



Improving Indoor Air Quality in Schools for Better Health and Academic Outcomes

Tackling Air Pollution At School (TAPAS) Network

Full Group Meeting

March 9, 2023

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Schools Program Facilitator,
US Environmental Protection Agency



Questions to Run On

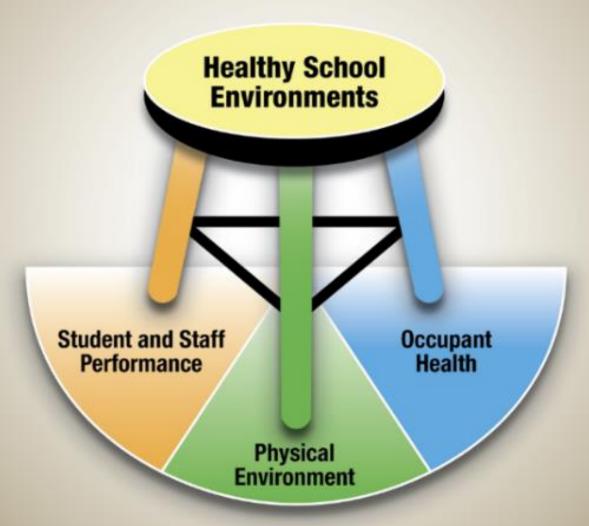
- What are the key barriers for implementing changes in schools to achieve better air quality?
- How can we communicate and engage more effectively with schools?
- Can we define the size of the problem? (i.e. how many schools should be improving IAQ as a priority and can we estimate the impacts on health and attainment?)
- What is the best way to monitor IAQ and report the data in schools? (what to measure, for how long etc?)
- How can we manage IAQ in schools in tandem with other concerns (i.e. energy efficiency, timetabling etc.)
- Is the IAQ problem well understood before an intervention is proposed and how are schools measuring the impacts of interventions?





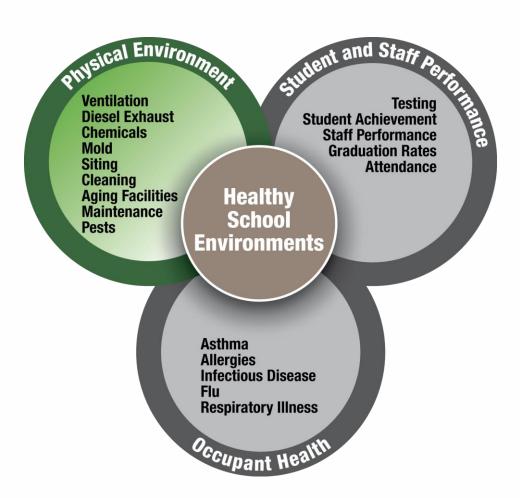


The Three-Legged Stool: Creating and Maintaining Healthy Indoor Learning Environments

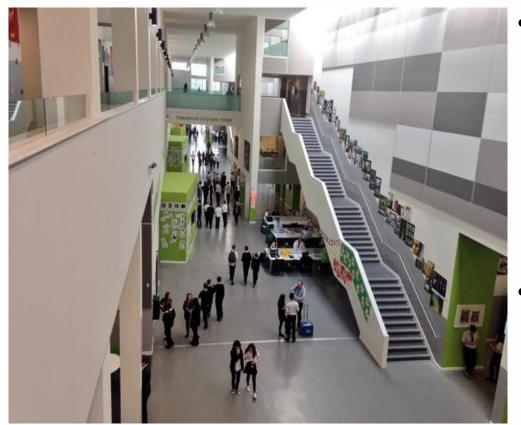


Physical Environment

- The most recent data indicate that the average school in the United States is 55 years old.
- One-quarter of schools need extensive repair, and one-half of schools report complaints related to indoor air quality.
- The physical environment includes not just the age and repair of the building but also the methods used to maintain it regularly, such as cleaning and pest control chemicals.







- \$85 billion spending gap which leaves school districts unprepared to provide adequate and equitable school facilities
- Studies also have found that poor facilities are strongly associated with student truancy and higher rates of suspensions.

