



Smoke Free Multiunit Housing Toolkit



Pennsylvania Smoke Free Multiunit Housing

Program Overview

Multiunit housing (MUH) remains one of the few indoor areas where secondhand smoke is unregulated in many communities in the United States. According to the 2011 American Community Survey, nearly 54 million people in the U.S. live in rented multiunit housing. While multiunit housing can be home to many demographics, disproportionately, multiunit housing residents are part of our country's most vulnerable populations: the poor, the young, the elderly, the physically disabled, and those with severe mental illness, chemical dependency, and chronic disease. Already facing health inequities, millions of these renters are regularly and unwillingly exposed to the toxins of secondhand smoke in the very places where they should feel safest -- their homes.

In the past decade, tobacco control advocates and public health professionals have made great strides in protecting the health of multiunit housing residents by eliminating exposure to secondhand smoke in their living environments. In the early 2000s, there was virtually no smoke free multiunit housing. Today, there are thousands of privately-owned multiunit housing properties that are smoke free, and hundreds of local public housing authorities with smoke free policies. The Division of Tobacco Prevention and Control's statewide objective is to increase the number of people newly protected by smoke free policies in multiunit housing. Regional Primary Contractors can work towards this goal by using resources provided below. The American Lung Association worked with experts around the United States to develop an online curriculum of how to implement a smoke free policy in multiunit housing properties like apartments and condominiums, which can be used as a starting point for policy work on this initiative.



HUD Smoke Free Public Housing Ruling¹

The U.S. Department of Housing and Urban Development's (HUD) final rule to restrict smoking in public housing went into effect on February 3, 2017. The rule requires public housing agencies (PHAs) administering public housing to adopt a smoke-free policy by **July 30, 2018**, 18 months from the effective date of the rule. The policy must prohibit the use of "**prohibited tobacco products**" in all indoor areas, including individual living units, common areas, administrative office buildings, and **outdoor areas within 25 feet of those areas**.

The rule prohibits the use of "**prohibited tobacco products**," which are defined as both "waterpipes (hookahs)" and "items that involve the ignition and burning of tobacco leaves, such as (but not limited to) cigarettes, cigars, and pipes." While the **rule does not include electronic**

cigarettes (e-cigarettes) or other electronic smoking devices, PHAs can choose to prohibit the use of e-cigarettes in their smoke-free policies.

The rule **covers public housing units**, including scattered site and single-family properties. The **rule excludes dwelling units in mixed-finance projects** and does not apply to housing assisted under Section 8, PHA properties that have converted to project-based rental assistance contracts under the Rental Assistance Demonstration Program, or tribal housing. HUD continues to encourage excluded properties to voluntarily adopt smoke-free policies.

The rule **does not grandfather** (i.e., legally allow the continuation of) existing smoke-free policies that do not meet the minimum HUD requirements. The smoke-free policy must be included in the applicable **PHA plans and tenant leases**. Enforcement of the PHA's smoke-free policy is the responsibility of the local PHA.

For more information, see the HUD Ruling References section.

Support for Implementing Smoke Free Multiunit Housing

The reasons for adopting smoke free multiunit housing policies and practices are many. They include the following:

- Secondhand smoke (SHS) which has been proven to drift between units, from one unit to another, is extremely dangerous; (Air quality studies in apartment buildings show that

¹ Public Health Law Center. "HUD's Rule to Restrict Smoking in Public Housing: An Overview."
<http://www.publichealthlawcenter.org/sites/default/files/resources/HUD-Final-Rule-Smoke-Free-Public-Housing-2016.pdf>



anywhere from 5% to 60% of air in apartment units comes from other units in the building);

- SHS is a health hazard for renters as well as staff;
- There is no risk-free, safe level of secondhand smoke exposure (2006 Surgeon General's report); ASHRAE (American Society of Heating, Refrigerating, and Air Conditioning Engineers) stated the following (2005): At present, the only means of effectively eliminating health risk associated with indoor exposure is to ban smoking activity;
- 35% of US households are renter occupied and 61% of rental households are in multiunit housing buildings.

In addition, cigarette smoking is known to: (1) Violate renters' desire to live in smoke free environments; (2) Cause enormous expense to property managers and owners for cleaning, maintenance, property/item replacement, and insurance; (3) Often results in deadly and expensive fires.

