Community Info and Ads

https://extensionhealthyhomes.org

CONTACT INFO

healthyhomes4

MORE INFO

About

The Healthy Homes Partnership's goal is to help families learn about the risks they face at home and how to reduce them. Parents and others can find out more about the dangers of things like lead-based paint, pesticides, and drinking water.

The Extension Healthy Homes Partnership is your go to

m.me/HealthyHomesPartnership 0

resource for information on how you can identify and prevent safety risks and hidden dangers in your home environment.

Education · Public & Government Service · Home



Suggest Edits

Social Media:

www.facebook.com/HealthyHomesPartnership

Website:

National Healthy Homes Partnership

www.twitter.com/HealthyHomes4 www.pinterest.com/healthyhomes4/



Healthy Homes Partnership

EXTENSION

Everyone deserves a safe and healthy home				
e About - Healthy Homes Partners Everyone Deserves a	a Safe and Healthy Homes			
/ Educator Area	Search Site	۹ f (3)	
		2	/	
Additional Consum	er Resources			
WxTV - Weatherization TV Healthy Homes Highlights	Webinars -	Annual Reports		
Healthy Home Educators				
Healthy Home Educators	Download T	ypes		
	Download T PPT file	ypes Lesson Plan		
Lesson Title				
Lesson Title Healthy Homes Overview	PPT file	Lesson Plan		
Lesson Title Healthy Homes Overview Carbon Monoxide and other Combustion Gases	PPT file PPT file	Lesson Plan		
Lesson Title Healthy Homes Overview Carbon Monoxide and other Combustion Gases Asthma and Allergies	PPT file PPT file PPT file	Lesson Plan Lesson Plan Lesson Plan		
Lesson Title Healthy Homes Overview Carbon Monoxide and other Combustion Gases Asthma and Allergies Drinking Water & On-site Waste	PPT file PPT file PPT file PPT file	Lesson Plan Lesson Plan Lesson Plan Lesson Plan		
Lesson Title Healthy Homes Overview Carbon Monoxide and other Combustion Gases Asthma and Allergies Drinking Water & On-site Waste Energy Efficient Improvement	PPT file PPT file PPT file PPT file PPT file	Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan		
Lesson Title Healthy Homes Overview Carbon Monoxide and other Combustion Gases Asthma and Allergies Drinking Water & On-site Waste Energy Efficient Improvement Hazardous Household Products	PPT file PPT file PPT file PPT file PPT file PPT file	Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan		
Lesson Title Healthy Homes Overview Carbon Monoxide and other Combustion Gases Asthma and Allergies Drinking Water & On-site Waste Energy Efficient Improvement Hazardous Household Products Home Safety & Accessibility	PPT file PPT file PPT file PPT file PPT file PPT file	Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan		
Lesson Title Healthy Homes Overview Carbon Monoxide and other Combustion Gases Asthma and Allergies Drinking Water & On-site Waste Energy Efficient Improvement Hazardous Household Products Home Safety & Accessibility Indoor Air Quality	PPT file PPT file PPT file PPT file PPT file PPT file PPT file PPT file	Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan		
Lesson Title Healthy Homes Overview Carbon Monoxide and other Combustion Gases Asthma and Allergies Drinking Water & On-site Waste Energy Efficient Improvement Hazardous Household Products Home Safety & Accessibility Indoor Air Quality Lead Poisoning	PPT file PPT file PPT file PPT file PPT file PPT file PPT file PPT file	Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan Lesson Plan		

Healthy Homes Solutions Toolkit

Program	Good Health Starts at Home Lesson Guide Healthy Homes Overview
Segment Time	 Approximately 45-60 minutes. This lesson is divided into these 4 parts: Part 1 – Healthy Homes Background – slides 1-28 Part 2 – Healthy Homes – What's the Big Deal – slides 29-43 Part 3 – Healthy Homes – Home Assessment – slides 44-61 Part 4 – Healthy Homes – What's Wrong with this Picture – slides 62-84 Depending the audience focus and interest the PowerPoint presentation has been designed with optional slides. To determine if all slides are appropriate for your target audience review this lesson guide and the PowerPoint script as you plan your presentation. To shorten the presentation consider exclusion of these PowerPoint slides: Part 1 – Slide 3-4, 7-17 Part 2 – should not be exclude, but could be shorted depending on time and audience type Part 3 – Could be substituted for time spent going through sections of the publication, "Help Yourself to a Healthy Home" Part 4 – depending on Healthy Home issues that were discussed during the presentation select a few slides



