



BOTH

Introductions and Mission statement

Peggy- Good afternoon. My name is Peggy Slider and I am a PHN from SRHD where I have worked for more than 22 years.

Heather-I am a Health Program Specialist at SRHD. I have worked in social work with at risk families for 20 years, and have been with the Health District for 2.

Public Health-Public Policy

“As a community, more attention could be devoted to policies impacting environmental, social, and economic conditions-social policy is health policy.”

~Odds Against Tomorrow (2012)



PEGGY

We do want to note that all of the information we are presenting today is based on an extensive literature review of the research. That means the information we are providing is research based and we are providing that extensive list at the back of the handout.

The concerns of public health as related to rental housing are health and equity. We work to advocate and educate about the impacts housing quality has on the health of the public. Today we are here to educate.

Much like the role of keeping our food and water safe, public health is interested in keeping housing environments safe because we know, based on extensive research that place, whether it be homes or neighborhoods, have a substantial impact on long-term health.

The Robert Wood Johnson Foundation, In Time to Act, reported that even more than what happens inside a medical exam room health depends on where people live, learn, work and play. This is known as the social determinants of health.

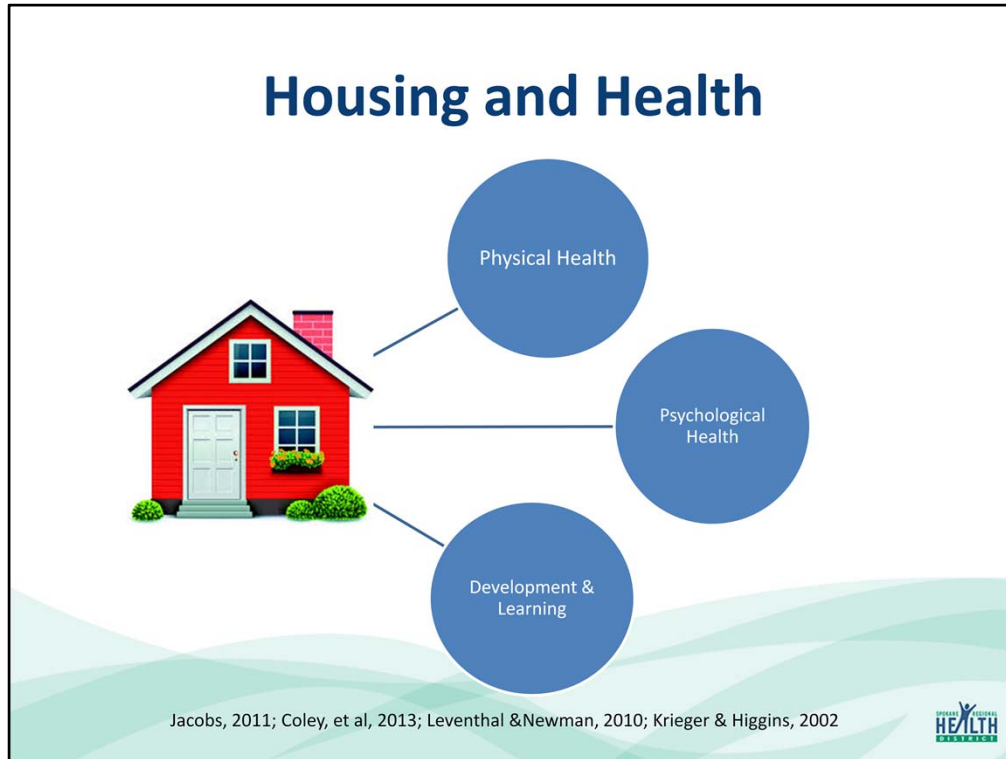
Housing and the Effects on Health and Child Development



PEGGY

“Many of the improvements in health that were achieved in the 20th century resulted from improvements in the nation’s housing. Yet poorly maintained housing still exists. Such housing increases the risk for injury and illness; it continues to affect the health of millions of people of all income levels, geographic areas, and walks of life in the United States.”

<http://www.cdc.gov/healthyplaces/newhealthyhomes.htm> In fact, faulty construction or neglected maintenance has been identified as a primary cause of structural hazards in homes.



PEGGY

Shelter is a basic human need. “Without a functioning, protective and equitable housing stock, people’s very survival as individuals and as a community would not be possible, because housing provides shelter from elements, access to food, clean water, clothing, and other basic necessities”. [Jacobs]

Study after study demonstrates that poor quality housing has significant adverse affects on health. Poor housing quality also has detrimental effects on children’s development and ability to learn.

The relationship between housing and health conditions and child development have been studied for decades both in the United States and around the world. Some of the housing factors that have been studied include: quality, stability, affordability, ownership and receiving of a housing subsidy. [Coley, et al, 2013; Leventhal & Newman, 2010]

According to Krieger & Higgins “Housing is a strong determinant of health and substandard housing is associated with morbidity from infectious diseases, chronic illnesses, injuries, poor nutrition, and mental disorders.” [Krieger & Higgins, 2002]

Adverse Health Effects of low quality housing environments.



Jacobs, 2011; Chenoweth & Estes, 2007; Shenassa, et al, 2004; Coley, et al, 2013; Leventhal & Newman, 2010



HEATHER

Physical conditions in the home contribute to adverse health affects in many ways, such as:

1. Physical conditions of heat, cold, light, ventilation-cardiovascular
2. Chemical conditions such as exposure to lead, carbon monoxide, volatile chemicals-neurobiological
3. Biological elements such as mold, pests, and allergens-respiratory
4. Building and equipment conditions that lead to accidents and unintentional injuries
5. Sense of safety, well-being, rest and the ability to protect the family-stress, depression, anxiety [Jacobs]
6. Looking at housing characteristics, multiple studies have shown that poor housing quality is the most consistent and strongest predictor of emotional and behavioral problems in low-income children and youth. [Chenoweth & Estes, Coley, et al.; Leventhal and Newman]
7. Housing quality has also been related to lower reading and math skills in children [Chenoweth & Estes, Coley, et al.; Leventhal and Newman]

Limitations of the data

- Insufficient local housing information
- Generalize state and national data to local conditions
- Information drawn from experience of professionals in the community-police, fire, public health, etc.
- Information from renters willing to discuss their circumstances.



