

Healthy Rebuilding Toolkit Guidebook

**A Project of
The Deep South Center for
Environmental Justice, Inc.**

and

**The Office of Recovery and
Development Administration
The City of New Orleans**

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Disclaimer

“This Toolkit was developed under grants awarded by the Kellogg Foundation and the Ford Foundation as a collaborative effort of the Deep South Center for Environmental Justice, Inc. in New Orleans and the Office of Recovery and Development Administration of the city of New Orleans. The documents in this toolkit are to serve as an informational guide and are not intended to replace the services of any accredited professional. The Kellogg Foundation and the Ford Foundation do not endorse any products or commercial services mentioned in this publication. Any products referenced are solely for informational purposes.”

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Developed by the Deep South Center for Environmental Justice, Inc., New Orleans, Louisiana

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Acknowledgments

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Introduction

Problems faced by persons affected by disasters such as hurricanes and floods may be extensive and often include damage to physical structures and health risks.

Hurricanes Katrina and Rita brought such widespread devastation, that three years later, many residents have not returned home yet and are still in need of guidance in returning home safely. Wind damage was obvious, but even worse; flooding in many neighborhoods was seen at depths greater than six feet.

Hurricane Katrina was followed shortly by hurricane Rita, bringing more flooding. Because several levees were breached, water continued to flood the city and did not recede for several weeks. This further complicated the return of residents. The evacuation of the city resulted in residents being scattered throughout the entire fifty states and for various reasons, including limited resources, many residents have not returned or are returning slowly.

The dangers encountered following such disasters include the danger posed by damaged buildings, hazardous debris, contaminated food and water, stray animals, rodents, snakes, and electrical hazards. Any property that is flood-damaged presents the additional hazard of mold. Homes that are being rebuilt may also pose a hazard of lead poisoning.

An additional hazard presented to the survivors of hurricanes Katrina and Rita was the presence of greater than allowed concentrations of formaldehyde in the trailers provided as temporary shelters.

The “Healthy Rebuilding” Toolkits are designed to guide residents in transitioning back home with special attention focused on understanding the critical role of such environmental toxins on health. Information is provided on identifying and improving unhealthy environments and providing residents with the information they need to rebuild their homes in the safest way possible.

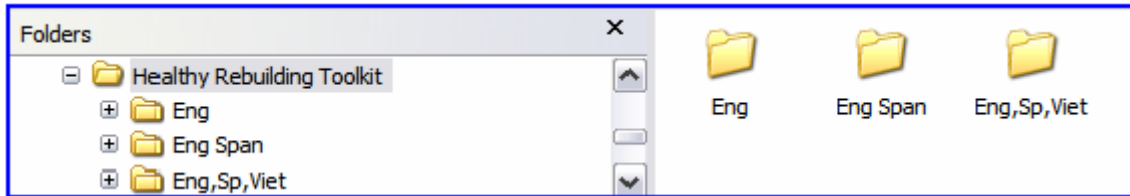
The Toolkit is designed to arm residents with information to protect their health relative to contamination and/or increased risk of exposure due to the environmental degradation caused by the storm. The documents in the Toolkit address the issues related to this disaster and provide vital information needed on how to protect yourself from harm and how to return to your home safely.

Many disaster and health documents have been translated into several languages including Spanish and Vietnamese, and are included herein. Special attention is paid to ensuring that the packets and Toolkit are culturally appropriate for African American, Latino and Vietnamese communities, reflecting the changing demographics of New Orleans.

The entire Toolkit is provided on CD. Documents in this binder are a sampling reflective of those included in each area on the CD. A second CD is included. It has been provided by the Office of Recovery and Development Administration of the City of New Orleans and contains a Compendium of Healthy Communities Issue and Policy Papers.

