

Latin United Community Housing Association



Health Action Plan Tierra Linda Affordable Housing Development

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Prepared in Partnership with:



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* See **Strategy Matrix Spreadsheet** for:

Health Action Plan Strategies and Metrics

Enterprise Green Communities criteria

List of Community Assets

Description of Tierra Linda and the Health Action Plan

Tierra Linda, Spanish for “beautiful earth”, is a new scattered site development within the Humboldt Park and Logan Square community areas of Chicago focused on sustainable design and healthy living. Tierra Linda is a project of the Latin United Community Housing Association (LUCHA). LUCHA advances housing as a human right by empowering communities, particularly Latino and Spanish-speaking populations, through advocacy, education, affordable housing development, and comprehensive housing services. The Tierra Linda project began in 2014 with construction planned to begin in late spring 2017.

The scattered site Tierra Linda development will utilize 12 lots. A mix of newly constructed 3-flat and 6-flat buildings will provide 45 dwelling units. In addition, the buildings will contain one, two, and three bedroom options. The developments will be open to families making less than 50% of the median income for the area.

Social and economic conditions, such as housing, are the biggest predictors of health.¹ Addressing the social and economic determinants of health is a primary approach to achieving health equity.¹ There are three major inter-related aspects of housing that have been linked to health:

- Housing affordability;
- Neighborhood conditions; and
- Conditions within the home.²

By providing the extremely low-income and low income community in Humboldt Park with additional quality affordable housing options, the Tierra Linda project has the potential to significantly impact health for residents. This Health Action Plan was completed in order to characterize the potential impacts, both negative and positive, of the Tierra Linda project and to prioritize actions that will protect and promote health for Tierra Linda residents and the surrounding community.

Descriptions of the communities most likely to be impacted by Tierra Linda

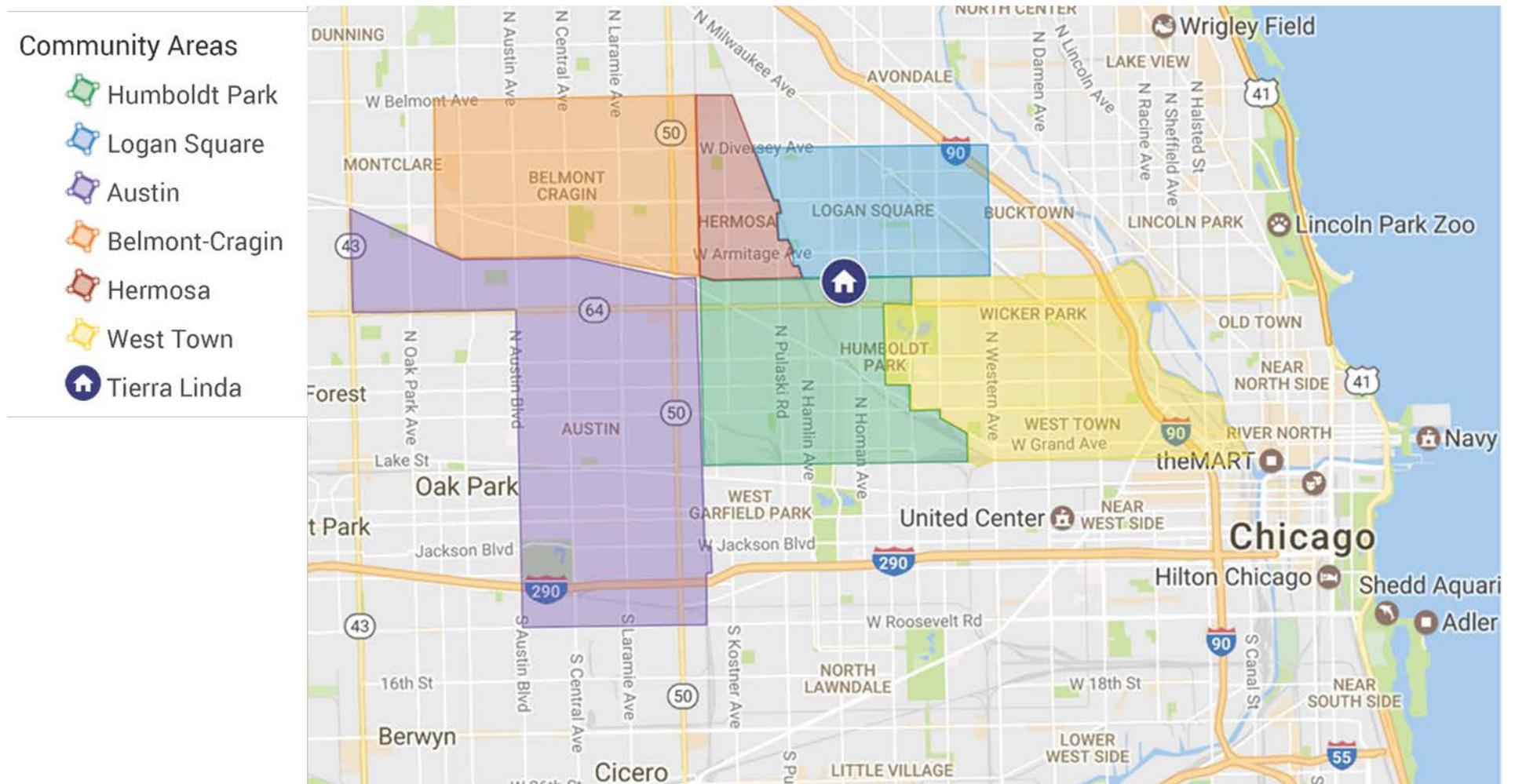
The Tierra Linda housing development will likely have the greatest impact on building residents and the communities nearest the building sites. As previously mentioned, Tierra Linda is a scattered site development within the Humboldt Park and Logan Square communities on the West Side of Chicago (Figure 2). The community areas surrounding the project sites in Humboldt Park include Austin, Belmont Cragin, Hermosa, Logan Square, and West Town (Figure 1).

Socioeconomic indicators for the communities that will be most impact by the Tierra Linda project (Figure 3) vary based on several factors such as race and ethnicity; gender; age; geography; and immigration status. The age, race, and ethnic makeup of communities most impact by the project is presented in Figure 4.

¹ Centers for Disease Control and Prevention. 2014. NCHHSTP Social Determinants of Health. <http://www.cdc.gov/nchhstp/socialdeterminants/faq.html>

² Braveman, P, Dekker, M, Egerter, S, Sadegh-Nobari, T, and Pollack, C. 2011. Housing and Health Issue Brief #7 Exploring the Social Determinants of Health. Robert Wood Johnson Foundation.

Figure 1. Community Areas in Chicago that will likely be the most impacted by the Tierra Linda project.



Note: Tierra Linda is a scattered site development, as shown in Figure 2.

Figure 2. Proposed Tierra Linda sites in the Humboldt Park Community Area of Chicago.



Source: Landon, Bone, Baker Architects

Figure 3. Socioeconomic characteristics of the six communities most impacted by the Tierra Linda project.

