

DC Healthy Homes Digest



April 2019 • *Lead Outreach Grantees, Enforcement & Compliance Database, Home Maintenance*

WELCOME TO THE DC HEALTHY HOMES DIGEST!

This publication connects you to organizations and community members dedicated to creating and maintaining safe and healthy housing in the District of Columbia.

In This Issue:

- [Events](#)
- [DOEE Awards Lead Poisoning Prevention Grants](#)
- [What's Buzzing at DOEE?](#)
- [Resources You Can Use](#)
- [Healthy Housing Happenings](#)

Events



National Public Health Week

April 1–7, 2019

The American Public Health Association is hosting the ninth annual National Public Health Week (NPHW)

DOEE Awards Lead Poisoning Prevention Grants

THREE GROUPS TO CONDUCT OUTREACH TO DISTRICT'S LATINO AND AFRICAN COMMUNITIES •

The District of Columbia Department of Energy and Environment (DOEE) awarded the Central American Resource Center, Ethiopian Community Center, and Latino Economic Development Center grants of \$12,000 each to raise awareness about how to protect children from lead poisoning. Applicants for the competitive [Lead Poisoning Prevention Outreach and Collaboration grants](#) were asked to propose solutions to increase childhood lead screening and to reduce childhood lead exposure through targeted education in Wards 1, 4, and 5, which include hotspot areas for childhood lead exposure in the District. The grants, funded through a cooperative agreement with the U.S. Centers for Disease Control and Prevention (CDC), will be administered by DOEE's Lead-Safe and Healthy Housing Division.

To implement their proposed activities, the grantees will also leverage their resources and networks within the target communities. In addition, they will meet jointly with DOEE to coordinate their activities and to support one another in fulfilling their project objectives.

Central American Resource Center (CARECEN):
Based in Columbia Heights, CARECEN has been

on April 1–7, 2019. Learn more about this year's theme—"For science. For action. For health"—and more ways you can [be a part of NPHW](#). You can also follow [@NPHW on Twitter](#) to get updates.

ASTHOConnect Webinar: Lead Exposure and Impacts on Early Brain Development

April 8, 2019

The Association of State and Territorial Health Officials (ASTHO) will host a webinar on April 8, 2019 at 11:30 am–12:30 pm on why lead exposure is an ongoing problem in the United States that can result in detrimental effects on early brain development. The webinar aims to educate key stakeholders on the science behind lead exposure and brain development, as well as current policy and programmatic efforts to mitigate the effects of early childhood lead exposure. Click [here](#) for more information and to register.

Black Millennials for Flint Featured in BET Documentary

April 14, 2019

Join Black Millennials for Flint in partnership with the Greater Baltimore Leadership Association and Thursday Network Greater Washington Urban League Young Professionals for its Special VIP Screening on April 14, 2019 from 7:00 pm to 9:00 pm in Baltimore, MD of Episode 6 of BET's newest docuseries, Finding Justice: Baltimore Lead Crisis. Black Millennials for Flint is featured in the documentary along with other African American environmental justice leaders. For more information about this screening event, click [here](#).

If you are not in the Baltimore area, you can tune in to BET for the episode

servicing Latino refugee and immigrant communities in the District since 1981. It delivers a range of services, including helping Latinos secure safe and affordable housing. As part of that goal, the organization informs tenants of their rights, assists tenant groups and associations to address housing issues, and offers first-time homeowners counseling and support. With this award, CARECEN will provide education and outreach on lead screening and prevention to target audiences in Wards 1, 4, and 5, including disseminating information in English and Spanish about the [District's lead disclosure laws](#), the [rights of tenants to live in a property free of lead-based paint hazards](#), and [lead-safe work practices](#).

Ethiopian Community Center (ECC): ECC has been serving immigrant communities in the Washington, DC area since 1980, helping them meet the full range of their needs as they work to become self-sufficient and contributing members of society in their new country. ECC is located along the District's George Avenue corridor, a DOEE-identified hot spot for childhood lead exposure. With the funds awarded, ECC will deliver workshops and will share multilingual materials with the primarily African communities it serves in the target areas, to educate them on preventing, detecting, and addressing lead poisoning hazards.

Latino Economic Development Center (LEDC): LEDC works to drive the economic and social advancement of low-to-moderate income Latinos and other District residents by equipping them with skills and tools to achieve financial independence and become leaders in their communities. The organization's housing services include homebuyer education, homeownership counseling, and assistance to empower tenants to understand and exercise their rights to safe and affordable housing. LEDC plans to use its grant award to incorporate culturally and linguistically appropriate education around detecting, preventing, and eliminating lead hazards into its existing roster of housing workshops, counseling sessions, tenant rights workshops, and other services.

