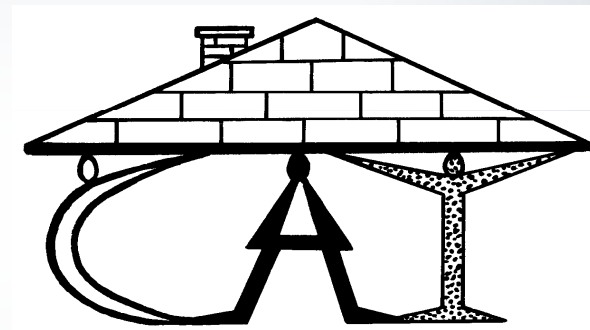


Promoting Health through Multi-Family Housing AKA: Organizing Healthy Communities

Year and a half long partnership examining ways to improve health conditions in multi-family housing complexes



Community Alliance of Tenants



CENTER FOR INTERCULTURAL ORGANIZING



Oregon Public Health Institute (OPHI)

Oregon Public Health Institute improves the health of Oregonians through advocacy and support of effective public health policy and systems change.



Healthy Eating and Active Living (HEAL) Amenities on Affordable Multi-Family Housing Developments



Examined barriers to residents eating well and exercising regularly

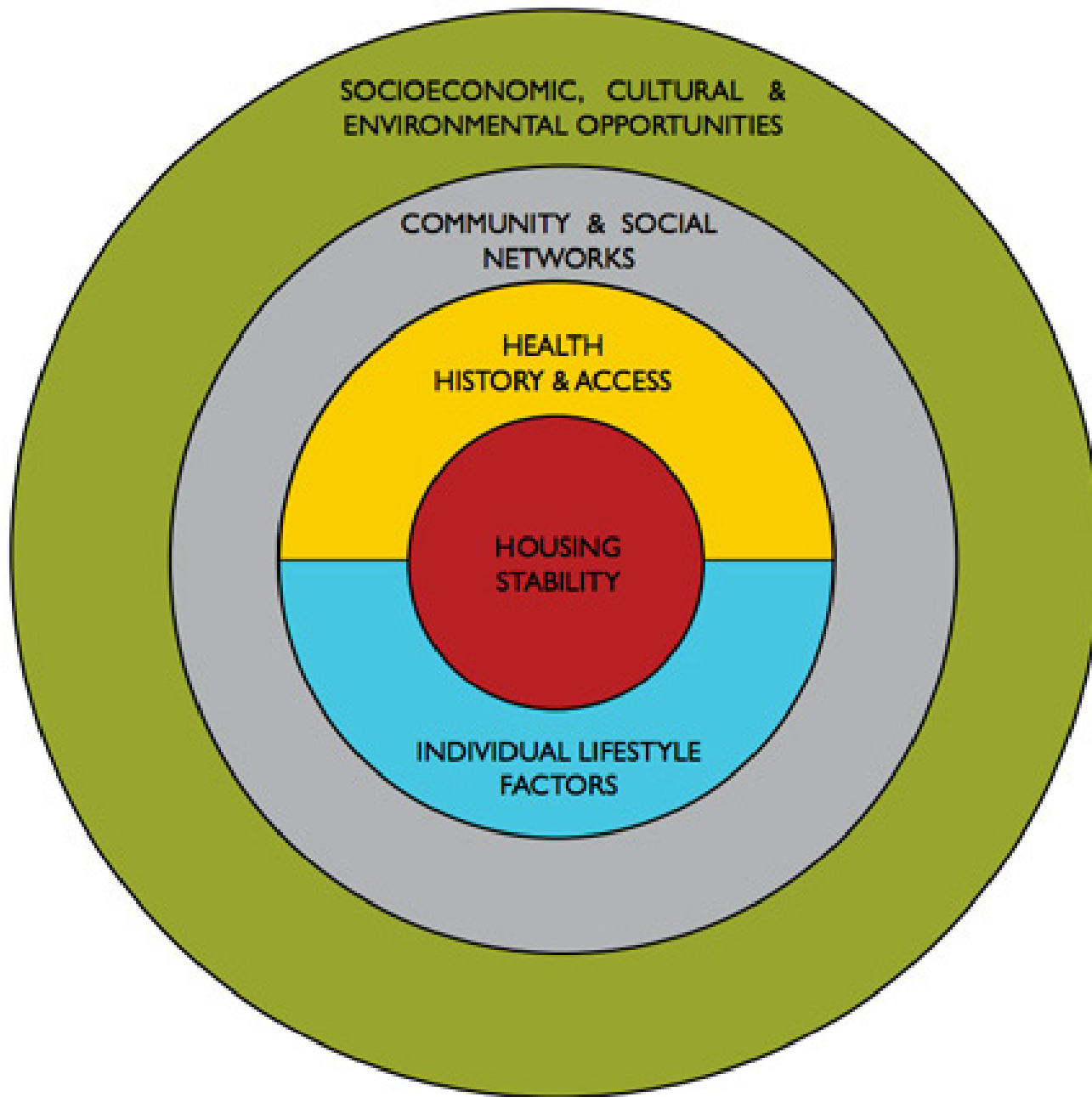
HEAL site amenities evaluation of affordable housing sites