PEGGY

It is difficult to develop adequate solutions to the problems when we are challenged locally to identify the extent of the problem. On a local level there is the lack of quantitative data. While we have a lot of anecdotal information police, fire, nurses, renters, etc., there is no way to extrapolate the data. Therefore we are forced to look at data from state and national sources to draw conclusions about the issues.

Poor Quality Housing and Health

- ❖ Indoor allergens, poor ventilation and damp/mold conditions contribute to asthma rates and other respiratory conditions.
 - 40% asthma among children attributable to residential exposure
 - Code violations related to re-hospitalizations.
- ❖ Poor insulation, lack of adequate heat/cooling, and poor seals around windows and doors leads to extremes in heat and cold
 - Extreme temperatures linked to cardiovascular disease and increased mortality particularly in young children and the elderly.

Lanphear, et al. (2001); Braveman, et al (2011); Shaw (2004)



PEGGY

While not an exhaustive list, the following does provide some examples of health issues prevalent in Spokane.

In a Cincinnati study found that children who lived in areas with higher numbers of housing code violations were nearly twice as likely to be re-hospitalized for asthma or other respiratory problems or to revisit the emergency department within 12 months, compared to those who lived in areas with fewer housing violations.

- ❖ Poor quality/unrepaired structural components: missing smoke detectors, broken railings, exposed electrical wiring, holes in carpet, etc. contribute to the risk of injury-most especially falls and burns.
- ❖ 4 million emergency-dept. visits and 70,000 admissions yearly
 - Children and elderly are most at risk for these injuries.
 - Renter vs. owner occupancy and age of home largest predictors of these injuries for children under 18.



Shenassa, et al. (2004); Braveman, et al. (2011); Shaw (2004), Chenoweth (2007); Pollak, et al. (2008)



PEGGY

In Chenoweth's 2007 study of preschoolers in South Carolina, preschoolers whose homes needed repair had an estimated risk of injury nearly 4 times the risk of injury of preschoolers whose homes did not.

Poor Quality Housing: Learning Success and Educational Attainment

- ❖ Lead poisoning irreversibly affects brain and nervous system. Paint in homes older than 1978 are primary source of lead exposure.
 - 2000 study found 24 million U.S. homes have lead hazards
 - Spokane class action lawsuit 2015
- ❖ Poor quality housing linked to lower math and reading skills, higher rates of depression/anxiety, and behavioral problems in school.
- ❖ Poor quality housing related to psychological distress and physiological stress (high cortisol levels)-in turn affects learning and educational attainment levels.

Krieger, et al. (2002); Braveman, et al. (2011); Coley et al (2013); Ferguson, et al. (2013)



HEATHER

Moderate exposure to lead in childhood has been linked to IQ<, learning disabilities, behavioral problems, school failure, microcytic anemia, dental caries, and reduced growth. There is no safe level of lead exposure.

According to HUD families that rent are more likely than home owners to live in high lead risk environments. Can be entirely prevented by controlling sources-most often deteriorating paint.

There is currently a class action lawsuit pending out of Spokane against the HCA regarding failure to screen for lead poisoning.

Local Information

- 41% of residents in Spokane are renters.
- In 2009, there was a 17.86 year difference between the highest and lowest life expectancy neighborhoods in Spokane (84.03 –Southgate vs. 66.17-Riverside).
 - Housing and neighborhood quality matter!
- Hillyard report

Davies & Hauge (2005); *Odds Against Tomorrow* (2012); Wenger (2012)



HEATHER

41% of local residents are renters. This means that a significant percentage of the population is affected by the quality of rental housing.

Poverty and poor quality housing are related to long term health disparities. There is a significant life expectancy difference in Spokane based on where one lives. To put this in perspective-residents who live in some neighborhoods in Spokane are statistically unlikely to live to see their grandchildren graduate from high school!

This spring NECC collaborated with GU students to conduct research in the Hillyard area regarding low-income housing availability and quality. Both were shown to be issues for concern and NECC is looking at program options for renters.

Wenger "It is unacceptable that in the world's wealthiest society a person's life can be cut short by as much as 2 decades simply because of where one lives and factors over which he or she has no control."

Public Health Nursing

- Assess
 - Health, home safety, parent-child relationship
- Educate
 - Parenting, health, child development, self-advocacy, safety
- Advocate
 - Pursue Education, safe relations, seek appropriate services and care



PEGGY

Public health nurses, regardless of the program in which we work, perform some basic functions. We absolutely do not do home inspections, although we will address home safety with parents, be it structural or living issues.

**Uniform Law Commission:
The National Conference of Commissioners on
Uniform State Laws**

The commission acknowledges that regardless of whether one lives in a “luxury apartment or hovels” renters typically feel powerless in negotiations with landlords.



PEGGY

At a national conference of Commissioners looking at Landlord-Tenant laws the Commission acknowledged.....

“It is frequently the most vulnerable people and those with the most acute problems who remain silent or fail to pursue a complaint after an initial unsuccessful contact.” (Karn, Lipkiss & Hughes, 1997)



PEGGY

In my 23 years as a Public Health Nurse working with families in their homes I have seen atrocious conditions-people living in sheds, homes with exposed wiring, chipping lead paint, holes in the exterior walls, non-functioning toilets, wall sockets with wiring exposed, leaking pipes, mold, holes in floors covered by plywood and electricity being supplied to upstairs “apartments” through extension cords.

