



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec



## Webinar

### Improving Indoor Air Quality: A Conference on Healthy Living and Mold Prevention

March 21, 2024  
Time: 1:00 to 4:00 PM (EST)

Registration link for the event:

<https://us02web.zoom.us/meeting/register/tZUtfuqhpszgtE9N6wyrMSMNxFFmPk99Kn|4|>

**Speakers: John Molot MD, Eddy Hunter, Diane Bastien,  
Michel Gaudet, Pierre-Luc Fréchette,  
François Léger Boyer, Philippe Fortin**

#### ASEQ-EHAQ

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**Français :** HypersensibiliteEnvironnementale.com  
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**English:** Environmentalsensitivities.com  
EcoLivingGuide.ca



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### AGENDA

Stéphane Lacroix. Host and Moderator, COPHAN

**1:00 PM**

#### Opening Remarks:

- Michel Gaudet, Vice-President and Executive Director of the Environmental Health Associations of Quebec and Canada
- Paul Lupien Chairman of the Board, COPHAN

**1:05 PM**

**Dr. John Molot**, physician specializing in environmental medicine

#### Indoor Air Quality and its Effects on Health

This presentation will review the varied external and internal sources of contamination of the indoor air environment under different building conditions, including water damage. The resulting physiological impacts will be explained, and the potential health effects will be clarified.

**1:35 PM**

**Lived Experiences** - Pre-recorded video presentation featuring firsthand experiences of Multiple Chemical Sensitivity (MCS).

**1:45 PM**

**Eddy Hunter, M.Sc.**, Urban Planning Advisor, Housing Department, City of Montreal

#### Presence of mold in homes, regulation and support provided by the City of Montreal

The regulatory aspect concerning the presence of mold will be addressed first, including Regulation 03-096 on the cleanliness, maintenance, and safety of housing, the scope of application of its articles, as well as building inspections and their follow-up. There will also be a discussion on the regulation of expertise and work through the BNQ Standard 3009-600, investigations, validation of work, and expertise of consultants and contractors (BNQ Standard



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3009-900). The presentation will be complemented by the sharing of useful information in the field for healthy housing.

**2:05 PM**

**Diane Bastien, PhD.**, Director of the environmental inspection firm, Living Buildings

### **How to design a healthy and sustainable building envelope**

This presentation will begin by outlining the key components of a durable wall assembly. It will address the question: should walls breathe? as well as discuss the characteristics of natural building materials and best practices for a healthy and mold-free building.

**2:25 PM**

**Michel Gaudet**, Vice President and Executive Director of the Environmental Health Associations of Quebec and Canada

### **How to choose healthy products and live without mold**

Over the past two decades, our efforts have been dedicated to reducing the incidence of Multiple Chemical Sensitivities (MCS) by advocating for practical and affordable lifestyle choices that prioritize health and environmental well-being. Our approach involves proactive measures such as preemptive mold management and the adoption of least-toxic products to address potential issues and maintain a healthy living environment.

**2:40 PM**

**Me. Pierre-Luc Fréchette**, Réseau québécois des OSBL d'habitation

This presentation will focus on the normative framework of housing policies and its impact on the inclusion of people with disabilities and on indoor air quality in residential living environments.

**2:50 PM**

**François Boyer**, Project Manager, GRT Réseau 2000+

### **A community housing project by the Environmental Health Association of Quebec in Milles-Isles**



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**3:00 PM**

**Philippe Fortin, B. Eng., M. Sc.A.** Co-Founder of Procurement and Logistics - Head of Innovation R&D, HECO Hemp Innovation

### Improving indoor air quality with natural insulation materials

Conventional building construction methods pose health risks to occupants and potential deterioration of indoor air quality when not executed properly. Natural insulation made from lime and hemp has the advantage of improving indoor air quality by preventing moisture from being trapped in the envelope and thus reducing the risks of mold in materials.

**3:20 PM**

**Round Table** - Dr John Molot, Mr. Eddy Hunter, Ms. Diane Bastien, Mr. Michel Gaudet, Mr. François Léger Boyer et Mr. Philippe Fortin (Questions from participants and presenters)

**3:50 PM**

### Conclusion

**Michel Gaudet**, Vice President and Executive Director of the Environmental Health Associations of Quebec and Canada