Prepared By:

The Healthy Kids Healthy Communities HEAL Site Amenities Work Group. Oregon Public Health Institute, Community Cycling Center, Hacienda Community Development Corporation (CDC), ROSE CDC, Portland Bureau of Planning and Sustainability.

Funded By: The Robert Wood Johnson Foundation





SOCIAL DETERMINANTS OF HEALTH



Why Healthy Housing Matters

- Energy efficient, well-constructed, and properly managed housing developments may reduce environmental toxins and allergens thereby reducing exposure to mold and pest, and ultimately reducing asthma and respiratory illnesses
- Affordable housing that includes on-site amenities that promote health, such as open areas for children's playspace or vegetable gardens, and bicycle and stroller storage space, can reduce unit repairs from bicycles and scooter damages, and improve food security for families
- Affordable housing may free up resources for families to purchase healthy food and for medical expenditures
- High quality housing provides stability for families. Residential instability contributes to stress and mental health problems that leave children and parents vulnerable to developmental delays and depression



Portland Zoning Code Scan

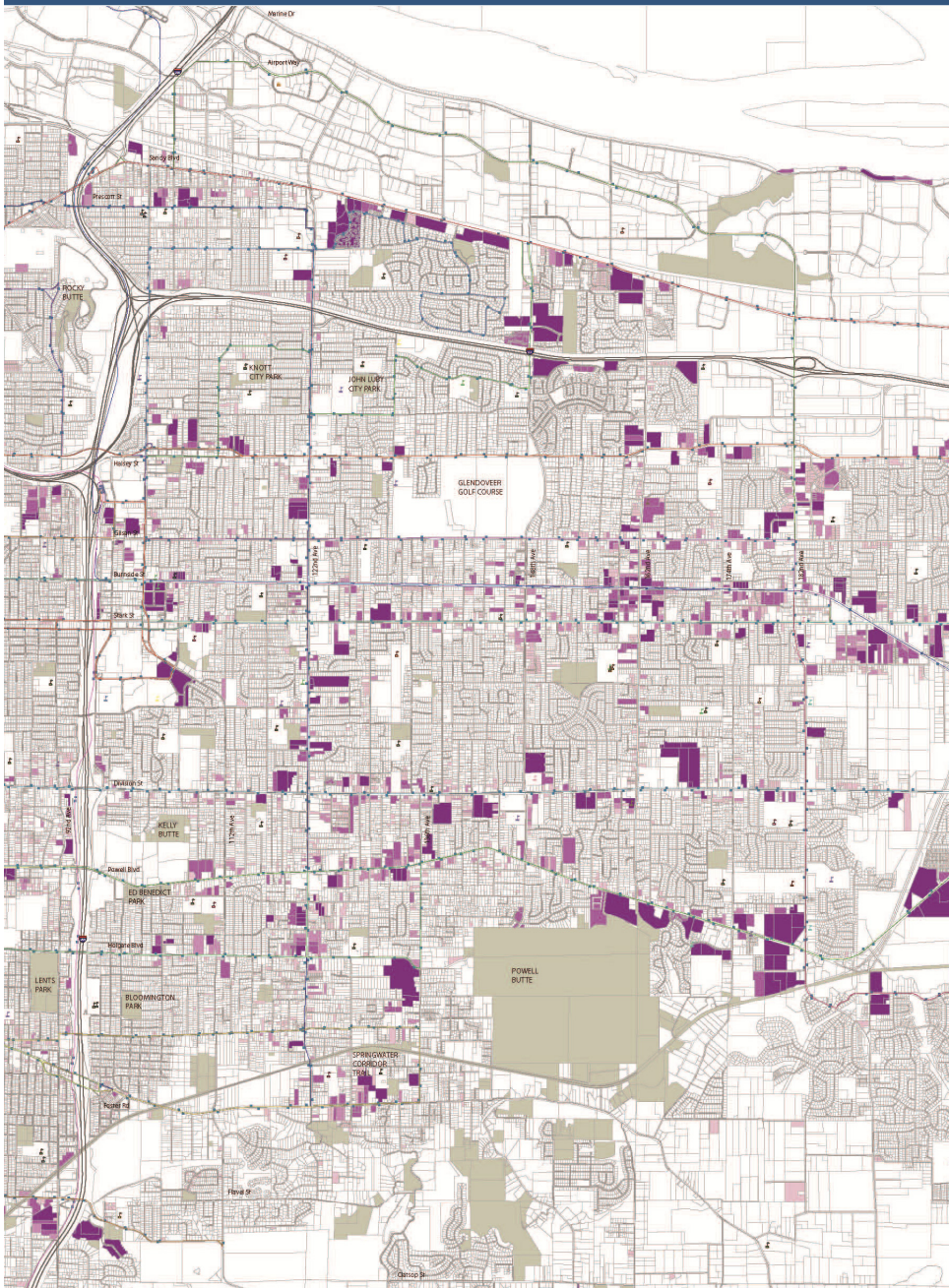
Moving Around the Site

Requirements

Transit Street Main Entrance	Commercial Zones 33.130.242 Applies to mixed-use developments only (not all-residential): <ul style="list-style-type: none"> • All sites with at least one frontage on a transit street, and where any of the floor area on the site is in nonresidential uses, must have one main entrance per tenant within 25 feet of the transit street, and either facing or at up to a 45 degree angle to the transit street. • This is intended to promote walking and transit use by making access convenient.
	Employment Zones 33.140.242 Applies to mixed-use developments only (not all-residential): Zones EG1 and EX have the same standards as commercial zones (see 33.130.242 above); for duplexes, houses and attached houses see residential main entrance, 33.140.265 E.
Pedestrian Standards (Purpose)	Multi-Dwelling Zones: 33.120.255.A Commercial Zones: 33.130.240.A Employment Zones: 33.140.240.A Pedestrian standards are designed ensure safe and usable on-site circulation, connection to the street, and connection to adjacent sites where feasible, and reduce conflicts between pedestrians and vehicles.