House Smart: Solutions for Managing Clutter

A guide for people who want to reduce clutter around the home

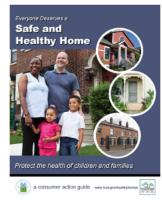


- Workshops customized for groups
- Engaging learners
- Focus upon actions and choices



May/June 2019

Healthy Homes Healthy Homes Homes Healthy Homes Homes Homes Homes Homes Healthy Homes Homes Healthy Healthy



In This Issue

Director's Update HUD HH Happenings State Stories - Alaska & Florida Topics of the Month - *IAQ, Home Safety, & Hazardous Products* Social Snacks News Resources Upcoming Events

Director's Update

Welcome to the summer newsletter for the Healthy Homes Partnership (HHP). As I write this month's column, I'm in the Caribbean with Kandace and stakeholders working on updating Healthy Homes Caribbean guides. While here, I'm also working with various stakeholders in the Midwest recovering from tornadoes, including those in my home state. The new normal seems to be overlapping natural disasters in the US.



This summer will also be the official **20th anniversary of the Healthy Homes Partnership**. I would like to especially thank Dr. Laura Booth, who led the program before me. In the last 20 years, HHP has **developed curriculum and training programs**, as well as **provided crucial healthy homes information to thousands of stakeholders and millions of consumers** that is science based and peer-reviewed. I

HUD HH Happenings

National Healthy Homes Month 2019 (June) is right around the corner! This campaign is coordinated by HUD OLHCHH; we work closely together with HHP on outreach throughout the month.

Our theme Growing Up Safe and Healthy: 5 Minutes to a Healthy

Home, promotes awareness of potential indoor environmental health hazards, and simple actions that residents can take in a short time to address many of them. We also want to encourage our partners to spread the word. This year's digital toolkit is designed for partners to reach out in their local communities, especially to assist residents living in low to moderate income housing. There are many actions residents can do, at low or no cost, to address indoor hazards.

Please visit the <u>NHHM 2019 website</u> for more insights on implementing healthy homes practices at the local level, as well as access to the **Partner Toolkit**, and check out the **webinar schedule** under the Events section below.

For more information, please contact Kitt Rodkey at <u>Clyde.K.Rodkey@HUD.gov</u>.

State Stories

Alaska

Spring has been busy for Alaska Extension as there's still a lot of left over concerns from our end of the November **earthquake**. Though the main event was in a minute category, the results have gotten many homeowners to think about their air and water quality.

My first-hand earthquake story: An Extension agent and I had just conducted HH presentations for dozens of tribes in Anchorage, when the power went out for much of the city. This impeded traffic, left gas stations helpless in distributing

fuel, and sent law enforcement dangerously close to a smoking

transformer in the downtown sector. A sewer main was broken at my conference hotel and repeated tsunami warnings could be heard on the radio.



Healthy Homes Partnership





Webinars

National Healthy Home Month Webinars

Kickoff to NHHM 2019: Growing up Safe and Healthy- 5 Minutes to a Healthy Home. - May 28, 2:00 pm Eastern - Presenter is Shannon Steinbauer. How can stakeholders use Healthy Homes resources/tools to reach new partners in just 5 Minutes? Click here to register.