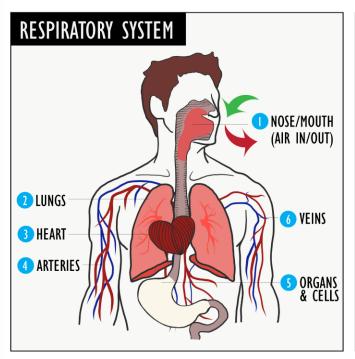


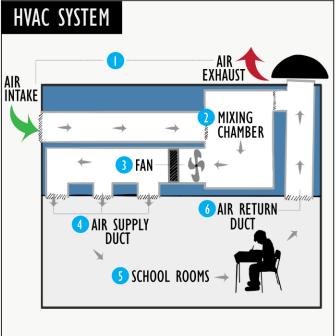
IAQ Management and Respiratory Health

IAQ management includes—

- Control of indoor air pollutants
- Ventilation and filtration
- Maintenance of acceptable temperature and relative humidity

Ventilation brings in outside air and exhausts building air, which dilutes the concentration of indoor pollutants. IAQ management practices also can help reduce the spread of viruses and other infectious diseases.

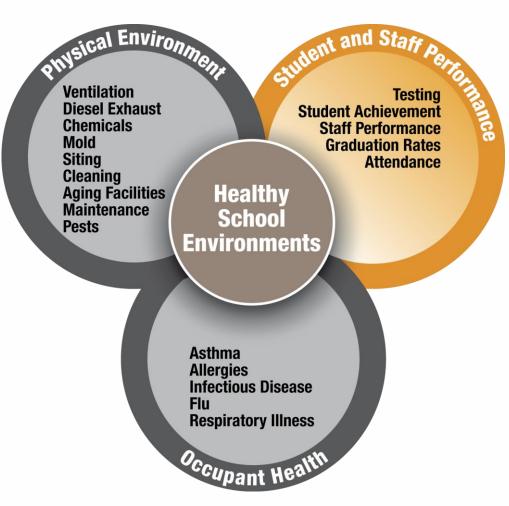






Student and Staff Performance

- Health is directly related to students' and staff members' ability to think, learn and work.
- Studies have consistently shown that healthy indoor air helps students achieve higher test scores.
- Academic performance is a measurable way to demonstrate that improved IAQ has an effect.





SCHOOLS FOR HEALTH

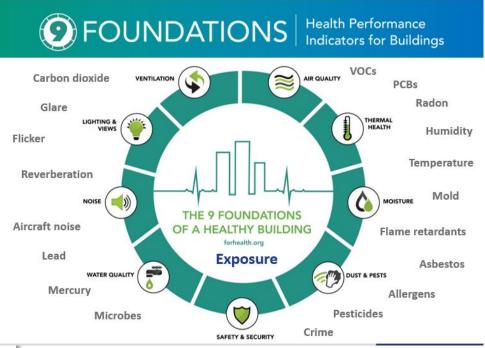
FOUNDATIONS FOR STUDENT SUCCESS

HOW SCHOOL BUILDINGS INFLUENCE
STUDENT HEALTH, THINKING AND PERFORMANCE







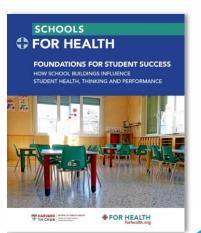








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Impacts of High CO₂

- Attention
- ↓ Comprehension
- ↓ Decision Making
- **↓** Concentration

STUDENT HEALTH STUDENT THINKING



↑ Math, Reading & English Standardized Tests

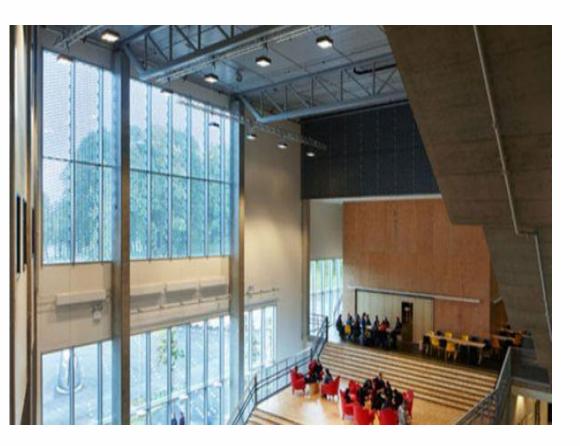
- Viral Infections
- Asthma cases & symptoms
- Prevalence of SBS symptoms
- ↑ Wheeze
- ↑ IAQ Satisfaction





