

DC Healthy Homes Digest: May 2023

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May 2023 - DOEE Promotes Air Quality and Asthma Awareness | DOEE's Gearing Up for Healthy Homes Month | Energy Efficiency Tips for Your Home

WELCOME TO THE DC HEALTHY HOMES DIGEST!

This publication connects you to organizations and community members dedicated to creating and maintaining safe, healthy, and energy-efficient housing in the District of Columbia. [Subscribe to the DC Healthy Homes Digest](#) and forward it to your colleagues!

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Events

"Flood Week" Block Party

Saturday, Jun 3, 2023 – 2:00pm–4:00pm

Lansburgh Park 11086 Delaware Ave SW

District Flood Awareness Week seeks to improve public knowledge of flooding and the potential threats for homeowners and renters. Every year, DOEE celebrates Flood Awareness Week, which consists of several days of programming to help District residents become more prepared for and resilient against flooding. Join DOEE at the flood week block party.

DC's Annual Truck Touch

Saturday, Jun 3, 2023 – 8:00am – 1:00pm

2400 E Capitol St SE

DC's Annual Truck Touch Returns! This free family festival features city vehicles and activities for children of all ages. Also check out the Grand Prix debut of handmade electric vehicles made by young folks in DC.

Annual Open Streets Festival at Brookland

Sunday, June 4, 2023 -9:00am -3:00pm

12th Street NE & Monroe Street NE, Brookland Washington, DC, 20017

DC will close down roads in the Brookland neighborhood for residents to bike, walk, skate, and play in what would normally be a vehicle-filled roadway. This festival is open to all DC residents and visitors.

Connect with the DC Healthy Housing Collaborative

The DC Healthy Housing Collaborative is a multisector coalition seeking to address substandard housing conditions that contribute to significant health issues affecting District residents. Sign up to stay connected to the DC Healthy Housing Collaborative and complete the DC Healthy Housing Collaborative Membership Survey. For more information about the DC Healthy Housing Collaborative, contact Abby Charles at the Institute for Public Health Innovation by email at acharles@instituteiph.org or by telephone at (202) 400-3555.

Join the DC Asthma Coalition's Fight Against Asthma

The DC Asthma Coalition is a community partnership of local citizens, health care providers and nonprofit organizations united to fight asthma in the District of Columbia. Complete a DC Asthma Coalition Membership Application to join or contact the DC Asthma Coalition to learn more.



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

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DOEE Promotes Air Quality Week and Asthma Awareness Month in May

DOEE'S AIR QUALITY DIVISION ANNOUNCES A WEEK FULL OF ACTIVITIES TO ENGAGE THE COMMUNITY ON AIR QUALITY AND ASTHMA • DOEE will observe Air Quality Awareness Week from May 1-5, 2023 with events that increase air quality awareness and promote a just, equitable, and healthy District. The theme for Air Quality Awareness Week at DOEE is "Working Together for Clean Air!" and focuses on the health impacts of poor air quality and the importance of clean air for all. Not coincidentally, Air Quality Awareness Week happens each year during National Asthma and Allergy Awareness Month in May.

The Asthma and Allergy Foundation of America (AAFA) declares May to be National Asthma and Allergy Awareness Month in order to raise awareness around not only the effects of asthma but ways that it can be controlled, including the environmental conditions that can trigger it. Asthma is a serious and chronic disease that impacts the lungs. According to the Centers for Disease Control and Prevention (CDC), more than 59,000 people in the District of Columbia have been diagnosed with asthma.



Below is a list of DOEE events that happened this month.

- Backyard Bubble Event: To kick off Air Quality Awareness Week, DOEE hosted an event at Annie's Ace Hardware in Brookland with Clean Air Partners. A demonstration called the "Backyard Bubble" provided a visual about hidden backyard air hazards.
- DOEE Student Air Quality Art & Comic Contest: DOEE, in partnership with DDOT, invited 9th - 12th graders attending a public high school or public charter high school in the District to submit 2-D artwork that celebrates and portrays a clean air future in the District. Students are encouraged to depict the following themes:
 - Air Quality & Transportation
 - Air Quality & Climate Change
 - Asthma & Your Health
 - Community Science
 - Wildfires & Smoke

For more information about the contest, please email DOEEContests@dc.gov

- DOEE distributed magnets with the Air Quality Index (AQI) on them at some of our local metro stops. The AQI uses color codes to report how clean or bad the air is and recommends how to plan your activities depending on the air. Residents and visitors of the District are encouraged to regularly check the AQI to be aware of the air conditions in the area.

