

3.4m people in the UK with frequent/occasional mould exposure have children <6 or are pregnant

Approximately 850,000 households in the UK with children under six experience frequent or occasional mould exposure, representing 9.6% of this demographic. Mould-related dampness disproportionately affects vulnerable families, particularly in poorly ventilated or overcrowded homes, posing serious health risks to young children and expectant mothers.

The Scale of Mould Exposure in UK Households

1. Quantifying the Problem

Research by the Warm This Winter campaign highlights that nearly **1 in 10 families with young children** (around 850,000 households) face mould issues, often linked to inadequate ventilation, rising energy costs, and housing disrepair. For pregnant women, exposure risks are compounded by hormonal changes and immune system vulnerabilities, though exact national statistics remain underreported.

2. Health Risks for Children and Expectant Mothers

- **Respiratory Issues:** Mould spores can trigger asthma, allergies, and bronchitis, particularly in under-6s whose lungs are still developing.
- **Cognitive Impacts:** A 2023 study found early mould exposure correlates with reduced cognitive function in children by age six, affecting memory and problem-solving skills.
- **Pregnancy Complications:** Damp environments heighten risks of preterm birth and respiratory infections in newborns.

3. Contributing Factors

Factor	Impact on Mould Risk
Poor Ventilation	Traps moisture, enabling mould growth 4
Overcrowding	Increases humidity from daily activities
Energy Inefficiency	Families avoid heating due to costs, worsening condensation

Addressing the Crisis: Solutions and Preventative Measures

1. Improving Ventilation

Effective mechanical ventilation systems, like **heat recovery units (MVHR)**, reduce humidity by up to 60% without heat loss. For instance, installing systems such as **VENTI's FLUXO** ensures continuous airflow, targeting mould-prone areas like kitchens and bathrooms.

2. Government and Landlord Responsibilities

- **Housing Standards:** The UK government mandates landlords to address damp under the *Homes (Fitness for Human Habitation) Act 2018*, yet enforcement gaps persist.
- **Financial Support:** Programmes like the **Decent Homes Standard** require urgent expansion

to retrofit ageing housing stock.

3. Immediate Steps for Affected Families

- Use dehumidifiers and wipe condensation daily.
- Report mould to landlords/local councils promptly.
- Seek medical advice if children exhibit respiratory symptoms.

Protect your family's health today - explore VENTI's ventilation solutions to eliminate mould risks and ensure clean, safe air in your home.