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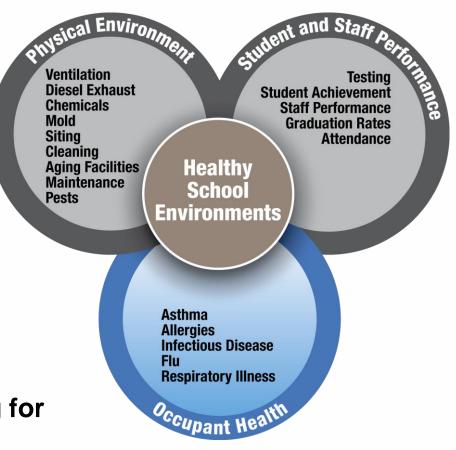
- Adequate lighting and good acoustics also help students remain alert and ready to learn.
- Students without access to daylight had disruptions in their production of hormones essential to learning.
- Students' ability to hear their teacher clearly has a substantial impact on their short-term memory and academic performance



Occupant Health

Poor indoor air quality can cause or exacerbate many health problems:

- Coughing, sneezing and sinus congestion
- Irritation of the eyes, nose, throat and skin
- Headache, dizziness and nausea
- Allergies, shortness of breath and fatigue
- Asthma is the leading cause of school absenteeism, accounting for 14,000,000 missed school days.





Healthy School Environments = ^ Occupant Health

- Indoor air is typically 2–5 times more polluted—and in some cases up to 100-1,000 times more polluted—than outdoor air.
- Children breathe proportionately more air and may be more susceptible to pollutants than adults.
- Schools are often more crowded than other indoor spaces—on average, schools have four times the population density of a typical office.
- Staff could have long-term exposure.





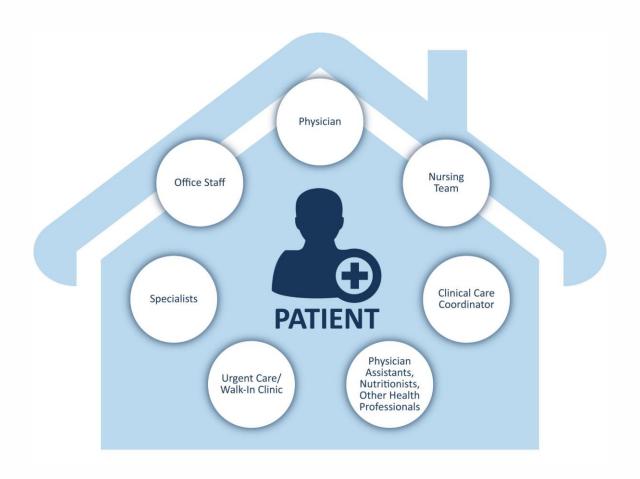
Asthma and IAQ in Schools

- More than 10 million school days are missed each year due to asthma.
- IAQ affects the health, productivity, performance and comfort of students, teachers and staff.
- Poor IAQ in a school building can cause students and staff to suffer adverse health effects, including respiratory infections, asthma and allergies.
- Indoor and outdoor environmental factors including dust mites, molds, cockroaches, pet dander, secondhand smoke, and poor air quality—can trigger asthma attacks.