What's Buzzing at DOEE?

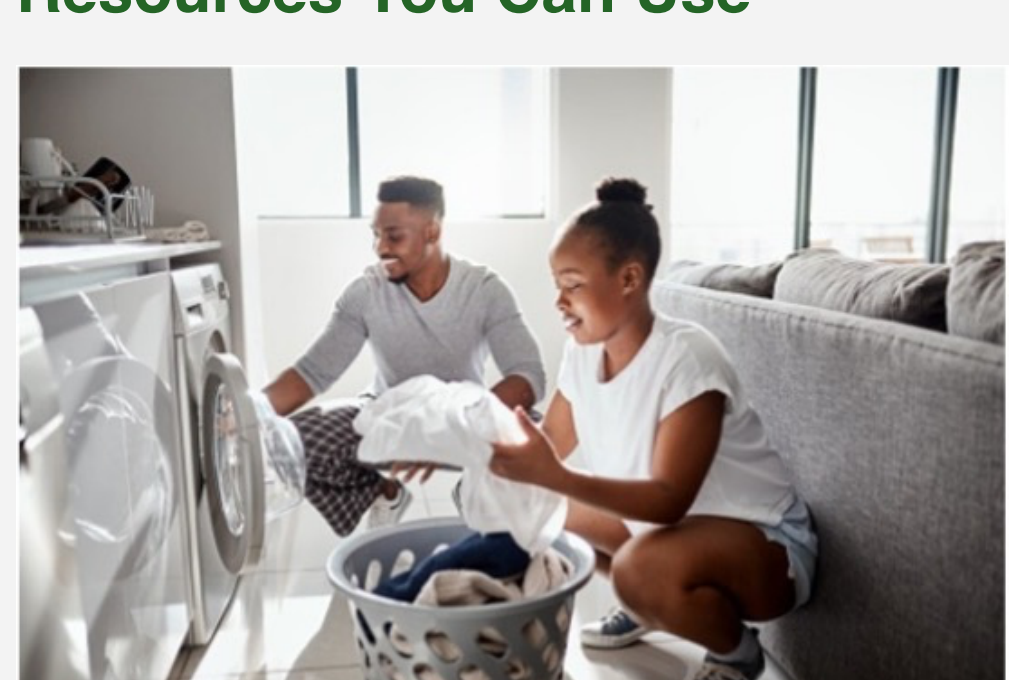
DOEE'S GEARING UP FOR HEALTHY HOMES MONTH • June is Healthy Homes Month and DOEE's Lead-Safe and Healthy Housing Division is ready to get the word out about housing related health hazards, lead poisoning prevention and the overall principles of a healthy home. This year DOEE will be releasing a series of videos for the public that will cover tips and tricks to maintaining a healthy home; how to identify lead paint hazards and what to do about it; and lead's effects on children, pregnancy, and nursing parents.

Follow DOEE on social media for more information about upcoming Healthy Homes Month events and resources.

Follow DOEE on Twitter (@DOEE_DC) #NHM2023 #DCHHM2023 #DCHHealthyHomes, on Facebook and Instagram (@DOEE_DC).

Contact Gift Oboite-Ukpolo for information about events.

Resources You Can Use



TIPS TO MAKE YOUR HOME MORE ENERGY EFFICIENT

While some efficiency upgrades require a significant amount of money, there are plenty of easy ways to reduce energy usage and make your home more energy efficient. Reducing energy consumption not only saves residents on utility bills but can also lower overall greenhouse gas emissions. Of course, switching to a clean and renewable form of energy such as solar energy would make an even greater impact on reducing dangerous greenhouse gases. For more information on how you might qualify for assistance in going solar, visit DOEE's Solar for All Program.

Below are TEN things that anyone can do to save energy in their home.