Pedestrian Standards	Multi-Dwelling Zones 33.120.255.B <ul style="list-style-type: none"> • Straight line connections are required between main entrances of all buildings to the closest sidewalk or roadway. Connections are also required between any other adjacent streets and pedestrian entrances.* • Sites where all floor area = household living uses must only provide a straight-line path to one main entrance • Internal pedestrian connections required on sites larger than 10,000 sq ft, connecting building main entrances to each other & to parking, bike parking, recreational & common outdoor areas, and pedestrian amenities. • Pedestrian circulation system must be hard-surfaced and at least 5 feet wide (except for paths leading to 4 residential units or less, which must be 3 feet wide). • When the pedestrian system crosses or is adjacent to auto travel lanes, driveways, parking and loading areas, the pedestrian system must be separated and clearly identifiable through methods such as elevation changes speed bumps, different paving material, bollards, landscaping or other physical barriers. (See code for details) • The on-site pedestrian system must be sufficiently well lit for safe pedestrian usage at night. • Houses, attached houses and duplexes are exempt from these standards. *Straight line connection must be no more than 20 ft longer or 20% longer than the distance from entrance to the street, whichever is less. Connections to additional street frontages need not be straight line paths, and are not required at all if at least 50 percent of a street facing façade is within 10 feet of the street.
	Commercial Zones 33.130.240.B <ul style="list-style-type: none"> • Same as pedestrian standards in multi-dwelling zones, except that the pedestrian circulation system must be at least 6 feet wide in all locations, and all lots require internal pedestrian circulation systems. • Area between the building and street lot line must be landscaped to at least the L1 level (see 33.248 Landscaping and Screening) and/or hard surfaced.
	Employment Zones 33.140.240.B Same as ped standards for commercial zones (see 33.130.240); EG2 zones exempt from landscaping standard.
Public Recreational	33.272 (010, 020, 050 - 080) <ul style="list-style-type: none"> • All applicants for a land use review or for building permits on lands designated with a recreational trail symbol on the

