

Healthy Housing

West Central Public Health Partnership

Region 10: Delta, Gunnison, Hinsdale, Montrose, Ouray, & San Miguel

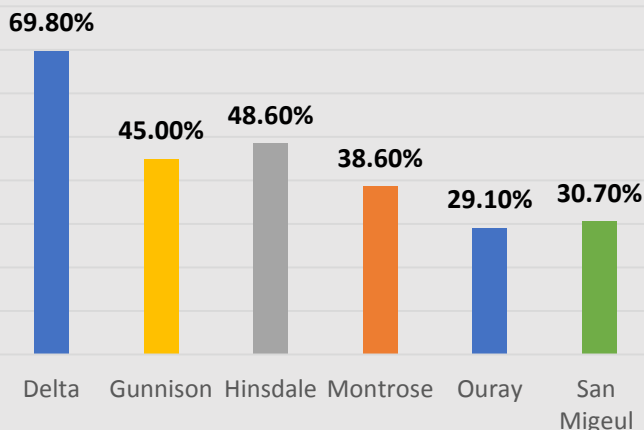
Priority
Area!

Healthy Housing is fundamental to preventing disease and injury through promoting safe, decent, and sanitary housings. Poor health outcomes can be correlated to substandard housing such as lead poisoning, increased cancer incidence, or asthma. Additionally, creating healthy homes promotes positive development and growth for children and the potential to save on health care costs.¹ Throughout Region 10 exposure to **LEAD** and **RADON** and **WELL WATER** quality have been identified as the highest healthy housing priorities.

LEAD

Region 10 has a high percentage of the housing stock built before 1980. Lead paint was banned in 1978.² Lead poisoning can lead to developmental problems for our youngest residents. Lead-based paints deteriorate over time creating surface dust that is unknowingly ingested. The dust may be so fine that it cannot be seen by the naked eye and is difficult to clean up.³ Often our low income families are living in housing that is substandard, therefore these children have a higher possibility of exposure to lead.

Percent of homes built before 1980
(American Community Survey 2012-2016)²

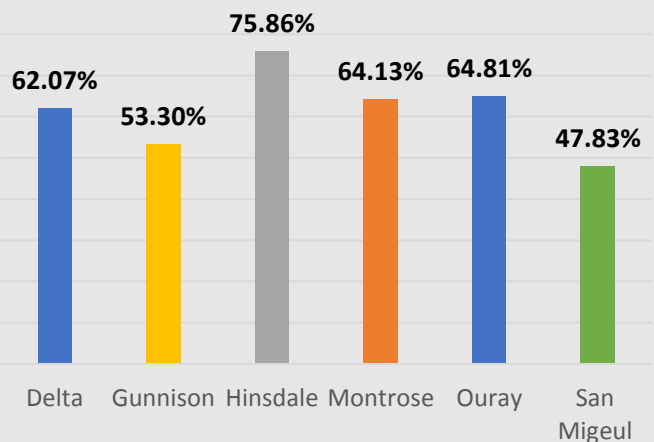


https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml

RADON

Radon is produced when uranium breaks down in the soil. It seeps into homes through cracks and openings in basements and crawl spaces. Radon exposure is the second leading cause of lung cancer after smoking.⁴ Of the homes tested throughout Region 10, counties range from 40% to almost 60% with radon limits above the EPA recommendations of 4 picocuries per liter (pCi/L).⁵ The entire region is at the highest level, Zone-1 radon potential, meaning it is above the EPA 4pCi/L limit.⁶