Not once have I been able to convince these residents, who live with very few resources and options, to ask the court for help in remedying the conditions of the home. Some don’t understand their rights as renters, but more importantly, many know that if they make a complaint they will be evicted. They may get 90 day protection but after that they feel it is inevitable. So they don’t rock the boat. For many, living in substandard conditions is not about choosing less, it is about choosing from a pool of similar poor options in an attempt to keep from being homeless and then fearing CPS intervention. And thus, providing for themselves and their children the best they know how.

The relationship between housing quality and health is undeniable it has been borne out over time and across populations.

- *Asthma
- *Lymphoma
- *Acute bronchitis
- *Burns
- *Lead exposure
- *Neurobehavioral problems
- *Stress
- *Cerebral palsy
- *Infections
- *Depression/anxiety
- *Cardiovascular disease
- *Leukemia
- *Spina bifida
- *Falls
- *Birth defects
- *Learning/Academics
- *Allergies
- *Food borne illnesses
- *Chemical poisoning



PEGGY



HEATHER

The CDC work group- HUD, CDC, EPA, USDA identified these 8 characteristics as important to healthy housing. Although it is not an exhaustive list, the primary criteria are:

Costs to Society

By and large, everyone pays-sooner or later-for the negative impacts of substandard housing on the health, education, and welfare of children.



HEATHER

In 2005, following a similar study conducted in Minnesota, Davies and Hauge found that the best estimate of the annual cost of Washington adult and childhood diseases and disabilities attributable to environmental contaminants such as asthma, cardiovascular disease, lead exposure, cancer, birth defects and neurobehavioral effects is between \$2.8 and 3.5 billion dollars per year. **The research showed that much of this is attributed to environmental contaminants due to poor quality housing.** Davies & Hauge, 2005



Recommendations Based on Housing Research



HEATHER

The research makes consistent recommendations for improving rental housing quality:

1. **Data** collection mechanism for assessing housing quality
2. **Collaborative** between public health, city, landlords, tenant's rights groups to improve housing quality
3. **Well managed units** provide better health conditions, safety, and security
4. Housing assessments for low-income households
3. License for rental property, inspections and Code enforcement-lead exposure (HUD), many municipalities

Local Housing Data

- Krieger- One barrier to developing effective housing policy is the lack of information on housing quality at the community level. Some housing departments are beginning to gather this information through home visitation programs.
- Use of a Health Impact Assessment to consider health implications of new construction, zoning decisions, and restoration efforts



Peggy

Utilization of social service type home visitors could reduce the burden on code enforcement by incorporating the data collection into other work being done in the community by health professionals. This would require specialized training as well as mechanisms to analyze and determine effective responses to housing related health risks.

Funding structures would need to be identified.

Ensure Housing Quality

- WHO-Vilnius Declaration- “...take(ing) action to ensure that health and environmental dimensions are placed at the core of all housing policies and that healthy conditions are ensured and maintained in the existing housing stock.”
- CDC-Focus on comprehensive health standards
- HUD-holistic approach to correcting dilapidated or poor quality housing at once.



Heather

Given the strong link between housing quality and health, there can be little question that housing quality must be a core consideration of all policies.

It should be noted that at the highest level these concerns are being discussed and addressed and should be no different at the local level.

Ensure Housing Quality

- Krieger-Refinement of housing codes to reflect current knowledge regarding healthy housing
- APHA – Development of national building standards and codes
- Hillyard study-Inclusionary zoning



Heather

The American Public Health Association recommended development of national building standards and codes for all rental housing.

The Krieger study recommended that housing codes reflect the current knowledge we have about how housing quality affects health.

One recommendation from the local research was inclusionary zoning to reduce poverty segregation and property abandonment and increase the safety and health of whole neighborhoods. One variation is that all new construction include a certain number of permanent low-income units with the offset that the builder be allowed to increase their total number of units above the current code at 1:1 with the number of low income units.

Rental Education

- Landlord-Tenant education
- Expansion of renter training programs such as SNAP, Ready to Rent, etc.
- Landlord training such as CPTED (Crime prevention through environmental design)
- Explore property management trainings



Heather

Other important components to collaborating to improve housing quality are education for both tenants and landlords. For example...

Registry Programs

- Registry-contact information in order to resolve problems early
- Hamilton-Pilot voluntary inspection/certification program
- Full licensure and inspection programs



Peggy

And then let's address the elephant in the room...

Consistently, all research that we reviewed recommended at one level or another a registry and inspection program. In its simplest form it would require all landlords to voluntarily register their names and contact info with the city. This is based on the experience that many problems can be resolved early by a simple phone call from code enforcement. It would require, however, a mechanism by which to ensure that landlords register and maintain current contact info.

In Hamilton, Ontario they are using a voluntary pilot inspection/certification program. This is a collaborative effort with the local college and university. The program offers a certification to homes that have been inspected and meet a minimum level of safety and health. Preliminary reports appear to be good and there is a plan to move this model into a full licensure and certification program.

Dozens of municipalities have developed mandatory licensure and inspection programs. Such as...



Peggy-

These...and many more... The population levels of these cities range from 20,000 in Tukwila to 3.9 million in LA.

One concern expressed by landlords is that the cost of repairs will be passed on to tenants resulting in increased homelessness, but what the research indicates is that by early identification through periodic rental inspections the cost of deferred maintenance are limited.

Pittsburgh-305,000

Pasco-68,000

Boston-646,000

St. Louis-318,000

Fredericksburg-28,000

LA-3.9 million

There are options, but what is needed is for there to be recognition that we all benefit when we are able to establish the common goal that all people should be assured of a minimum standard of quality, safe housing.

