



*Good Health Starts  
with a Healthy  
Home*

2013 Tribal Leaders  
Consultation Conference

**California Area  
Indian Health Service**

# HEALTHY HOME

## **Presentation outline:**

- What is a Healthy Home
- The Healthy Home Initiative
- Health and Economical Benefits
- Initiative Process and Community Outreach
- IHS Home Inventory Tracking System
- Questions/answers

# Healthy Home

The Surgeon General's Call to  
Action To Promote Healthy Homes

2009



U.S. Department of Health and Human Services

Why did the Surgeon General issue the Call to Action?

**Unhealthy and unsafe housing continues to affect the health of millions of people of all income levels, geographic areas and walks of life in United States.**

What is the Call to Action?

**The Call to Action is a science-based document to stimulate action nationwide to solve major public health problems.**

# Healthy Home

## Federal Partners

- U.S. Department of Health and Human Services
- U.S. Environmental Protection Agency
- U.S. Department of Housing and Urban Development
- U.S. Department of Agriculture

## Environmental Health Risks

- Indoor Air Quality
- **Drinking Water**
- **Adequate Waste Disposal**
- Home Safety
- Asthma & Allergies
- Mold & Moisture
- Carbon Monoxide
- Lead
- Pesticides
- Hazardous Household Products



*Initiative . . .*

California Area Indian Health Service (IHS)  
is developing this initiative to:

- Promote and participate in a comprehensive and coordinated approach to the National Healthy Homes Initiative that will result in the greatest possible public health impact to California Indians.
- Provide services to 50 Indian homes that do not have access to safe drinking water or adequate waste disposal in rural communities.

# Health and Economical Benefits:

- Access to safe drinking water and adequate waste disposal is essential to human health and disease prevention.
- Families with safe water and adequate waste disposal systems require fewer medical services and place fewer demands on the Indian Health Service and tribal primary health care delivery system.
- The impact of sanitation facilities on public health in the U.S is estimated to have had a rate of return of 23 to 1 for investments.<sup>1</sup>

<sup>1</sup> Cutler, D., G. Miller, 2004. [\*The role of public health improvements in health advances: the 20th century United States.\*](#) National Bureau of Economic Research. Working Paper 10511. Cambridge, MA, USA.

# Initiative Process

## Two-page application to initiate service:

- Requirements: Federally recognized tribal member; primary residence; legal control to land; adequate site conditions

APPLICATION FOR SANITATION FACILITIES (Public Law 86-121)	
APPLICANT NAME: _____ TRIBE & ENROLLMENT NO.: _____	
MAILING ADDRESS: _____	FACILITIES LOCATION ADDRESS: _____
PHONE #: _____	
SERVICES REQUESTED:	
WATER: NEW SERVICE [ ] RENOVATION [ ] WASTEWATER: NEW SERVICE [ ] RENOVATION [ ]	
Has IHS or other Federal Agency provided sanitation facilities to this <u>homesite</u> before? YES [ ] NO [ ]	
If yes, during which year? _____	
If yes, under what Applicant name? _____	
Has IHS or other Federal Agency provided sanitation facilities to this <u>Applicant</u> before? YES [ ] NO [ ]	
If yes, during which year? _____	
If yes, at what homesite address? _____	
HOME INFORMATION:	
The proposed homesite is on: TRUST LAND [ ] FEE PATENT LAND [ ]	
The property is: OWNED [ ] LEASED [ ] RENTED [ ] AN ALLOTMENT [ ]	
Within the property boundaries, there are the following underground utilities (complete attached site drawing): None [ ] Electrical Lines [ ] Gas Lines [ ] Water Lines [ ] Sewer Lines [ ] Other _____	
Structure type is: MOBILE HOME [ ] WOOD FRAME [ ] OTHER _____	
Approximate year structure was built or moved to the site: _____	
Is the house currently occupied? YES [ ] NO [ ]	
If yes, since when? MONTH _____ YEAR _____	
If no, proposed occupancy date: _____ YEAR _____	
Number of bedrooms _____ Number of bathrooms _____ Number of occupants _____	
Ages of occupants? _____ any special conditions regarding occupants? (Health problems, disabilities, elderly, etc.) _____	
Does the house have electric service? YES [ ] NO [ ]	
If no, when will electric service be provided? MONTH _____ YEAR _____	
Have there been any recent bedroom or bathroom additions to the house? YES [ ] NO [ ]	
If yes, describe improvements during the last three years? _____	
Completion date of improvements: _____	
EXISTING FACILITIES: WELL [ ] SEPTIC SYSTEM [ ] COMMUNITY WATER [ ] COMMUNITY SEWER [ ]	
Describe any problems you are having with existing facilities: _____	
Do you know of any archeological / historical sites on the property? YES [ ] NO [ ] (If yes show on site drawing)	
THIS SECTION FOR IHS USE: Date Application Received: _____ Date Tribe Signed: _____	