What's Buzzing at DOEE?

DOEE LAUNCHES ENFORCEMENT & COMPLIANCE

on April 14, 2019 7at 8:00 pm.



2019 National Lead and Healthy Housing Conference/HUD Program Manager's School

May 14-17, 2019

In a special conference that combines two training, educational, and networking programs into a single event, the 2019 National Lead and Healthy Housing Conference will be held in conjunction with the HUD Program Manager's School in Minneapolis, MN on May 14-17, 2019. The conference will bring together a cross-section of environmental specialists, health and housing officials, facility managers, health advocates, and environmental companies and consultants. It will feature grant management training, "how to" workshops dealing with childhood lead poisoning prevention, lead hazard control, healthy and green housing, grant administration, and education and outreach. In support of the upcoming conference, the Lead and Environmental Hazards Association is making partial registration scholarships available to those from local and state government agencies, advocacy organizations, and small businesses. To learn more and register, visit <http://healthyhousingconferences.com>.



CLPHA's 2019 *Housing Is Summit*

DATABASE • DOEE's new [Enforcement & Compliance Database \(ECD\)](#) system provides the public with information related to environmental inspections and administrative enforcement actions conducted by DOEE.



The ECD also allows the public to:

- Report environmental complaints or tips and check on their status,
- Pay for DOEE-issued fines by credit card through DOEE's online payment portal, and
- Search for records related to environmental incidents and violations.

ECD houses complete records and information related to Notices of Infraction from 2015 onward for the following programs: 1) Office of Enforcement and Environmental Justice, 2) Air Quality, 3) Coal Tar, 4) Bag Law, 5) Styrofoam Ban, 6) Lead and Healthy Homes, 7) Energy Benchmarking, 8) Fisheries and Wildlife, 9) Watershed Protection (Inspection and Enforcement Branch), and 10) Water Quality (Groundwater Soil Boring Permits).

DOEE TAKES ACTION AGAINST RADON DURING NATIONAL RADON MONTH • In January 2019, DOEE commemorated National Radon Action Month by getting the word out to more than 200,000 District residents about the health risks associated with exposure to radon, and about the importance of getting homes tested for radon.

DOEE's actions included sending email blasts to

May 16–17, 2019

The Council of Large Public Housing Authorities (CLPHA) will host its fifth annual [Housing Is Summit](#) on May 16–17, 2019 at the Center for Strategic and International Studies in Washington, D.C. CLPHA's [Housing Is Initiative](#) works to enable different systems and sectors to work together to produce positive long-term outcomes for low-income individuals and families. The summit will bring together practitioners, researchers, and policymakers from the affordable housing, education, and healthcare sectors to share content and discussion centered on housing as a platform for cross-sector partnerships and services to improve life outcomes. Click [here](#) for more information about the summit.

Breathe DC's Free Children's Asthma Camp

July 21–25, 2019

Breathe DC hosts its ninth annual sleepway camp for children with asthma, [Camp Breathe Happy](#), on July 21–25, 2019. The camp, which helps children develop their asthma self-management skills in a fun atmosphere, is free for children ages 8 to 12 years who have asthma and are District residents. In addition to asthma classes, campers also take part in traditional camp activities, such as arts and crafts, archery, nature exploration, and sports. For more information and to apply, visit <https://breathedc.org/camp>.

Connect with the DC Healthy Housing Collaborative

The [DC Healthy Housing Collaborative](#) is a multi-sector coalition seeking to address substandard housing conditions that contribute to significant health issues affecting

79,000 individuals and community organizations. DOEE also conducted a Twitter and Facebook campaign on DOEE's social media sites.

In addition, DOEE's Radon Awareness Month posters were both inserted in an issue of the Washington Post newspaper and were delivered to mailboxes in targeted wards of the District where the highest radon levels have been detected.



Radon is a naturally occurring, cancer causing, radioactive gas that is the second leading cause of lung cancer behind smoking. You cannot see, smell, or taste radon. If you are a District resident and have not gotten your home tested for radon and would like to receive a free radon test kit, visit doee.dc.gov/radon or call the Radon Hotline at (202) 535-2302.