Percent of indoor radon results over
4pCi/L (CDPHE 2005-2017)⁵



<https://www.colorado.gov/pacific/coepht/radon-data>

WELL WATER

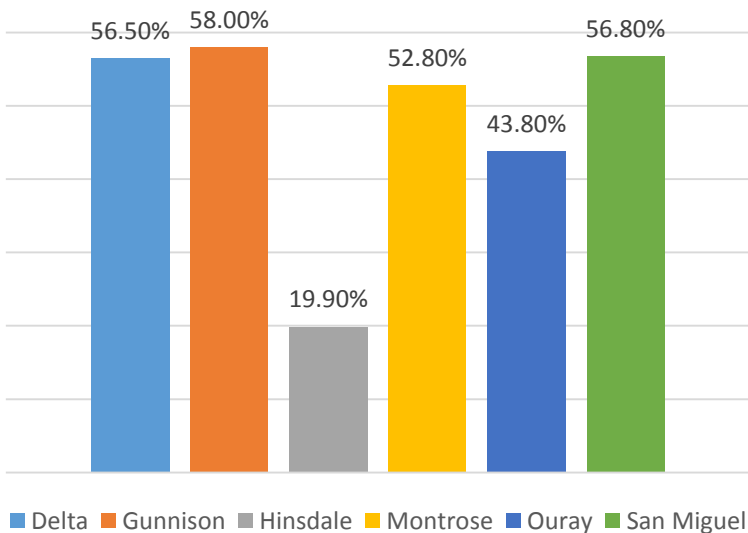
10,000 (10%) Region 10 residents get their well water from private wells.⁷ While public water systems are regularly tested, water quality of private wells are not regulated. Private wells may contain natural impurities or contaminants. Health outcomes vary based on frequency of exposure to water, by person, and amount and type of containment. Adverse health outcomes can include cancer, gastrointestinal illness, cardiovascular effects, kidney disease, and neurological development disorders.⁸

Learn more about free well water testing through the WCPHP visit www.wcphp.com/well-water-testing/.

Health Equity

The Social Determinants of Health identify housing as one of the core defining areas of Economic Opportunity. These are the basic resources the population needs to thrive and have positive health outcomes including affordable housing. Affordable housing is defined as long-term, desirable and affordable. It is further defined as families paying no more than 30% of their annual household income including utilities to housing.⁹ The graph below indicates that slightly under half of the residents who rent in Region 10 are paying 30% or more of their gross household income to rent.¹⁰

Percent of Population Paying 30% or more of the Gross Household Income in Rent¹⁰
(American Community Survey 2012-2016)



https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml

Strategies

- » **STRATEGY:** Improve community knowledge of healthy housing practices such as testing and mitigation of radon, lead, and well-water.
- » **STRATEGY:** Improve access to healthy housing through policies such as health-promoting building codes, enforcing housing codes, and incentivizing mitigation
- » **STRATEGY:** Increase health equity advocacy for safe affordable housing through participating in local and regional housing groups and coalitions.

For more information:

American Community Survey

https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml

CDPHE Health Indicators

<https://www.colorado.gov/pacific/cdphe/colorado-health-indicators>

CHPHE Lead

<https://www.colorado.gov/pacific/cdphe/categories/services-and-information/lead>

CDPHE Radon Data

<https://www.colorado.gov/pacific/coepht/radon-data>

CDPHE Radon

<https://www.colorado.gov/pacific/cdphe/categories/services-and-information/environment/radon>

CDPHE Drinking Water Private Wells

<https://www.colorado.gov/pacific/cdphe/drinking-water-private-wells>

QUESTIONS?

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Healthy Housing Sources

1. U.S. Department of Housing and Urban Development. Making homes healthier for families. https://www.hud.gov/program_offices/healthy_homes/healthyhomes. Accessed March 20, 2018.
2. United States Census Bureau. 2016 American Community Survey 5 Year Estimates. Selected housing characteristics. https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml. Accessed April 16, 2018.
3. Colorado Department of Public Health and Environment. What are the common sources of lead? <https://www.colorado.gov/pacific/cdphe/lead-what-are-common-sources>. Accessed March 20, 2018.
4. Colorado Department of Public Health and Environment. Radon and your health. <https://www.colorado.gov/pacific/cdphe/radon-and-your-health>. March 20, 2018
5. Colorado Department of Public Health and Environment. Radon data. <https://www.colorado.gov/pacific/coepht/radon-data> Accessed March 20, 2018.
6. United States Environmental Protection Agency. Colorado - EPA map of radon. <https://www.epa.gov/sites/production/files/2014-08/documents/colorado.pdf>. Accessed March 20, 2018.
7. Colorado Department of Public Health and Environment. Colorado Health Indicators. Physical environment. <https://www.colorado.gov/pacific/cdphe/colorado-health-indicators> . Accessed April 16, 2018.
8. Colorado Department of Public Health and Environment. Private well water and your health. <https://www.colorado.gov/pacific/coepht/private-well-water-and-your-health> Accessed March 20, 2018.
9. U.S. Department of Housing and Urban Development. Affordable housing. https://www.hud.gov/program_offices/comm_planning/affordablehousing/. Accessed March 20, 2018.
10. United States Census Bureau. 2016 American Community Survey 5 Year Estimates. Selected housing characteristics. https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml. Accessed April 16, 2018.