APPLICANT'S RESPONSIBILITIES: READ CAREFULLY, THIS IS A LEGAL DOCUMENT.	
1. This is an APPLICATION for service. The provision of sanitation facilities is dependent on Indian Health Service (IHS) site review, verification of home construction, improvements, and availability of funds.	
2. No services can be provided without a completed and signed Application for Sanitation Facilities Form.	
3. Application must be given to the Tribe associated with the service area that contains the homesite property. The Tribe will forward the Application to IHS. Applicants without Tribal representation will forward the Application directly to the IHS.	
4. Applicant must provide proof of a legal claim to the land (e.g., copy of allotment, lease, or deed) as part of this application. The homesite must be a primary residence of the Applicant. No services can be provided to other than primary residences.	
5. An IHS representative will visit the homesite to determine site suitability. Prior to this visit, the Applicant must locate property corners, underground utilities, and the proposed house location (new homes). See Site Drawing.	
6. By way of the Applicant's signature, IHS representatives are granted permission to enter upon the land for the purpose of carrying out the site approved work. This work may include, but is not limited to, digging soil test pits, conducting percolation tests, and drilling test wells. The Applicant agrees to waive all claims which may arise from such entry and testing except those claims which may be recognized under the General Tort Claims Act. If the Applicant is not the landowner, the landowner must co-sign this application.	
7. It is important that the Applicant understand that under Public Law 86-121, IHS cannot own, operate, or maintain the Applicant's completed facilities. All construction facilities will be transferred to the Applicant when construction is completed. For community facilities, the Applicant's responsibility is for individual facilities such as water service lines from the house to the curb stop or meter and sewer service lines from the house to the property line.	
8. The IHS does not provide inside plumbing. Plumbing must be inside the house with a protruding stub 5-foot beyond the foundation to connect to outside plumbing.	
IT IS STRONGLY RECOMMENDED THAT DEVELOPMENT OF NEW SITES NOT OCCUR UNTIL AVAILABILITY OF WATER AND SEWER SERVICE HAS BEEN DETERMINED. IT IS FURTHER RECOMMENDED THAT OCCUPANCY OF NEW HOUSES NOT OCCUR PRIOR TO RECEIPT OF SANITATION FACILITIES.	
<b>TRIBAL – AUTHORITY SIGNATURE REPRESENTS REQUEST FOR FACILITIES FOR THIS APPLICANT</b>	
I understand the Applicant's Responsibilities as described, and I agree to the IHS verifying information provided on this application.	
LANDOWNER (IF NOT APPLICANT): _____	DATE: _____
APPLICANT: _____	DATE: _____
TRIBAL REPRESENTATIVE: _____	DATE: _____



# SFC Program

- Standard Housing means a dwelling that is decent, safe, and sanitary
- As defined by 25 CFR Part 256 Housing Improvement Program regulations





# 25 CFR Standard Housing Definition

**Standard Housing** means a dwelling that is decent, safe, and sanitary.

- General construction should conform to local building codes.
- The home should have a foundation, roof, windows and a door.
- Heating system and must be safe to operate and maintain.
- Plumbing system.
- Electrical system and must meet electrical codes and be safe to operate.