Misperceptions presented by Smoke Free Multiunit Housing Detractors

Myth: *It is illegal to allow advertising for smoke free housing and to have a smoke free policy.*

Reality: Rather, non-smokers have no rights. Tenants have some rights to smoke free housing. Apartment owners are permitted by federal and state law to adopt smoke free policies. HUD Legal Counsel Letter of 2003 states: The right to smoke is not a right protected under the Civil Rights Act of 1964 because smokers are not a protected class under federal law.

Myth: *There is very little demand in the housing market for smoke free buildings.*

Reality: No, there are hundreds of thousands of units of market-rate housing all across the country. These units include large, multi-state companies, moderate sized companies, small companies and single-family home rentals. Also, Tens of thousands of units of affordable housing are smokeless all across the US and include apartment buildings owned by for-profit and non-profit entities, as well as local governments and tribes.

Myth: *Managers and owners will lose tenants and hence income.*

Reality: Wrong. Smoke Free is smart business and studies show that the housing market supports this practice.

Myth: *Transitioning buildings to smoke free is extremely difficult and managers oppose.*

Reality: Practice and studies show otherwise. It has been shown in many communities that the housing industry has lagged behind market and residents' desire to live in smoke free housing.



Myth: *Enforcement of Smokefree policies is difficult.*

Reality: Once again, the practice and experience in this matter does not bear this out. Private and public apartment owners and managers uniformly report that enforcement is not an issue.

Steps to Adopting a Smoke Free Multiunit Housing Policy

- Build a case for smoke free multiunit housing in your community. Understand the importance of adopting smoke free MUH policies.
- Familiarize yourself with the multiunit housing industry: learn how it functions and issues that are important to it. Research market rates and practices, assess MUH stock, promote existing Smoke Free MUH buildings, join MUH and other housing associations, develop talking points for managers focusing on how policies protect bottom line.
- Cultivate goals, materials and procedures to develop, build and sustain a smoke free multiunit housing program.
- Understand legal issues for state and federal laws as they relate to MUH. Realize that permitting smoking has more legal liabilities than prohibiting smoking.
- Reach out to and distribute Smoke Free MUH message to property managers.
- Learn and implement the policy-adoption process of managers (Contemplation, Adoption, and Implementation) and work with them to adopt Smoke Free policy.
- Help current residents transition to smoke free environment and determine whether to provide cessation policies in buildings with disparate populations.
- Work with and seek to empower renters exposed to second hand smoke and drift.
- Cultivate program sustainability.

Stakeholders and Groups to Engage in Developing Smoke Free Multiunit Housing

- **Public Housing Authorities**
- Landlord and tenant advocates
- Private and public sector property managers
- Landlord trade associations
- Renter advocacy groups
- Fair Housing Council of PA
- Agencies providing training (i.e., fire and police)



RPC Task(s): Steps Towards Implementing Smoke Free Multiunit Housing Policies

- Complete the American Lung Association of the Mid-Atlantic *Smoke free Policies in Multiunit Housing: Steps for Success* online course to become familiar with how to implement a smoke free policy in multiunit housing properties (<http://www.lung.org/stop-smoking/about-smoking/smokefree-housing.html>).
- **Identify Public Housing Authorities (PHAs) in your area that HAVE NOT implemented HUD-compliant smoke free housing policies.** Prioritize working with PHAs **first** and then identify managers or owners of subsidized housing, private management companies, or other stakeholder groups to provide technical assistance to around the importance and benefit of adopting smoke free multiunit housing policies. Utilize the resources listed below, as needed, to inform these conversations.
- When working with housing authorities and/or multiunit housing sites, gather information about the site(s) using the Smoke Free Multiunit Housing Checklist to guide discussion with these sites. The purpose of this Checklist is to guide RPC/Service Provider's discussion with these sites and to ensure that the necessary information is collected for quarterly reporting on the Policy Tracking Sheet. **NOTE: this Checklist is a tool and does NOT need to be submitted to PA DOH/PHMC.** The Checklist can also be used to assess the status of a site's tobacco policy at any point in time—before, during, and/or after technical assistance has been provided.
- Continue to provide the necessary technical assistance and policy support to housing authorities, multiunit housing sites, and other stakeholder groups.
- **For each housing entity with which you engage, record the smoking policy status using the Policy Tracking Spreadsheet.** This will help to build a statewide database of smoke-free housing properties. For each housing entity with which you provide technical assistance around policy development or improvement, provide the requested details about the policy change process in the Policy Tracking Spreadsheet. **See the Reporting** section below for more details.

