



CITY OF MANCHESTER HEALTH DEPARTMENT

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Public Health
Prevent. Promote. Protect.

“Essentials for a Healthy Home” Training Course

As both of the Centers for Disease Control and Prevention (CDC) and the Housing and Urban Development (HUD) agencies move towards a more holistic approach to achieving health related outcomes, local public health agencies must adapt to this changing environment by integrating multiple facets of public health interventions into as an efficient model as economically and logistically feasible as possible. The manner in which these previously one-dimensionally funded public health interventions (e.g. lead, radon, accident/injury prevention, smoking cessation, and asthma education) were employed often yielded multiple agencies and visits to the same families which often presented with multiple needs.

The Healthy Homes model of intervention strives to promote and integrate a unified holistic intervention whereby multiple services can be utilized with minimal redundancy of home visiting personnel, or resource allocation. This, method of intervention facilitates a comprehensive approach to these activities by focusing on housing-related hazards in a coordinated fashion. A lead poisoning case manager might be able to identify or educate a family in need of asthma education and/or smoking cessation resources. An occupational therapist visiting a post-operative elderly patient, may be able to provide a linkage to a fuel assistance program or identify this individual as having difficulties in providing or preparing healthy meals for his/her self.

Through a tiered training program through the NH Institute of Local Public Health Practice, home visitors who are the most likely to identify an individual who may not be able to self advocate, can be trained to identify and distinguish client needs and make appropriate referrals to those that can fully evaluate the living environment for a number of factors that influence occupant health (mold/chronic wetness, pests, safety, chemicals, asthma triggers, etc...). This training course builds the capacity of the public health infrastructure to meet those needs. For more information on Healthy Homes, contact Aaron Krycki, BS, REHS, Senior Public Health Specialist at 628-6003 x309 or akrycki@manchesternh.gov.

"Essentials for a Healthy Home" Training Course

Aaron Krycki, MPH Candidate: City of Manchester Health Department &
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Abstract

The Healthy Homes model strives to promote and integrate a unified and holistic response whereby multiple strategies can be employed with minimal redundancy of limited resources.

By developing the capacity of home visiting professionals to assess the living environment, more people in need of essential public health services can be identified and appropriately linked with available resources.

Through educated practitioners, conditions in the living space that would otherwise go unnoticed will receive attention and potential mitigation, thus improving the overall health of the local population.

Identified Needs

- Home-based environmental hazards are major contributors to disease, particularly those that disproportionately affect low income, urban, and minority children.
- Public health interventions have been typically one-dimensional in design and implementation (lead, asthma, etc.).
- Work force development and training is essential to the implementation and sustainability of a successful healthy homes program.

Curriculum/Methodologies

Class	Competencies Addressed	Content
#1	•Community Health Sciences •Epidemiology •Environmental Health	•Concept of Healthy Homes •Connection Between Health & Housing •Guiding Principles •Keep it Dry
#2	•Environmental Health Sciences •Epidemiology	•Keep it Clean •Keep it Pest Free •Keep it Safe
#3	•Environmental Health •Epidemiology	•Keep it Contaminant Free •Keep it Ventilated •Keep it Maintained
#4	•Health Policy and Management	•Creating a Tool Kit •Local Resources
#5	•Leadership •Professionalism	•Review and Case-study •Healthy Homes Specialist Credential

Other Considerations

Advantages:

- Tailored Healthy Homes course content to specific audiences prepare participants with optimized professional relevancy to the population served as well as obtaining the Healthy Homes Specialist Credential.
- Supports advocacy to create both cost effective and sustainable improvements in housing-related health conditions.

Limitations:

- Level of intervention depends upon the need and interest level of the families receiving services. Cultural influences and barriers can influence the prioritization of needs and can be overwhelming for families.
- Referrals to programs and services are heavily reliant on clinical professionals ability/capacity to identify housing related health issues.
- Resources are needed to mitigate identified housing issues.

Local Resources

References

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MISSION STATEMENT

To improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats.

Manchester Healthy Eating Active Living (HEAL) Innovation Fund Project

Physical and social environments are critical contributing factors to the development of chronic diseases, such as heart disease and diabetes. In the city of Manchester, coronary heart disease (CHD) mortality is 1.5 to 2.0 times greater in high deprivation neighborhoods than low deprivation neighborhoods. Furthermore, 70% of this variation in CHD mortality rates is associated with neighborhood poverty. To address these health inequities, the City of Manchester Health Department's (MHD) HEAL Innovation Fund Project has established partnerships among multi-field sectors, community partners, and neighborhood residents to identify policy and environmental change strategies aimed at creating safe and healthy neighborhoods that support physical activity as part of everyday life and increase access to healthy foods.