Scanned code for obstacles that may prevent property owners from developing 'healthier' properties





Multi-Family Housing in East Portland

Affordable housing developers often receive funding that require housing complexes to best meet resident needs

Typically, private market property owners and developers do not receive subsidies in a similar way

Lots of Multi-Family residential housing in East Portland

Build on 122nd Avenue Study and other community efforts

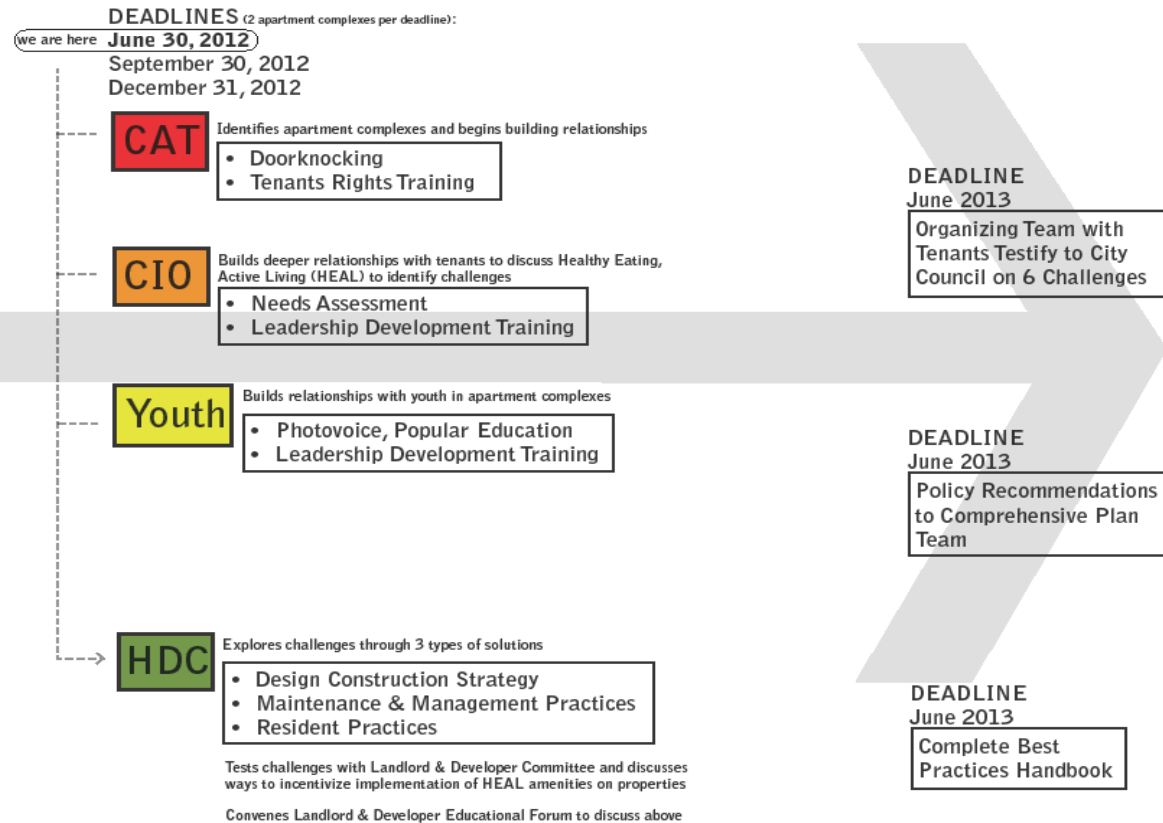


PROMOTING HEALTH THROUGH MULTI-FAMILY HOUSING

STEPS

ORGANIZE AT 6 COMPLEXES
TO IDENTIFY 6 CHALLENGES

EXPLORE 6 CHALLENGES



* REPORTING DEADLINES: July 31, 2012; January 31, 2013; July 31, 2013

Community Alliance of Tenants

Who is CAT

CAT, formed in 1996, is Oregon's only grassroots, tenant lead and tenant run organization. Mission is to educate and empower renters to demand safe, stable and affordable housing.

Membership based organization with over 2000 members. Anyone that is a tenant or person experiencing homeless can sign up as a member.

Top 3 issues CAT members face- lack of affordable housing, lack of eviction protections, and difficulty gaining repairs.

CAT's Role

To identify and engage renters in East Portland living in private market apartment complexes. Potential building were identified through CAT's Renters Rights Hotline.

Shortage in Affordable Housing

Portland has the second lowest vacancy rate in the nation (less than 3%) The private market back fills the affordable housing need that is not available through subsidized housing.

Gains from this Project

Directly identify challenges renters where having.

A venue to provide renter input on their physical space.

A city driven process that allowed CAT and CIO to design the engagement format.

Time for leadership development for residents new to civic engagement.



**Community
Alliance of
Tenants**



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Building-Based Organizing



Occurs often in multifamily apartment complexes. If one resident is having problems, other residents are having problems too because of shared walls and proximity (mice, pest, mold).

Most affordable rental homes for low-income tenants are apartment complexes.