<u>Using Valuable Resources from the Healthy Homes Partnership</u> - June 4, 2:00 pm Eastern - Presenter is Michael Goldschmidt. This webinar will introduce new NHHM participants to, and update those familiar with, the many helpful resources offered through OLHCHH's interagency agreement with USDA's National Institute of Food and Agriculture's healthy homes educator network (based at select land grant universities around the United States). <u>Click here to register.</u>

Improving Your Home Environment - **June 5, 11:00 am Eastern** - Presenter is Selina Lujan. Focus is how indoor Air quality can be addressed with home assessment; how to get started in 5 minutes! <u>Click here to register.</u>

<u>HUD's Lead Paint Safety Field Guide</u> - June 6, 2:00 pm Eastern - Presenters are Warren Friedman and Bruce Haber. This webinar will focus on the new version of the publication, released by HUD/OLHCHH in February 2019. <u>Click here to register.</u>

Home Visits are Needed to Address Asthma Health Disparities in Adults - June 11, 11:00 AM Eastern - Presenters are Joy Hsu, Helen Margellos-Anast, and David Turcotte. Focus discusses how addressing asthma in adults includes home assessment too, and how to get started in 5 minutes! <u>Click here to register.</u>

Implementing Healthy Homes Principles and Practices in Disaster Recovery and Rebuilding - June 18, 11:00 am Eastern - Presenters are Michael Goldschmidt, Graham McCaulley, Lisa Goldschmidt, and Kandace Fisher-McLean. This webinar will cover the new disaster recovery/rebuilding curriculum developed by USDA NIFA, as well as other resources available to the disaster recovery community. <u>Click here to register.</u>

<u>Serving Native Americans with Healthy Homes Resources</u> - June 20, 2:00 pm Eastern - Presenters are Michael Goldschmidt and Art Nash. This webinar will highlight four new tribal publications and related app being developed through OLHCHH and USDA NIFA, with extensive input from a cross section of stakeholders and tribes. The webinar will briefly describe the process used to develop these educational materials and the prototype tribal app, and delivery/dissemination plan. <u>Click here to register.</u>





Healthy Homes Partnership August 25 · 🔇

...

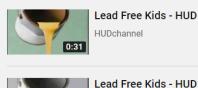
Your home is filled with thousands of chemicals, up to 5x more contaminants than outdoors. Here are some tips for selecting healthier materials when buy furnishings, remodel, and clean. Look for products with certifications like Safer Choice and Cradle-to-Cradle.



WASHINGTONPOST.COM

Houses are filled with chemical additives. Here's how to find healthier materials.

03



HUDchannel



3

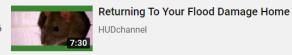




Restoring your home after a natural disaster HUDchannel



Addressing mold after a natural disaster HUDchannel





HealthyHomesPartners @HealthyHomes4 · Sep 18 A home inspection is one of the most important things to do when buying a home. HUD provides a list of questions to ask the home inspector. ow.ly/XAK650vvyNF





@Healthyhomespartners



Healthy Homes Partnership

Social Media Platforms



V

Storm Preparedness Resources for Connecticut Residents



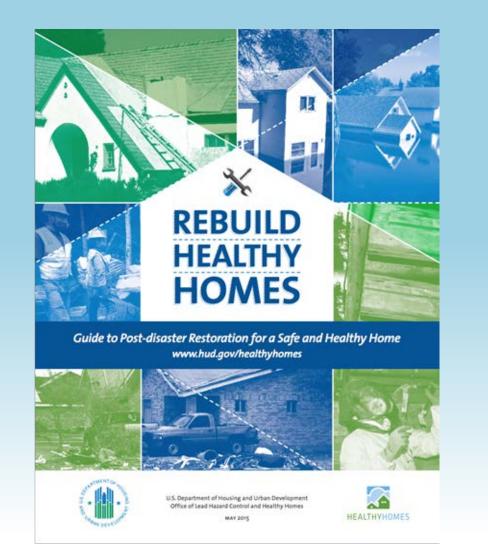


EXTENSION



United States Department of Agriculture National Institute of Food and Agriculture





Top 10 Tips

6

7

8

9

10

Remind yourself often to put people before property! Make safety your top priority (page 10).

Wear personal protective equipment (PPE), including protective clothing and a NIOSH-approved respirator, every time you set foot in a damaged or moldy building (pages 11 to 14).

Assess structural stability and hidden hazards before you enter. A professional inspection may be needed (pages 15 to 30).

Prepare a plan (supplies and methods), make a map (disposal and clean-up site layout), and review insurance policies and disaster assistance resources (pages 3 and 30 to 33).