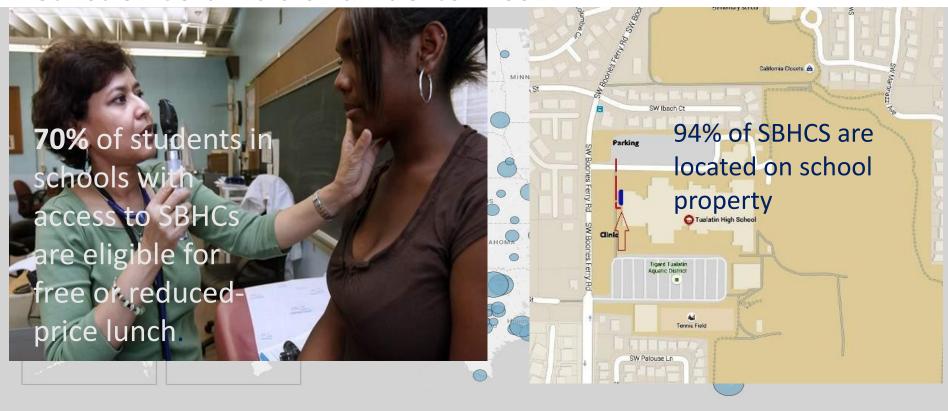


Patient-Centered Medical Home

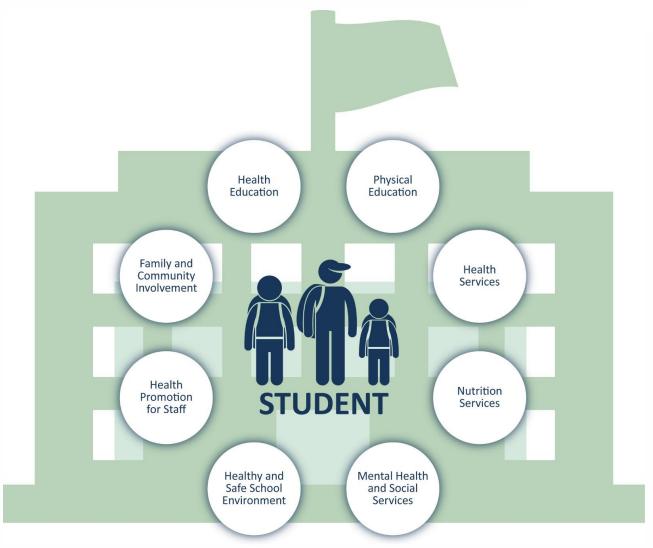




There are 2,584 School Based Health Centers that serve students and communities in 48 of 50 states and the District of Columbia and Puerto Rico.



Student-Centered Educational Home





IAQ Tools for Schools: What We Do



- Provide technical guidance, training, and resources to equip schools to launch, build, and sustain comprehensive healthy school management programs and implement healthy energy efficiency improvements.
- Take actions to target improved HVAC, mold and moisture control, integrated pest management, preventive maintenance, energy efficiency, radon and other environmental contaminants in the school setting.
- Maintain an array of partnerships with school and children's health organizations.
- Collaborate with federal partners to promote school environmental health.
- Host in-depth IAQ Professionals webinar training series.
- Communicate with the IAQ Schools Connector Network, comprised of 100,000+ school stakeholders.



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Sustainable and Healthy IAQ in School Facilities

Effective, Sustainable IAQ Management Programs in Schools

Spreading Best Practices

- Action Kit and Framework
- Technical guidance
- · Model Programs
- Tools and resources
- Research
- ❖ Recognition
- Awards

Engaging and Empowering Stakeholders

- School districts
- NGOs
- Federal school programs
- Faculty, mentors, and champions
- Industry
- States and universities
- National experts
- ❖ Funded NGOs

Results-Oriented Action Learning

- Schools
 Connector: emails, e-bulletins, and email listserv
- Webinars
- Website
- Trainings, conferences, and events
- National Symposium

National IAQ Tools for Schools Network



EPA Resources to Get You Started!



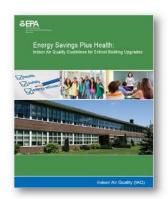
IAQ Tools for Schools
Action Kit



IAQ Master Class
Professional Training
Webinar Series



IAQ Tools for Schools
Mobile App



Energy Savings Plus Health Guide and Interactive Air Quality Planner



Framework for Effective IAQ Management



IAQ Tools for Schools:
Preventive Maintenance
Guidance



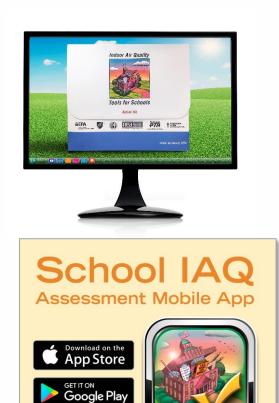
www.epa.gov/iaq-schools

IAQ Tools for Schools Action Kit

What is it? A practical plan for improving your IAQ knowledge using straightforward solutions and individuals already on staff.

