

Is your home making you sick?

You may have heard people complaining about their families being sick for extended periods over winter. Often the reason people stay sick is the condition of their home. In NZ we have damp, cold, mouldy, draughty homes that cost too much to heat.

We also have some of the worst rates in the world of:

- Asthma (4th highest hospital admissions in OECD),
- Respiratory illness (1 in 6 people affected, 3rd most common cause of death),
- Rheumatic fever (almost eradicated in other OECD countries).
- Winter deaths. 1600 more kiwis die in the coldest winter months than at other times of the year. This does not happen overseas, even in colder climates!

HEALTHY HOMES THAT ARE AFFORDABLE AND SUSTAINABLE

The statistics are scary but Sustain & Enable is working to help resolve issues with New Zealand homes.

For existing homes we provide home audits and tailored reports and advice to help homeowners and tenants choose actions to reduce cold, mould, drafts and damp without breaking the bank.

For new builds the best thing you can do is get some good sustainable design advice early on in the project. This reduces your costs and makes sure Architects design the home well around the needs of the people who will live there.

The second best thing you can do is ensure tradespeople follow the plans and don't accidentally undermine the sustainability features the designers have included if changes are necessary.

Sustain & Enable provide a consulting service that works with the design and build team to help ensure homes are created to be healthy, sustainable, well-performing, energy and water efficient, and meet the needs of current and future people who will live there.

RESPIRATORY DISEASE


IN NEW ZEALAND

RESPIRATORY DISEASE


affects **1 in 6**
Kiwis

That's

700,000
people

Costing

\$6 billion
per annum

3rd 
leading cause
of death

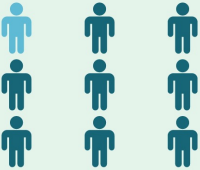

Respiratory Disease
causes **1 in 10**
hospital stays

That's
78,000
admissions


one
THIRD
of which are
children


That's
26,000
kids

ASTHMA



affects **1 in 9**
adults


and **1 in 7**
children

63 
die from asthma
each year



That's **1** person
a week

COPD

15% of Kiwis
over 45
have
COPD


That's

200,000
people


Most cases of
COPD are linked to
smoking

Asthma and Respiratory Foundation NZ is a not-for-profit organisation committed to those affected by asthma and other respiratory illness.
For more resources, to get involved or to donate visit
asthmaandrespiratory.org.nz or or call 04 499 4592

**Asthma
+ Respiratory**
FOUNDATION NZ