Go slow when pumping out water, then act fast to dry out and remove mold. Copy and share the DIY Mold Removal Guidelines sheet with workers (pages 41 and 50 to 53). Always remove wet insulation and foam padding, even if the surface looks dry and clean (pages 48 and 49).

Assume lead-based paint and asbestos are in homes built before 1978 (unless verified not present). Be mindful that disturbing such materials increases the hazard (pages 24 to 28).

Control dust, capture debris and contain contaminants – with wet methods, drop cloths, debris bags, HEPA vacuums and workers trained in safe work practices (<u>pages 25 to 28</u>, <u>39 and 40</u>).

Check credentials and hire only licensed and insured contractors, Lead-Safe Certified Renovators, certified Asbestos professionals, Mold Remediation Contractors, Fire and Water Damage Restorers, and other professionals, depending on types of work needed (pages 33 to 35).

Restore for More than Before! Install hazard-resistant materials, connectors and building systems

connectors and building systems. Include energy-saving and healthy home improvements (pages 53 to 64).



https://www.hud.gov/sites/documents/REBUILD HEALTHY HOME.PDF

Preparing your Family and Home

Are You Prepared for Severe Storms?

Your Home Inventory

My Important Family and Household Records

Staying Home? Prepare in Advance for Storms

Winter Storm Preparedness





UConn is an equal opportunity provider and employer



UCONN COLLEGE OF AGRICULTURE,



By Faye Griffiths-Smith, UConn Extension Family Economics and Resource Management Educator

A home inventory is a tool you can use to document your ownership of personal property. Homeowners and renters can benefit from having an up to date household inventory in several ways.

You can:

- estimate the value of your possessions. Use these figures to calculate how much home owner's or renter's insurance coverage to purchase.
- provide necessary documentation of possessions to process an insurance claim as quickly and accurately as possible.
- verify losses listed on an income tax return
- document what you have accumulated over time.
- prepare for a move.
- gather information that will be useful in completing a net worth statement.
- plan for the distribution of an estate.

Over the years, families and households can collect a variety of possessions. They may accumulate clothing, jewelry, electronics, furnishings, collectibles, workshop tools, hobby supplies, sports equipment and other items. Imagine the challenge it could be to document your ownership of valuable possessions following fire, theft, or a disaster. In addition to the physical loss of property, people sometimes find it can be emotionally devastating and very stressful. It may be difficult to recall all the items you might hope to replace.

What You Will Need

A video camera or camera can help you provide documentation of ownership. Another option would be to make copies of the forms included here to catalog your belongings. Working with a partner can help speed the process. Photos or video recordings that include a family member with the possessions are also helpful. Receipts provide valuable documentation. Some may find it helpful to use a three-ring binder for their inventory. Receipts may be included in notebook by inserting pockets or sleeves. Recent appraisals of valuable items such as jewelry are important to include. There are also apps which can help you catalog your personal property.

UConn is an equal opportunity provider and employer





EXTENSION

Food Safety

Food Safety During a Power Outage

Pre-Storm To Do List: Your Emergency Food Supply

Should It Stay or Should It Go? Making Food Safety Decisions After a Power Outage

When the Power Goes Back On



By Diane Wright Hirsch, UConn Extension Food Safety Senior Educato

Cleaning Refrigerators & Freezers

 Discard all unsafe foods and keep a list of the foods you must throw out—your insurance coverage may allow for reimbursement for some value of the food that must be destroyed as a result of the power failure.

- Take all safe food out and put it in a cooler.
- Unplug the appliance(s).
- Onputy the appliance(s).
 Clean all surfaces with a solution of baking soda or dish detergent and hot water.
- 5. Disinfect with a solution of 1 teaspoon of chlorine bleach in a gallon of water.
- 6. Allow to air dry with the door open.
- Close doors and plug in the appliance(s).
- 8. Bring the refrigerator to 40°F or below and the freezer to 0°F before restocking. (This is a good time to make sure you have a refrigerator and freezer thermometer in place!)