The Action Kit includes—

- Reference guides
- Checklists
- Fact sheets
- Sample policies
- Comprehensive IAQ management plans
- The Framework for Effective School IAQ Management
- The Seven Technical Solutions





The Framework for Effective School IAQ Management: Six Key Drivers





Organize Communicate ACTION NO. Find a proper of Manhares Comp & Manhar

KEY DRIVER:

Assess Your Environments Continuously

ASSESS

- Walk the Grounds
- Listen to Occupants
- Use Technology
- Determine a Baseline
- Keep Customers Satisfied
- Identify and Prevent Risks







KEY DRIVER:

Evaluate Your Results for Continuous Improvement

EVALUATE

- Solicit Feedback
- Capture Return on Investment
- Measure, Assess and Track Program Implementation
- Document Accomplishments
- Determine the Most Effective Strategies for Continuous Improvement







Photo credits: Dave Blake and Rich Prill's images from the 2013 Virtual School Walkthrough Webinar

KEY DRIVER:

Communicate With Everyone, All the Time

COMMUNICATE

- Share Your Goals
- Make IAQ Meaningful
- Be Transparent and Inclusive
- Communicate Results (Return on Investment)

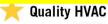






The Framework for Effective School IAQ Management:

Seven Technical Solutions



- Inspect HVAC systems regularly
- Establish a maintenance plan
- Change filters regularly and ensure condensate pans are draining
- Provide outdoor air ventilation according to ASHRAE Standards or local code
- Clean air supply diffusers, return registers and outside air intakes
- Keep unit ventilators clear of books, papers and other items



Control of Moisture/Mold -

- Conduct routine moisture inspections
- Establish a mold prevention and remediation plan
- Maintain indoor humidity levels between 30% and 60%
- Address moisture problems promptly
- Dry wet areas within 24-48 hours



Strong Integrated Pest Management (IPM)

- Inspect and monitor for pests
- Establish an IPM plan
- · Use spot treatments and baits
- Communicate with occupants prior to pesticide use
- Mark indoor and outdoor areas treated with pesticides



Effective Cleaning and Maintenance

- Conduct routine inspections of school environment
- Develop a preventive maintenance plan
- Train cleaning/maintenance staff on protocols
- Ensure material safety data sheets (MSDS) are available to staff
- Clean and remove dust with damp cloth
- Vacuum using high-efficiency filters



- Develop low-emitting products purchasing and use policies
- Use only formaldehyde-free materials
- · Use only low-toxicity and low-emitting paint
- · Select products based on product rating systems
- Use least toxic cleaners possible (only those approved by the district)



· Conduct regular building walkthrough inspections

HVAC

IPM

Moisture/Mold

Source Control

Energy Efficiency

ACTION KIT

Cleaning & Maintenance

Materials Selection

- Test for radon; mitigate if necessary
- Implement a hazardous materials plan (use, label, storage and disposal)
- Establish a school chemical management and inventory plan
- Implement smoke-free policies
- · Establish an anti-idling school bus policy
- Use walk-off mats at building entrances
- Conduct pollutant-releasing activities when school is unoccupied

Integrated Energy Management Solutions

- Protect IAQ during energy efficiency upgrades and building renovations
- · Conduct regular HVAC maintenance and tune-ups
- Install programmable thermostats
- · Consider performing postconstruction commissioning for **HVAC** systems
- Control moisture in building assemblies, mechanical systems and occupied spaces



Quality HVAC

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Outdoor Ventilation
Filtration
Relative Humidity
Toilet Areas
UVC and Air Cleaners
Maintenance Personnel/practices



