

## **IPM Project Report-final**

### **Title:**

“Use IPM to Rid Your Home of Pests and Improve Your Health...it’s safe, inexpensive, & easy!”

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### **Abstract:**

Pests (especially cockroaches and mice) are commonly found in multi-family and urban home areas. Numerous studies also document that public housing residents have some of the highest rates of allergic asthma. To try and eliminate pests, decrease asthma triggers, and improve healthy living environments, IPM programs have proven successful.

Cornell Cooperative Extension Albany County and the Asthma Coalition of the Capital Region educators will assess, train, and evaluate the environmental, health, and economic benefits of employing an IPM program in Albany public housing. Implementing IPM measures will reduce pest invasion and lower resident’s exposure to harmful health risks.

Below are some of the accomplishments and what was learned from this IPM project:

- \*An audience previously (100%) unfamiliar with the term or concept of IPM now has knowledge of IPM & has adopted IPM principles. Tools provided to participating residents-small trash cans with lids, trash bags, storage containers with tight lids, mouse traps, etc. definitely helped with educating this audience & putting IPM in place. All give-a-ways were extremely appreciated!
- \*The landlord (Albany Housing Authority) for approximately 10,000 individuals also learned a lot about IPM. In addition to being educated on IPM simple concepts, AHA management was interested in lowering their costs working with a pesticide company. This was accomplished by doing simple maintenance and repairs themselves (based on our inspection report which is in attachment section). An exact cost savings has not been determined yet.
- \*AHA residents that have asthma were educated about asthma triggers and how using IPM concepts could make a healthier home environment and improve their asthma. (Asthma resident survey is in attachment section. Results of this survey will be sent at a later date.)

**Background and justification:**

Studies have shown that people, especially children, living in poor housing conditions and public housing have a much higher incidence of asthma. Leaking plumbing causing mold and the presence of pests (cockroaches and mice) in the home environment are known as asthma triggers. Implementing IPM measures and education have proven effective to improve living conditions and the health of residents including lowering the incidence asthma.

**Objectives:**

Over a six month period, the IPM project will:

- 1) Meet with AHA management to outline project
- 2) Assess 10 AHA buildings and identify pest concerns
- 3) Train 10-20 AHA building managers and maintenance staff on pests and IPM practices
- 4) Train 100 residents in IPM practices including asthma triggers
- 5) Provide “tools” (educational print materials and incentives) to assist residents with implementing IPM
- 6) Survey, identify, and educate asthmatics interventions Revisit (conduct assessment and collect data again) 100 homes in Albany County 90 days later
- 7) Evaluate IPM project

**Procedures:**

- 1) **Meetings**-In addition to providing an overview of the project, CCE Albany educators trained in IPM techniques will provide the Albany Housing Authority management appropriate research/studies, review the importance of IPM and identify the housing authority’s current practices. (ex. What is the process the Albany Housing Authority implements when a housing unit is vacated??)
- 2) **Assessing/Inspecting/Identifying Pests**-Educators will inspect and monitor Albany Housing Authority buildings for pest identification and activity.
- 3) **Training Albany Housing Authority staff**-IPM teaching curricula will include STOP Pests in housing and other developed resources. Trainings will be conducted on site at the Albany Housing Authority.
- 4) **Training Albany Housing Authority residents**-Appropriate IPM education will be provided using STOP Pests in housing and other developed resources. Trainings will be conducted on site at the Albany Housing Authority.
- 5) **Implementing IPM strategies**-After successfully completing IPM training, residents will be provided “tools” to implement IPM approaches in their home.  
**Revisit**-Educators will return to a minimum of 100 homes. A review of the initial assessment and previous IPM recommendations will take place. Another assessment will also be conducted to document changes in home environment.
- 6) **Identifying and Training asthmatics**-The Asthma Coalition of the Capital Region will survey and offer asthma training. They will also provide incentives for those residents participating in the asthma education.
- 7) **Evaluation**-Project evaluation will include feedback from CCE Albany County staff, Albany Housing Authority staff, Asthma Coalition members, and Albany Housing Authority residents. In addition, IPM education provided, IPM practices implemented, project costs, and changes in resident’s health will all be identified and reviewed in the

project evaluation. Recommendations for follow-up of the IPM project will also be included in the project evaluation.