Food Contaminated by Flood Water

If your house (and food supply) was damaged by flooding, even non-perishable foods can present a food safety problem. Do not eat any food that may have come into contact with flood water, particularly those that are packed in plastic, paper, cardboard, cloth, or similar containers. If contaminated by flood waters, containers with screw-caps, snap lids, crimped caps, twist caps, flip tops, or those that were at home should be discarded. Do not eat produce from a garden that has been flooded. Again, keep a list of foods that must be destroyed due to flooding.

The United States Department of Agriculture Food Safety Inspection Service (USDA/FSIS) suggests that undamaged, commercially prepared foods in all-metal cans can be saved if you do the following: First, brush or wipe away any dirt or silt, then:

Remove the labels (if they are the removable kind), since they can harbor dirt and bacteria.
 Thoroughly wash cans or retort (food) pouches with soap and water, using hot water if it is available.

• Rinse the cans or retort pouches with water that is safe for drinking, if available, since dirt or residual soap will reduce the effectiveness of chlorine sanitation.

• Then, sanitize them by immersion in one of the two following ways:

Place in water and allow the water to come to a boil and continue boiling for 2 minutes.
 Place in a freshly made solution consisting of 1 tablespoon of unscented, liquid chlorine

bleach per gallon of drinking water (or the cleanest, clearest water available) for 15 minutes. • Air-dry cans or retort pouches for a minimum of 1 hour before opening or storing.

 If the labels were removable, then re-label your cans or retort pouches with a marker, including the expiration date (if available).
 Food in reconditioned cans or retort pouches should be used as soon as possible.

n reconditioned cans or retort pouches should be used as soon as possible. Visit <u>https://eden.uconn.edu/</u> for more information about storm preparedness.

UConn is an equal opportunity provider and employer.

2017



Pre-Storm To Do List: Your Emergency Food Supply



By Diane Wright Hirsch, UConn Extension Food Safety Senior Educator

Power outages from wind and rain storms, ice and snow storms will make life interesting. It can take days or even weeks to get the power restored after an outage. Plan and prepare before a storm hits.

When a Storm is Coming: Prepare

Start by making sure you have or buy a refrigerator/freezer thermometer. This can be found in the housewares department in your supermarket or your local hardware store. During an outage, the only way to know if food has reached an unsafe temperature (above $40^\circ F$) is by keeping track of the temperature of your refrigerator.

- If early weather warnings predict possible power failures, set the refrigerator, its freezer and any freestanding freezer to the coldest setting.
- Keep your freezer full. A full freezer will keep cold longer than a half-full freezer. Fill empty spaces with well-cleaned milk cartons or plastic containers full of water.
- Consider purchasing a gas-powered generator to keep your refrigerator running during an extended outage. Learn how to use the generator safely before the storm hits.
 Charle's tradeway and the same tradeway to the same tradeway and the sam
- Check/re-stock your emergency food and water supply; make sure supply is not out of date.
 Find out where to buy dry ice.
- Make sure you have enough water on hand for drinking (highest priority), cooking (making coffee, tea, instant cereal, etc.), pets, handwashing, cleaning, and flushing toilets (this does not have to be drinkable water).
- Have a gas or charcoal grill? Purchase enough fuel for several days.

Storing Emergency Food Supplies



Store your supply carefully; checking often, use older items and re-supply with new.
Store canned and dry goods in a cool, dry, dark place; 40 to 60°F.
Neep food away from gasoline, oil, paints, solvents and other household chemicals.
Protect food from rodents and insects; use containers that are pest-proof.
Date all food items. Use and replace food before it loss freahness.

UConn is an equal opportunity provider and employer.



UCONN | COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

Financial Literacy Workshops for Professionals, Adults, and Young People







UConn Extension Financial Education



A Few Examples of UConn Extension Financial Education Programs for Adults

Your Money, Your Goals Training For Social Service Agency Staff



Training provided by UConn Extension in cooperation with United Way of Greater Waterbury