Photo credit: EPA Walkthrough of Langston Hughes Elementary School. New Orleans. LA





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Photo credit: EPA Walkthrough of Langston Hughes Elementary School, New Orleans, LA



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HVAC

IPM

Moisture/Mold

Source Control

Energy Efficiency

Aggressive Source Control

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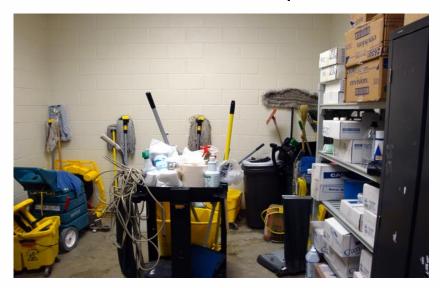
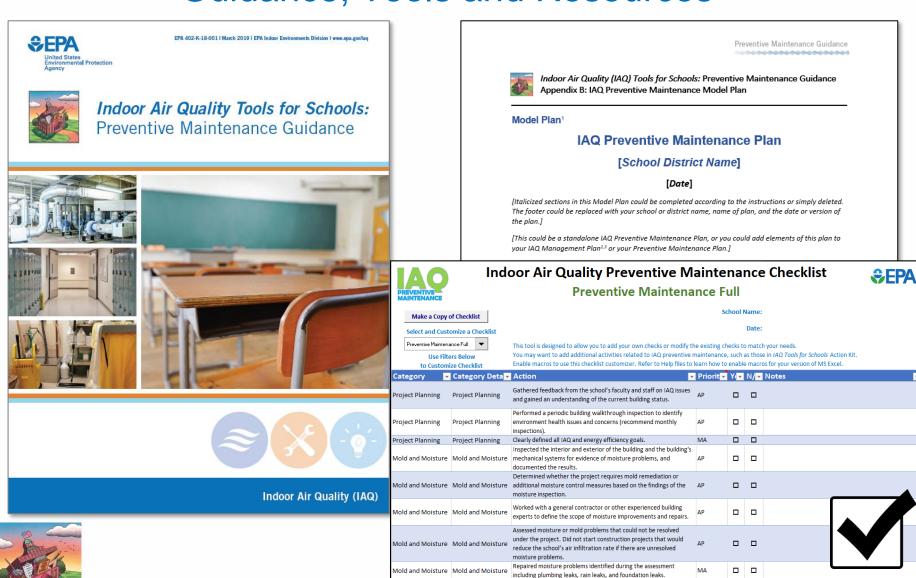


Photo credit: EPA Walkthrough of Langston Hughes Elementary School, New Orleans, LA



IAQ Preventive Maintenance: Guidance, Tools and Resources





Steps to Develop and Implement an IAQ Preventive Maintenance Plan





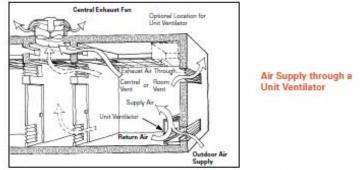


HVAC and Reducing Airborne Transmission

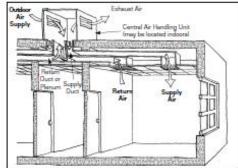


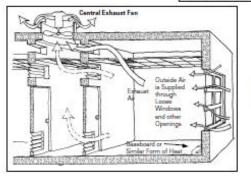
COVID-19 can sometimes be spread by airborne transmission.

- Some infections can be spread by exposure to virus in small droplets and particles that can linger in the air for minutes to hours. These viruses may be able to infect people who are further than 6 feet away from the person who is infected or after that person has left the space. This kind of spread is referred to as airborne transmission.
- There is evidence that under certain conditions, people with COVID-19 seem to have infected others who were more than 6 feet away. These transmissions occurred within enclosed spaces that had inadequate ventilation.