### **Results and discussion:**

- 1) **Meetings for sharing of resources and implementing IPM project-CCE Albany** County educators met several times and reviewed a variety of curricula, discussed audience needs, set timeline, and divided up tasks. The backgrounds of the CCE educators are diverse....environmental educators, IPM trained educators, and educators that know the community and the target audience. Periodic meetings were also held throughout the implementation phase of the IPM project.  
**Meetings with Albany Housing Authority (AHA)-CCE** educators met with AHA administration to “educate” them on IPM awareness. AHA response was extremely positive. In addition to the IPM project plan, AHA had two areas of concern....might there be an economic benefit to implementing IPM and could we do some bed bug training. We discussed the dollars that AHA spends annually on a local pesticide company and received reports and information from this entity that was helpful. Also talked about CCE Albany offering a bed bug training. One was offered in conjunction with the Albany County Department of Health in December. During the project implementation phase, numerous phone calls took place with AHA management. A follow-up meeting with CCE Albany County educators and AHA administrators was held to mostly focus on the building inspections (assessments). Simple repairs and minor maintenance recommendations (that will help keep pests from entering buildings) were discussed in detail.
- 2) **Assessing/Inspecting/Identifying Pests-[A thorough IPM inspection of three Albany Housing Authority developments was conducted by three CCE educators.](#)** Questions that were asked during the inspections included: Are there pests in the building? How are these pests gaining access to the building? Where are these pests in the building? Why are these pests still in the building?/What is attracting them?? How can we stop these pests from getting in, staying, etc.? Attached is the detailed assessment report identifying findings, recommendations, and photos. (A thumb drive with several dozen photos is included in the envelope with the hard copy of this report.) This was an aspect of the IPM project that was done extremely well.
- 3) **Training Albany Housing Authority staff-**A two hour IPM overview for 12 AHA site managers was offered using the PowerPoint, “Integrated Pest Management for Municipal Buildings, Parts #1 & #2, developed by Dr. Jody Gangloff-Kaufman. The group was extremely interested, asked questions, and requested additional training on bed bugs. This will be scheduled for 2014. Training for maintenance staff was accomplished one on one. They received IPM education and also were involved in the building inspections and recommendations. This audience will also be included in the bed bug training.
- 4) **Training Albany Housing Authority residents-**In an effort to reach the maximum number of participants, group IPM trainings were held at three different AHA locations. All events were coordinated with AHA site managers and maintenance staff. A resident was also identified to help get the word out. (This was extremely helpful.) Flyers were developed, prominently displayed in a variety of places (laundry rooms, rent payment offices, complex manager’s offices) and also left at individual apartments. Phone calls were conducted to encourage people to attend. Residents were asked to pre-register and reminder phone calls were also made. Food was available at all the trainings when

participants arrived. Almost 2 hours of instructor led IPM education followed including questions and discussion. Paperwork and evaluation were completed and then IPM “tools” were distributed. Unfortunately, attendance was low. Only 37 individuals participated.

- 5) **Implementing IPM strategies**-The “tools” residents received after successfully completing IPM training, definitely helped to implement IPM approaches in their home. At the training everyone learned how these items should be used to be effective. All participants were very happy with these “take home tools” and very appreciative.

**Revisit**-Because of the low turnout to the group sessions, educators will visit homes at all 3 complexes in the next few weeks. A one-on-one IPM education session will place, an assessment of the home environment will be conducted, and IPM “tools” will be provided. An asthma survey will also be completed for each asthmatic in the household. For those that attended the IPM training, they will also receive a visit to assess what IPM measures they put in place, how they used the IPM tools, if they have seen a decrease in pests, etc. Additional follow up revisits will be conducted several months from now.

- 6) **Identifying and Training asthmatics**-At the group trainings, several asthmatics were already identified. Additional asthmatics will be identified by CCE educators within the next few weeks using the asthma survey. These individuals will be invited to an asthma training scheduled for 3 weeks. Medical staff from St. Peter’s Hospital and the Asthma Coalition of the Capital Region will be conducting this training. They will also provide incentives for residents participating in the asthma education.

- 7) **Evaluation**- Project evaluation information was compiled using feedback obtained from CCE Albany County staff, Albany Housing Authority staff, Asthma Coalition members, St. Peters Hospital medical staff, and Albany Housing Authority residents. In addition, comments on the IPM education provided, IPM practices implemented, project costs, and changes in resident’s health are identified, discussed, and reviewed in the project evaluation. Recommendations for follow-up of the IPM project are also be included in the project evaluation.

### **Project location(s):**

The project location is the City of Albany, (Albany County). More specially, the IPM project is being conducted in public housing development buildings and homes located in urban areas of Albany.

### **Samples of resources developed: (if applicable)**

[Attached are samples of resources developed.](#)

### **Miscellaneous**

Cornell Cooperative Extension Albany County educators involved in the IPM Community project were extremely appreciative of the IPM funding award. It allowed us to not only educate a (public housing) audience unaware of IPM concepts but also develop some teaching materials and resources that can be used for future IPM education. A foundation for living in a healthy (pest free) environment was also created. Many thanks!