As part of this project, MHD, with support from the Prevention Research Center at Dartmouth, has successfully applied research frameworks and quality improvement tools to establish a neighborhood-based methodology for assessing known attributes of walkability, identifying improvement recommendations, and developing neighborhood-specific action plans. This includes neighborhood walkability audits, resident surveys, and GIS mapping of local assets and key data sources, such as pedestrian and bicycle accidents. The engagement of neighborhood residents as empowered partners in the community health improvement process is the foundation of these efforts. More information about the HEAL Project is included in the Professional Poster below, which was displayed at the CDC Prevention Research Center Annual Conference in Atlanta, Georgia in April 2011.

The HEAL Innovation Fund Project is generously supported by the HNHfoundation and the Convergence Partnership. For more information about this effort, please contact Jaime Hoebeker, MPH, CHES, Senior Public Health Specialist at 628-6003 ext. 355 or jhoebeker@manchesternh.gov.



IMPROVING WALKABILITY WITHIN NEIGHBORHOODS PRIORITIZED FOR ELEVATED CHD RISK

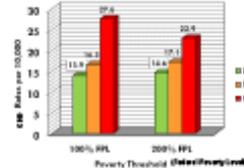


From research to practice in a small urban community

Jaime Hoebeker, MPH, CHES, City of Manchester Health Department; Amy Lodge, MPH, City of Manchester Health Department; Dorothy Bazos, PhD, Prevention Research Center at Dartmouth

Background

- Rates of Coronary Heart Disease (CHD) mortality vary by neighborhood in Manchester, New Hampshire.
- CHD mortality is 1.5 to 2.0 times greater in high deprivation neighborhoods compared to low deprivation neighborhoods.
- Factors of the built and social environments are affecting the health and quality of life of neighborhood residents.
- Overall Project Goal:** Identify policy and environmental change strategies to create safe and healthy neighborhoods that support physical activity as part of everyday life.

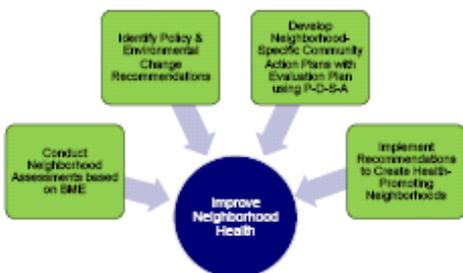


Contrasting images of low and high deprivation neighborhoods in Manchester

Discussion

- The Right Solutions:** Most residents were willing to discuss neighborhood improvements, and were invaluable public health partners for identifying the right solutions to neighborhood concerns.
- Existing Capacity:** We utilized existing resident-based groups to find and engage neighborhood leaders, such as Neighborhood Watch Groups and Parent/Teacher Associations.
- Non-Traditional Health Partners:** Multidisciplinary partnerships with non-traditional health partners, such as police and highway, were critical to the success of place-based strategies and they served as important access points for leveraging resources – both fiscal and human.
- Where the Rubber meets the Road:** The establishment of stronger linkages between academia and local public health is essential for translating research to practice, and ultimately, making gains in population health improvement.

Translation to Practice



Frameworks & Tools

Behavioral Model of Environment (BME): Moudon, A.V. et. al. Identified known attributes of neighborhood walkability – Destination, Distance, Density, Route (3Ds + R).

Quality Improvement Methods: Ramp of Improvement and Plan-Do-Study-Act (P-D-S-A) cycles to measure small steps of change to guide the development of intervention strategies and identify evaluation measures.

Community Based Participatory Research: Engagement of neighborhood residents as empowered partners in health improvement efforts from assessment to evaluation.

Conclusion

The City of Manchester Health Department has successfully applied research frameworks and quality improvement tools to establish a neighborhood-based methodology for identifying policy and environmental change strategies.

Through replication of these methods within our neighborhoods, the city will improve its capacity for intentional community design of healthy neighborhoods. The city will continue to address place-based factors affecting health as a means to creating health-promoting environments for all residents.

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- ◆ Prevention Research Center at Dartmouth Faculty & Staff

The Healthy Eating Active Living (HEAL) Innovation Fund Project is generously funded by the HNHfoundation and the National Convergence Partnership

FOR MORE INFORMATION

Visit our website at <http://www.manchesternh.gov/health>, or call 624-6466