

# Proyecto de Casas Saludables

Fiscal Agent  
Sherman Heights Community Center

Funded by the American Lung Association  
And Price Charities



## PURPOSE...

Seeks to empower the San Diego community by providing education, advocacy, and counseling on housing issues. Through our efforts we strive to increase the knowledge of indoor asthma triggers and institutionalize changes in housing standards to ensure healthy homes for all residents.



## THE PROBLEM...

- Time indoors
- Poor indoor housing conditions
- Population density
- Aging housing stock
- High rates of asthma in City Heights



*11% of school aged students in the City of San Diego have a diagnosis of asthma. In City Heights, between 15 and 20% of students suffer from the disease.*

## OUR RESPONSE...

The development and implementation of Proyecto de Casa Saludables the Project and Organization

- Established in May 2005
- Built on Community Action to Fight Asthma
- To meet the needs of immigrant and refugee communities of City Heights



## Building of the Promotora Model

- Trusted leaders in the community
- Intensive training with the Community Environmental Health Resource Center
- Tenants rights Housing and Leadership training



- Building future community leaders to propose and create solutions.

**VISUAL SURVEY REPORT**

Resident: JOAN SMITH Completed by: K. BROSA  
 Alternate Contact: JOAN SMITH Phone # 512-345-6789  
 Address: 1234 Main St, City Heights, OH 43113 (Use the extra space to identify any other addresses you notice. Put an asterisk \* above any nearby homes in child steps or photo. Check X where appropriate in position.)

Problem	Room or Area	Basement	Porch	Entryway	Living Room	Dining Room	Kitchen	Bathroom 1	Bathroom 2	Bathroom 3	Bedroom 1	Bedroom 2	Bedroom 3	Attic	Garage	Backyard
Peeling, chipping, or cracking paint	Walls, Windows, door, or trim															
Cracks in wall	Plaster chips on exterior wall															
Water on floor	Water on floor															
Mold on wall	Moisture source of water															
Water appears wet or soiled	No visible source of water															
Strong musty smell	Musty smell															
Radon gas or sewer gas	Radon gas or sewer gas															

**Mold and Moisture Report**

Room: \_\_\_\_\_ Location: \_\_\_\_\_ Surface type: \_\_\_\_\_ Moist Setting: \_\_\_\_\_ Mold Highest Level: \_\_\_\_\_ Photo # \_\_\_\_\_

**Cockroaches Report**

Species: GERMAN COCKROACH Count: 12

**Sampling Results Report**

Room	Number of Samples	Results of Sampling	Number of Cockroaches	Other Pests
Living Room	1	1 cockroach	1	None
Kitchen	2	2 cockroaches	2	None
Bathroom	1	1 cockroach	1	None
Bedroom	1	1 cockroach	1	None
Basement	1	1 cockroach	1	None





**Implementation of Home Assessments**

- Lead Assessments
- Mold/Moisture Assessments
- Cockroaches Infestation Level

Referral to appropriate support agency, including tenant legal centers.

**Evaluation of Casas Saludables**

- The National Latino Research Center (NLRC) at Cal State San Marcos is a university-based applied and collaborative research center working with local, state, and national organizations on education, health, and civic engagement.

<b>Quantitative Data</b>	<b>Qualitative Data</b>
140 surveys collected by Casa Saludables promotoras	Focus group session with promotoras and participants

- The NLRC developed the healthy home assessment instrument, analyzed data, and identified priorities for environmental health education and advocacy activities.

**Survey Findings**

**Race/Ethnicity**

**Insurance Coverage**

**Prevalence of Asthma**

Respondents with Asthma	5.7%
Children with Asthma	31%
Parents who have worked with a school nurse when child has been diagnosed with asthma	15%

## Asthma & Housing

- Environmental triggers often found in housing include pests, mold, dust, animal dander, cleaning and pest management products, toxic fumes from paint, flooring and building materials, and/or smoke.