Layout of Toolkit CD Documents

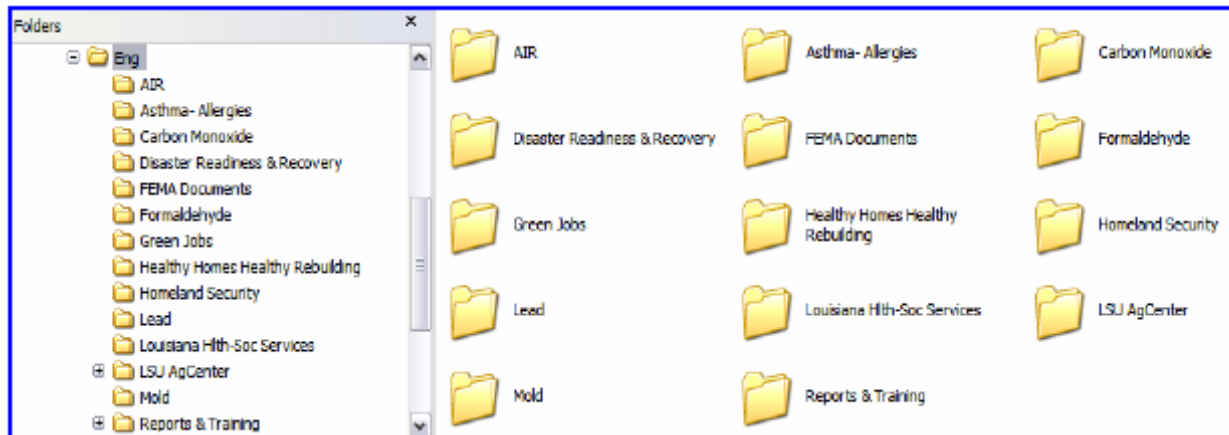
Documents on the Toolkit CD are organized in folders. Many documents are available in English, Spanish and Vietnamese, some are available in English and Spanish only, and others are available in English only. The documents on the CD are stored in folders that reflect organization by the language in which the documents are available.



Healthy Rebuilding Toolkit English

- English
- English, Spanish
- English, Spanish, Vietnamese

This is the layout of the documents available in the **English folder**. The documents are not duplicated in the [English, Spanish] folder or the [English, Spanish, Vietnamese] folder.

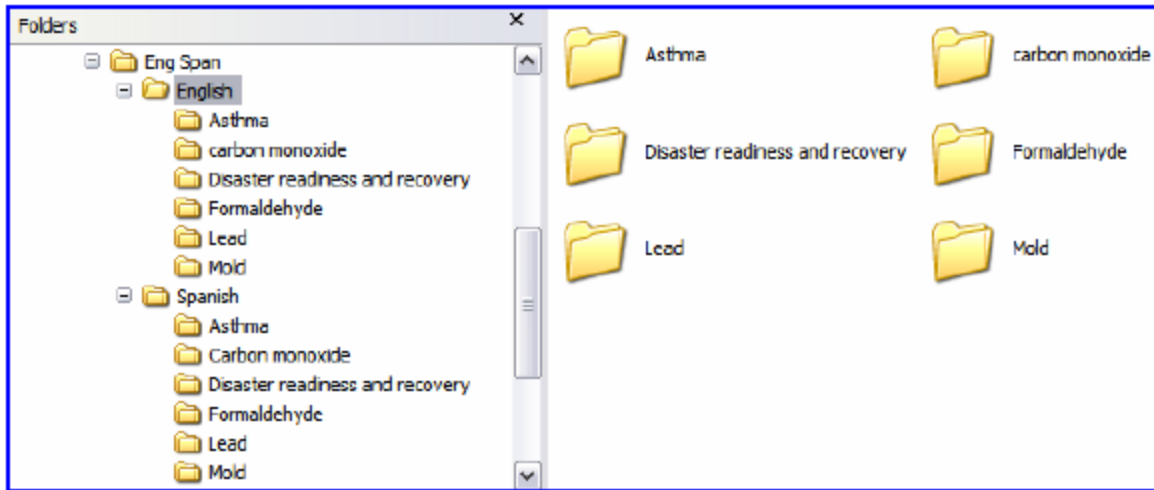


English

- Air
- Asthma-Allergen
- Carbon Monoxide
- Disaster Readiness & Recovery
- FEMA Documents
- Formaldehyde
- Green Jobs
- Healthy Homes-Healthy Rebuilding
- Homeland Security
- Lead
- Louisiana Health & Social Services

