



**FOR IMMEDIATE RELEASE**

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**Contact:**

Terry Hargrove  
American Lung Association  
of Virginia  
(804) 267-1900 ext. 125  
(804) 405-1323 cell

Ernest Coburn, MD  
The Quest Group  
Houburn Construction Co.  
(276) 739-7989

Terry Boone  
Perfect Air of Abingdon  
(276) 623-1100

**First Homes in Southwest Virginia Built to American Lung Association Health House® Guidelines Now Under Construction in Abingdon**

Richmond, VA (December 12, 2006) – Southwest 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 Abingdon. 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.

Recently, Ernest Coburn, MD, owner of The Quest Group and Houburn Construction Company and Terry Boone, owner of Perfect Air of Abingdon, attended an American Lung Association Health House® training. Looking to build healthy, sustainable and high performance homes, Ernest and Terry had invested significant time researching indoor pollutants and healthy building practices. That’s when they found the American Lung Association Health House® website with *Builder Guidelines* and the *Health House® Builder Training Program* ([www.healthhouse.org](http://www.healthhouse.org)).

Dr. Coburn’s company will be building the Piper Spring sub-division in Abingdon consisting of 204 homes under the program’s rules. The Health House® program requires special builder training and three independent tests during construction that each of the homes must pass before they can earn the coveted title of a “Registered Health House®”. These homes will offer superior indoor air quality. Mostly importantly, they will be beautiful homes that to the average homebuyer at first glance, probably wouldn’t recognize any glaring aesthetic differences from standard construction.

The American Lung Association Health House® program was created to 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.

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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<sup>®</sup> 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."

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](http://www.lungusa.org/virginia). For information on the American Lung Association Health House<sup>®</sup> program, call (804) 267-1900 or visit [www.healthhouse.org](http://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](http://www.lungusa.org/virginia) or call 804-267-1900 for more information.**