What types of housing are considered Multiunit Housing (MUH) facilities for RPCs?

Yes, these are MUHs:

- Townhouse or row home – A house attached side-by-side to other houses. Each house is owned separately.
- Semi-detached house – One building with two houses side-by-side with a shared wall. Each house is owned separately.



- Duplex, triplex, or quadplex – A building like a house with separate apartments on each floor, generally owned by one entity, typically with common areas.
- Apartment building – A building with multiple apartments. It can have exterior or interior entrances to each unit. It can be owned by the tenant or a landlord, and it can be a condominium.
- Apartment community – A collection of apartment buildings on adjoining pieces of land, generally owned by one entity, typically with common areas.
- Mixed use building – A building with space for both commercial, business, or office use, and space for residential use.
- Personal care homes – Housing for people that provides 24/7 care.
- Assisted living facilities – Housing for people who cannot or chose not to live independently, may be due to disabilities or other concerns.

Priority is to develop or enhance smokefree policies in low-income, subsidized MUHs and providing technical assistance to public housing authorities.

No, these are not MUHs:

- Standalone house
- Hotel, motel, or other short-term rental facility
- Mobile home
- Mobile home community
- Hospice
- Hospital or other health care facility or inpatient treatment facility
- Homeless shelter or other short-term housing facility

Multiunit Housing Reporting Requirements

Submit data **quarterly** and add to this cumulative list so the data from each quarter builds on the last.

- Submit data for policy change that results from RPC technical assistance **AND** existing smoke free policies or properties/housing authorities that go smokefree without RPC technical assistance. This information will help build a statewide repository of smoke free properties.
- Consult the PA Smoke Free Multiunit Housing Property List to (1) check for missing properties in your region AND (2) check to see if smoke free policy information already exists for potential partner sites. Use the “Updated Information” column to identify missing or incorrect information.



- Help to build the [PA Smoke Free Multiunit Housing Property List](#):
 - (1) Correct any incorrect or missing information for properties/PHAs already on the list. Use the “RPC Updates/Revisions” column of the [online PA Smokefree Multiunit Housing Property List](#) to describe the missing or incorrect information.
 - “**Individual Site & Private Management**” – this tab contains information on individual properties (including public and private housing) and private management companies (with multiple properties) that have implemented any form of smoke free policy.
 - “**Municipal Housing Authorities**” – this tab lists ALL municipal housing authorities across the state and contains information about known smoke free policies.
 - “**County Housing Authorities**” – this tab lists ALL county housing authorities across the state and contains information about known smoke free policies.
 - (2) Identify any properties/PHAs in your region that are missing from the list. Enter as much information as possible about the smoke free policy into the “Smoke Free Policies” tab of the **Policy Tracking Spreadsheet**. Mark “No” in the “RPC Partner” column.

Attachments

- Pennsylvania Smoke Free Housing Sign
- CDC Smoke Free Housing one pager - English/Spanish
- CDC Office on Smoking and Health Resources to support Smoke Free Housing
- CDC Free Ads to support Smoke Free Housing

Signage

- Pennsylvania Smoke free Housing signs are available at no cost to housing organizations that have implemented smoke free policies in one or more buildings (see image below). Assistance with creating smoke free housing is available through PA Department of Health local tobacco control providers.