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Long Term Rental Research
Stakeholder Group
Meeting 5

8/4/2015

Ground Rules for Meetings

The ground rules for the workgroup meetings are simple, and designed to help the process forward in a considerate, productive manner:

1. Treat each other, the organizations represented in the stakeholder group, and the stakeholders themselves with respect and consideration at all times – put any personal differences aside.
2. Work as team players and share all relevant information. Express fundamental interests rather than fixed positions. Be honest, and tactful. Avoid surprises. Encourage candid, frank discussions.
3. Ask if you do not understand.
4. Openly express any disagreement or concern you have with all stakeholder members.
5. Offer mutually beneficial solutions. Actively strive to see the other's point of view.
6. Share information discussed in the meetings with only the organizations/constituents that you may represent, and relay to the stakeholder group the opinions of these constituents as appropriate.

Ground Rules for Meetings Cont.

7. Speak one at a time in meetings, as recognized by the facilitator.
8. Acknowledge that everyone will participate, and no one will dominate.
9. Agree that it is okay to disagree and disagree without being disagreeable.
10. Support and actively engage in the workgroup decision process.
11. Do your homework! Read and review materials provided; be familiar with discussion topics.
12. Stick to the topics on the meeting agenda; be concise and not repetitive.
13. Make every attempt to attend all meetings. In the event that a primary workgroup member is unable to attend, that member is responsible for notifying Office of Neighborhood Services about alternative arrangements.
14. Question and Answers will be held until the end of each presentation.

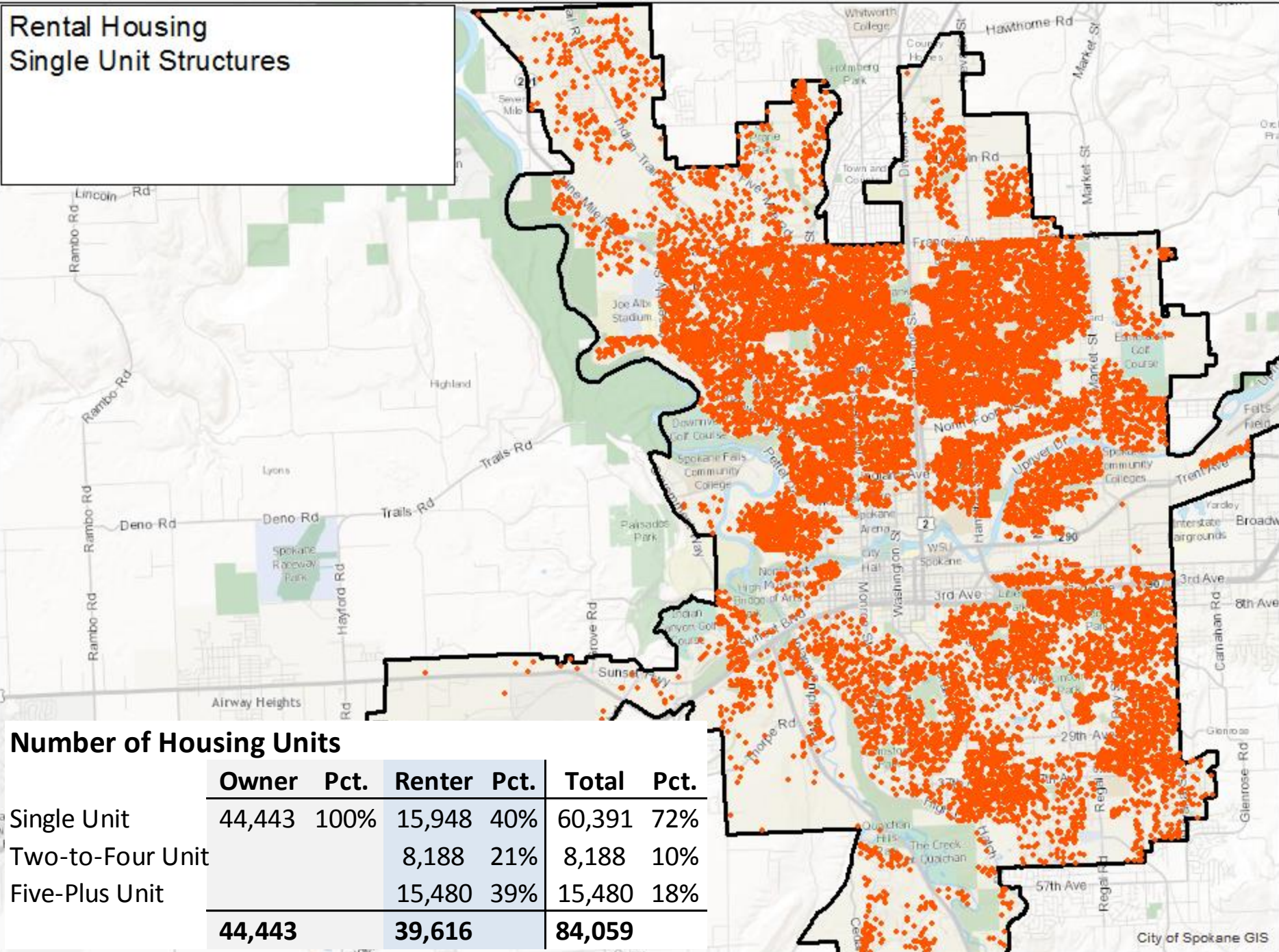
Background Rental Data

James Caddey, City of Spokane

Data Origins

- Census Data
 - 2013 American Community Survey
- County Assessor
 - Address & Name matching
 - To get rid of duplicates to get more accurate totals
- Avista Meter Counts
 - Meters per parcel to get accurate unit counts