- Occupants per dwelling must be reasonable

**Note: A home can lack one particular utility (e.g. heating, plumbing and electrical) and still qualify for IHS assistance under the Healthy Home Initiative.**

# Available Facilities

## Individual home sites:

- Water service line
- Water well
- Water pressure system
- Septic tank/drainfield
- Sewer service line

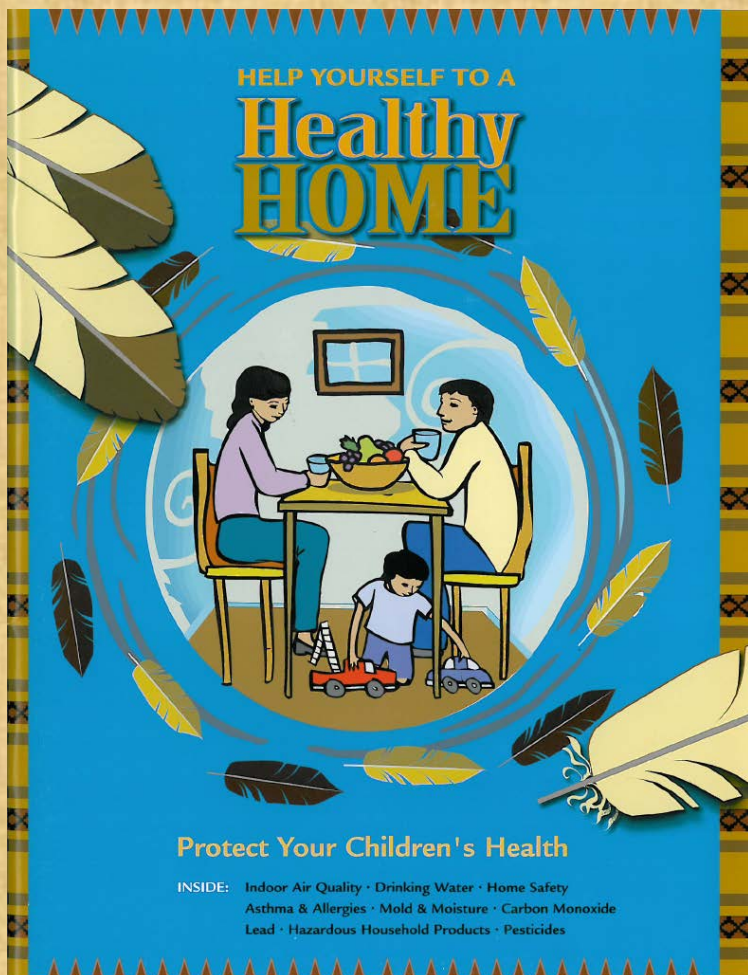




# Other Resource Tools

## Healthy Home Booklet

## Check List



From The Surgeon General's Call to Action To Promote Healthy Homes

### **A Healthy Home Checklist**

Everyone can have a healthy home. This checklist and accompanying illustration show some key action steps to take in each room and area of the home.

#### Bedrooms, Living Rooms, and Family Rooms

- Install smoke and carbon monoxide alarms.
- Do not smoke or allow anyone else to smoke in the home.
- If your home was built before 1978:
  - Test your home for lead paint.
  - Fix peeling or chipping paint using lead-safe work practices.
  - Use safe work practices when painting, remodeling, and renovating to prevent spreading lead dust.
- Keep floors clear of electrical cords and clutter.

#### Kitchens

- Never use the stove or oven to heat the house.
- Use a range hood fan or other kitchen exhaust fan that vents outside.
- Install smoke and carbon monoxide alarms.
- Use safe cleaning and pest control products.
- Stop cockroaches, ants, and mice without pesticides:
  - Keep them out – seal openings to the outside and between rooms.
  - Starve them – put away food, clean up, cover the trash and garbage.
  - Deny them water – fix leaks and wipe up spilled water.
  - When necessary, use closed baits, traps, and gels.
  - Never use bug bombs.

#### Bathrooms

- Install grab bars next to the bathtub and shower.
- Use mats with nonslip rubber backs on bathroom floors.
- Clean up moisture and mold safely.
- Use a bathroom exhaust fan that vents outside.

#### Attics

- Check for water leaks from the roof.
- Ensure proper ventilation to prevent moisture that can promote mold growth.
- Seal gaps around roofing and attic openings to keep rodents and insects out.
- Clean up clutter to deny rodents and insects places to nest.

#### Stairways and Halls

- Fix loose or uneven steps and rails.
- Attach stairway carpet firmly to every step—or remove carpet and attach nonslip rubber stair treads.
- Keep stairs free of clutter.
- Install handrails on both sides of the stairs.
- Keep a working light bulb in overhead lights in the hall and the stairs.