Louisiana Ag Center
Mold
Reports & Training

The **English, Spanish folder** is organized with a sub-folder for documents in English, and another for documents in Spanish; all the documents in the English folder are duplicated in Spanish in the Spanish folder. The [English, Spanish] folder contains documents available in English and Spanish only. This is the layout of the sub-folders in the [English, Spanish] folder.



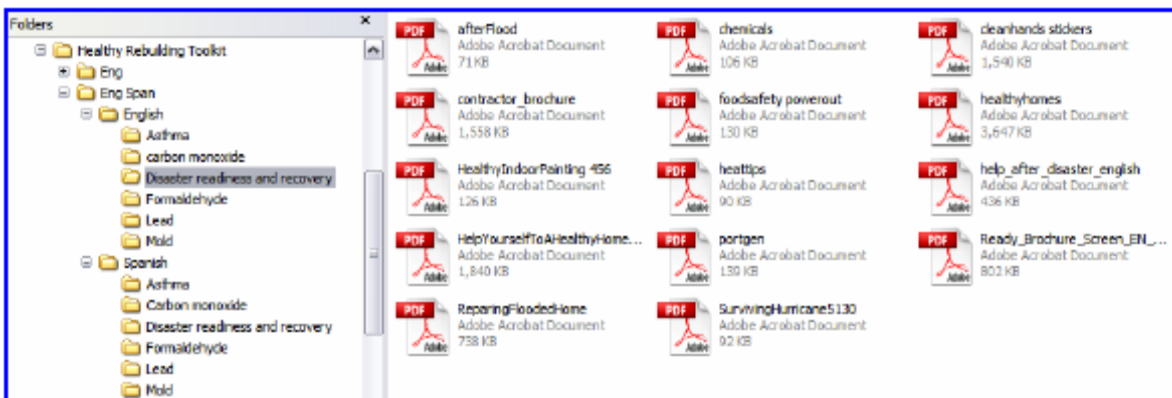
English, Spanish
English

- Asthma
- Carbon Monoxide
- Disaster Readiness & Recovery
- Formaldehyde
- Lead
- Mold

Spanish

- Asthma
- Carbon Monoxide
- Disaster Readiness & Recovery
- Formaldehyde
- Lead
- Mold

As an example, we may expand the layout of the **English Disaster Readiness and Recovery sub-folder** to see the actual documents enclosed. The documents are duplicated in the **Spanish Disaster Readiness and Recovery sub-folder** (in Spanish). Other sub-folders follow the same organization.