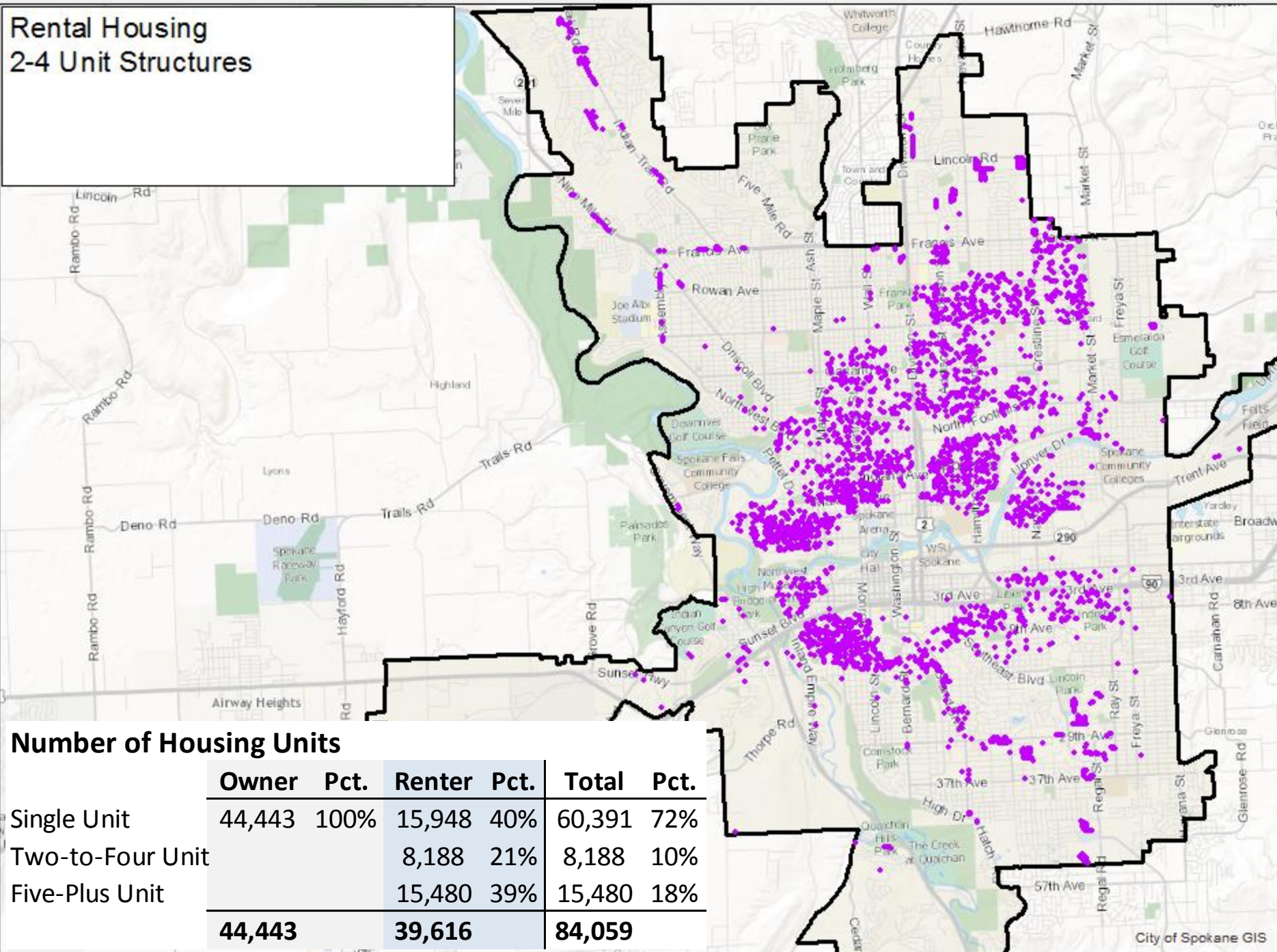
Rental Housing Single Unit Structures



Number of Housing Units

	Owner	Pct.	Renter	Pct.	Total	Pct.
Single Unit	44,443	100%	15,948	40%	60,391	72%
Two-to-Four Unit			8,188	21%	8,188	10%
Five-Plus Unit			15,480	39%	15,480	18%
	44,443		39,616		84,059	