UCONN





My M.A.P. Money Action Plan

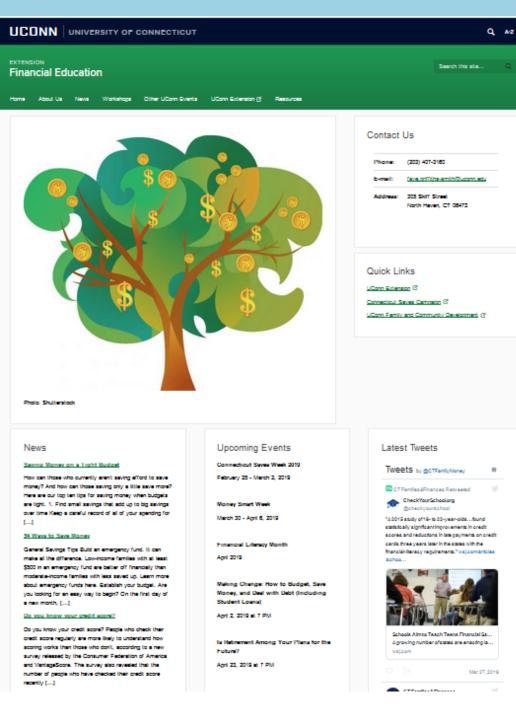








www.financialliteracy.uconn.edu

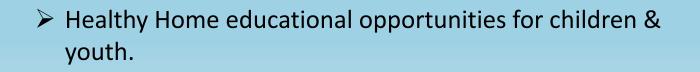








UConn 4-H Youth Development



- Outreach to community groups including libraries, town recreation departments, schools and other community based youth programs.
- > Healthy home and personal healthy habit education.
- Social media outreach.





Tools for Healthy Living

An educational afterschool program to teach youth in grades 4-6 about healthy homes - how to make and keep their homes as healthy as possible

Funding provided by National Institute of Food and Agriculture, USDA, Children, Youth and Families at Risk

Five year grant funded from May 2012 – May 2017

Curriculum now available at https://shop4-h.org/

UConn Authors: Sharon Gray, Mary-Margaret Gaudio Joan Bothell (retired) Linda Horn (retired)





To purchase a copy of the Tools for Healthy Living Curriculum go to: <u>shop4-h.org</u>

This digital download includes: Facilitator Guide Lessons Family Newsletters (English) Family Newsletters (Spanish) Train-the-Trainer Presentation Slides There are 409 pages total in PDF



Cost of the curriculum is \$80







United States Department of Agriculture National Institute of Food and Agriculture

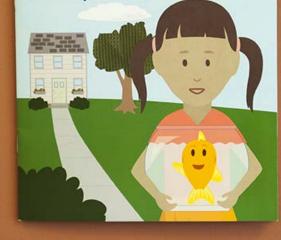


EXTENSION

















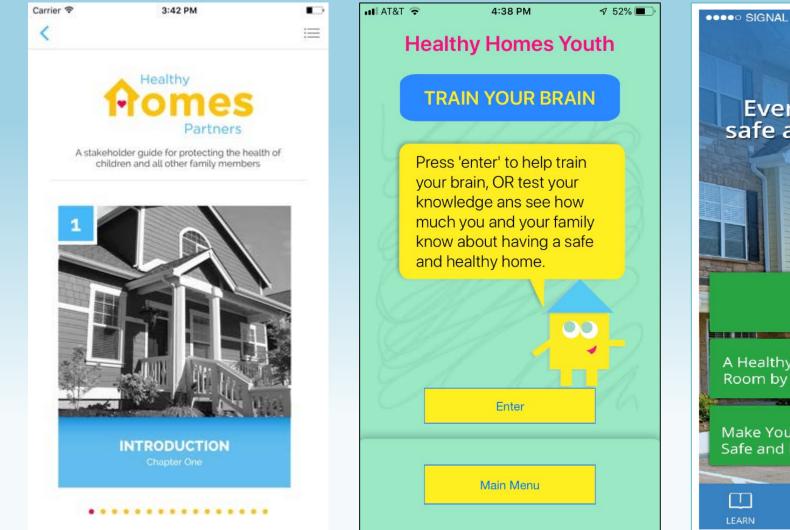






EXTENSION

Healthy Homes Mobile Apps









For more information or to become a coalition member of the UConn Extension Healthy Homes Partnership send your name, organization and contact information to Mary Ellen Welch at <u>mary.welch@uconn.edu</u> or call 860-885-2829.

> Free to join. Thanks for your continued support.

