

Health and Cost Benefits

OF REDUCING ASTHMA TRIGGERS

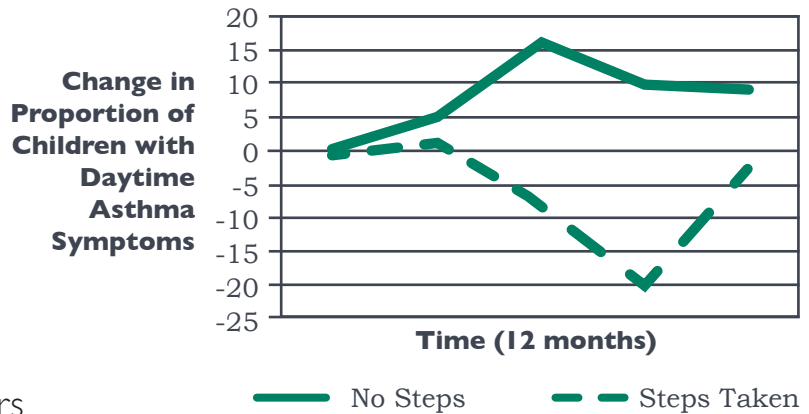
Resident Health Improves with Less Exposure to Triggers

Home Intervention for Inner-City Asthma

Children with asthma living in Baltimore row houses showed a decrease in symptoms when managers took the steps below to reduce exposure to asthma triggers inside units¹.

Steps taken:

- Provided a High-Efficiency Particulate Air (HEPA) filter for bedrooms where the child with asthma slept.
- Fitted child's mattress and pillows with allergy-proof casings.
- Exterminated pests (if needed) a process called *Integrated Pest Management (IPM)*².
- Provided home-based environmental education on asthma triggers.



Boston Housing Authority

Between 2006 and 2010, the Boston Housing Authority and Boston Public Health Commission used an integrated pest management program to reduce the number of cockroaches and rodents in low-income housing. Boston health officials reported that the percentage of adults with asthma symptoms was reduced by almost half during this time³.



Is Integrated Pest Management Cost-Effective?

How Does Integrated Pest Management (IPM) Work?

- IPM keeps pests away by limiting their access to food, water, and hiding places inside buildings.
- To do this, IPM uses a team effort between managers, custodial staff, maintenance workers and residents.
- For IPM to work, buildings need to be well maintained and units need to be kept clean.
- For long term success, residents and staff need to constantly look for signs of pests and take quick action to get them under control.

Using IPM to Control Pests Can Reduce Costs²

- Small repairs needed to use IPM may lead to higher costs at first.
- But as pests become less of a problem, the overall expenses decrease because treatment is only applied as needed.
- Costs are also saved because repairing your property can:
 - ✓ Cut energy bills
 - ✓ Reduce moisture
 - ✓ Minimize future pest infestations

A detailed guide on IPM steps can be found at: www.stoppests.org/what-is-ipm/guide



REFERENCES:

- ¹ Eggleston PA, Butz A, Rand C, et al. Home environmental intervention in inner-city asthma: a randomized controlled clinical trial. *Ann Allergy Asthma Immunol.* 2005;95(6):518-524.
- ² StopPests.org: <http://www.stoppests.org/what-is-ipm/guide>
- ³ eNews Park Forest: <http://www.enewspf.com/latest-news/science/environmental/39552-ipm-in-public-housing-attributed-to-lower-asthma-rates-in-boston.html>



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