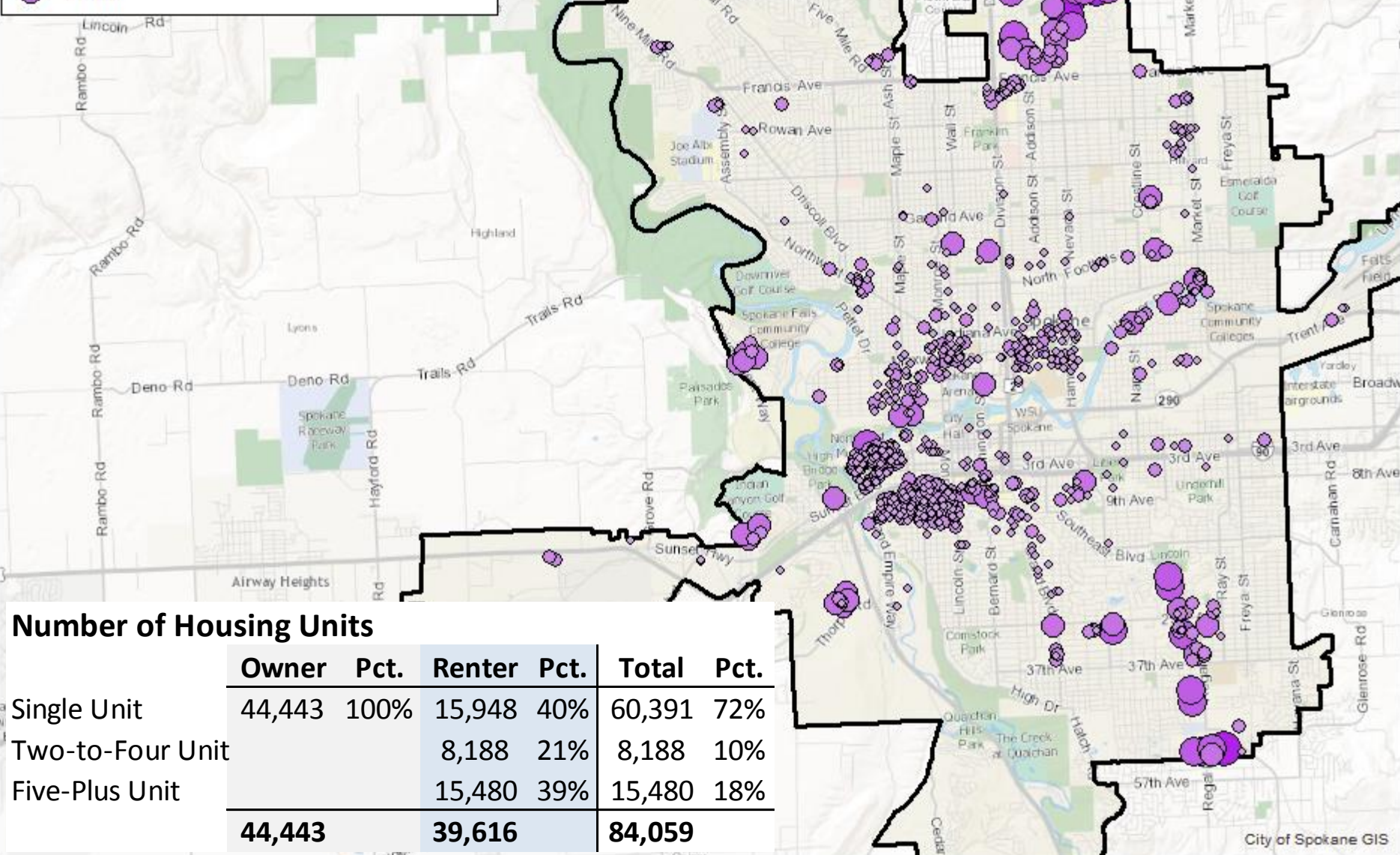
Rental Housing 2-4 Unit Structures



Number of Housing Units

	Owner	Pct.	Renter	Pct.	Total	Pct.
Single Unit	44,443	100%	15,948	40%	60,391	72%
Two-to-Four Unit			8,188	21%	8,188	10%
Five-Plus Unit			15,480	39%	15,480	18%
	44,443		39,616		84,059	

