

HEALTHY HOMES

South Los Angeles



WHY A HEALTHY HOME? WHY IN SOUTH LA?

- There is a fundamental crisis of health and human rights in Los Angeles, particularly in Downtown and South Los Angeles
- Approximately 60% Latino; 32% African-American
- Nearly 33% adults uninsured and 10% children uninsured
- Nearly 28% of all households are at or below federal poverty level
- In a 2010 survey of 140 tenants, our Healthy Homes Promotores found:
 - 45% of tenants' units had **mold**;
 - 75% had **cockroach infestation**;
 - 40% had **rats or mice**, compared to 7% for renters nationwide;
 - 34% had **bedbugs**;
 - 44% reported **lack of running water** for episodes lasting more than 6 hours;
 - 39% reported **leaks** from pipes and plumbing within their homes, compared to 11% of renters nationwide;
 - 47% reported having areas of **broken plaster or peeling paint** that were at least as large as a piece of paper, compared to just 3% of renters nationwide.



PROMOTORA MODEL — WHY IT WORKS

- Frontline community health workers
- Common life experiences
- Trusted members of the community
- Liaison between social services and community
- Build individual and community capacity by increasing health knowledge and self-sufficiency
- Improve quality and cultural competence of services
- Home visitation
- Grassroots community-led research



IMPACT OF PREVIOUS HUD GRANT

Utilizing the Promotora Model:

- **54% reduction** in wheezing episodes
- **67% reduction** in incidents of asthma attacks
- **85% reduction** in Emergency Room visits
- Program analysis identified the **Number 1 reason for improvement:**
 - *Healthy Homes Educational Visits*



In 2009, Vice President Joe Biden recognized Esperanza for their tremendous work within the Healthy Homes Initiative

HEALTHY HOMES SOUTH LOS ANGELES (HHSLA) COLLABORATIVE

- **Partners:**
 - Esperanza Community Housing Corporation
 - St. John's Well Child & Family Center (SJWCFC)
 - Strategic Actions for a Just Economy (SAJE)
 - **Mission:** *Improve family health through home-based environmental interventions*
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- **Community outreach** to assess needs
- **Data collection**
- **Improve** lead safe practices, asthma trigger reduction, and implementation of Integrated Pest Management (IPM)
- **Bring visibility** to a community that has been underserved and underdeveloped



HHSLA – ESPERANZA OBJECTIVES

- 262 visits over 3 years
- Home and Visual Assessment
 - Home environment
 - Lead Assessment
 - Mitigation of home environmental triggers
- Education
 - Integrated Pest Management
 - Safe Alternative Cleaning Practices
 - Asthma Management
 - Environmental Trigger control
 - Medication adherence and self-monitoring “best practices”
- Advocacy
 - Referral to FQHC
 - Tenant-landlord communication
 - Referral to community resources - housing, food, furniture, jobs, etc.



“A HEALTHY HOMES APPROACH TO REDUCING SEVERE ASTHMA ATTACKS AND ER UTILIZATION”

- *Healthy Breathing* takes a **Healthy Homes** approach to reducing severe asthma attacks and ER utilization
- Esperanza partnered with California Hospital Medical Center to recruit pediatric asthmatics
- In 2012, CHMC saw 489 pediatric asthmatics in the ER
 - In 2012, the average cost of caring for one pediatric asthma patient at CHMC was \$2,896
 - By using in-home and outreach education, the hospital can reduce expenses by more than ***1.4 million dollars each year***



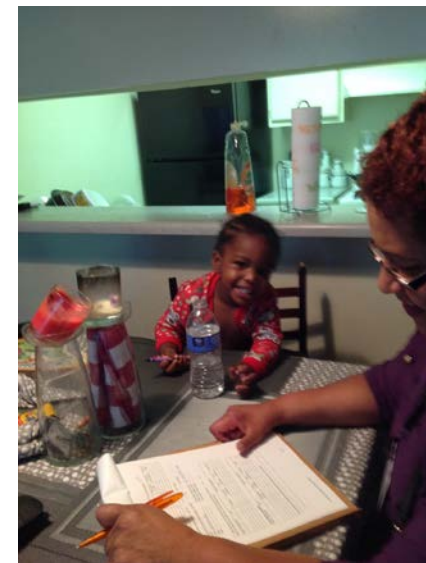
HEALTHY BREATHING

- Esperanza, CHMC, and FQHC collaboration
- Esperanza receives referrals from CHMC Emergency Room
- Esperanza Promotoras conduct home visits
 - In-home visual assessment
 - Asthma education and prescription adherence
 - Integrated Pest Management education
 - Connect families with FQHCs and asthma management community resources
 - Distribute Asthma Intervention Materials
- Promotoras conduct six-month follow-up visit
- Promotoras close case with a visit or phone call at one year



PATIENT AND FAMILY DEMOGRAPHIC

- Age: 1-16 years old
- Sex: 69% Male; 31% Female
- Ethnicity: 63% Hispanic; 32% African-American
- Income: 74% at or below Federal Poverty Level
- Residence: 87% residents of LA City; 14% Other
- **Housing Conditions: 53% have cockroaches; 36% mold; 3% rats/mice; 31% chipping and peeling lead paint**
- Family Demographic: 49% Single Parent family
- House Occupancy: 2-9 people
- Language: 41% English; 26% Spanish; 31% Bilingual



WHAT DOES A HOME VISIT LOOK LIKE?

