

Breathe easy

at home program

Yearly Review!

2008 Accomplishments

Dear Breathe Easy at Home provider:

We are happy to report that participation in the Breathe Easy at Home Program (BEAH) increased significantly in 2008 and reflected the high demand for asthma services in Boston! In 2007, BEAH had 107 cases and in 2008, the caseload increased to 165 cases—a 54% case increase! For that, we have to thank you, the providers for making referrals. There were concentrations of cases in Dorchester (30%) and Roxbury (20%) and few referrals from East Boston and Mattapan. Both East Boston and Mattapan have high rates of hospitalizations for children and a large proportion of rental housing. Therefore, outreach to clinics in these neighborhoods is planned for 2009.

In 2008, Breathe Easy added new outreach materials. The informational flyer designed for providers, was updated and a Breathe Easy Process Flyer, for BEAH clients, was developed. This flyer explains what happens before, during and after inspection. Chinese and English versions of these flyers can be found and downloaded on the Breathe Easy website. A brochure with recipes for safe, non-toxic cleaning solutions to accompany our Healthy Homes guides was developed and an educational flyer for landlords referencing the State Sanitary Codes and noting violations that are also asthma triggers were put into rotation. Soon, a cover letter will go out to landlords with BEAH code violation notices. The letter explains the importance of Breathe Easy cases, and encourages cooperation, describing how resolving code violation can help their tenants with asthma stay healthy. Coming soon on the BEAH website will be a podcast in English and Spanish by Dr. Megan Sandel of Boston Medical Center explaining Breathe Easy at Home to providers and residents.

In 2008, the program initiated an evaluation with BEAH clients. Clients complete surveys before and after their Breathe Easy inspections to assess reductions in asthma triggers experienced and improvement in asthma symptoms. The evaluation also collects information on the amount of asthma education clients receive and where they get asthma education from. Finally, in 2008, the BEAH program received national recognition as a Model Program from the National Association of City and County Health Officials (NACCHO).

Thank you for making 2008 a great year!

Amanda LaSane, BEAH Program Coordinator



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Worried about Retaliation?

Some tenants decline inspection, fearing their landlord will evict them or make their home environment hostile as the price for trying to make it healthier. **Retaliation is illegal.** Only one BEAH case has required legal assistance and BEAH helped connect the tenant to a lawyer. Furthermore, the Inspectional Services Department staff has successfully mediated any other retaliation concerns.

Tenants worried about retaliation should promptly inform the inspector. If s/he is unavailable, call the supervisor at (617) 635-5322.

The **Medical-Legal Partnership of Boston** also welcomes medical providers' questions. Contact (617) 414-7430 or johanna.flacks@bmc.org.

Frequently Asked:

Q: I requested to be registered via the BEAH website but was denied. Why?

R: Your facility may already be registered. Each facility has one username and password used by everyone in the facility. To find out what your username is, or to register your facility, contact BEAH at 617-534-2485.



Is one of your New Year's resolutions to quit smoking?

Brookside Community Health Center
Family Services Department:
Smoking Cessation
3297 Washington Street
Jamaica Plain, MA 02130
(617) 983-6047

Codman Square Health Center
Smoking Cessation Program
637 Washington Street
Dorchester, MA 02124
(617) 825-9660 x8124
Ask for the smoking cessation
program.

The Dimock Center
Smoking Cessation Program
55 Dimock Street
Roxbury, MA 02119
Clinical Pharmacist / Tobacco
Treatment Specialist
(617) 442-8800 X 1252

Dorchester House MultiService
Center, Smoking Cessation Program
1353 Dorchester Avenue
Dorchester, MA 02122
(617) 288-3230

Harbor Health Services, Inc
Neponset Health Center
398 Neponset Avenue
Dorchester, MA 02122
(617) 282-3200 X243 or X 128
Clinical Pharmacist/Tobacco Treat-
ment Specialist/Individual Counseling

Martha Eliot Health Center
Smoking Cessation Program
75 Bickford Street, Jamaica Plain, MA
02130 (617) 971-2100
Ask for the Adult Clinic

MGH – Charlestown
Community Health Associates
contact the Pack it in Program
Smoking Cessation Groups: \$60
(781) 485- 6210

Mattapan Community Health Center
Smoking Cessation Program
1425 Blue Hill Avenue
Mattapan, MA 02126
(617) 296-0061

South Boston Health Center
409 West Broadway, Boston, MA
02127
Individual Cessation Counseling
(617) 269-7500

Southern Jamaica Plain Health Center
Smoking Cessation Counseling
640 Centre Street
Jamaica Plain, MA 02130
(617) 983-4256

Upham's Corner Health Center
Stop Smoking Health Educator
415 Columbia Road, Dorchester, MA
02125
(617) 287-8000 Ext. 8193

Boston Medical Center
BMC Smoking Cessation Program
One Boston Medical Center Place
Boston, MA 02118
(617) 638-8670
Serving BMC and BMC HealthNet
patients/members

Brigham and Women's Hospital
Quit Smoking Program
75 Francis St, Boston, MA 02115
Do not need to be a BWH patient
(617) 732-9694

Children's Hospital
Adolescent Substance Abuse Program
(ASAP)
333 Longwood Ave
Boston, MA 02215
(617) 355-2727 (ASAP)
For youth ages 12-21

Massachusetts General Hospital
MGH Tobacco Treatment Service
55 Fruit Street, Boston, MA 02114
group program/sliding scale fee
Do not need to be a MGH patient
(617) 726-7443
tobaccotreatment@partners.org

Neighborhood Health Plan
Telephone Counseling, English/ Spanish
For NHP members, (617) 204-1442

Is your home warm enough?

The State Sanitary Code for Housing states that, "The owner shall provide heat in every habitable room and every room containing a toilet, shower, or bathtub to at least 68°F (20° C) between 7:00 A.M. and 11:00 P.M. and at least 64°F (17° C) between 11:01 P.M. and 6:59 A.M. every day other than during the period from June 15th to September 15th...and it shall at no time exceed 78°F (25° C) during the heating season.

For more information, call Inspectional Services at (617) 635-5322.