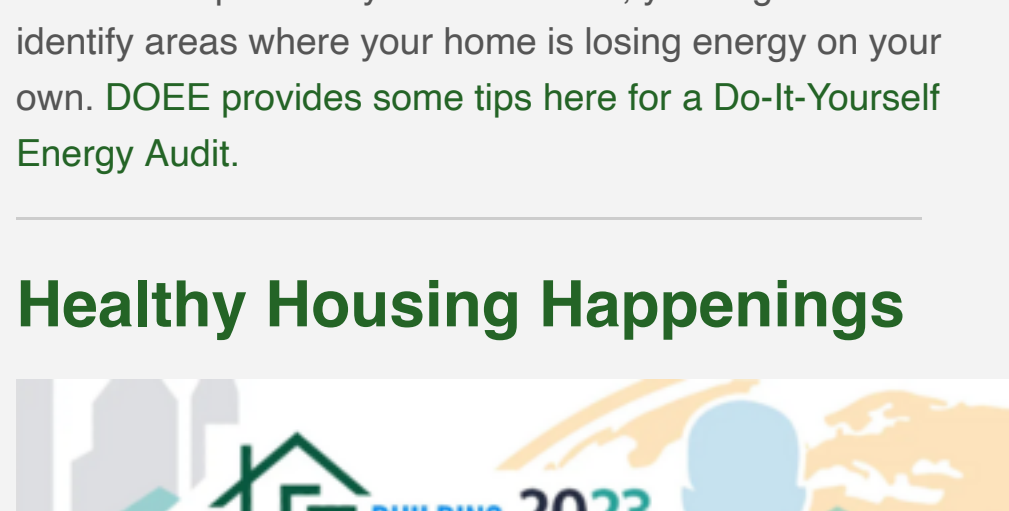
1. Wash clothing in cold water instead of warm or hot water. They'll still get clean, promise!
2. During the warmer months, close the drapes and/or blinds where the sun is coming into your house to cool down the temperature. In the winter months, open the drapes and/or blinds and let the sunshine in. This will help the heat and air conditioning from having to work so hard to maintain a comfortable temperature.
3. Don't peek into the oven while baking. When you open the door, it makes the temperature go down and more energy needs to be produced to get the temperature back up again.
4. Use your ceiling fan. In the summer months, the fan should be turning counterclockwise. In the winter months, switch it over to turn clockwise.
5. Use dishwashers and washers/dryers at night instead of during the day. This reduces strain on the energy grid during peak hours of the day. It will also keep the house cooler.
6. Don't leave bathroom or kitchen ventilation fans running when not necessary. Exhaust fans are important to remove excessive humidity, but they also remove conditioned air. If you run them excessively, not only are they wasting energy themselves, but they are making your systems work harder to maintain the temperature of your home. The National Center for Healthy Housing recommends running a fan for 45 minutes after taking a shower.
7. Turn off the oven a few minutes before the cooking time ends. The heat from the oven will continue to cook the food all the way through. Additionally, some foods (like most vegetables, meats, and casseroles that cook low and slow) don't require you to wait for a preheated oven. Go ahead and put them in and they'll begin to cook while the oven heats up to the desired temperature.



8. Don't leave your cell phone plugged in overnight! It only takes a few hours to charge and then unplug it to avoid wasting energy.
9. Clean and/or replace all filters in the home regularly. Dirty filters make the systems do more work.
10. Last but not least, turn off the lights when you leave a room! Your parents were right. Don't waste electricity.

If you're curious about how energy efficient your home currently is, you can pay to have a professional energy audit that will examine both the interior and exterior of your home and assess past utility bills. However, you might be able to identify areas where your home is losing energy on your own. DOEE provides some tips here for a Do-It-Yourself Energy Audit.

Healthy Housing Happenings



BUILDING SAFETY MONTH 2023 - Building Safety Month

is an international campaign to raise awareness every May. The International Code Council (ICC) comes together with its partners each year to promote safe building and reinforce the need for the adoption of modern and regularly updated building codes. Each week of Building Safety Month focuses on a different theme:

Week 1 "Building Safety Starts At Home:" This week explores how building safety impacts our everyday life as family members, friends and individuals at home. [Here is a video](#) that discusses everything from fire safety tips and home maintenance best practices, to how to be more sustainable to ensure a cleaner and greener tomorrow.

Week 2 "Building Safety Professionals and You:" This week of Building Safety Month introduces you to the important role that building safety professionals play in keeping our homes, schools and businesses safe. If you have a building safety professional you'd like to thank, let ICC know on Facebook, LinkedIn, Twitter and Instagram, and use #BuildingSafety365 to help spread the word about Building Safety Month!