Air Supply in a Central Air Handling System





Air Supply in an Exhaust-only System



Proven Strategies to Improve IAQ in Schools Infographic

- Increase ventilation rate
- Increase HVAC filter efficiency
- Supplement with portable air cleaners

FEPA Proven Strategies to Improve Indoor Air Quality in Schools

Putting strategies in place to ensure adequate ventilation and filtration in school buildings is critical for providing healthy indoor air to students and staff. To reduce pollutants in the air and limit the spread of viruses and bacteria, schools should maximize ventilation rates to the extent possible by bringing in as much outdoor air as weather and outdoor air quality permit. When sufficient HVAC adjustments are not possible, consider other means of bringing in outdoor air, and also consider increasing HVAC filter efficiency and using portable air cleaners as a supplemental filtration strategy.

Increase Ventilation Rate



- Conduct an HVAC assessment to evaluate the condition of the existing HVAC system components and unit ventilation equipment.
- Ensure a scheduled inspection and maintenance program for HVAC systems is in place to allow for repair, modification or replacement of equipment.¹
- Assess and service your ventilation system to ensure it continues to perform as designed.
- · Adjust the HVAC system to bring in more outdoor air.
- When HVAC adjustments are not possible, consider other means of bringing in outdoor air, such as opening windows and using window fans, if weather and outdoor air quality permit.
- Keep unit ventilators clear of books, papers and other items that could reduce airflow.

Increase HVAC Filter Efficiency



- Increase filter efficiency in existing HVAC systems by using filters with the highest Minimum Efficiency Reporting Value (MERV) rating possible (per equipment specifications). If possible, increase the level of the air filter to MERV 13 or higher
- Make sure the filters are sized, installed and replaced according to the manufacturer's instructions.

Supplement with Portable Air Cleaners



- Consider using portable air cleaners as a supplemental filtration strategy.
 Choose portable air cleaners that use proven technology and are appropriately sized for the spaces they will service. Replace filters according to the manufacturer's instructions.
- Do not use air cleaners that intentionally generate ozone in occupied spaces or that do not meet state regulations or industry standards for ozone generation.
- If air cleaners are used, they should be placed so that air is not blown directly from one
 person to another, as this could potentially facilitate the spread of viruses and bacteria
 to others. Air flow to and from air cleaners should not be obstructed.

Ensure HVAC assessments and maintenance are in accordance with minimum inspection standards of the American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE)/Air Conditioning Contractors of America (ACCA) Standard 180, ASHRAE handbooks, or other equivalent standards and guidelines.







Employ Proven Technologies



Prioritization of Engineering Controls to Reduce Long-Range Airborne Transmission

INCREASE VENTILATION RATE

Maximize outdoor air ventilation

INCREASE FILTER EFFICIENCY

Upgrade system filters to ≥MERV13

SUPPLEMENT WITH PORTABLE AIR CLEANERS

Figure 2. Source: Jones et al., 2020. <u>Schools for Health: Risk Reduction</u> <u>Strategies for Reopening Schools</u>. Harvard Healthy Buildings Program.

Ventilation in Schools and Childcare Programs

How to use CDC building recommendations in your setting

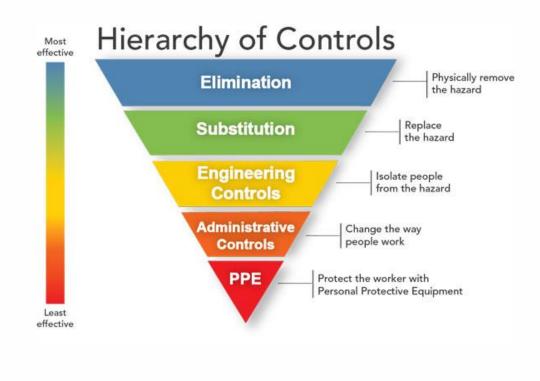


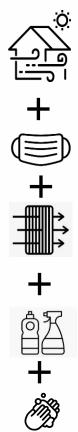
Opening windows, using portable air cleaners, and improving building-wide filtration are ways you can increase ventilation in your school or childcare program.