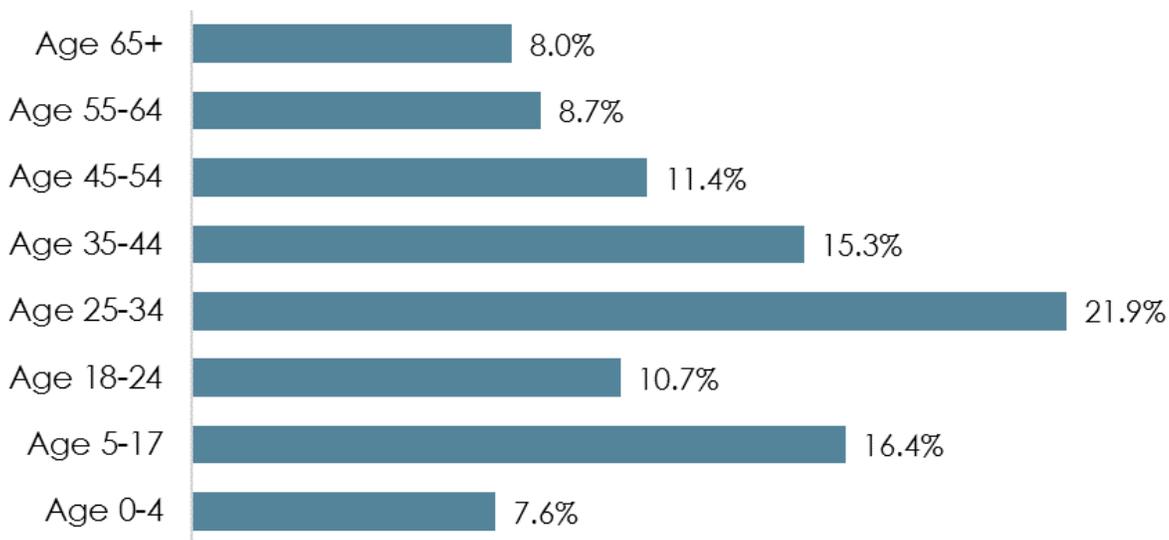
Indicator	Logan Square	Humboldt Park	Belmont Cragin	Hermosa	West Town	Austin	Chicago
Population (2010)	72,79 14% Decrease (2000-2010)	56,323 17% Decrease (2000-2010)	78,743 1% Increase (2000-2010)	25,010 8% Decrease (2000-2010)	82,236 6% Decrease (2000-2010)	98,514 19% Decrease (2000-2010)	2,695,587 7% Decrease (2000-2010)
Percentage of Population Living in Poverty (2009-2013)	20.4%	34.7%	20.6%	20.3%	16.0%	31.2%	22.6%
Percentage of Population without a High School Diploma (2009-2013)	12.7%	33.0%	38.3%	42.2%	12.6%	24.5%	18.9%
Per capita income (2007-2011)	\$29,026	\$13,391	\$15,246	\$15,411	\$39,596	\$15,920	\$27,940
Percentage of Population that is Unemployed (2009-2013)	7.7%	17.2%	15.8%	14.0%	7.1%	22.5%	13.6%
Percentage of Population living in Crowded Housing (2007-2011)	3.2%	11.2%	10.0%	8.4%	2.0%	5.7%	4.7%
Percentage of Households that are Cost-Burdened* (2009-2013)	44.6%	58.5%	55.5%	62.1%	38.4%	58.6%	45.4%

*Cost Burdened Households are households in which housing costs exceed 30% of total household income.

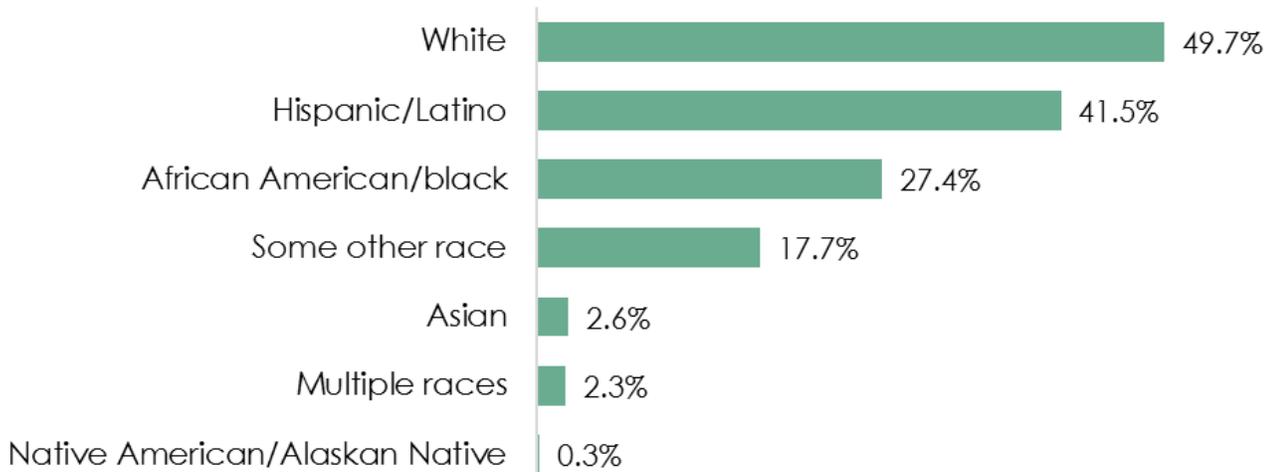
Data Sources: American Community Survey, 2009-2013; Chicago Department of Public Health, Chicago Health Atlas, 2007-2011; U.S. Census Bureau, 2000-2010 Census

Figure 4. Age and ethnicity of population in Tierra Linda impact area.

Age of Population in Tierra Linda Impact Area



Race and Ethnicity of Population in Tierra Linda Impact Area



Data Sources: American Community Survey, 2009-2013; U.S. Census Bureau, 2010 Census

Health status

Most communities nearest the proposed building sites have disproportionately high rates of poverty, cost-burdened and crowded housing, low educational attainment, and unemployment. As a result, they also share a disproportionate burden of health inequities (Figure 5).

Within the city of Chicago, there are wide geographic variations in emergency department (ED) visits and hospitalizations for chronic conditions such as asthma, diabetes, and heart disease. Hospitalizations and ED visits vary geographically within the Tierra Linda impact area as well (Figure 5).

- In the city of Chicago overall, age-adjusted emergency department visits for asthma range from 7.6 visits per 10,000 population to 436.7 visits per 10,000 population.
- In the city of Chicago overall, age-adjusted emergency department visits for diabetes range from 2.2 visits per 10,000 population to 115.6 visits per 10,000 population.
- In the city of Chicago overall, age-adjusted hospitalizations for heart disease range from 0.7 hospitalizations per 10,000 population to 28.8 hospitalizations per 10,000 population.

Figure 5. Health status indicators for the Tierra Linda impact area.

Indicator	Logan Square (60647)	Humboldt Park (60651)	Belmont Cragin (60639)	Hermosa (60639)	West Town (60622)	Austin (60644)
Emergency Department Rates for Adult Asthma	83.6 (per 10,000)	271.8 (per 10,000)	105.9 (per 10,000)	105.9 (per 10,000)	101.1 (per 10,000)	369.7 (per 10,000)
Emergency Department Rates for Pediatric Asthma	119.8 (per 10,000)	234.9 (per 10,000)	144.0 (per 10,000)	144.0 (per 10,000)	165.7 (per 10,000)	344.4 (per 10,000)
Emergency Department Rates for Diabetes	33.0 (per 10,000)	66.4 (per 10,000)	38.8 (per 10,000)	38.8 (per 10,000)	35.4 (per 10,000)	74.1 (per 10,000)
Hospitalizations for Heart Failure	5.3 (per 10,000)	21.3 (per 10,000)	9.6 (per 10,000)	9.6 (per 10,000)	8.7 (per 10,000)	18.7 (per 10,000)

Data Sources: Healthy Communities Institute, Illinois Hospital Association COMPdata, 2012-2014

Distribution of health inequities

Socioeconomic inequities have profound effects on health outcomes, overall mortality, premature mortality, and life expectancy. For example:

- Studies have consistently shown that asthma and associated morbidity is highest in Chicago among non-Hispanic blacks and those living in federally-assisted housing. Children in disadvantaged communities of color are particularly burdened by asthma and issues such as dilapidated housing stock, poor air quality, and limited access to care compound the problem.³
- Food insecurity is high within areas of Chicago that have high rates of diabetes-related hospitalizations. African American/blacks and Hispanic/Latino(a)s in Chicago have higher diabetes-related mortality rates than non-Hispanic whites and Asians.⁴
- Heart disease mortality is higher in low-income communities of color in Chicago.⁵
- Homicide and firearm mortality is highest among African American/blacks and Hispanic Latino(a)s.⁵ The communities in the Tierra Linda impact area that have the highest violent crime rates are Austin, Humboldt Park, and West Town.

Overall in Chicago, life expectancy for people in areas of high economic hardship is five years lower than those living in communities with better economic conditions. Within the Tierra Linda impact area, life expectancy ranges from 73.7 years in Austin to 81.0 years in Belmont Cragin (Figure 6). Years of potential life lost (YPLL) is the average number of years a person might have lived if they had not died prematurely. It can also be used as an indicator of health disparities. The overall YPLL for the Austin and Humboldt Park community areas is more than twice the overall YPLL for Logan Square (Figure 6).

Figure 6. YPLL and life expectancy for communities within the Tierra Linda impact area.

Indicator	Logan Square	Humboldt Park	Belmont Cragin	Hermosa	West Town	Austin
Years of Potential Life Lost [Premature Mortality] (2013)	4,732 (Years)	9,930 (Years)	5,497 (Years)	5,748 (Years)	4,754 (Years)	13,131 (Years)
Life Expectancy in years (2012)	80.1	76.3	81.0	80.4	79.5	73.7

Data Sources: Chicago Department of Public Health, 2013; Illinois Department of Public Health, Mortality Files, 2012

³ Sinai Urban Health Institute and Respiratory Health Association of Metropolitan Chicago, 2011.