HUD Ruling References

- **Organizations Serving Public Housing Residents**
- **Public Health Law Center FAQ**

Resources

Policy Change and Implementation Resources

- American Lung Association of the Mid-Atlantic Smokefree Policies in Multiunit Housing: Steps for Success: <http://www.lung.org/stop-smoking/about-smoking/smokefree-housing.html>
- Developing A Smoke free Multiunit Housing Program: A Guide for Tobacco Control Professionals, Created by Live Smoke Free, a Program of the Association for Nonsmokers – Minnesota, March 2013: www.mnsmokefreehousing.org
- Webinar Archive Live Smoke Free MN: <http://www.mnsmokefreehousing.org/webinar>
- Smoke free Housing Toolkit for Public Housing Authorities and Owners/Management Agents: <http://portal.hud.gov/hudportal/HUD?src=/smokefreetoolkits1>
- Public Health Law Center's Model Smoke Free Lease Addendum: http://www.mnsmokefreehousing.org/documents/Smoke_free_addendum.pdf
- Smoke Free Housing Ordinance Checklist from Change Lab Solutions: <http://changelabsolutions.org/sites/default/files/CA.SmokefreeHousing.pdf>

General Smoke Free Housing Resources

- List of US Smoke Free Multiunit Housing Sites: Americans for Non-smokers Rights Foundation (ANRF): <http://www.no-smoke.org/pdf/smokefreemuh.pdf>
- Tobacco Control Legal Consortium site: <http://www.publichealthlawcenter.org/topics/tobacco-control/smoke-free-tobacco-free-places>
- Infiltration of Secondhand Smoke into Apartments & Condos: <http://www.publichealthlawcenter.org/resources/infiltration-secondhand-smoke-condominiums-apartments-and-other-multi-unit-dwellings-2009>
- There is no Constitutional Right to Smoke: <http://www.publichealthlawcenter.org/resources/there-no-constitutional-right-smoke-2008>
- The Americans with Disabilities Act: Effective Legal Protection Against Secondhand Smoke Exposure: <http://www.publichealthlawcenter.org/sites/default/files/resources/tclc-syn-disabilities-2004.pdf>
- American Legacy Foundation (LEGACY): www.legacyforhealth.org
- American Society of Heating, Refrigerating, and Air Conditioning Engineers (ASHRAE): <https://ashrae.org/home/>
- Americans with Disabilities Act. www.ada.gov/cguide.htm#anchor65610
- Apartment Living Guide: www.apartmentlivingguide.com
- Association for the Treatment of Tobacco Use and Dependence (ATTUD): www.attud.org
- Break Free Alliance. <http://healthedcouncil.org/breakfreealliance.org>
- CDC's "Best Practices for Comprehensive Tobacco Control Program: www.cdc.gov/tobacco/stateandcommunity/best_practices/index.



**This is a
smoke-free
building.**

1-800-QUIT-NOW
PA.QuitLogix.org

WHEN YOUR BUILDING GOES SMOKEFREE, WILL YOU?

Quitting smoking improves your health. It lowers your chances of getting:

- Heart disease and stroke
- Cancer
- Lung disease, including COPD
- Other smoking-related illnesses

“You have the power to make the decision to quit smoking. Some of the best things for me about quitting are enjoying food again, and being able to walk and not feel so out of breath.”

Tiffany

*Smoked a pack a day for 15 years.
Now ... smokefree.*



Secondhand smoke contains poisons.

Breathing even a little can be harmful; especially for kids, older people, and those with health problems made worse by secondhand smoke. Smokefree policies protect everyone's health.

**GET FREE
SUPPORT
TO QUIT
SMOKING.**



**1-800-QUIT-NOW
(1-800-784-8669)**
Speak with a quit smoking coach

**1-855-DÉJELO-YA
(1-855-335-3569)**
For help in Spanish



Smokefree.gov
Online tools and support to quit smoking



SmokefreeTXT
Text QUIT to 47848
24/7 text messaging program



QuitGuide
Mobile app to build your skills to quit



Visit CDC.gov/tips for real stories and resources from the *Tips From Former Smokers™* campaign.

CUANDO SE PROHÍBA FUMAR EN SU EDIFICIO, ¿DEJARÁ DE FUMAR?

**Dejar de fumar mejora su salud.
Reduce sus posibilidades de tener:**

- Enfermedades cardíacas y accidentes cerebrovasculares
- Cáncer
- Enfermedad pulmonar, incluida la EPOC
- Otras enfermedades relacionadas con el tabaquismo

“Usted tiene la capacidad de tomar la decisión de dejar de fumar. Para mí, algunas de las mejores cosas de dejar de fumar son disfrutar la comida de nuevo y poder caminar sin sentir que me falta el aire”.