At properties with unresponsive landlords, tenants find more effective and safer resolution when working together rather than alone.

Tenant volunteers support CAT's organizing efforts. Door-to-door outreach to build relationships, provide info, and assess conditions.



Renters' Rights Hotline



CAT's Renter's Rights Hotline counsels over 2500 calls from renters in Portland who have questions about their rights and responsibilities. 30% of all calls are from renters having difficulty getting repairs made. Most of the repair issues people report through the hotline and building based outreach are mold, pest, sanitation.

In this project we door-knocked and reached out to 7 properties and engaged over 125 households.



Renters learn about both their rights and responsibilities



Renters learn what they can do to address and prevent health hazards in the home.

Renters learn the best ways to communicate with landlords about their needs (always in writing).

If renters can't get repairs by direct communication with their landlord they can coordinate to have inspections from BDS.

Hazards in the home: Exposure to mold and roaches is a known trigger for asthma; exposure to diseases carried by mice; exposure to chipping and peeling lead paint leads to neurological damage.





After tenants learn about their rights they prioritize what issues they want to work on.

Tenants also learn about local policies and systems.

Tenants learn to use their experience to engage in civic activities. Typically for CAT tenants, this is the first time low-income tenants engage in the civic process.



In this project, tenants prioritized community gardening as an amenity they wanted on-site. Management and residents worked out how to reuse landscaping area to create space for individual gardens. Spaces that had previously been just filled with dirt, mulch or decorative plants became spaces where tenants grew individual vegetable gardens. This was a creative reuse of space and a low cost means of obtaining healthy and culturally relevant food.



Center for Intercultural Organizing (CIO)



STRENGTH THROUGH PARTNERSHIP

Partnering organizations had complementary expertise and skills.

City staff brought their land use expertise and provided overall coordination.