Rental Housing 5+ Unit Structures

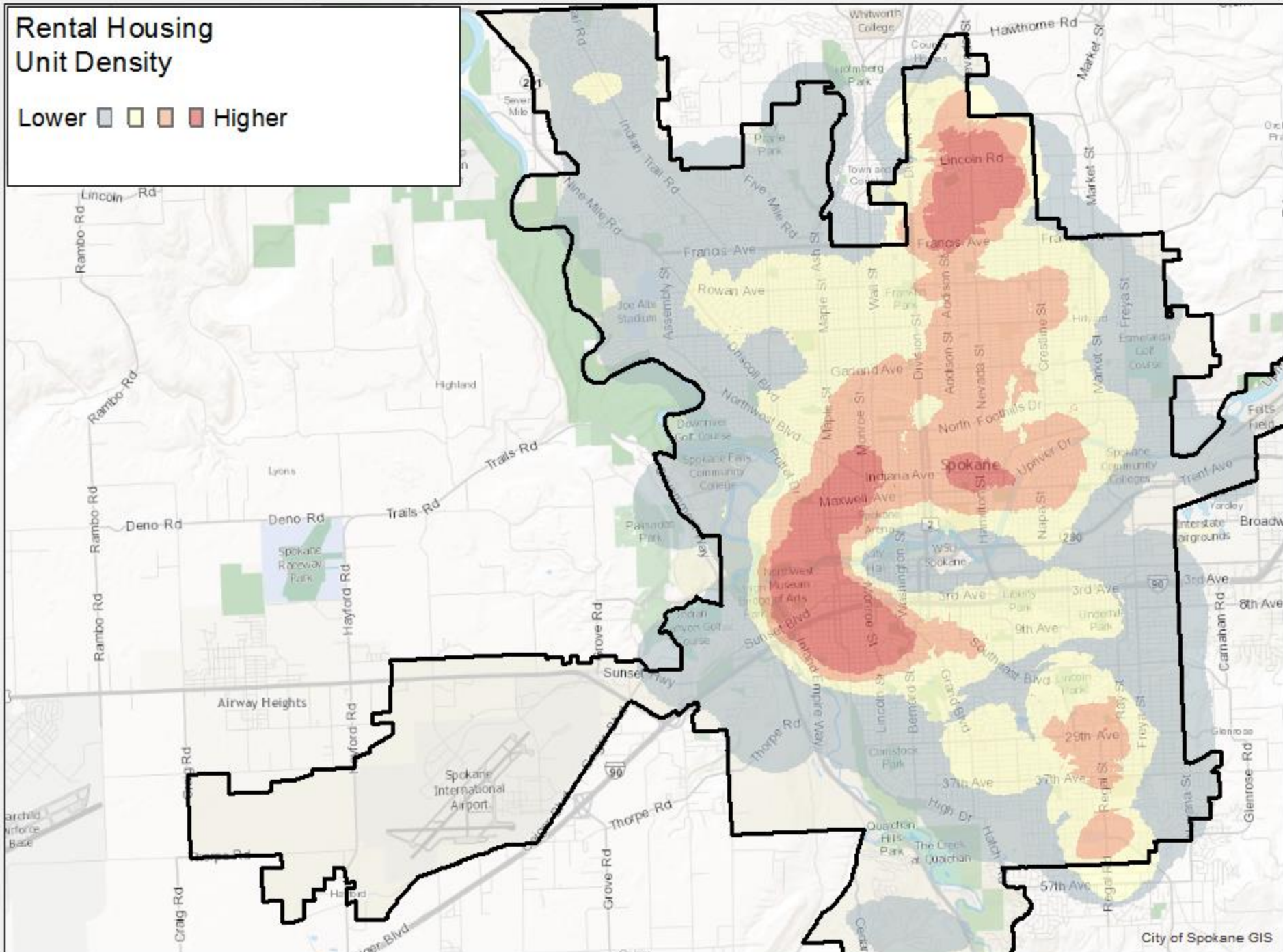


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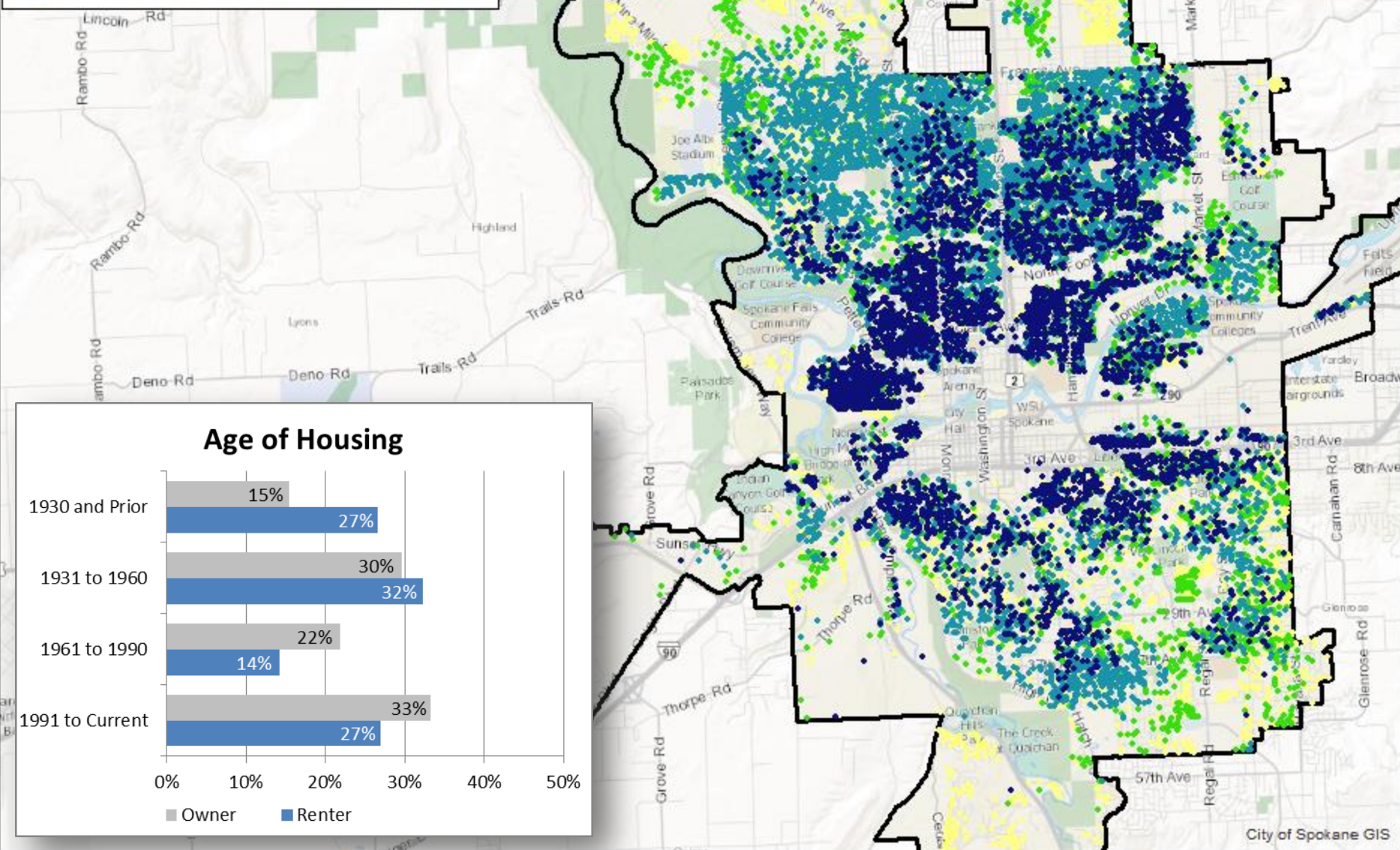
Rental Housing Unit Density