⁴ Greater Chicago Food Depository and Feeding America, Social Impact Research Center; Illinois Department of Public Health, 2012.

⁵ Illinois Department of Public Health, 2012.

Community engagement

Community input was a critical component of health action planning. Input was collected through focus groups and a meeting with representatives from community organizations and healthcare providers serving the communities near the Tierra Linda sites.

Focus groups

Two focus groups were conducted as part of the Tierra Linda Health Action Plan. A focus group was conducted in Spanish with community residents at the McCormick Tribune YMCA in the Logan Square community area of Chicago. A second focus group was conducted with residents of LUCHA's Humboldt Park Residence (HPR). HPR provides affordable housing for the extremely low-income population in the Humboldt Park community area of Chicago. Each of the focus groups were roughly 1.5 hours long, with approximately 15-20 participants in each group. Focus group participants mentioned a number of negative health outcomes affecting their community and identified health assets. When possible, participants identified the underlying root causes of health outcomes as well as contributing factors that affect those outcomes. In addition, participants made several recommendations for maximizing health and reducing negative health outcomes among Tierra Linda residents.

Health Advisory Group

Following the focus groups with community residents, LUCHA and IPHI held a meeting with a Health Advisory Group (advisory group) made up of ten health professionals from community-based organizations, healthcare institutions, and academic institutions. The advisory group members shared their insights about the biggest health issues facing the communities, reviewed draft health action plan strategies, provided input on opportunities to maximize health and wellness among Tierra Linda residents, and provided ideas for potential partnerships.

Summary of Key Input on Community Health Issues

Respiratory Illness

Respiratory illnesses, such as asthma, allergies, sinusitis, and coughing, were identified as major factors that could impact health for residents at Tierra Linda. Multiple residents at the HPR stated that their respiratory symptoms were aggravated by their neighbors smoking indoors. They recommended that outdoor designated smoking areas away from the entrance of the Tierra Linda buildings be created to reduce resident's exposure to secondhand smoke. Focus group participants from both groups recommended that Tierra Linda be designated as smoke-free housing.

In addition to secondhand smoke, participants in both groups identified wall-to-wall carpeting within housing as another factor contributing to respiratory symptoms. Participants recommended that Tierra Linda include hard flooring in high-moisture areas such as the kitchen and bathrooms and that some units be completely carpet-free.⁶ Pollution was identified as a contributing factor to poor respiratory health and participants stressed the importance of creating good indoor air quality. The advisory group recommended that LUCHA investigate user friendly ways to notify residents of outdoor air quality such as text alerts, phone applications, and website notifications. Portable low-

⁶ Both smoke-free housing and carpet-free housing are planned for the Tierra Linda development.

cost pollution sensors were also mentioned as a way for residents to be alerted to poor outdoor air quality conditions.

Other housing conditions such as mold, lead, rust, peeling paint, and bad heaters were identified as major contributing factors to respiratory health. The high cost of housing and gentrification were identified by YMCA participants as underlying root causes of poor respiratory health. Advisory group members agreed that high housing costs and gentrification were contributing to health issues in the community. Participants in the YMCA focus group recommended that Tierra Linda residents be educated on the use of HEPA equipment for improving indoor air quality. The advisory group recommended that LUCHA investigate and pilot the use of innovative building materials that could potentially reduce indoor air pollution. The advisory group also recommended that LUCHA partner with different existing asthma programs for recommendations on additional asthma-reducing design considerations, opportunities to educate families and individuals about asthma management, and community health worker programs.

Mobility-related Issues

Multiple focus group participants indicated that arthritis and other musculoskeletal issues significantly affect quality of life for community residents. Participants identified a lack of exercise and a lack of accessible housing as contributing factors to muscle aches and pains, arthritis symptoms, and a deterioration of muscle and bone health. Both focus groups indicated that a lack of safety in the Humboldt Park community area was one of the root causes for community residents not engaging in needed exercise. A lack of health insurance and healthcare resources were also identified as root causes for not engaging in healthy behaviors. As a solution, participants recommended that the Tierra Linda buildings include exercise rooms for residents. Participants explained that if exercise equipment was available within the Tierra Linda buildings, that the convenience and safety could encourage exercise among the residents. Participants also recommended that Tierra Linda units and public spaces be accessible for residents with physical disabilities and explained the need for assisted living services, such as assistance with household cleaning, for individuals with mobility issues.

Mental Health

Focus group participants indicated that depression and anxiety were major issues affecting individuals in their community. They identified a lack of community and fellowship with neighbors as a contributing factor to depression and anxiety among community residents. Some of the underlying root causes of the mental health outcomes of community members include isolation, a lack of engaging community events, and negative perceptions of safety. To prevent isolation of Tierra Linda residents, focus group participants recommended that buildings include a couple of public spaces such as community rooms, computer rooms, and gardens/outdoor areas. They also recommended that events such as English as a Second Language (ESL) classes, computer classes, music classes, bingo games, and adult peer discussion groups be held to further encourage residents to engage with their neighbors. Another aspect of isolation that was identified included negative perceptions of safety. Community residents at HPR stated that they generally felt safe, but that their friends and family did not visit them because of negative perceptions of safety about the Humboldt Park community area. They recommended that the Tierra Linda buildings include 24-hour onsite security staff, working security cameras, nighttime lighting, and window locks or guards to improve perceptions of safety and reduce potential isolation of residents. The advisory group suggested that

play streets and neighborhood block clubs for engaging community residents and preventing isolation.

Chronic Illness, Food Access, and Physical Activity

Focus group participants identified a number of chronic illnesses as having an impact on their community including high blood pressure, diabetes, and cancer. Individual health behaviors, poor nutrition, poverty, unemployment, lack of exercise, as well as exposure to cigarette smoke and pollution were identified as contributing factors to chronic illnesses. Participants indicated that a lack of stores that sell healthy foods, the high cost of healthy foods, cuts to SNAP benefits, food insecurity, lacking health insurance, and a lack of quality education are underlying root causes of the poor nutrition and unhealthy behaviors that often lead to chronic illnesses. Participants identified the availability of organic foods and community gardens, easy access to health clubs or exercise equipment, access to safe outdoor spaces, and smoke-free housing policies as potential opportunities to reduce chronic illness among Tierra Linda residents. Participants identified safety concerns as a major factor influencing outdoor activities.

The advisory group agreed that providing safe opportunities for physical activity for Tierra Linda residents, particularly children, is a critical health priority. They recommended that LUCHA create partnerships with organizations such as Divvy, West Town Bikes, nearby parks, and local neighborhood associations to provide programs for Tierra Linda residents. In addition, several specific activities or events were mentioned that could encourage physical activity among residents such as:

- Block parties or play streets (temporarily closing off neighborhood streets, so that neighbors, including children, can engage in games and sports while building community cohesion);
- Resident bike clubs and walking clubs;
- Programming to support use of the 606 Trail; and
- Local classes in martial arts and yoga.

The advisory group also recommended that community gardens include cultural foods so that residents are more engaged. Classes that teach residents how to shop for and prepare healthy foods, such as Cooking Matters, were another recommendation.

The advisory group highly recommended further coordination with local hospitals to address chronic illness among community members and Tierra Linda residents. They also recommended that local Federally Qualified Health Centers, parks, health clubs, schools, and community based organizations be engaged. The advisory group highlighted the need to find opportunities to share information about existing resources.

Housing costs and gentrification

Focus group participants and members of the Health Advisory Group emphasized that housing cost and quality are root cases of health inequities. Focus group participants linked high housing costs with physical and mental health conditions. The advisory group agreed and pointed out that gentrification and shifting community demographics have major health implications. The advisory group emphasized the need to help Tierra Linda residents fully integrate into the surrounding communities so that they are not isolated and feel comfortable utilizing community assets such as the nearby 606 Trail.

Community safety and community cohesion

Based on input from the focus groups and advisory group, LUCHA and IPHI have determined that community safety and community cohesion are cross-cutting issues that relate to a number of health outcomes that impact communities near the proposed project sites.

Community Safety

Among the focus group participants, perceptions of safety were highlighted as a key factor affecting community health and well-being. There was a range of perspectives on community safety that were raised across the two focus groups. Participants in the YMCA group mentioned that they don't let their children play outside or on the 606 Trail due to safety concerns while some HPR residents expressed that they generally feel safe but their friends and family did not visit them because of negative perceptions of safety about the Humboldt Park community area. As a result, some community residents felt isolated from friends and family. Community input also indicated that safety concerns limited outdoor physical activity for both children and adults and highlighted the need for Tierra Linda residents to have safe opportunities for outdoor physical activity.