Resources You Can Use

EPA RELEASES ITS STATUS REPORT ON CHILDHOOD LEAD ACTION PLAN • On April 2, 2019, the U.S. Environmental Protection Agency (EPA) released the [Implementation Status Report for EPA Actions under the December 2018 Federal Action Plan to Reduce Childhood Lead Exposures and Associated Health Impacts](#) (Status Report). The Status Report outlines activities that EPA is conducting under the [Federal Action Plan to Reduce Childhood Lead Exposure](#). EPA intends to periodically post updates and accomplishments online at <https://www.epa.gov/leadactionplanimplementation>.

District of Columbia residents. For more information on the regular meetings of the DC Healthy Housing Collaborative, please contact Abby Charles at the Institute for Public Health Innovation by email at acharles@institutephi.org.



Stay up to date on all things Healthy Housing in the District. **Subscribe** and forward to your colleagues!

For questions, comments or additions, [contact our Editor](#).

Want to get more involved? Contact the [Lead-Safe and Healthy Housing Division](#), (202) 535-2600

Media Inquiries: Contact the [DOEE Public Information Officer](#)

DISCLAIMER: Unless otherwise stated, any events, presentations and/or webinars mentioned in this email are not affiliated with the District of Columbia Government. **Content in this notice is for information and sharing purposes.** [Terms and Conditions of Use](#)



HUD'S LEAD PAINT SAFETY FIELD GUIDE

UPDATED • The U.S. Department of Housing and Urban Development (HUD) recently released its updated publication, [The Lead Paint Safety Field Guide for Interim Controls in Painting and Home Maintenance](#), available in both English and en Español. Produced by HUD's Office of Lead Hazard Control and Healthy

Homes with input from EPA and CDC, the guide describes simple work practices to protect children and workers from lead-based paint surfaces during painting, repairs, and home maintenance. If you perform routine maintenance on homes or apartments built before 1978, this guide will help you plan and safely carry out the work, while minimizing the production and spread of lead dust.

HEALTH EQUITY REPORT FOR THE DISTRICT OF COLUMBIA 2018 •

Released in February 2019, the comprehensive [Health Equity Report for the District of Columbia 2018](#) from the DC Department of Health focuses on social and structural determinants of health across neighborhoods in the District. The report highlights nine nontraditional key factors that affect health, including education, employment, income, housing, transportation, food environment, medical care, outdoor environment, and community safety. Key insights in the report show that overall, clinical care drives only 20 percent of population health outcomes, while the remaining 80 percent is generated by non-clinical factors. [Click here for the full Health Equity Report](#) and [click here for the Summary Report](#).



HEALTHY HOME MAINTENANCE TIPS FOR SPRING •

Did you know that regular home maintenance can save money and protect your health? Unfixed hazards in homes can lead to asthma, lead poisoning, injuries, and other health problems. For example, excess moisture and leaks in the home may lead to mold growth, pests, poor indoor air quality, and deteriorated paint. That's why keeping your home well-maintained is one of the U.S. Department of Housing and Urban Development's

Eight Tips for Keeping a Healthy Home.

As we jump into spring, here are some easy home maintenance tips that can result in big health rewards.

1. **Clean gutters and downspouts.** Keep gutters and downspouts free from leaves or other debris. Clogged gutters and downspouts can lead to water spilling down the sides of the home and pooling around the foundation, where it can be absorbed into the home. If you don't feel comfortable climbing a ladder to do the job yourself, hire a professional contractor or give a call to your favorite handyperson.
2. **Do a Roof Check.** Consider hiring a professional roofer for this task. Some things to keep an eye out for on the roof are loose, missing or damaged shingles, damaged or missing flashing, and moss or algae growth.
3. **Test smoke and carbon monoxide detectors.** Make sure your smoke and carbon monoxide detectors are properly functioning. Replace batteries, if necessary. Check the replacement or manufacturer's date on the back of each device. Typically, smoke alarms should be replaced every 10 years and carbon monoxide detectors every 5–7 years.
4. **Aerator maintenance.** Keep your water clean by removing and cleaning faucet aerators every three months. Over time, particles and sediment that may contain lead and other contaminants can collect in the aerator screen. Clean aerators located at the tip of faucets and remove any particles.

To clean aerators, cover the drain in your sink to prevent any aerator parts from falling into the drain, then unscrew the aerator and separate each part. Remove any small particles on the screen, soak the parts in white vinegar for a few minutes, and scrub the parts with a brush. After cleaning, put the aerator parts back together and screw the aerator back onto the faucet.

Replace aerators annually and immediately

replace aerators that are in poor condition. Aerators are available at local hardware stores. A video on how to clean or replace your aerators is available from DC Water at <https://www.dcwater.com/reducelead>.