- 2-3 hours
- Qualitative/ Quantitative Surveys
 - ASHHI Survey
 - ASHHI Visual Assessment
 - Environmental History Form for Pediatric Asthma Patient
 - Pediatric Environmental History – *The Screening Environmental History*
 - Pediatric Environmental History – *Additional Categories and Questions to Supplement The Screening Environmental History*
 - Asthma Control Test
 - Asthma Mitigation Plan
- Healthy Homes Rating System Assessment
- Place 4-6 roach traps for 72-hr pick up



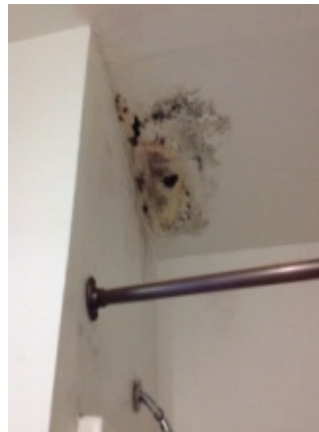
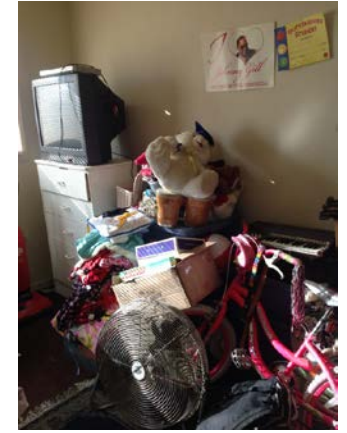
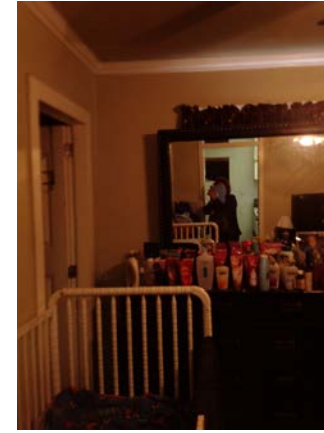
ASTHMA EDUCATION

- Topics include:
 - What is Asthma?
 - How Do Our Lungs Work?
 - First Aid for Asthma
 - Should my Child go to School?
 - School and Asthma
 - Triggers
 - Safe Cleaning Products
 - Asthma Medication
 - Peak Flow Meter
 - Importance of AAP



WHAT DO WE FIND IN THE HOUSES OF OUR ASTHMATIC PATIENTS?

- Clutter
- Pests
- Stuffed Animals
- Dust
- Mold
- Evidence of Smoking
- Overcrowding
- Fragrances
- Cleaning Chemicals
- Structural Damage
- Lead



Ex: Pests, Fragrances, Clutter, Mold, Evidence of Smoking, Lead



OVERCROWDING

- Overcrowding is a *serious* issue in South LA
- Kevin has uncontrolled asthma
 - Visited the Emergency Room for asthma attacks twice this year.
- He sleeps in one room with three twin beds.
 - The laundry room (pictured right) was converted into a bedroom with 2 beds
 - *The one bedroom house currently sleeps 7-8 people*



CASE EXAMPLE - KENYA



December 2013



June 2014



- Kenya is 16 years old
- She missed 20 school days last year
 - She will need to repeat the 11th grade due to her absences!
- She slept on a twin mattress infested with dust, pests and bedbugs
- Promotoras distributed a twin bed, HEPA- filter vacuum, and HEPA-Filter Air Filter
 - Promotoras observed a difference in dust - Kenya and her family were using the vacuum within the last 6 months!
 - Kenya's mother is no longer smoking inside the house
- Kenya is now using a spacer and has not been back to the ER!



OUTCOMES – YEAR 1

- Esperanza Promotoras enrolled 43 pediatric asthmatic patients
 - Conducted 102 home visits (including asthma education and healthy homes assessment)
 - Distributed 39 Healthy Homes buckets
- Esperanza enrolled 6 “frequent flyers”
 - *Patients who have been admitted to the ER multiple times for asthma*
- Only **two** patients were readmitted to ER
 - One patient refused home visitation



YEAR 2 GOALS

- CHMC will refer 200 patients to Esperanza's Healthy Breathing program
- Esperanza will enroll 140 patients
 - Conduct home assessments
 - Education sessions
- Promotoras will follow-up with 6-month visits from Year 1



FOR MORE INFORMATION:

- Please contact:

Nancy Halpern Ibrahim, MPH

Executive Director of Esperanza Community Housing

nancy@esperanzacommunityhousing.org

(213) 748-7285, extension 222

Thank you for your interest.