Tiffany

*Fumó un paquete diario por 15 años.
Ahora... no fuma.*



El humo de segunda mano contiene sustancias tóxicas.

Respirarlo aunque sea un poquito puede ser perjudicial; especialmente para los niños, las personas de edad avanzada y aquellos con problemas de salud que empeoran con el humo de segunda mano. Las políticas que prohíben fumar protegen la salud de todos.

**OBTENGA
APOYO
GRATUITO
PARA DEJAR
DE FUMAR**



**1-855-DÉJELO-YA
(1-855-335-3569)**

Hable con un asesor para
dejar de fumar

**1-800-QUIT-NOW
(1-800-784-8669)**

Para obtener ayuda en inglés



Espanol.smokefree.gov
Herramientas en línea y
apoyo para dejar de fumar



**SmokeyfreeTXT
en Español
Mande LIBRE al 47848
desde su celular**

Programa de mensajes de
texto las 24 horas los
7 días de la semana



Visite CDC.gov/consejos para conocer historias de la vida real y recursos de la campaña *Consejos de exfumadores™*.

CDC Office on Smoking and Health
Resources to Support Smokefree Public Housing
February 15, 2018

U.S. Department of Housing and Urban Development (HUD) Resources

- [Implementing HUD's New Smoke-Free Policy in Public Housing: Guidebook.](#)
- Video: [Change is in the Air: Implementing and Enforcing Smoke-Free Housing Policies](#)
- [Smokefree Multifamily Housing Resource Bank](#) links to customizable educational materials (e.g., presentation, brochure, fact sheet); sample resident surveys, etc.

Information on Public Housing Authorities (PHAs)

- Contact information (HUD): [Map of local housing authorities](#), [Regional districts](#)
- [Extinguish Tool](#). Georgia Tech. A geospatial tool, with data on smoking, Medicaid and Quitline.

CDC/Office on Smoking and Health Resources

- *Tips*® Partners webpage for [Organizations Serving Public Housing Residents](#) has background information and free communications materials.
- Video: [Making the Business Case for Prevention: Smokefree Multiunit Housing](#)
- Infographic: [Going Smokefree Matters – Multi-Unit Housing](#)
- The [Media Campaign Resource Center](#) has ads (many of them free) on secondhand smoke, smokefree multi-unit housing and cessation.

Partner Materials

- [Smokefree Public Housing Workshop](#). American Cancer Society, CDC, HUD. Materials from a 2017 workshop, including decks and breakout workshop materials on Assembling a Team, Engaging PHAs and residents, Smoking Cessation Resources and Communicating the Policy
- American Lung Association:
 - [Expanding Smokefree Communities](#). Case studies, videos and other information on smokefree housing work in a variety of settings, including public housing. In particular see the New Mexico case study, focusing on affordable, public and tribal housing; and the Smokefree Housing in the South Bronx and the Arizona case studies, both of which include affordable housing.
 - [Smokefree Policies in Multi-Unit Housing – Steps for Success](#). Online curriculum on how to implement a smokefree policy in multi-unit housing properties, including links to issue briefs, fact sheets for managers and residents, and an advocate toolbox.
- [Key Recommendations: The Role of State Health Agencies in Smoke-Free Housing](#). Association of State and Territorial Health Officials.
- [Smokefree Public Housing](#). Americans for Nonsmokers' Rights. Model policy and other materials to support communications with public housing authority staff and residents.
- [Interactive Map Directory of Local Health Departments](#). National Association of County and City Health Officials.
- [Public Housing is Going Smokefree](#). National Center for Health in Public Housing. Information on how Public Housing Primary Care Programs can support HUD smokefree public housing rule.

Research

Case Studies and Interventions

- [State Tobacco Control Program Implementation Strategies for Smoke-Free Multiunit Housing](#). *Health Promotion Practice*. 2016 July 8, published online ahead of print.