**English, Spanish
English**

Disaster Readiness & Recovery

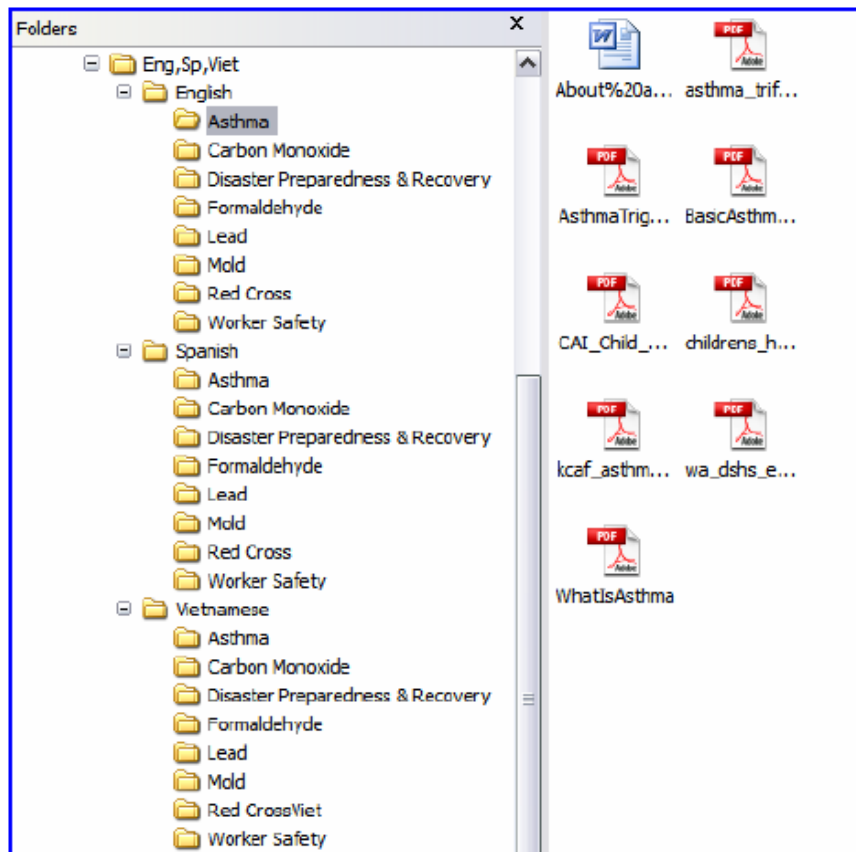
- After Flood
- Chemicals
- Clean Hands Stickers
- Contractor Brochure
- Food Safety-in Power Outage
- Healthy Homes
- Healthy Indoor Painting
- Heat Tips
- Help After a Disaster
- Help Yourself to Healthy Home
- Portable Generators
- Ready Brochure
- Repairing Flooded Home
- Surviving a Hurricane

Spanish

Disaster Readiness & Recovery

- After Flood
- Chemicals
- Clean Hands Stickers
- Contractor Brochure
- Food Safety-in Power Outage
- Healthy Homes
- Healthy Indoor Painting
- Heat Tips
- Help After a Disaster
- Help Yourself to Healthy Home
- Portable Generators
- Ready Brochure
- Repairing Flooded Home
- Surviving a Hurricane

The **English, Spanish, Vietnamese folder** contains individual sub-folders for each language. Each sub-folder is further organized into sub-folders that reflect the topic of the documents enclosed. The sub-folders in each language follow the same organization. For example, all the documents in the Asthma sub-folder of the English folder are also found in the Asthma sub-folder in the Spanish language folder and in the Asthma sub-folder in the Vietnamese language folder.



English, Spanish, Vietnamese

English

Asthma

About Asthma
ALA Asthma Plan
Asthma Action Plan
Asthma Tri-fold
Asthma Triggers
Basic Asthma Facts
Child Asthma Plan
Children's Hospital Asthma Plan

Spanish

Asthma

About Asthma
ALA Asthma Plan
Asthma Action Plan
Asthma Tri-fold
Asthma Triggers
Basic Asthma Facts
Child Asthma Plan
Children's Hospital Asthma Plan

Vietnamese

Asthma

About Asthma
ALA Asthma Plan
Asthma Action Plan
Asthma Tri-fold
Asthma Triggers
Basic Asthma Facts
Child Asthma Plan
Children's Hospital Asthma Plan

* Note: Although many documents are not available in Spanish or Vietnamese, all documents are available in English.

Sample of Documents on Toolkit CD

[You may click on the blue highlighted text to access the document online.]

