



FOR IMMEDIATE RELEASE

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First Homes in Virginia Built to American Lung Association Health House[®] Guidelines Now Under Construction in Charlottesville

Richmond, VA (December 5, 2006) - Virginia's first homes built following the American Lung Association's Health House[®] stringent guidelines for indoor air quality, durability and energy efficiency are being built in Charlottesville. From the outside, neighbors and passersby might not think anything special is going on, but from the inside the house is as unique as they come. A mid-project open house at the Health House[®] project will be held on Saturday, December 9th from 1-4 p.m. The open house is located at 1012 Druid Avenue, Charlottesville, Virginia 22902. To RSVP, please call 434-295-9379.

Two years ago, Dale Abrahamse, owner of Abrahamse & Company Builders, Inc., attended an American Lung Association Health House[®] training at the American Lung Association of Virginia's headquarters office in Richmond. Looking to build healthy, sustainable and high performance homes, Dale had invested significant time researching indoor pollutants and healthy building practices. That's when he found the American Lung Association Health House[®] website with *Builder Guidelines* and the *Health House[®] Builder Training Program* (www.healthhouse.org).

Dale's company will be building a small sub-division in southeast Charlottesville consisting of five homes under the program's rules. The Health House[®] program requires special builder training and three independent tests during construction that each of the five homes must pass before they can earn the coveted title of a "Registered Health House." These homes will not only offer superior indoor air quality, they are also designed to offer easy access for residents who have mobility constraints. The homes will have larger doorways, larger standup showers and easy access exterior entranceways. Mostly importantly, they will be beautiful homes that to the average consumer at first glance, probably wouldn't recognize any glaring aesthetic differences from standard construction.

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The American Lung Association Health House[®] program was created to help teach homebuilders and homeowners how to create the healthiest indoor environment using the best materials and techniques for them. The Health House[®] *Builder Guidelines* offer choices, choices, and more choices! Trained builders use these standards to construct the house as a healthy system. Flexibility within the building standards helps homeowners customize their construction according to individualized health issues, the quality of indoor air required, budget, and preference. The Health House[®] is more than a house; it's a way of building healthier!

Americans spend an estimated 90 percent of their time indoors. The majority of the public does not realize that air pollution in their homes is one of the most urgent environmental risks to their health. "Indoor air pollutants such as pollen, mold spores, pet dander, and the excreta and body parts of dust mites and cockroaches can cause asthma attacks as well as allergic responses. Radon and tobacco smoke can cause even more dangerous health effects, including lung cancer," said Terry Hargrove, director of community relations for the American Lung Association of Virginia. "Keeping the air in your home clean is particularly important for people with asthma or allergies, but the quality of indoor air is something all Americans should be concerned about."

Because many of the features of a Health House[®] are hidden behind the drywall once installed, we want to offer consumers a look behind the scenes to see some of the building features and practices before the drywall is installed. Please join us at the Saturday, December 9th Open House to learn more about the Health House[®] program and to meet the builder.

For more information about indoor air quality and lung health, call the American Lung Association at 1-800-LUNG-USA or visit www.lungusa.org/virginia. For information on the American Lung Association Health House[®] program, call (804) 267-1900 or visit www.healthhouse.org.

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The American Lung Association of Virginia is a nonprofit corporation dedicated to the prevention of lung disease and the promotion of lung health, through local programs and outreach. More than 500,000 Virginians currently suffer from lung disease. The Lung Association needs the support of every Virginian to prevent the growth of this deadly disease. Visit www.lungusa.org/virginia or call 804-267-1900 for more information.