#### Basement, Crawl Space, Utility and Laundry Areas

- Set hot water heater at 120°F to prevent burns.
- Change furnace/AC filter regularly.
- Have gas appliances and furnaces checked yearly to make sure they don't release extra carbon monoxide.
- Make sure the clothes dryer vents outside.
- Test for radon. If there's a high level, hire a specialist to eliminate the hazard.

#### Outer Parts of House and Yard

- Keep pests away:
  - Fix holes, cracks, and leaks on exterior of the house.
  - Eliminate standing water and food sources.
  - Keep trash can covered with a lid.
- Remove shoes before entering the house to keep dirt containing lead and other toxins outside.
- Maintain gutters, downspouts, and roof to prevent moisture from entering the home.
- Use safe work practices when painting, remodeling, or renovating a home built before 1978.
- If you have a septic tank or private well, properly maintain it to prevent illness.
- Be ready in case of disaster: have a kit for shelter in place and plan fire escape routes.

#### Special steps to protect children:

- Make sure cribs, playpens, and play equipment are safe.
- Keep cribs free of soft objects or loose bedding.
- Use cordless blinds and shades, or tie the cords out of reach of children.
- Place infants on their back to sleep.
- Place safety covers on electrical outlets.
- Lock prescription and over-the-counter medications away from children and use childproof caps.
- Use stair gates at the top and bottom of stairs.
- Lock up products used for cleaning, car maintenance, gardening, and pest control.
- If you have a swimming pool, make sure you have proper fencing and gates around the pool.
- Complete a playground safety checklist if you have playground equipment in your yard.
- If a firearm is kept in the home, it should be stored unloaded and locked in a secure container— inaccessible to children.



# Public Outreach

## Poster

**GOOD HEALTH NEEDS A**

# Healthy HOME

**Healthy homes start with safe drinking water and sewer systems.**

For information, please contact your local  
**Indian Health Service Office at:**

**Ukiah Field Office**  
1252 Airport Park Blvd. Ste. B5  
Ukiah, CA 95482-5979  
Phone: 707-462-5314

<http://www.ihs.gov/California>

The poster features a young girl drinking water from a tap. The top section is blue with yellow text and a feather graphic. The bottom section is blue with white text and includes the Indian Health Service logo.

## Post Cards

Indian Health Service  
California Area Office  
650 Capitol Mall, Ste. 7-100  
Sacramento, CA 95814-4706

Forwarding Service Requested

ARE YOU AN AMERICAN INDIAN IN NEED OF WATER OR SEWER?

The postcard is white with black text and logos. It includes the Indian Health Service logo and the California Department of Public Health logo.

**Healthy homes start with safe drinking water and sewer systems!**

**For more information, contact the IHS Office nearest you!**

<b>Sacramento District Office</b> (916) 930-3927 x. 305	<b>Escondido District Office</b> (760) 735-6880	<b>Redding District Office</b> (530) 246-5339
<b>Arcata Field Office</b> (707) 822-1688	<b>Clovis Field Office</b> (559) 322-7488	<b>Ukiah Field Office</b> (707) 462-5314

The postcard features a young girl drinking water from a tap. The background is a light blue gradient. The text is in bold black font.

# HITS Home Initiative: Background

Home Inventory Tracking System (HITS) home initiative:

- Future funding will be based on home data.
- IHS National objective to convert homes currently in aggregate housing groups (e.g. Community Deficiency Profiles or CDPs) to individual homes in HITS.
- National due date: December 31, 2013.
- CA Area goal:
  - Convert current 13,099 homes in the CDPs
  - Include other Indian homes not in the database (total Indian homes in CA is +/- 35,000)

# HITS Home Initiative: Background

Reasons for the initiative (why are we doing this?):

- Indian Health Care Improvement Act requires IHS to maintain inventories of sanitation deficiencies for existing homes (CDP was developed to meet this requirement)
- Improve accuracy of home numbers and deficiencies
- Improve stakeholder communication and coordination (e.g. project definition)
- Modernize Database (e.g. using ESRI or Google imagery)



# HITS Home Initiative: CDP vs. HITS Homes

4 1 1 1 + Homes connected to community water system (6 and 8 inch diameter mains) and individual septs. Community fi

Add CDP Homes Record

	ALL UNITS						INDIAN UNITS (No E2 or E3)					
	0	1	2	3	4	5	0	1	2	3	4	5
Water	0	23	29	4	0	0	0	23	29	4	0	0
Sewer	0	56	0	0	0	0	0	56	0	0	0	0
Solid Waste	0	56	0	0	0	0	0	56	0	0	0	0
<b>Total Homes</b>	<b>56</b>						<b>56</b>					