A HEALTHY DIET CAN BE A POWERFUL TOOL TO FIGHT THE EFFECTS OF LEAD

• Last month's National Nutrition Month offered an important reminder that a healthy diet rich in calcium, iron, and vitamin C can help minimize the amount of lead that is absorbed and stored in the bones. Even small amounts of lead in the body can harm a child's mental and physical development. Talk with your child's pediatrician about [when to get your child tested for lead](#) and about the best diet for your child.

How can you help protect your child from lead?

- Feed your child healthy foods with lots of calcium, iron, and vitamin C.
- Give your child regular meals and snacks, since more lead is absorbed on an empty stomach.
- Limit foods high in fats to reduce the amount of lead absorbed by your child's body.
- Always use cold water for cooking and preparing baby formula. Run your cold water tap until you notice a temperature change, and then run it for an additional two minutes before using the water for drinking or cooking.

Why is getting enough calcium, iron, and vitamin C so important?

- **Calcium** reduces lead absorption and keeps bones strong. Foods rich in calcium include milk and milk products, like yogurt and cheese; green, leafy vegetables, like kale, collard greens, and spinach; and canned fish, like sardines and salmon with bones. Some foods, like orange juice, soy milk, and tofu, have calcium added.
- **Iron** in sufficient amounts reduces the uptake of lead into red blood cells. It can also prevent iron-deficiency anemia caused by

lead. Iron-rich foods include lean red meats and turkey; kidney beans and lentils; raisins and other dried fruits; and iron-fortified cereal, bread, and pasta.

- **Vitamin C** helps the body absorb iron better. Foods high in vitamin C include fruits, like oranges, grapefruit, strawberries, and kiwi. Vitamin C is also available from vegetables, like potatoes, peppers, and tomatoes.

This easy and delicious recipe from EPA is great way to start.

Sloppy Joes • Makes 4–6 servings

1 pound of lean ground beef, turkey, or chicken

1 small onion, chopped

1/2 green pepper, chopped

1 cup of tomato sauce

Your choice of seasonings

5 whole wheat hamburger buns or pita pocket breads

Steps:

- In a pan, cook lean ground meat, onion, and green pepper until meat is well done.
- Drain fat.
- Stir in tomato sauce and seasonings.
- Cook for 5 to 10 minutes.
- Spoon into whole wheat hamburger bun or pita.



Tip: For picky eaters, it's easy to “hide” vegetables like peppers and carrots in Sloppy Joes.

For more recipes and information about lead exposure and nutrition from EPA, in English and en Español, visit <https://www.epa.gov/lead/fight-lead-poisoning-healthy-diet>. The U.S. Department of Agriculture also offers simple tips for a healthy diet in

English (<https://www.choosemyplate.gov>) and in 20 additional languages (<https://www.choosemyplate.gov/other-languages>).

Healthy Housing Happenings

MAYOR BOWSER CHAIRS NATIONAL LEAGUE OF CITIES (NLC) HOUSING TASK FORCE • Mayor Bowser hosted civic leaders from around the country in January 2019 for the inaugural meeting of the NLC Housing Task Force. The NLC Housing Task Force was created to address how communities can better respond to the growing challenge of housing availability, affordability, investment, and quality. The group ratified five national priorities for 2019: community-focused approaches; land use; regional and holistic planning; federal resources; and local housing tools.

In her second term, Mayor Bowser has expanded her focus to include housing affordability more broadly and created goals around housing production and preservation. To learn more about the District's housing programs, visit the Mayor's Roofs to Roots website at <http://www.rootstorooftsdcc.com>.

You can also learn more about how the District and other communities have addressed affordable housing by clicking [here](#) to read the National League of Cities report released on March 20, 2019, [Local Tools to Address Housing Affordability: A State-by-State Analysis](#).

FIX-A-LEAK WEEK • DC Water encouraged customers to check their homes and irrigation systems for leaks during [Fix a Leak Week](#), March 18–24, 2019. Fix a Leak Week is an annual event sponsored by EPA's WaterSense® program. DC Water notes that most leaks in the home are easy to find and easy to correct. Common types of leaks include worn toilet flappers, dripping faucets, and leaking valves.



- Are you ready to chase down and repair those small leaks that can cost big money? Visit [EPA's Fix a Leak Week website](#) for step-by-step videos, a checklist, and other helpful resources.

SPRING CLEANING FOR DC'S WATER PIPES • From March 25 to May 6, 2019, the District's water supplier—the Washington Aqueduct—is temporarily changing the disinfectant used to clean drinking water from chloramine to chlorine. The annual switch is part of a routine program to clean and maintain DC Water's pipes and distribution system. This is standard practice for water utilities across the country to ensure high-quality tap water throughout the year.

