



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

For Immediate Release:
Sept. 29, 2011

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Governor Proclaims *Home Indoor Air Quality Month* in North Dakota

BISMARCK, N.D. – Governor Jack Dalrymple has proclaimed October 2011 as *Home Indoor Air Quality Month* in North Dakota. The event is held to encourage North Dakotans to learn more about indoor air quality issues.

“Most people face a variety of health risks every day,” said Justin Otto, Indoor Air Quality and Radon Program coordinator with the North Dakota Department of Health. “Some risks are simply unavoidable. The good news is that indoor air pollution is one risk that everyone can do something about.”

A growing body of scientific evidence indicates that indoor air may be more polluted than outdoor air. Other research indicates that people spend about 90 percent of their time indoors. Thus, for many people, the risks to health may be greater from exposure to indoor pollutants than outdoor pollutants.

“Because people spend a great deal of time inside, maintaining a healthy indoor environment is important to the health of everyone,” said State Health Officer Terry Dwelle, M.D., M.P.H.T.M. “Becoming aware of indoor air quality issues is the first step in ensuring that our homes, businesses and public buildings have clean indoor air. I ask every North Dakotan to learn more about indoor air quality in the weeks to come.”

Many factors can contribute negatively to the quality of the air we breathe indoors, including lead dust, dust mites, carbon monoxide, secondhand tobacco smoke, radon, mold, asbestos, biological contaminants and even certain household products that give off volatile organic compounds. Homeowners can maintain good indoor air quality by controlling moisture, living in a smoke-free environment, installing carbon monoxide alarms, testing for radon and using safe work practices when renovating.

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Visit the health department home page at www.ndhealth.gov.

For more information about indoor air quality, contact Justin Otto, North Dakota Department of Health, at 701.328.5188. Additional information may be found on the department's website at www.ndhealth.gov/aq.

Please note: Proclamation follows.

**PROCLAMATION
HOME INDOOR AIR QUALITY MONTH
OCTOBER 2011**

WHEREAS, clean, healthy indoor air is important to everyone; and

WHEREAS, many North Dakotans spend a great deal of time indoors; and

WHEREAS, many factors negatively affect the quality of the air we breathe indoors, including radon, carbon monoxide, secondhand tobacco smoke, mold, lead, asbestos and even certain household products; and

WHEREAS, many North Dakotans suffer chronic and acute health effects and economic burdens because of poor indoor air quality; and

WHEREAS, maintaining clean, healthy air benefits all citizens.

NOW, THEREFORE, as the Governor of the State of North Dakota, I do hereby proclaim October 2011, **HOME INDOOR AIR QUALITY MONTH** in the State of North Dakota.

Jack Dalrymple
Governor

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