Community Cohesion

Community input indicated that community cohesion has an impact on mental health and the management of chronic illness. According to community residents and community health experts, participation in engaging programs and events such as skill-building classes, community gardening, bike clubs, exercise classes, and block clubs/play streets may reduce feelings of isolation and increase physical activity and access to healthy foods for Tierra Linda residents.

Figure 7. Root causes and contributing factors to community health outcomes that were identified by focus group participants and the advisory group.

Health Outcomes	Contributing Factors	Root Causes
Respiratory Illness <ul style="list-style-type: none"> • Cigarette Smoke/Indoor smoking • Asthma (Children & Adults) • Allergies • Sinusitis • Coughing 	<ul style="list-style-type: none"> • Cigarette Smoke/Indoor smoking • Pollution • Indoor carpets • Cleaning supplies • Poor housing conditions <ul style="list-style-type: none"> ○ Mold ○ Lead ○ Rust ○ Peeling paint ○ Bad heaters 	<ul style="list-style-type: none"> • High cost of housing and gentrification
Arthritis/Rheumatoid Diseases <ul style="list-style-type: none"> • Muscle aches and pains • Bone and muscle deterioration 	<ul style="list-style-type: none"> • Lack of exercise 	<ul style="list-style-type: none"> • Lack of safety • Lack of healthcare resources • No health insurance
Mental Health <ul style="list-style-type: none"> • Depression • Anxiety 	<ul style="list-style-type: none"> • Lack of community and fellowship with neighbors • Stress • Poverty • Unemployment 	<ul style="list-style-type: none"> • Lack of visitors/isolation of individuals • Lack of community events/Not joining in community events • Negative perceptions of safety
Chronic Illness <ul style="list-style-type: none"> • Hypertension • Diabetes • Cancer • Obesity 	<ul style="list-style-type: none"> • Health behaviors • Unhealthy foods*/Poor nutrition • Lack of exercise • Exposure to cigarette smoke • Pollution • Poverty • Unemployment • Poor housing conditions 	<ul style="list-style-type: none"> • High cost of healthy foods • Lack of stores with healthy foods • Cuts to SNAP benefits • Food insecurity • No health insurance • Lack of quality education • Lack of safety • High cost of housing
Skin Conditions <ul style="list-style-type: none"> • Eczema 	<ul style="list-style-type: none"> • Poor housing conditions 	

Community assets

Focus group participants and advisory group members identified a number of community assets in the areas near the proposed project site. Easy access to multiple hospitals, health centers, and other health resources was identified as a major asset to the location of the Tierra Linda project. Proximity to the recreation opportunities at Humboldt Park and the 606/Bloomingdale Trail was identified as an asset. A local food co-op located north of the project sites was identified as a potential asset, since it provides fresh fruits and vegetables. As previously mentioned, community residents indicated the need for easily accessible health clubs or exercise equipment and stores selling healthy foods including fresh fruits and vegetables near the project sites. As list of community assets mentioned by residents and stakeholders can be found in Tab C of the Strategy Matrix spreadsheet. Additional community needs that were identified include ways to share information about community resources, additional after-school programs, youth leadership development programs, adult peer discussion groups, and the development of abandoned properties.

Recommendations

As previously mentioned, focus group participants and the advisory group highlighted a number of recommendations for building design that could maximize the health benefits of the Tierra Linda project. The recommendations are separated into three categories: design recommendations, housing policies, and events/services for residents (Figure 8).

Figure 8. Summary of the focus group and advisory group recommendations for promoting the health of Tierra Linda residents.

Design Recommendations
Accessible units and public spaces for residents with mobility issues/Accessible bathrooms
Child safety features such as safety covers for power outlets
Inclusion of multiple public spaces <ul style="list-style-type: none"> • Community rooms, Computer rooms, Exercise rooms, Gardens/Outdoor areas
Carpet-free units
Working windows that are easy to operate and do not leak
Large rooms with plenty of storage
Safety Promoting Design Features <ul style="list-style-type: none"> • Nighttime lighting • Window guards/locks
Colorful public spaces and natural lighting
Special room for bike storage
Carbon monoxide detectors
Safe and secure storage for cleaning products
Noise reducing/preventing design
Secure garbage areas to prevent rodents
Use of hypoallergenic/Mold reducing materials in bathrooms
Use of asthma trigger/allergen reducing building materials
Safe outdoor areas for children to play
Policies
Smoke-free buildings /Dedicated smoking areas that is at least 15 feet away from entrances to buildings
Pet-Free Buildings
Mandatory monthly resident meetings to encourage community participation
Opportunities to meet potential neighbors before moving in to reduce conflict among residents
Events/Services for residents
Classes within the buildings <ul style="list-style-type: none"> • Computer classes, ESL/English classes, Music classes, Cooking classes, Physical activity programs • Smoking cessation programs • Peer discussion groups
24 Hour onsite security personnel and working video cameras to improve perceptions of safety
Assisted living services for residents who need them
Assistance with utility costs
Forums for sharing community information
Youth Leadership Development Programs
After-school programs
Availability of air purifiers
Easily accessible outdoor air quality alerts for residents

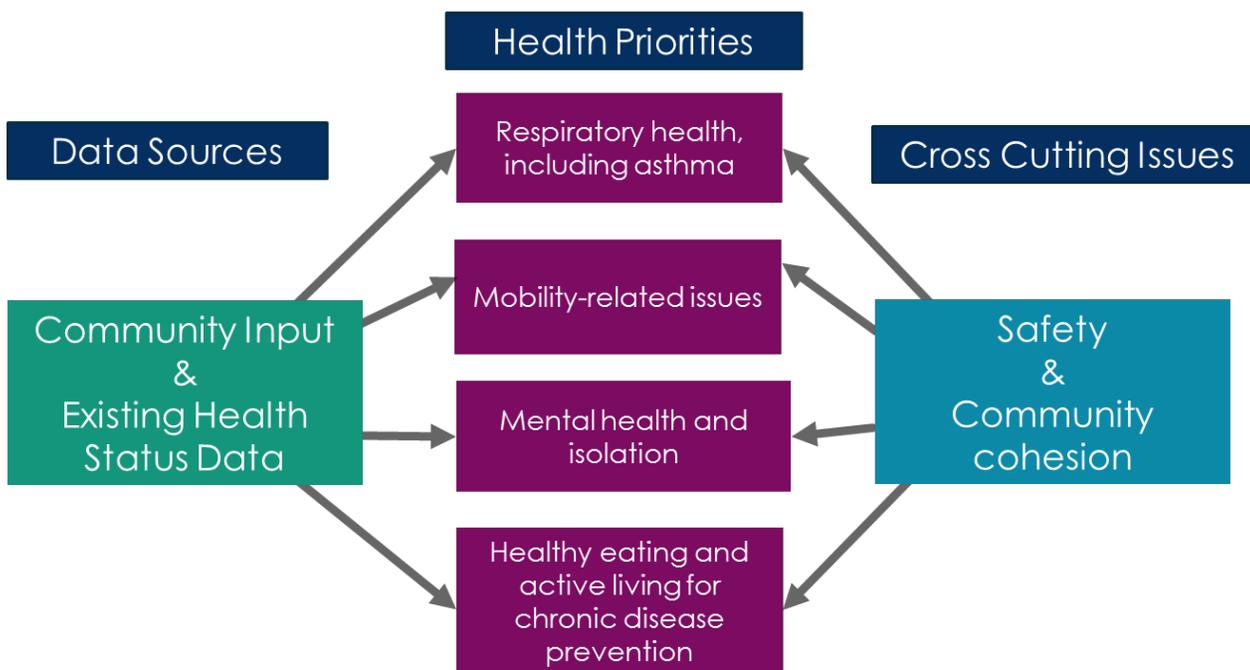
Priority health issues

As shown in Figure 9, community input from focus groups and the Health Advisory group was combined with existing community health status data to develop four health priorities and two cross-cutting areas of interest that are significantly impacting the health of communities near the proposed Tierra Linda sites:

- **Respiratory health, including asthma** (Asthma, allergies, sinusitis, and coughing);
- **Mobility-related issues** (Arthritis and other musculoskeletal issues);
- **Mental health** (Depression, anxiety, and isolation); and
- **Healthy eating and active living for chronic disease prevention** (Diabetes, hypertension, and cancer).