Action Through Layered Risk Reduction

Reduce source Require masks indoors Distance from source Ventilate Filter Disinfect (air & surfaces) Make Use of Time Educate

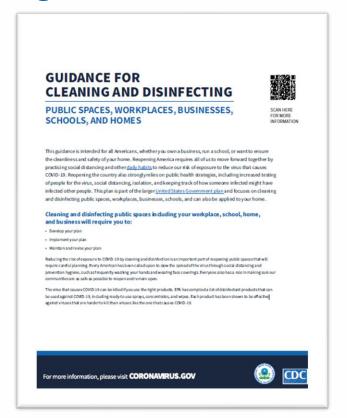






EPA Resources for Responding to COVID-19 in Schools













Professional Training Webinar Series



IAQ Master Class Series

10 technical trainings to build your knowledge base to start, improve or sustain an IAQ management program. Complete all 10 to join the IAQ Master Class.

IAQ Knowledge-to-Action Series

Technical trainings to deepen your IAQ knowledge and build capacity to take immediate action.

Technical Knowledge

- Asthma Triggers
- HVAC Systems
- Moisture and Mold
- Energy Efficiency
- Integrated Pest Management
- Cleaning and Maintenance
- Materials Selection and Source Control

Capacity Building

- Funding and Gaining Buy-In
- Assessment and the IAQ Mobile App
- Staff Training
- Evaluation and Data



Virus Mitigation



www.epa.gov/iaq-schools/ondemand-training-webinars

The Value of IAQ Preventive Maintenance:

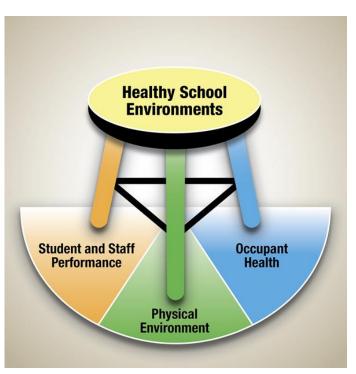
Saving Costs with Healthy, Reliable and Efficient School Buildings





What Is a Value Proposition?

An analysis and quantified review of the benefits, costs and value that an organization can deliver to customers/funders and other stakeholders



- A value proposition is a succinct statement (e.g., 2–4 sentences) that clearly describes the tangible results a customer gets from your program.
- A value proposition is an offer to someone in which they get more than they give up.
- A value proposition is the basic reasoning for why people should support your program.
- A value proposition uses tangible results to draw interest and share a success story within a few words.



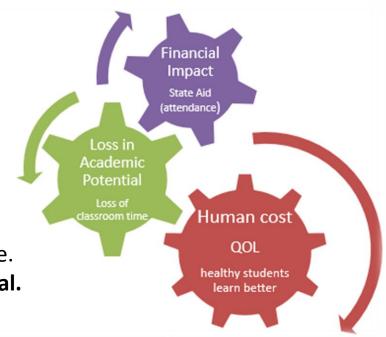
Bold Goals Value Proposition Summary

NEISD Asthma Awareness Education Program

BOLD GOAL: Our program focuses on creating healthy learning environments for all students, including reducing asthma triggers, through comprehensive indoor air quality and asthma management.

Initial input cost of \$63,000:

- Financial impact
 - **REDUCTION** in annual average number of school days missed by 8,000 students with asthma. 1 day = \$267,552; 50% = \$1 million
- Academic impact
 - **DECREASE** in asthma-related clinic visits.
 - **REDUCTION** in loss of academic instruction time.
 - Asthma students achieve full academic potential.
- Human impact
 - **IMPROVED** quality of life, change in culture.





Cleaning for Health Value Proposition

The bold goals our program is focused on include having a highly educated work force that is knowledgeable in and has bought into creating the healthiest, most sustainable learning environment possible and creating a culture of leaders at all levels who strive to always improve the standard of customer service and healthy environments.

By training and supporting our staff, our personnel will be trusted and respected as the professionals they are for the students and patrons. They will generate hundreds of thousands of dollars in not only avoided energy and waste costs, but also in labor and chemical costs in the next decade.





The Story of America's Schools

- Desegregation
- Immunization
- Fighting Hunger

















Our Defining Moment





Acting on Our Values



This is OUR defining moment!

What is the **Core (Care) Value** you are taking action to uphold in this moment?





Thank You!



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Indoor Environments Division
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