### Home Summary

	ALL UNITS						
	??	0	1	2	3	4	5
Water	5	0	0	6	24	0	0
Sewer	5	0	20	10	0	0	0
Solid Waste	5	0	30	0	0	0	0
<b>Total Homes:</b>	<b>35</b>						

	INDIAN UNITS						
	??	0	1	2	3	4	5
Water	5	0	0	6	24	0	0
Sewer	5	0	20	10	0	0	0
Solid Waste	5	0	30	0	0	0	0
<b>Total Homes:</b>	<b>35</b>						

	REPORTABLE UNITS						
	??	0	1	2	3	4	5
Water	0	0	0	6	24	0	0
Sewer	0	0	20	10	0	0	0
Solid Waste	0	0	30	0	0	0	0
<b>Total Homes:</b>	<b>30</b>						

### Home Summary by Home Type

All Homes  
  Reportable Homes  
  Non-Reportable Homes

Home Type	WATER						SEWER						SOLID WASTE				
	??	DL0	DL1	DL2	DL3	DL4	??	DL0	DL1	DL2	DL3	DL4	??	DL0	DL1	DL2	DL3
E1	0	0	0	6	0	0	0	0	6	0	0	0	0	0	6	0	0
H1	0	0	0	0	24	0	0	0	14	10	0	0	0	0	24	0	0
H2	3	0	0	0	0	0	3	0	0	0	0	0	3	0	0	0	0
H5	1	0	0	0	0	0	1	0	0	0	0	0	1	0	0	0	0
H6	1	0	0	0	0	0	1	0	0	0	0	0	1	0	0	0	0
<b>TOTAL</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>6</b>	<b>24</b>	<b>0</b>	<b>5</b>	<b>0</b>	<b>20</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>0</b>	<b>30</b>	<b>0</b>	<b>0</b>

Show Selected Homes on Map

# HITS Home Initiative: Listing of HITS Homes

Show Selected Homes on Map

Details:

<input type="checkbox"/>	<a href="#">Home</a>	<a href="#">Home Type</a>	<a href="#">Water DL</a>	<a href="#">Sewer DL</a>	<a href="#">Solid Waste DL</a>	<a href="#">Latitude</a>	<a href="#">Longitude</a>	<a href="#">Reportable</a>	<a href="#">Last Update</a>	<a href="#">Last Updated By</a>
<input type="checkbox"/>	1. <a href="#">906</a>	H2 - BIA Housing						No	09/24/2007	Blackowl Michelle
<input type="checkbox"/>	2. <a href="#">1203</a>	H5 - Other Housing						No	04/02/2008	Blackowl Michelle
<input type="checkbox"/>	3. <a href="#">1503</a>	H2 - BIA Housing						No	10/21/2009	Tipton, Richard
<input type="checkbox"/>	4. <a href="#">1505</a>	H2 - BIA Housing						No	10/21/2009	Tipton, Richard
<input type="checkbox"/>	5. <a href="#">1508</a>	H6 - HUD - BIA Housing						No	07/10/2009	Jeng John
<input type="checkbox"/>	6. <a href="#">2049</a>	H1 - HUD Housing	3	1	1	33.142005665	-116.788393688	Yes	03/06/2012	Brady Chris
<input type="checkbox"/>	7. <a href="#">2050</a>	H1 - HUD Housing	3	1	1	33.142046091	-116.788694095	Yes	03/06/2012	Brady Chris
<input type="checkbox"/>	8. <a href="#">2051</a>	H1 - HUD Housing	3	1	1	33.142329069	-116.789053511	Yes	03/06/2012	Brady Chris
<input type="checkbox"/>	9. <a href="#">2052</a>	H1 - HUD Housing	3	1	1	33.142522212	-116.789176893	Yes	03/06/2012	Brady Chris
<input type="checkbox"/>	10. <a href="#">2053</a>	H1 - HUD Housing	3	1	1	33.142692897	-116.789337825	Yes	03/06/2012	Brady Chris
<input type="checkbox"/>	11. <a href="#">2478</a>	H1 - HUD Housing	3	1	1	33.142850000	-116.789461000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	12. <a href="#">2479</a>	H1 - HUD Housing	3	1	1	33.143334000	-116.789608000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	13. <a href="#">2480</a>	H1 - HUD Housing	3	1	1	33.143586000	-116.789638000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	14. <a href="#">2481</a>	H1 - HUD Housing	3	1	1	33.143589000	-116.789285000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	15. <a href="#">2482</a>	H1 - HUD Housing	3	1	1	33.143834000	-116.789329000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	16. <a href="#">2483</a>	H1 - HUD Housing	3	1	1	33.144073000	-116.789314000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	17. <a href="#">2484</a>	H1 - HUD Housing	3	1	1	33.144349000	-116.789394000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	18. <a href="#">2485</a>	H1 - HUD Housing	3	1	1	33.144578000	-116.789568000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	19. <a href="#">2486</a>	H1 - HUD Housing	3	1	1	33.144757000	-116.789690000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	20. <a href="#">2487</a>	H1 - HUD Housing	3	2	1	33.142213000	-116.791578000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	21. <a href="#">2488</a>	H1 - HUD Housing	3	2	1	33.142581000	-116.791587000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	22. <a href="#">2489</a>	H1 - HUD Housing	3	2	1	33.142169000	-116.791191000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	23. <a href="#">2490</a>	H1 - HUD Housing	3	2	1	33.142527000	-116.791231000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	24. <a href="#">2491</a>	H1 - HUD Housing	3	2	1	33.142894000	-116.791205000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	25. <a href="#">2492</a>	H1 - HUD Housing	3	2	1	33.143181000	-116.791221000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	26. <a href="#">2493</a>	H1 - HUD Housing	3	2	1	33.143489000	-116.791138000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	27. <a href="#">2494</a>	H1 - HUD Housing	3	2	1	33.143786000	-116.791045000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	28. <a href="#">2495</a>	H1 - HUD Housing	3	2	1	33.144120000	-116.790919000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	29. <a href="#">2496</a>	H1 - HUD Housing	3	2	1	33.144294000	-116.790855000	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	30. <a href="#">2497</a>	E1 - Existing Homes	2	1	1	33.189120180	-116.727174949	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	31. <a href="#">2498</a>	E1 - Existing Homes	2	1	1	33.185358056	-116.725259852	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	32. <a href="#">2499</a>	E1 - Existing Homes	2	1	1	33.183813653	-116.728268562	Yes	06/25/2012	Hench, Mark
<input type="checkbox"/>	33. <a href="#">2500</a>	E1 - Existing Homes	2	1	1	33.187647673	-116.731793713	Yes	06/25/2012	Hench, Mark

# HITS Home Initiative: Imagery

Identify  Select Home  Add Home

end  
ts



bing™

POWERED BY  
esri


**New Home #**

Location	Det
! This home p	
Address:	
City, State, Zip:	
Latitude:	
Longitude:	
Twn/Rng/Sec:	
Directions:	
Locality:	
County:	
Community:	
District:	
Service Unit:	
Field Office(s):	
Reservation:	
Tribe(s):	
Created:	
Last Update:	



# HITS Home Initiative: Home Details

Identify  Select Home  Add Home



**Home Details**

Area: CA  
Home: 2493  
Community: MESA GRANDE (CA37470)  
Home Type: H1  
Water DL: 3  
Sewer DL: 2  
Solid DL:

Black Canyon Rd  
Halleyyaaw Ln  
yaaw Ln

bing  
POWERED BY  
esri

**New Home #1**

Location Details

**This home profile**

Address:

City, State, Zip:

Latitude:

Longitude:

Twn/Rng/Sec:

Directions:

Up to

Locality: Uns

County: SA

Community: ME

District: 0

Service Unit: 0

Field Office(s):

Reservation: 0

Tribe(s):

Created: by

Last Update: by

Home Summary by Home Type



**Contact Information:**

**Donald Brafford, P.E.**

**Email: [donald.brafford@ihs.gov](mailto:donald.brafford@ihs.gov)**

**(916) 930-3945**

**For more information, contact the IHS Office nearest you!**

**Sacramento District Office**  
**(916) 930-3927 x. 305**

**Escondido District Office**  
**(760) 735-6880**

**Redding District Office**  
**(530) 246-5339**

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**(559) 322-7488**

**Ukiah Field Office**  
**(707) 462-5314**





# Healthy Home Initiative



Questions . . .