Safety and community cohesion were identified as cross-cutting issues that influence health in each of the four major areas.

Figure 9. Priority health issues for the Tierra Linda project.



Health Action Plan - Strategy matrix and metrics

See Strategy Matrix spreadsheet

LUCHA and IPHI combined input from community residents and the advisory group with existing health data to create and prioritize strategies for the health action plan. The Strategy Matrix spreadsheet includes a description of key health issues and interventions along with implementation strategies.⁷ The Strategy Matrix also includes metrics for monitoring and evaluation that are divided into three categories:

- Design Metrics: Metrics to determine how well the design team, at the design stage, integrated the selected strategies into the project in a manner that will promote positive health outcomes.
- Operations Metrics: Metrics that can be measured on a routine basis while the building is in operation to determine whether or not the building is performing as intended.
- Health Metrics: Metrics regarding resident health factors and where possible incidence or prevalence of key health outcomes in the resident and/or community population.

Tab B of the Strategy Matrix spreadsheet contains a list of the Enterprise Green Communities criteria the Tierra Linda housing development will achieve.

Implementation and monitoring plans

As an extension of LUCHA's efforts to integrate health and housing to positively impact the health of its residents, it has chosen to pursue various initiatives to achieve this. One of the initiatives is to create a position within LUCHA to expand beyond the built environment and health to include programming as a key strategy to engage residents and to educate and empower them to make lifestyle changes affecting their health.

The introduction of a qualified Health/Wellness Coordinator will allow the organization to establish and maintain a fruitful relationship with its new tenant population at Tierra Linda as well as LUCHA's existing tenants, and in this way, identify the needs and effectiveness of new and existing interventions. The Health/Wellness coordinator will be able to educate tenants on the green and healthy features within the units and the properties in order to emphasize the health and wellness goals of the community. Furthermore, the coordinator will serve as a reliable point of contact for tenants as well as local health organizations and community partners. The coordinator will also be the key staff member responsible for implementing and tracking the outcomes of the strategies and programming identified in this Health Action Plan.

LUCHA is pleased to have been awarded a grant by Enterprise Community Partners to add the Health/Wellness Coordinator position to expand on its capacity around health and housing. The position will be filled in early 2017. The coordinator will assist over two years in carrying out this plan and creating long-term healthy living programs at LUCHA. Through tracking and reporting, the Health/Wellness Coordinator will be able to share the outcomes of LUCHA's health and housing strategies which can then be referenced by other housing developers and health professionals focusing on the interface between health and housing, especially for low-income households.

⁷ Strategies for addressing mobility-related issues are included as a part of building design, but not listed as a separate priority in the matrix.

Key lessons learned from this pilot

There were several key lessons learned from piloting the Health Action Plan process:

- LUCHA and IPHI found high interest among staff, community residents, community-based partners, and health professionals in this Health Action Plan process.
- The guidance and materials for the Health Action Plan (including the examples and criteria provided) focused heavily on aspects of the building design and built environment. However, the input received from community residents and the Health Advisory Group throughout our process suggest that health programming, services within the building, and partnerships with other community-based service providers are important aspects of promoting health for residents. The Health Action Plan strategies for Tierra Linda are almost equally split between design/built environment strategies and programming strategies. LUCHA and IPHI would recommend including more programming and community partnership examples in future iterations of the manual and other materials.
- Staff at LUCHA found it difficult at first to connect with public health professionals that have experience and capacity related to the health action planning process (i.e. public health professionals with HIA experience and/or understanding of the connections between housing and health). Once the right partners were found, the entire action planning process moved much more quickly. LUCHA and IPHI would recommend providing additional guidance about connecting with appropriate public health professionals beyond what is currently listed in the manual, so that more time can be spent on the health action planning process.
- LUCHA expects that the findings from the Tierra Linda Health Action Plan will be applicable to other housing projects.
- Gathering community and stakeholder input was an extremely important part of the action planning process. Community input provided important insights into community health that the action planning team had not thought to consider. LUCHA and IPHI recommend that community and stakeholder engagement be a core component/criterion for the health action planning process.
- Implementation and monitoring will require staffing and resources. LUCHA is fortunate to have been awarded a grant by Enterprise Community Partners. The grant will be used to hire a Health and Wellness Coordinator that will implement and monitor the programming aspects of the Tierra Linda development. It would be challenging for a community-based affordable housing developer to implement the programming aspects of a Health Action Plan without additional staffing.

Strategy Matrix

	A	B	C	D	E	F	G	H	I	J	K	
1	Key Health Issue and Population Group	Potential Interventions	Examples of Strategies	Was this Strategy Elected (Yes/No)	How Will This Strategy Be Implemented?	Key Partners for Implementing	Rationale for Selecting/Rejecting Strategy	Potential Performance Metrics	Selected Performance Metric	Responsible Individual(s) and/or Organization	Frequency	
2	Healthy Eating and Active Living											
3	<p>1. Prevalence of Diabetes in adults and youth</p> <p>2. Prevalence of Obesity in adults and youth</p> <p>3. Food insecurity</p> <p>4. Access to affordable fresh produce and healthy food</p> <p>4. Knowledge of and use of fruits and vegetables in cooking</p> <p>5. Concerns about safety in outdoor physical activity.</p> <p>6. Access to affordable fitness programs.</p>	Access and use of parks and trails	Provide programming around activities on the 606 trail	Yes	Post 606 organized events on LUCHA's community calendar. Hire staff to organize tenants to participate as a group	606 trail staff, Trust for Public Land	The 606 Trail is a recently developed asset that is close to all properties and its free to use	number of activities provided, number of community members/TL residents attending activities, number/frequency of community members/TL residents who report using the 606 trail	<p><u>Design Metrics:</u> NA</p> <p><u>Operations Metrics:</u> Track number of events</p> <p><u>Health Metrics:</u> Track the number of participants in 606 groups; track program activities (such as miles or steps walked/run, minutes spent bike riding, skills gained by participants etc.)</p>	LUCHA	Track quarterly	
4			Partnership with Simons Park for programming	Yes		Friends of the Parks, park district	Simons Park is a small community park near LUCHA's building w/ indoor facilities	number of activities provided, number of community members/TL residents attending activities, number/frequency of community members/TL residents who report using the Simons Park	<p><u>Design Metrics:</u> NA</p> <p><u>Operations Metrics:</u> Track number of activities provided annually at park</p> <p><u>Health Metrics:</u> Survey residents to determine program participation levels</p>	LUCHA	Track annually	
5			Partnerships with Humboldt Park	Maybe - Residents are more likely to use Simmons Park due to its closer proximity		Friends of the Parks, park district, Humboldt Park Advisory Council		number of activities provided, number of community members/TL residents attending activities, number/frequency of community members/TL residents who report using Humboldt Park	<p><u>Design Metrics:</u> NA</p> <p><u>Operations Metrics:</u> Track number of activities provided annually at park</p> <p><u>Health Metrics:</u> Survey residents to determine program participation levels</p>	LUCHA	Track annually	
6		Promote physical activity through use of community assets and resources	Provide access to community-based gyms and physical activity programming	Maybe- need to negotiate what can be provided with MOU	Negotiate partnership to allow use of facilities for classes	McCormick YMCA (access to Y and/or classes); Simons Park,	The McCormick YMCA is within 0.5-1 mile from LUCHA's properties and provides multiple classes and types of facilities	number/frequency of residents accessing community based gyms, number/frequency of residents accessing community-based physical activity programming	<p><u>Design Metrics:</u> NA</p> <p><u>Operations Metrics:</u> Track number and type of activities/classes each year</p> <p><u>Health Metrics:</u> Number of program participants (use sign-in sheet); Track number of new YMCA memberships; self-reported prevalence of diabetes; self-reported prevalence of obesity</p>	LUCHA	<p>Operations Metric: Track annually</p> <p>Health Metric: Track quarterly and survey annually</p>	
7			Partnership with Diabetes Empowerment Center	Maybe- need to discuss further w/ partner		Humboldt Park Community Diabetes Empowerment Center	The Humboldt Park Diabetes Empowerment Center is 1.0-1.5 miles from LUCHA properties and offers indoor facilities for active activities and classes	Measure and track weight loss/gain on a voluntary basis. Offer programs to award positive weight loss	<p><u>Design Metrics:</u> NA</p> <p><u>Operations Metrics:</u> Track number and type of activities/classes each year</p> <p><u>Health Metrics:</u> Track number of program participants (use sign-in sheet)</p>	LUCHA	<p>Operations metric: Track annually</p> <p>Health Metric: Track at end of each session</p>	
8			Community calendar of physical activity programming and events	Yes	Hire staff to maintain and post on LUCHA's website and in tenant newsletter	LUCHA		Track visits to website. Survey participants at events at sign-in how they heard of event.	<p><u>Design Metrics:</u> NA</p> <p><u>Operations Metrics:</u> Track number of visitors to website or information requests; Survey those at events to determine if they used calendar (question on sign-in sheet)</p> <p><u>Health Metrics:</u> NA</p>	LUCHA	Track monthly	
9		Encourage physical activity and community cohesion through organized events focused on biking and walking; Promote positive perceptions of safety for physical activity	Organized bike rides, Resident bike days; Play streets; Ciclovía; Divvy cards for tenants/ Divvy for Everyone (public bike share system)	Yes	Organize 4-6 bike rides for LUCHA households in the community area; Schedule a spring and summer info day at HPR and LUCHA's office for C4CL to have a table and computer sign up.	West Town Bikes, Slow Roll, Bike Ambassadors, Divvy, Center for Changing Lives	West Town Bikes is a new LUCHA partner that offers organized rides for youth. Bike Ambassadors has assisted LUCHA in the past and can help organize rides. Slow Roll used to operate in H.P. but not recently; The Divvy for Everyone program provides affordable bike share memberships. C4CL's is a strong LUCHA partner and is the local program administrator	number of events executed, number of community members participating in events, number of Divvy cards distributed to residents, usage of community Divvy bike stations	<p><u>Design Metrics:</u> NA</p> <p><u>Operations Metrics:</u> Track number of events each year; Track number of inquiries at C4CL; Track number of memberships per year</p> <p><u>Health Metrics:</u> Number of minutes spent biking; Annual survey of residents to determine Divvy usage; Self-reported physical activity; Track number of biking event participants</p>	LUCHA, West Town Bikes; Center for Changing Lives	<p>Operations Metric: Track annually</p> <p>Health Metric: Track at the end of each session</p>	