Disaster Readiness and Recovery Documents: English, Spanish and Vietnamese Hurricane and Flood Recovery

Protect Your Health and Safety after a Hurricane or Flood

English <http://www.bt.cdc.gov/disasters/hurricanes/pdf/recovery.pdf>

Spanish <http://www.bt.cdc.gov/disasters/hurricanes/espanol/pdf/recovery.pdf>

Vietnamese <http://www.bt.cdc.gov/disasters/hurricanes/vi/pdf/recovery.pdf>

Disaster Safety

Returning Home after a Hurricane: Be Healthy and Safe

English <http://www.bt.cdc.gov/disasters/hurricanes/pdf/returnhome.pdf>

Spanish <http://www.bt.cdc.gov/disasters/hurricanes/espanol/pdf/returnhome.pdf>

Vietnamese <http://www.bt.cdc.gov/disasters/hurricanes/vi/pdf/returnhome-vietnamese.pdf>

Health Hazards

Asthma

Basic Asthma Facts

English <http://www.asthmaaustralia.org.au/info/basicfacts.pdf>

Spanish http://www.asthmansw.org.au/assets/265/File/Basic_Asthma_Facts_Spanish.pdf

Vietnamese

http://www.asthmansw.org.au/assets/265/File/AsthmaTheBasicFacts_B_02_Vietnamese.pdf

Carbon Monoxide

Preventing Carbon Monoxide Poisoning

English <http://www.bt.cdc.gov/disasters/pdf/carbonmonoxide.pdf>

Spanish <http://www.bt.cdc.gov/disasters/espanol/pdf/carbonmonoxide-es.pdf>

Vietnamese <http://www.bt.cdc.gov/disasters/vi/pdf/carbonmonoxide.pdf>

Formaldehyde

Formaldehyde ATSDR Fact Sheets

English <http://www.atsdr.cdc.gov/tfacts111.pdf>

Spanish http://www.atsdr.cdc.gov/es/phs/es_phs111.pdf

Vietnamese http://www.atsdr.cdc.gov/tfacts111_viet.pdf

Formaldehyde Levels in FEMA Supplied Trailers

English http://www.fema.gov/pdf/media/2008/formaldehyde_resident_flyer_english.pdf

Spanish http://www.fema.gov/pdf/media/2008/formaldehyde_resident_flyer_spanish.pdf

Vietnamese [Formaldehyde Fact Sheet \(Vietnamese\).pdf](#)

Mold

Get Rid of Mold

English <http://www.bt.cdc.gov/disasters/pdf/flyer-get-rid-of-mold.pdf>

Spanish <http://www.bt.cdc.gov/disasters/espanol/pdf/flyer-get-rid-of-mold-spanish.pdf>

Vietnamese <http://emergency.cdc.gov/disasters/vi/pdf/flyer-get-rid-of-mold-vi.pdf>

FEMA Documents

Orleans Parish Flood Fact Sheet

<https://www.mmrs.fema.gov/pdf/hazard/hurricane/2005katrina/orl.pdf>

Advisory Base Flood Elevations for Orleans Parish, Louisiana

http://www.fema.gov/pdf/hazard/flood/recoverydata/orleans_parish04-12-06.pdf

Raising Rules http://www.nola.com/katrina/pdf/raising_rules.pdf

Green Jobs

Careers in the Green Industry <http://stats.bls.gov/opub/ooq/2005/spring/art03.pdf>

Homeland Security Documents

Family Emergency Plan <http://www.ready.gov/america/downloads/familyemergencyplan.pdf>

Family Supply List <http://www.ready.gov/kids/downloads/familylist.pdf>

Lead

OSHA – Protecting Workers from Lead Hazards Fact Sheet

http://www.osha.gov/OshDoc/data_Hurricane_Facts/lead_hazards_fs.pdf

Louisiana Resources

Louisiana Rebuilds Survival Guide <http://www.louisianarebuilds.info/survival>

Organizations Helping to Rebuild Homes – Free or Low-cost Rebuilding Assistance

<http://www.louisianarebuilds.info/node/2896>

Louisiana Spirit Hurricane Recovery-Resources [Resource List](#)