Week 3 "Prepare Your Community:" Week 3 of Building Safety Month 2023 focuses on how to protect your home and your community from disaster. [Learn more](#) about how building codes help to protect us against flooding, earthquakes, hurricanes, and wildfire events. You'll also learn how to plan to help limit damage to buildings in your community.

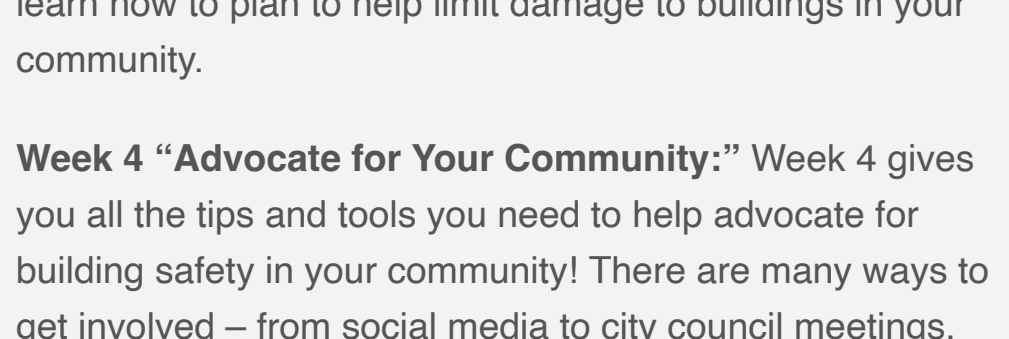
Week 4 "Advocate for Your Community:" Week 4 gives you all the tips and tools you need to help advocate for building safety in your community! There are many ways to get involved – from social media to city council meetings. [Read for more tips.](#)

Week 5 "Solving Challenges Together:" Week 5 elevates Building Safety Month to a global scale and addresses some of the issues that we face as a global community including extreme weather events and water scarcity.

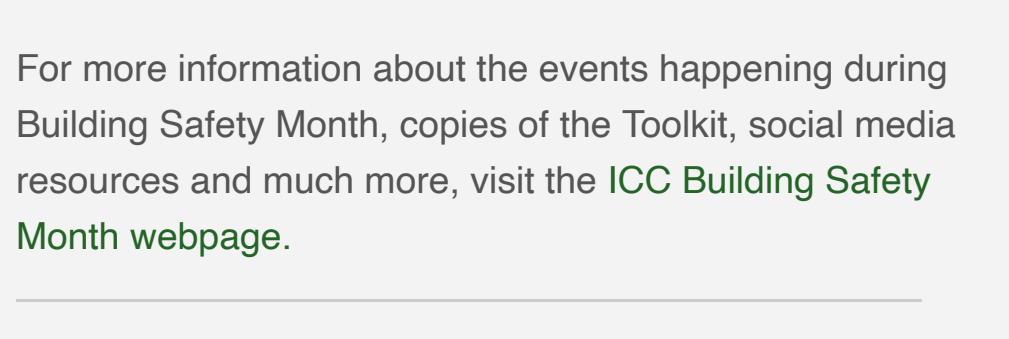
For more information about the events happening during Building Safety Month, copies of the Toolkit, social media resources and much more, visit the ICC Building Safety Month [webpage](#).

RECENT LEAD RECALLS

The following items are recent recalls due to the presence of lead in the products. DOEE encourages you to share this information with your colleagues and partners.



Spirits manufacturer Del Maguey issues voluntary recall of promotional ceramicware cups called 'copitas.' Copitas are small artisan cups traditionally used for drinking mezcal and these were distributed with special mezcal tasting gift boxes. These cups are being recalled because they may exceed FDA guidance levels for leachable lead. More information about this recall including specific items being recalled is available on the FDA's [website](#). We encourage you to share this information with your colleagues and partners.



Lil Anglers Children's Fishing Rods Sold with Kid Casters No Tangle Combs recall. These products are being recalled because they contain levels of lead that exceed the federal lead content ban, posing a lead poisoning hazard to children. More information about this recall including specific items being recalled is available on the CPSC's [website](#). We encourage you to share this information with your colleagues and partners.

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