Lower Higher

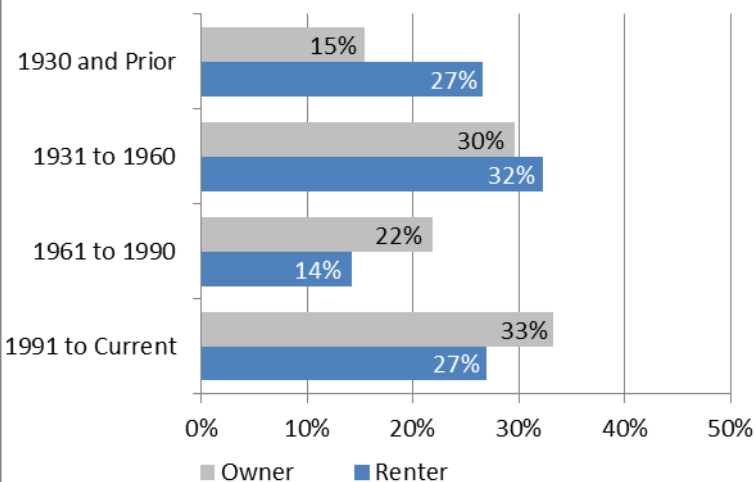


Rental Housing Age of Structure

- 1930 and Prior
- 1931 to 1960
- 1961 to 1990
- 1991 to Current



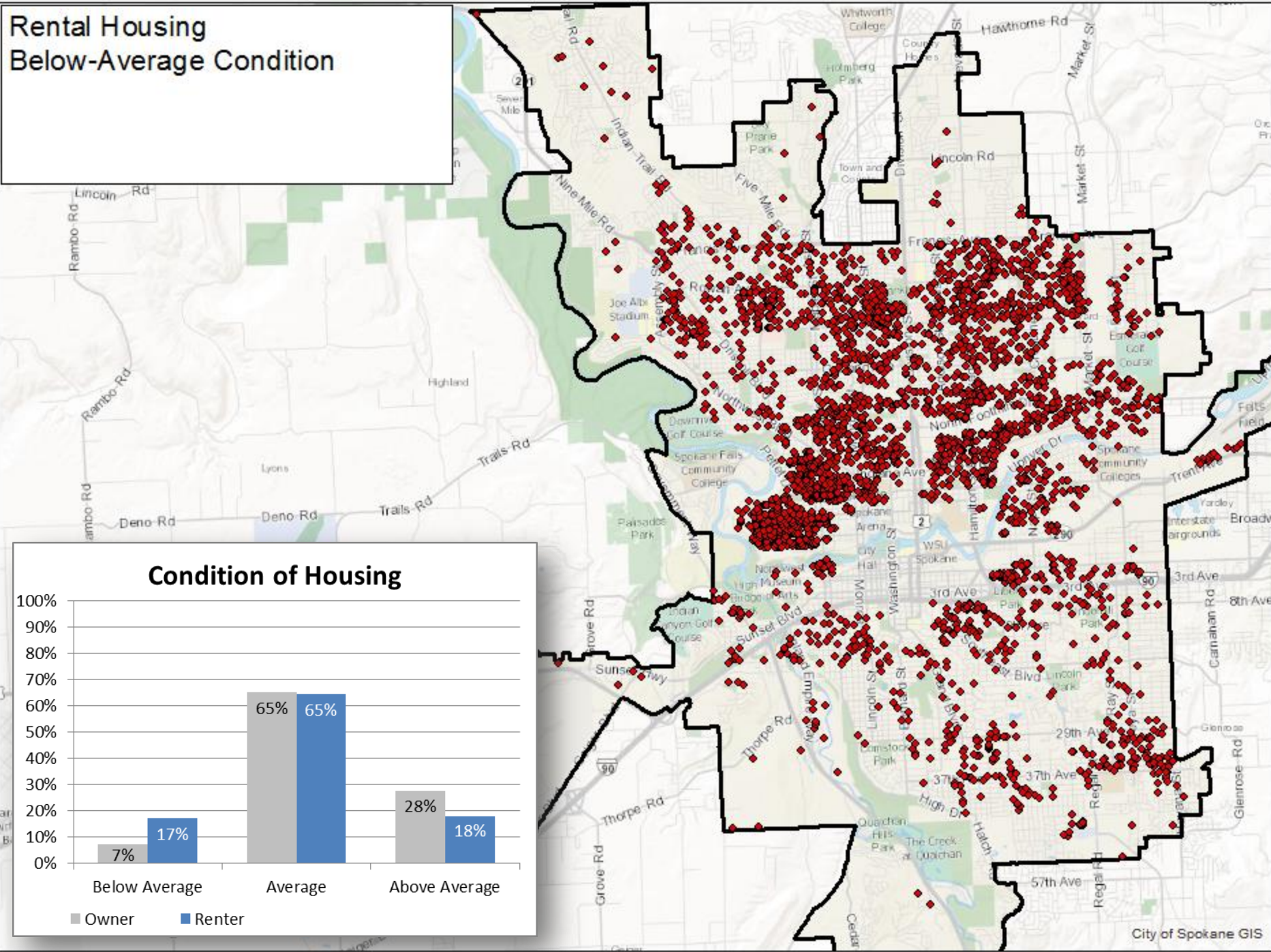
Age of Housing



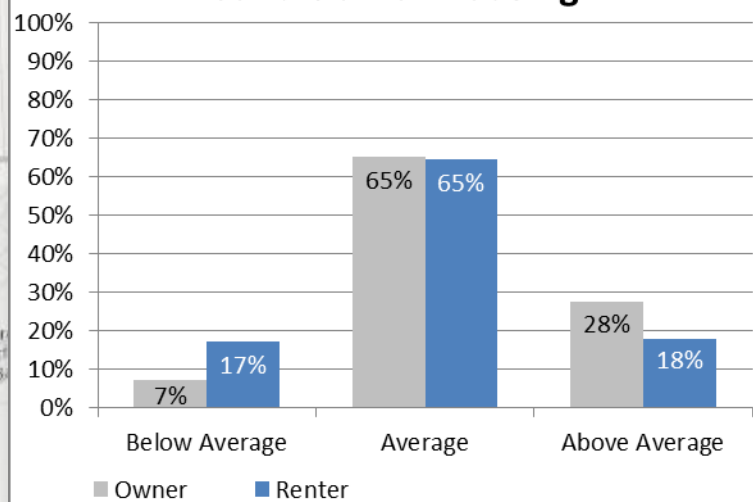
Determining Condition

- **Exterior Physical Condition:**
- **Very Poor:** undesirable, unoccupied
- **Poor:** un-attractive; excessive turnover
- **Average:** still somewhat attractive and desirable
- **Good:** quite attractive and desirable
- **Excellent:** extremely attractive and highly desirable

Rental Housing Below-Average Condition



Condition of Housing



Rental % - Comparison

- Spokane, WA
 - Owner-occupied housing units: 49,688 (57%)
 - Renter-occupied housing units: 37,518 (43%)
- Tacoma, WA
 - Owner-occupied housing units: 40,486 (51.5%)
 - Renter-occupied housing units: 38,195 (48.5%)
- Seattle, WA
 - Owner-occupied housing units: 136,362 (48.1 %)
 - Renter-occupied housing units: 147,148 (51.9 %)
- Vancouver, WA
 - Owner-occupied housing units: 32,512 (49.4%)
 - Renter-occupied housing units: 33,294 (50.6%)
- Bellingham, WA
 - Owner-occupied housing units: 15,310 (45.5%)
 - Renter-occupied housing units: 18,315 (54.5%)
- Portland, OR
 - Owner-occupied housing units: 133,467 (53.4%)
 - Renter-occupied housing units: 116,666 (46.6%)