Strategy Matrix

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1	Key Health Issue and Population Group	Potential Interventions	Examples of Strategies	Was this Strategy Elected (Yes/No)	How Will This Strategy Be Implemented?	Key Partners for Implementing	Rationale for Selecting/Rejecting Strategy	Potential Performance Metrics	Selected Performance Metric	Responsible Individual(s) and/or Organization	Frequency	
10			Walking groups , walking to school groups, walking maps- create safe routes	Yes	Organize weekly walking routes with various local community groups and residents	hospitals or clinic, school parent groups (Stowe Elementary)	Residents are interested in getting out and being active, but feel unsafe alone. Organized dates and groups will make it safer and more interesting to participate	number of walking groups established, number of residents participating in walking groups	Design Metrics: NA Operations Metrics: Organize walking club and post schedule on community calendar/ HUB; Track number of events Health Metrics: Number of program participants (use sign-in sheet); Use fitness apps or activity trackers to record number of miles/minutes walked	LUCHA	Operations Metric: Track quarterly Health Metric: Track at the end of each session	
11			Gamifying fitness - mobile apps, fit-bit	Maybe	Provide residents with access to an app or device that will track their physical activity and condition; utilize this resource to create opportunities to win or be awarded for achieving ones' goals		Making healthy living fun and more engaging would likely make more residents participate. This would require additional funding for the devices/apps and potential awards. Would also require a fair amount of staff capacity		Design Metrics: NA Operations Metrics: Provide device/app and monitor maintain application for residents Health Metrics: Gather and report on physical activity data from devices and apps	LUCHA	Track quarterly	
12		Encourage physical activity and community cohesion through design	Wall-mounted bike racks in-unit	Yes	Install 1-2 wall mounted bike racks adjacent to rear door to unit	LUCHA, LBBA, Linn-Mathes (GC)	Various wall mounted bike racks are available for an affordable cost. BikeLab 2016 research (LBBA) identified that most residents preferred storing their bikes inside	number of bike racks planned and installed, number of residents utilizing bike racks	Design Metrics: Architect certify bike racks specified and located on drawings Operations Metrics: Inspect at unit turnover for repairs/replacement Health Metrics: Self-reported bike usage; self-reported physical activity	LBBA, LUCHA	Verify installed during construction; annual inspections; annual survey	
13			Climbing wall or slide incorporated into design on external stairs	No, unless budget allows			The project was subject to value-engineering to meet cost limits so this item was cut	number of walls or slides planned and installed, number of people who report using these features				
14			Design building perimeters to allow for kids to run/ride bikes around the full perimeter of the building (groundcover)	Yes	Landscaping will include trample-proof groundcover on one side and concrete walks on the others to allow kids a way to run around the buildings	LUCHA, LBBA, Linn-Mathes (GC)	Kids were observed at LUCHA's summer events riding and running around its existing buildings which is considered safer since its within the yard	number of buildings with perimeter designed accordingly	Design Metrics: Landscape architect certify specified and located on drawings Operations Metrics: Monitor path and keep clear of debris and snow Health Metrics: Observe usage of perimeter for play activities; annual survey of residents about child safety concerns; self-reported (by parents) frequency of yard use for outdoor physical activity	McKay, LUCHA	Verify installed during construction; monitor weekly	
15		Encourage healthy food decisions. Increase knowledge and skills for cooking and shopping for healthy food.	Provide culturally-responsive cooking classes.	Yes	Classes will be scheduled quarterly at each of LUCHA's developments	Cooking Matters, La Casa Norte	Many residents identified a need to be able to cook healthier. Cooking Matters offers mobile cooking classes. La Casa Norte is building a new facility next door that will have a kitchen for classes	number of classes provided, number of residents participating in classes, number of residents reporting changes in their cooking after attending cooking class	Design Metrics:NA Operations Metrics: Number of classes provided Health Metrics: Track number of program participants (use sign-in sheet); Self-reported changes to cooking following class; Self-reported skills gained	LUCHA, Cooking Matters	Track semi-annually	
16			Organize trips and transportation to the farmers market	Maybe	A bus would be rented and shared with other affordable housing organizations to provide transportation to the H.P. farmers market twice a month	Hospitals that could share/rent their transportation buses or a rental company	Many residents do not have cars and buses can make it difficult to bring home heavy bags of food. If we can gather enough partners to make this cost effective then we will implement	number of trips organized, number of residents utilizing transportation	Design Metrics: NA Operations Metrics: Number of trips organized; Number of residents utilizing transportation Health Metrics: End of season survey of participants about increased access to fresh fruits and vegetables	LUCHA, Hospitals	Track at end of farmer's market season	