Louisiana Spirit Hurricane Recovery – Updated <http://louisianaspirit.org/>

Local WIC Sites

<http://www.dhh.louisiana.gov/offices/publications/pubs-320/Region%201%20WIC%20Clinic%20sites.pdf>

LSU Ag Center Documents

Louisiana Extreme Weather Information Sheet

http://www.laseagrant.org/hurricane/docs/NOAA_weather_info_LA08.pdf

LSU Ag Center Disaster Recovery and Assistance

http://www.lsuagcenter.com/en/family_home/hazards_and_threats/recovery_assistance/

Replacing Important Papers [Replacing Important Papers](#)

Preparing Your Evacuation “Grab and Go Box” [Preparing Your Evacuation "Grab and Go" Box](#)

Office of Recovery and Administration CD Documents

A Compendium of Healthy Communities

Issue and Policy Papers

Prepared by:
The Office of Recovery and Development Administration
The City of New Orleans
Dr. Edward J. Blakely, Executive Director
April 24, 2008

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Section 1: Healthy Communities Policy Overview

Improving Access to Healthy Foods: A Guide for Policy-makers, Leadership for Healthy Communities

Policy Guide on Community and Regional Food Planning, American Planning Association

Building a Common Table: The Role for Planning in Community Food Systems, Marcia Campbell. Journal of Planning Education and Research

Section 2: Healthy Food Access

The Link Between the Neighborhood Food Environment and Childhood Nutrition, Leslie Mikkelsen and Sana Chehimi, Prevention Institute

Healthy Food, Healthy Communities: Improving Access and Opportunities Through Food Retailing, PolicyLink

The Changing Models of Inner City Grocery Retailing, Initiative for a Competitive Inner City (ICIC)

Community Health and Food Access: The Local Government Role, International City/County Management Association (ICMA)

Neighborhood Groceries: New Access to Healthy Food in Low-Income Communities, California Food Policy Advocates

Creating Healthy Food and Eating Environments: Policy and Environmental Approaches, Mary Story et al. Annual Review of Public Health

Building Evidence for Environmental and Policy Solutions to Prevent Childhood Obesity, Mary Story et al. American Journal of Preventive Medicine

Strategies for Increasing Fruit and Vegetable Intake in Grocery Stores and Communities: Policy, Pricing, and Environmental Change, Karen Glanz and Amy Yaroch. Preventive Medicine

The Availability and Cost of Healthier Food Alternatives, Karen Jetter et al. American Journal of Preventive Medicine

Associations Between Access to Food stores and Adolescent Body Mass Index, Lisa Powell et al.
American Journal of Preventive Medicine

Imitation in Location Choice, Nathan Berg

Section 3: Farmers' Markets

Farmers Markets Are Good for Everyone: Invest in Farmers Markets for Farmers, Consumers, and Communities, Farmers Market Coalition

Farmers' Markets in Low-Income Neighbourhoods: Confronting the Dilemma Between Social Justice and Environmental Sustainability, Lauren Baker

Hot Peppers and Parking Lot Peaches: Evaluating Farmers' Markets in Low-Income Communities, Andy Fisher, Community Food Security Coalition

Section 4: Urban Agriculture

Health Benefits of Urban Agriculture, Anne Bellows et al. Community Food Security Coalition

Urban Agriculture as a Solution to Food Insecurity: West Oakland and People's Grocery, Nina Haletky et al.