OPHI and HDC brought their knowledge of health and housing policy.



CAT has deep knowledge about renters' rights, housing maintenance codes, and grassroots community organizing.

CIO has a long history of cross-cultural community organizing, leadership development, and policy advocacy.



Project based- approach vs. Real community change



You do not design a project for the community, you design with the community for the long haul.

In the process of real community engagement, you have to answer some of the hard questions.

What is going to happen after we complete the project?

How do we sustain and support the community after the project ends?

In order to win the trust of the community, you have to be willing to address immediate unmet needs, be resourceful and think out of the box.





CIO and CAT committed to continue working with the community without additional resources.

CIO kept one of the organizers. Although there are not many resources for the project, it is a commitment to the community.



We are still doing leadership development. This year there are four community members who are participating in CIO's year-long leadership program.



Housing Development Center

We help mission-driven property developers create and preserve housing and community facilities that thrive and endure.

- Comprehensive development
- Asset management
- HDC Community Fund
- Program and policy development



Healthy Housing

A Handbook for Portland Property Owners



Ideas for creating healthier living environments for residents of multifamily rental properties.

Resident-driven issues with input from property owners.

www.healthyhousingpdx.com



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Landlord/Developer Committee

- Comprised of property owners, property managers, and developers
- Seven members
- All own and/or manage multifamily rental properties in East Portland
- Series of five meetings, plus additional consultation



Resident-identified Challenges

- 1 Open space
- 2 Food security
- 3 Safety and security
- 4 Relieving overcrowding
- 5 Mold and moisture control
- 6 Pest management