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17		Support residents and community members in growing food and learning about gardening and healthy foods.	Continue community gardening efforts, and partner with tenants	Yes	Utilize green space at Drake/Wabansia to create a community garden. Let residents select which items to grow	LUCHA, La Casa Norte	In early community discussions about wellness and Tierra Linda, a community garden was one of the most common items participants identified as an amenity for the development. There is a 25'x25' plot connected to a TL lot that is not buildable for housing so it is a good site for the garden and has southern exposure	number of residents who participate in community gardening, size/utilization of community gardens	<u>Design Metrics:</u> Landscape architect certify specified and located on drawings <u>Operations Metrics:</u> Host planning meetings with residents; schedule regular gardening activities on-site and on HUB; End-of-season review of how resident input was incorporated into the gardening program <u>Health Metrics:</u> Track garden use by residents and community members (with sign-in sheet); Annual survey to assess resident's access to fresh fruits and vegetables during the growing season; Pre and Post season evaluations of residents to determine changes in access to fresh fruits and vegetables	LUCHA, Adam Pollack	Track monthly during planting season; Pre and Post season surveys of participants	
18			Define and design backyards in partnership with residents	Maybe	Work with a partner who will engage residents of each building to design and plant their own backyard landscaping	Rashmi Ramaswamy/SHED	Will need to raise funds to purchase plants and pay consultant fee		<u>Design Metrics:</u> Prep back yard with proper soil/space. <u>Operations Metrics:</u> Coordinate and manage design and installation <u>Health Metrics:</u> NA	LUCHA, SHED	Verify during construction	
19			Indoor gardens	No				Funding would need to be raised from individual donations/foundations and would require extra maintenance staff with little financial return; Zoning laws prohibit indoor gardens				
20			Provide information and referrals for residents to link up with existing community programs	LUCHA resource HUB for info on healthy eating and living programs/options- like Medicaid, Diabetes Empowerment Center, Chicago Asthma Consortium, park memberships, YMCA memberships, Divvy for Everyone, health studies, CSA options, healthy recipes, etc.	Yes	Provide a space within LUCHA's office and on its website, to post and share health living/eating info	LUCHA	Residents expressed an interest in having information on various classes and resources. Requires staff to keep current, but not much cost otherwise	Track usage/visits to office and website. Ask users to provide success stories	<u>Design Metrics:</u> Designate a desk with a computer at LUCHA's office to be available to residents, include space to store pamphlets, flyers, and other resources. <u>Operations Metrics:</u> Maintain current information; Track the number of events posted <u>Health Metrics:</u> NA	LUCHA	Track monthly
21			Health fellow connecting tenants to resources and public benefits - diabetes empowerment center, YMCA, SNAP, Chicago Asthma Consortium		Yes	Hire staff to track outcomes of health action plan, implement partnerships and programs identified, and create new opportunities around healthy living	LUCHA Health Fellow, Enterprise, local universities with public health programs	LUCHA requires increased staffing capacity to implement and track healthy living measures. Requires funding and qualified staff		<u>Design Metrics:</u> NA <u>Operations Metrics:</u> NA <u>Health metric:</u> Track Number of referrals	LUCHA - Health Fellow	Report monthly
22	Stress, Depression, and Mental Health											
23	1. Community members report high levels of stress 2. Prevalence of depression and mental health conditions among adults and youth 3. Stigma associated with acknowledging / seeking	Addressing isolation	Buddy system among residents	Yes	Engage residents and organize system of identifying buddies and organizing events to promote the system	LUCHA's supportive services counselor	This can be implemented rather easily with committed staff and residents	establishment of buddy system, number of participants assigned a buddy, number of times that participants interacted with their buddy, number of residents who report that having a buddy makes them feel less isolated	<u>Design Metrics:</u> NA <u>Operations Metrics:</u> Establishment of buddy system, number of participants assigned a buddy, number of times that participants interacted with their buddy, <u>Health Metrics:</u> Number of residents who report that having a buddy makes them feel less isolated	LUCHA	Monitor monthly; survey annually	

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24	care for mental health conditions 4. Lack of knowledge about resources for mental health and well being in the community 5. Isolation and disconnection 6. Safety and trauma in the community		LUCHA resource HUB for info on healthy eating and living programs/options- like Medicaid, Diabetes Empowerment Center, Chicago Asthma Consortium, park memberships, YMCA memberships, Divvy for Everyone, health studies, CSA options, healthy recipes, etc.	Yes	See above							
25			Health fellow connecting tenants to resources and public benefits - diabetes empowerment center, YMCA, SNAP, Asthma consortium	Yes	See above							
26			Bulletin board in buildings to advertise events and foster community	Yes	Not all buildings have a common space (3-flats), but at others a bulletin board can be installed in the entry. This can also be created on LUCHA's website as part of the resource HUB	LUCHA	There is little cost, but staff will need to keep the information posted up-to date	number of bulletin boards installed, utilization of bulletin boards, number of residents who report that they post or read items on bulletin boards	Design Metrics: Architect to certify specified and shown on drawings Operations Metrics: Keep information current Health Metrics: NA	LUCHA, LBBA	Verify during construction	
27			Community newsletter to advertise events and foster community	Yes	This will be posted online and sent via email.	LUCHA	This is currently in place, but needs to be improved and include more healthy living info	creation of a community newsletter, number of people who read the newsletter	Design Metrics: NA Operations Metrics: Keep information current; Health Metrics: In annual survey ask residents if they find the newsletter helpful	LUCHA	Monitor monthly; survey annually	
28			Design green space to encourage safe congregation	Maybe	This could be integrated in the design of the rear yards or within the lot to be used for the community garden		This will require additional funding and consultant fees		Design Metrics: architects certify on plans Operations Metrics: NA Health Metrics: Annual survey of usage; Self-reported feelings of isolation	LUCHA	Verify during construction; Survey annually	
29			Installing benches in yards- a place to meet with neighbors	Maybe	A space for benches was identified in the design for residents in front of the front stair	LBBA, Linn Mathes, LUCHA	The cost at to have a bench at all sites was \$13,475 and needed to be VE'd. If funding comes available these can be added.	number of benches incorporated into building design,	Design Metrics: architects certify that benches are specified and shown on drawings Operations Metrics: NA Health Metrics: Annual survey of bench usage	LUCHA, LBBA	Verify during construction; Survey annually	
30			Provide community space for gathering, exercise, and classes.	No	Space could be added at the Kedzie lot in the side yard		project design, but the cost put the project over funding cost limits. However, community partnerships with organizations that provide exercise classes and					
31			Access and use of parks and trails	Provide programming around activities on the 606 trail and nearby parks	Yes	See above						

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32			Provide access to community-based gyms and physical activity programming	Yes	See above						
33			Organized Bike Rides, Play Streets, Ciclovía	Yes	See above						
34			Design building perimeters to allow for kids to run/ride bikes around the full perimeter of the building (groundcover)	Yes	See above						
35		Access and use gardening and cooking resources	Provide culturally-responsive cooking classes.	Yes	See above						
36			Continue community gardening efforts, and partner with tenants	Yes	See above						
37		Respiratory Health, including Asthma									
38	1. Prevalence of Asthma, with a particular focus on children 2. Prevalence of other respiratory health conditions including allergies	Reduce triggers in the built environment	No carpet	Yes	All floors at Tierra Linda will be hard surface flooring	LBBA, Linn Mathes, LUCHA	Research has demonstrated the health benefits of carpet-free housing, but it is also a maintenance/ operations savings, which is being used to validate the extra cost up-front	establishment of no carpet policy	<u>Design Metrics:</u> Architect to certify specified and shown on drawings <u>Operations Metrics:</u> Maintain per manufacturer specifications- train residents and janitorial staff; measure IAQ winter and summer <u>Health Metrics:</u> Survey question asking residents about the number of times that they or their child have used their emergency inhaler in the past week	LUCHA, LBBA, Chicago Asthma Consortium, St. Mary's and Elizabeth-Presence Hospital, Norwegian Hospital	Monitor quarterly; survey annually
39			No smoking policy in the Tierra Linda buildings	Yes	Residents will be informed at leasing and will sign a rider accepting this rule. Signs will be posted in and around the buildings	LUCHA	This has an obvious health impact. There is little cost other than monitoring and compliance management.	establishment of no smoking policy, number of residents who adhere/report that others adhere to the policy	<u>Design Metrics:</u> LUCHA to confirm signs posted in or on buildings where visible <u>Operations Metrics:</u> Maintain and manage non-smoking policy; measure IAQ winter and summer <u>Health Metrics:</u> Survey question asking residents about the number of times that they or their child have used their emergency inhaler in the past week; Survey question to determine if residents have quit smoking in the past year	LUCHA	Monitor quarterly; survey annually
40			No pet policy	Yes	Residents will be informed at leasing and will sign a rider accepting this rule. Signs will be posted in and around the buildings	LUCHA	This will prevent the introduction of allergens that can impact others. LUCHA already has this policy in place except that service animals are allowed.	establishment of no pet policy, number of residents who adhere/report that others adhere to the policy	<u>Design Metrics:</u> LUCHA to confirm signs posted in or on buildings where visible <u>Operations Metrics:</u> Maintain and manage no pet policy; measure IAQ winter and summer <u>Health Metrics:</u> Survey question asking residents about the number of times that they or their child have used their emergency inhaler in the past week	LUCHA	Monitor quarterly; survey annually