Farming Inside Cities: Entrepreneurial Urban Agriculture in the United States, Jerry Kaufman and Martin Bailkey, Lincoln Institute of Land Policy

The City in the Country: Growing Alternative Food Network in Metropolitan Areas, Lucy Jarosz.
Journal of Rural Studies

Planning for Appropriately Scaled Agriculture in Providence, Benjamin Morton

Urban Agriculture: A New Approach to Development in Providence, Greg Gerritt

Section 5: Healthy Living by Design

Community Design for Healthy Eating: How Land Use and Transportation Solutions Can Help, Barbara McCann

The Impact of the Built Environment on Community Health: The State of Current Practice and Next Steps for a Growing Movement, PolicyLink

Active Transportation to School: Trends Among U.S. Schoolchildren, 1969-2001, Noreen McDonald.
American Journal of Preventive Medicine

Increasing Active Living: A Guide for Policy Makers, Leadership for Healthy Communities

Models for Change: Lessons for Creating Active Living Communities, Robert Cervero. Planning Magazine

Community Partnership Profiles 2006, Active Living by Design

Healthy Community Design: Success Stories from State and Local Leaders, Active Living Leadership

Appendix

Web addresses for some English, Spanish and Vietnamese language documents

CHEMICALS

Getting Rid of Cleaning Products and Other Chemicals - English

<http://www.bt.cdc.gov/disasters/pdf/flyer-getting-rid-of-chemicals.pdf>

Getting Rid of Cleaning Products and Other Chemicals – Spanish

<http://www.bt.cdc.gov/disasters/espanol/pdf/flyer-getting-rid-of-chemicals-spanish.pdf>

Getting Rid of Cleaning Products and Other Chemicals – Vietnamese

<http://www.bt.cdc.gov/disasters/vi/pdf/flyer-getting-rid-of-chemicals-vi.pdf>

CLEAN with BLEACH

Clean with Bleach - English

<http://www.bt.cdc.gov/disasters/pdf/flyer-clean-with-bleach.pdf>

Clean with Bleach – Spanish

<http://www.bt.cdc.gov/disasters/espanol/pdf/flyer-clean-with-bleach-spanish.pdf>

Clean with Bleach - Vietnamese

<http://www.bt.cdc.gov/disasters/vi/pdf/flyer-clean-with-bleach-vi.pdf>

CARBON MONOXIDE

Say no to CO – pressure washers and generators - English

http://www.bt.cdc.gov/disasters/pdf/co-flyer_washer-generator.pdf

Say no to CO - pressure washers and generators - Spanish

http://www.bt.cdc.gov/disasters/espanol/pdf/co-flyer_washer-generator-spanish.pdf

Say no to CO - pressure washers and generators - Vietnamese

http://www.bt.cdc.gov/disasters/vi/pdf/co-flyer_washer-generator-vi.pdf

MOLD

Get Rid of Mold

<http://www.bt.cdc.gov/disasters/pdf/flyer-get-rid-of-mold.pdf>

Get Rid of Mold – Spanish

<http://www.bt.cdc.gov/disasters/espanol/pdf/flyer-get-rid-of-mold-spanish.pdf>

Get Rid of Mold - Vietnamese

<http://www.bt.cdc.gov/disasters/vi/pdf/flyer-get-rid-of-mold-vi.pdf>

VACCINATIONS

What shots do I need when I come home to New Orleans? – English (color)

<http://www.bt.cdc.gov/disasters/hurricanes/katrina/pdf/flyer-vax-returning-home.pdf>

What shots do I need when I come home to New Orleans? – Spanish (color)

<http://www.bt.cdc.gov/disasters/hurricanes/katrina/espanol/pdf/flyer-vax-returning-home-es.pdf>

What shots do I need when I come home to New Orleans? – Vietnamese (color)

http://www.bt.cdc.gov/disasters/hurricanes/katrina/vi/pdf/flyer_vax_returning_home_vi.pdf

VIOLENCE

Preventing Violence - English

<http://www.bt.cdc.gov/disasters/pdf/disaster-violence.pdf>

Preventing Violence - Spanish

<http://www.bt.cdc.gov/disasters/hurricanes/katrina/espanol/pdf/preventingviolence.pdf>

Preventing violence – Vietnamese

http://www.bt.cdc.gov/disasters/hurricanes/katrina/vi/pdf/preventingviolence_vietnamese.pdf