Cockroaches	Asthma Incidence
79.1% of participants reported cockroaches in their homes.	48% of those participants had asthma
Mold	Asthma Incidence
58.6% reported visible mold in their homes and 64% reported signs of mold.	Higher asthma incidents in homes where mold was visible (32 cases).
57.9% reported signs of moisture	Higher asthma incidents in homes where moisture was found (29 cases).
<ul style="list-style-type: none"> <li>Having carpet (old carpet) in the home is related to the number of individuals in the household with asthma.</li> <li>40% of participants living in a carpeted home also reported having asthma.</li> <li>Asthma incidents were twice as high in homes with a musty odor present (40 cases of asthma) compared to homes without a musty odor (20 cases of asthma).</li> </ul>	

## Since the home assessments...

-First community-initiated housing conference in City Heights attended by 500 families

-Leadership and housing training for 150 residents

-Building of the Housing Momentum Team



## Community took over, now it is ran as a independent organization

- 2008-funding ended.....

### Leadership Development

- Provides leadership development in communities through all San Diego.- Leadership Academy

### Community Education /Promotora Model.

- Ownership of the organization

### Policy Work and Advocacy

- Healthy Homes Ordinance in the City of San Diego.
- Healthy Homes Coalition

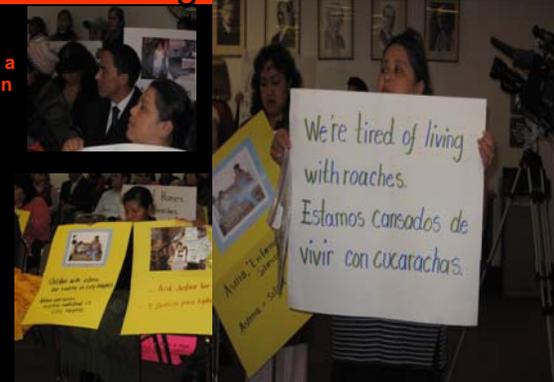


## Advocacy –San Diego Land Used and Housing Committee

•PSC successfully ensured funding for a housing counselor in City Heights for an additional year

•We mobilize 150 residents

•Involved residents who otherwise not participate in our city's politics





## Academy of Leadership

- All Districts-8, 6, 4, 3,
- Partners: *Employee Rights Center, Barrios Unidos Hoy Organizados, Affordable Housing Advocates, Jacobs Center, Bayview Community Center, Sherman Heights Community Center*
- Curriculum: *Tenant Rights, Employee Rights, Indigenous practice of better health, fair housing, education rights, healthy homes and basics organizing*
- Graduated 150 residents
- Childcare and Food





### Healthy Homes Coalition



- Strong base of **residents leaders** and more 20 community Organizations
- Develop a strategy to institutionalize Changes in housing standards
- “**Healthy Home Ordinance**”

## List of Supporting Organizations

Affordable Housing Advocates  
American Lung Association  
City Heights Community Development Corporation  
College Avenue Baptist Church  
Center for Social Advocacy  
Community Housing Works  
Employee Rights Center  
International Rescue Committee  
National Latino Research Center, Cal-State San Marcos  
Mid-City CAN Tobacco Free Mid-City  
San Diego Affordable Housing Coalition  
San Diego Regional Asthma Coalition  
SAY, San Diego, Inc.  
Barrios Unidos Hoy Organizados  
Jacobs Center

## PROPOSED SOLUTIONS...

### *Today:*

- Identify options for code enforcement to incorporate mold and cockroach issues into home assessments.
- Full utilization of CDBG, Healthy Homes resources and city grant-writing efforts to address sub-standard housing issues in City Heights.

### *This year:*

- CDBG commitment to housing counselors throughout San Diego

### *Next three years:*

- Pre-emptive code enforcement program for the City of San Diego that partners with community-based "promotora" models.

### **Built relationships with...**

- 20 community-based organizations
- School nurses and public health officials
- Code enforcement
- Healthy Housing
- District 3 staff and Councilmember Todd Gloria
- District 8 staff
- City Attorneys office

## Radio Program



***Nuestra Gente***, (Our People)  
Radio Hispana 1470, Spanish Radio Station  
Reaches out to 10, 000 people both in Tijuana and San Diego  
Ran by Proyecto de Casas Saludables Promotoras

## Academy of Promotoras



## Casa Cafe



-Ensures the **sustainability**  
-Run by volunteers who many have a child with Asthma  
-Promotes **Healthy Homes**

## Contacts...



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