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41			Higher particulate filter (higher MERV rating) on furnaces; annual duct cleanings	Yes	LBBA will confirm that ventilation equipment will have high MERV rated filters. Maintenance will schedule regular replacement of the filters.	LBBA, Linn Mathes, LUCHA	These filters trap more particulates than those typically used. There is some additional cost, but this is in the current pricing	number of furnaces with higher MERV rating	<u>Design Metrics:</u> Architect to certify specified and shown in drawings; provide Owner with product info for future purchasing <u>Operations Metrics:</u> Change filters and replace with proper filter; measure IAQ winter and summer <u>Health Metrics:</u> Survey question asking residents about the number of times that they or their child have used their emergency inhaler in the past week	LUCHA, LBBA	Verify during construction; Monitor quarterly; survey annually
42			Low VOC materials for materials	Yes	The flooring, paint, adhesives, and wood products selected will be required to meet the low VOC requirements for EGC	LBBA, Linn Mathes, LUCHA	VOC's can aggravate respiratory conditions. There is little upcharge for these materials, if any.	number of cabinets and other products that are made with low VOC materials	<u>Design Metrics:</u> Architect to certify specified and shown in drawings; provide Owner with product info for future purchasing <u>Operations Metrics:</u> Measure IAQ winter and summer <u>Health Metrics:</u> Survey question asking residents about the number of times that they or their child have used their emergency inhaler in the past week	LUCHA, LBBA, Linn Mathes	Verify during construction; Monitor quarterly; survey annually
43			Using cellulose insulation to avoid fiberglass	Yes	Use cellulose insulation in exterior walls	LBBA, Linn Mathes, LUCHA	The Building Green Alliance identifies cellulose insulation as one of the best for health air quality. Meets R-value requirement and cost is reasonable.	number of buildings that are insulated with cellulose	<u>Design Metrics:</u> Architect to certify specified and shown in drawings <u>Operations Metrics:</u> Measure IAQ winter and summer <u>Health Metrics:</u> Survey question asking residents about the number of times that they or their child have used their emergency inhaler in the past week	LUCHA, LBBA, Linn Mathes	Verify during construction; Monitor quarterly; survey annually
44			Air quality measurement plans, partner with architect	Maybe	Schedule monthly air testing inside and out of Tierra Linda units utilizing a digital monitor for VOC's and particulates.	LBBA LUCHA	LBBA may have air quality testing monitors from its air lab that it would allow LUCHA to use. Or funding would be needed to purchase one for LUCHA and staff to do testing	establishment of air quality management plan	<u>Design Metrics:</u> NA <u>Operations Metrics:</u> Measure IAQ winter and summer <u>Health Metrics:</u> Survey question asking residents about the number of times that they or their child have used their emergency inhaler in the past week	LUCHA, LBBA?	Monitor quarterly; survey annually
45			Provide information on VOC and chemical absorbing plants	Yes	There are a number of indoor plants that are known to absorb VOC's and other chemicals. LUCHA can provide this list to residents.	LUCHA	Information on which plants and ideal growing requirements can be provided to residents and lease-up and on the HUB	number of households that have plants	<u>Design Metrics:</u> NA <u>Operations Metrics:</u> Measure IAQ winter and summer; Observe use of chemical absorbing plants during IAQ measurements <u>Health Metrics:</u> Survey question asking residents about the number of times that they or their child have used their emergency inhaler in the past week	LUCHA	Monitor quarterly; survey annually
46			No allergen plants/trees for outside garden	Yes	Plant selection will follow the allergen free garden guide.	LBBA, McKay Landscape Architect, Linn Mathes, LUCHA	Many native and affordable plants are also known to be allergen free. Trees may be more difficult due to typical availability at nurseries.	number of gardens that do not contain allergenic plants	<u>Design Metrics:</u> Landscape architect to specify and certify on drawings. Also review final plant selection from nursery for no-allergen plants. <u>Operations Metrics:</u> Measure IAQ winter and summer <u>Health Metrics:</u> Survey question asking residents about the number of times that they or their child have used their emergency inhaler in the past week because of allergies	LUCHA, McKay	Verify during construction; Monitor quarterly; survey annually

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47			Partner with Chicago Asthma Consortium - workshops on management of asthma.	Yes	Host two workshops a year with CAC for residents on management of asthma	LUCHA; Chicago Asthma Consortium	Often poor management and knowledge lead to ER visits, which lead to time off from work or school. In person training will allow residents more individual assistance.	number of workshops conducted, number of residents participating in workshops	<p><u>Design Metrics:</u> NA</p> <p><u>Operations Metrics:</u> Coordinate workshop and notify residents and post on community calendar</p> <p><u>Health Metrics:</u> Survey question asking residents about the number of times that they or their child have used their emergency inhaler in the past week; pre and post event surveys of program participants to assess skills and knowledge gained during workshop</p>	LUCHA, Chicago Asthma Consortium	Update calendar monthly; survey about inhaler use annually; pre-post evaluations of workshops
48			Incorporate integrated pest management	Yes	Seal all penetrations and use rodent-proof screens at larger penetrations. Maintain penetrations throughout operations.	LBBA, Linn Mathes, LUCHA	Preventing pests is more cost effective and healthier than treating for pests. Pests introduce many allergens and carry disease.		<p><u>Design Metrics:</u> Architect to certify in specifications and shown on drawings. Monitor during construction.</p> <p><u>Operations Metrics:</u> Track pest control visits and complaints; inspect/apply preventative measures quarterly</p> <p><u>Health Metrics:</u> Survey question asking residents about the number of times that they or their child have used their emergency inhaler in the past week</p>	LUCHA, LBBA, Linn Mathes	Verify during construction; Monitor quarterly; survey annually
49			Resident engagement around healthy living and green design. Workshop about green cleaning practices.	Yes	Provide an orientation just after lease-up for new residents and provide a resident manual per ECG. Host an annual community event to re-orient residents and to address any new items.	LUCHA	Resident awareness and participation in the green and healthy features and programming at Tierra Linda will lead to better energy savings and positive health outcomes.		<p><u>Design Metrics:</u> NA</p> <p><u>Operations Metrics:</u> Verify that certificate of participation is current in resident files; Number of educational events provided</p> <p><u>Health Metrics:</u> Evaluation of skills and knowledge gained before and after workshop</p>	LUCHA	Track annually; Evaluate skills and knowledge before and after completion of workshop

Enterprise Green Communities Criteria

Green Communities Criteria that the Health Action Plan Addresses

Selected Health Issue	Number	Applicable Enterprise Green Communities Criteria
Health Eating & Active Living	2.2	Connections to Existing Developments and Infrastructure
Health Eating & Active Living	2.12	Access to Fresh, Local Foods
Respiratory Health	6.1	Low/ No VOC Paints, Coatings and Primers
Respiratory Health	6.2	Low/ No VOC Adhesives and Sealants
Respiratory Health	6.6	Composite Wood Prodcuts that Emit Low/ No Formaldehyde
Respiratory Health	6.7a	Environmentally Friendly Flooring
Respiratory Health	6.8	Mold Prevention: Surfaces
Respiratory Health	6.9	Mold Prevention: Tub and Shower Enclosures
Respiratory Health	6.10	Asthmagen-Free Materials
Respiratory Health	7.1	Ventilation
Respiratory Health	7.2	Clothes Dryer Exhaust
Respiratory Health	7.3	Combustion Equipment
Respiratory Health	7.5	Vapor Retarder Strategies
Respiratory Health	7.6	Water Drainage
Respiratory Health	7.7	Mold Prevention: Water Heaters
Respiratory Health	7.10	Integrated Pest Management
Respiratory Health	7.16	Smoke-Free Building
Health Eating & Active Living	8.3	Resident Manual
Health Eating & Active Living	8.4	Resident and Property Staff Orientation

Community Assets Identified by Focus Group Participants and Health Advisory Group

Asset	Location
606/Bloomington Nature Trail	Humboldt Access Point: 3000 W Bloomingdale Ave Chicago, IL 60647
Center for Changing Lives	1955 N St Louis Ave #101, Chicago, IL 60647
Chicago Tutoring	Goethe Elementary School, 2236 N Rockwell St.
Diabetes Empowerment Center	2753 W Division St, Chicago, IL 60622
Dill Pickle Food Co-op	3039 W Fullerton, Chicago, IL 60647
Erie Humboldt Park Health Center	2750 W North Ave, Chicago, IL 60647
Erie West Town Health Center	1701 W Superior St, Chicago, IL 60622
Humboldt Park	1400 N. Sacramento Ave Chicago, Illinois 60622
Infant Welfare Society of Chicago	3600 W Fullerton Ave, Chicago, IL 60647
Inner City Impact	3327 W Fullerton Ave, Chicago, IL 60647
La Casa Norte	3533 W North Ave, Chicago, IL 60647
Logan Square Neighborhood Association	2840 N Milwaukee Ave, Chicago, IL 60618
McCormick Tribune YMCA	1834 N Lawndale Ave, Chicago, IL 60647
Norwegian American Hospital and Clinics	1044 N Francisco Ave, Chicago, IL 60622
Presence Saints Mary and Elizabeth Medical Center and Clinics	2233 W Division St, Chicago, IL 60622
Saint John Bosco Church and Youth Center	2250 N McVicker Ave, Chicago, IL 60639
Sinai Urban Health Institute	2653 W Ogden Ave, Chicago, IL 60608