Industry-identified Solutions

A Management and maintenance practices

B Resident communication and education tips

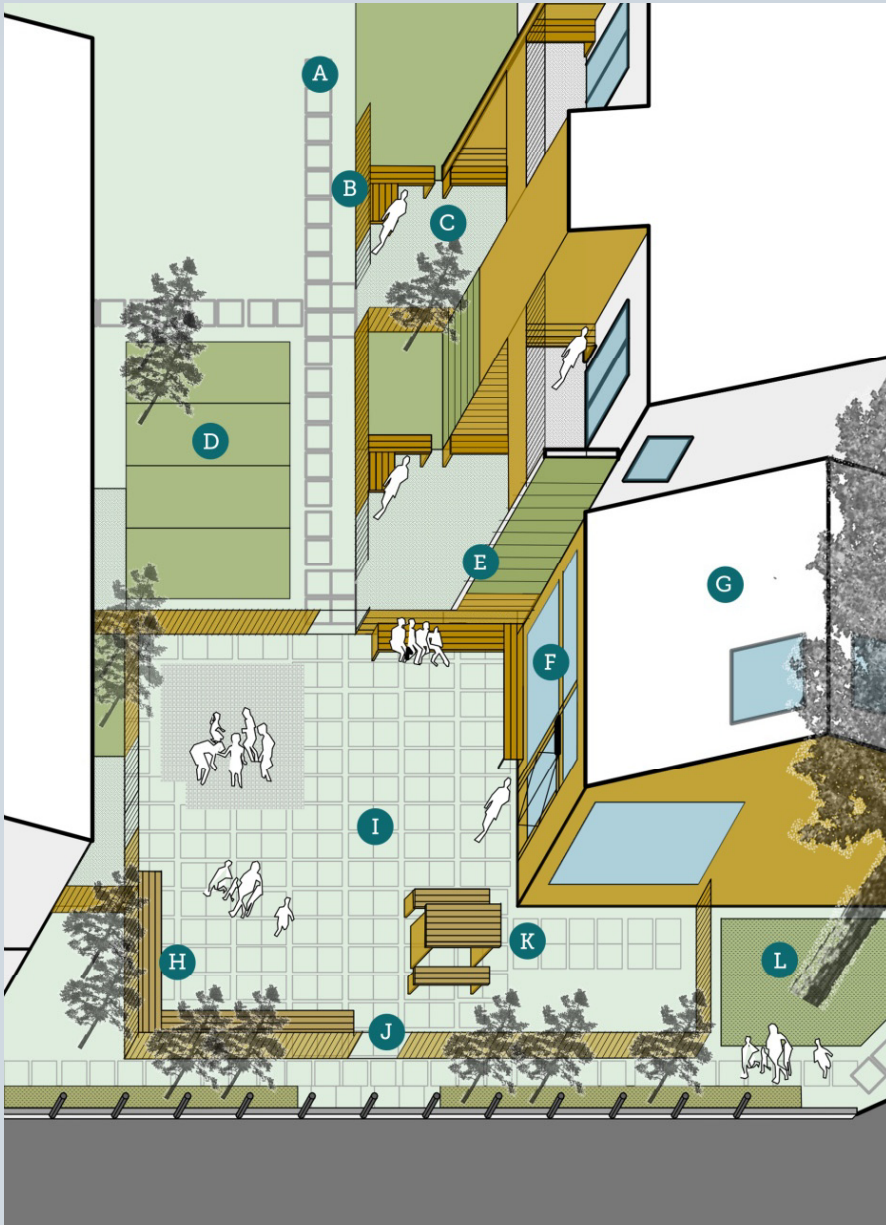
C Design and construction strategies



Connection between Housing and Health

- 10-Year Plan for Oregon: Healthy People outcome area
- Expand conversation beyond health care
- Deepen our understanding of how social determinants of health can be addressed with our development and asset management work





Healthy Housing Solutions

- A** Pedestrian paths create linkages throughout the site, not just from the parking lot to units
- B** Fencing and benches create privacy and provide a transition between public and private areas.
- C** Pervious pavers help with natural stormwater filtration.
- D** Existing unused grass areas are transformed into private garden plots and/or community garden plots.
- E** Slatted wood fences and vegetative living walls screen outdoor spaces to allow some visibility and light.
- F** Operable windows and skylights provide daylight to the community room and visibility to the common open space.
- G** The community room is a large flexible space for cooking, doing laundry, holding meetings or hanging out.
- H** A variety of benches are scattered throughout the apartment site.
- I** Common open space adjacent to apartment buildings allows parents, older siblings, and other community members to watch over youngsters while attending to other activities.
- J** The common open space is located along the pedestrian path and close to the driveway.
- K** The common open space is fenced and separated from auto traffic to provide a safe and manageable play area. Bollards, trees and bioswales separate pedestrians and automobiles.
- L** Large canopy trees and vegetation provide shade, habitat and air filtration. Bioswales capture roof stormwater and surface runoff from impervious surfaces.





Healthy Multifamily Housing Forum in East Portland

Health begins where we live. Join property owners, landlords, and property managers to learn about design, construction, and maintenance solutions to improve the health and safety of new and existing properties. Participants will take a virtual tour of the new *Healthy Housing Handbook for Portland Property Owners*, hear from local housing providers who are implementing some of the recommended strategies and come away with a multi-family property cost study on health and safety features.

For a sneak peak at the Healthy Housing Handbook please click [here](#).

Thursday September 26, 2013

2:00 p.m. - 5:00 p.m.

David Douglas District Office

1500 SE 130th Ave

Portland, OR 97233

Opening remarks by Serena Cruz Walsh

Executive Director of Virginia Garcia Memorial Foundation, former Member Manager at Albina Construction, LLC

To register for this FREE event please contact Lesley Barewin at Lesley@orphi.org by September 20th.

For more information about Oregon Public Health Institute please visit www.orphi.org

Food and beverage will be provided by Micro Mercantes.

This event is being held in partnership with the Housing Development Center, Portland Housing Bureau, Portland Bureau of Planning and Sustainability, Community Alliance of Tenants, Hacienda CDC, Center for Intercultural Organizing, ROSE CDC, Oregon Opportunity Network, Multifamily Housing Northwest, Northwest Health Foundation, Multnomah County Health Department, and the Rental Housing Association of Greater Portland.

Funding for this event is provided by Kaiser Permanente and the Robert Wood Johnson Foundation



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