During the six-week period, some customers may notice a slight change in the taste and smell of their tap water. DC Water recommends a few simple actions to address these temporary changes:

- Run the cold water tap for two minutes, or for five to 10 minutes when water is not used for several hours.
- Refrigerate cold tap water in an open pitcher. Within a few hours, the chlorine taste and odor will disappear.
- Some [water filters](#) may reduce the chlorine taste and smell.

DC Water and the Washington Aqueduct will continue to treat and monitor tap water to ensure it

meets all safe drinking water standards. Individuals and business owners who take special precautions to filter chloramine and chlorine from tap water such as dialysis centers, medical facilities, and aquatic pet owners, should continue to take the same actions.

For more information about the switch, visit dcwater.com/chlorine-switch, click on [frequently asked questions](#), or call DC Water's Drinking Water Division at (202) 612-3440. Guides on how to improve the taste and quality of tap water in your home are available in English and en Español at dcwater.com/water-quality-home.

Community Connections

DOEE IN THE COMMUNITY • Do you have questions about lead, asthma triggers, and other home hazards? Do you know who to hire to conduct assessments for mold or lead? Staff from DOEE's Lead-Safe and Healthy Housing Division will be available at the following upcoming events to listen to your concerns, answer your questions, and share information about resources DOEE has to offer. Please join DOEE at the following community events:

Washington DC Auto Show

Date: Friday–Sunday, April 5–7, 2019

Time: Visit DOEE at the Washington DC Electric Vehicle Gran Prix event on Friday, April 5 at 12:00 noon–10:00 pm; Saturday, April 6 at 10:00 am–10:00 pm; and Sunday, April 7 at 10:00 am–8:00 pm

Presented by: [Washington DC Auto Show](#)

Venue: Walter E. Washington Convention Center, Hall D

Location: 801 Mt. Vernon Place NW, Washington, DC 20001

National Cherry Blossom Festival: Growing Community Event

Date: Sunday, April 7, 2019

Time: 11:00 am–2:00 pm

Presented by: National Cherry Blossom Festival

Venue: National Building Museum

Location: 401 F Street NW, Washington, DC 20001

Description: The [Growing Community](#) event, offered as part of the National Cherry Blossom Festival, features information and hands-on activities designed to inspire community outdoor play, growth and environmental health.

IMPACT DC's 2019 World Asthma Day Event

Date: Tuesday, May 10, 2019

Time: 12:00 pm–4:00 pm

Presented by: IMPACT DC Asthma Clinic

Venue: Children's National Hospital (Main Atrium)

Location: 111 Michigan Avenue NW, Washington, DC 20010

Ace Hardware Garden Party Event

Date: Sunday, May 5, 2019

Time: 12:00 pm–4:00 pm

Presented by: A Few Cool Hardware Stores

Venue: Frager's Ace Hardware

Location: 1123 Pennsylvania Avenue SE, Washington, DC 20003

Description: For additional garden parties hosted by Ace Hardware locations in the District, Virginia, and Maryland on May 4–5, 2019, visit [A Few Cool Hardware Stores' event page](#).

SAVE THE DATE: JUNE 15 IS DC'S ANNUAL HOUSING

EXPO! • Save the date for the [11th Annual DC Housing Expo and Home Show](#), hosted by the Department of Housing and Community Development (DHCD) in partnership with the Greater Washington Urban League (GWUL). The event will take place on Saturday, June 15, 2019, from 10:00 am to 3:00 pm, at the Walter E. Washington Convention Center, Hall D, 801 Mt. Vernon Place NW, Washington, DC 20001. DOEE and many other District government agencies and community partners will be there to share information and fun activities with District residents. For highlights from last year's expo, check out the [video from DHCD](#) and [video from WHUR](#).

MANNA OFFERS FREE child-proofing TO ELIGIBLE HOUSEHOLDS • Manna, Inc., a nonprofit developer of affordable housing in the District, is conducting its annual [Children First Safety Initiative](#) again this spring. Through this program, Manna staff and volunteers child-proof the homes of expecting mothers, households with babies, or households with small children to prevent injuries, accidents, and falls. There is no cost to households who participate in the service. However, there are requirements for eligibility. For more information on eligibility and how to apply, visit <http://www.mannadc.org/children-first-safety-initiative>.



Questions? [Contact Us](#)

SUBSCRIBER SERVICES:

Manage

[Preferences](#) | [Unsubscribe](#) | [Help](#)



GOVERNMENT OF THE DISTRICT OF COLUMBIA