- [Case Study: Advancing No-Smoking Policies in Public Housing](#). Foundation for Healthy Generations, Washington, March 2015.
- [Iowa and North Carolina Reduce Secondhand Smoke Exposure through Partnerships with Property Owners & Local Health Departments](#). Association of State and Territorial Health Officials, 2016.
- [Minimal intervention delivered by 2-1-1 information and referral specialists promotes smoke-free homes among 2-1-1 callers: a Texas generalisation trial](#). *Tobacco Control*. October 2016.
- [A Minimal Intervention to Promote Smoke-Free Homes among 2-1-1 Callers: North Carolina Randomized Effectiveness Trial](#). *PLoS One*. November 2, 2016.
- [A Minimal Intervention to Promote Smoke-Free Homes Among 2-1-1 Callers: A Randomized Controlled Trial](#). *Am J Public Health*. 2015 March.

Knowledge/Attitudes/Behavior

- [Attitudes Toward Smoke-Free Public Housing Among U.S. Adults, 2016](#), *American Journal of Preventive Medicine*. Published online November 16, 2017.
- [Attitudes and Experiences with Secondhand Smoke and Smoke-free Policies Among Subsidised and Market-rate Multiunit Housing Residents Living in Six Diverse Communities in the USA](#). *Tobacco Control*. March 16, 2017, e-pub ahead of print.
- [Health, Secondhand Smoke Exposure, and Smoking Behavior Impacts of No-Smoking Policies in Public Housing, Colorado, 2014-2015](#). *Preventing Chronic Disease*. October 20, 2016.
- [Clearing the Air: Smoke-Free Housing Policies, Smoking, and Secondhand Smoke Exposure Among Affordable Housing Residents in Minnesota, 2014-2015](#). *Preventing Chronic Disease*. August 18, 2016.
- [“You have the right to protect your health”: Perceptions of Secondhand Smoke and Exposure Mitigation Strategies in Low Income Patients With Heart Disease, San Francisco, 2011–2012](#). *Preventing Chronic Disease*, August 2016.
- [Secondhand Smoke Exposure and Smoke-Free Policy Support Among Public Housing Authority Residents in Rural and Tribal Settings](#). *J Community Health*. 2016 May 19, Epub ahead of print.
- [Assessment of Residents' Attitudes and Satisfaction Before and After Implementation of a Smoke-Free Policy in Boston Multiunit Housing](#). *Nicotine Tob Res*. 2016 May.
- [Support for smoke-free multi-unit housing policies among racially and ethnically diverse, low-income seniors in South Florida](#). *J Cross Cult Gerontol*. 2014 December.
- [Smoking behaviors and cessation interests among multiunit subsidized housing tenants, Columbus, Ohio, 2011](#). *Prev Chronic Dis*. 2013 July.
- [Individual, social, and environmental factors associated with support for smoke-free housing policies among subsidized multiunit housing tenants](#). *Nicotine Tob Res*. 2013 June.
- [The acceptability of comprehensive smokefree policies to low income tenants in subsidized housing](#). *Preventing Chronic Disease*, 2010 May.

General Multi-Unit Housing Studies

- [Smoke-Free Policies in Multiunit Housing: Smoking Behavior and Reactions to Messaging Strategies in Support or in Opposition](#). *Prev Chronic Dis*. 2015 June 25.
 - See in particular the [table summarizing messaging strength](#)
- [Second and Thirdhand Smoke Exposure, Attitudes and Protective Practices: Results from a Survey of Hispanic Residents in Multi-unit Housing](#). *J Immigr Minor Health*, January 2017.
- [Tobacco Use, Secondhand Smoke, and Smoke-Free Home Rules in Multiunit Housing \(MUH\)](#). *American Journal of Preventive Medicine*. July 13, 2016.
- [Evaluating the implementation process of a citywide smoke-free multiunit housing ordinance: insights from community stakeholders](#). *American Journal of Public Health*, October 2014.

- [Prevalence and predictors of smoke-free policy implementation and support among owners and managers of multiunit housing.](#) *Nicotine Tob Res.* 2010 February.
- [Multiunit housing residents' experiences and attitudes toward smoke-free policies.](#) *Nicotine Tob Res.* 2010 June.
- [Attitudes, experiences, and acceptance of smoke-free policies among US multiunit housing residents.](#) *Am J Public Health.* 2012 October.

Impact: Secondhand Smoke Exposure, Cessation, Costs

- [The impact of a smoke-free policy on environmental tobacco smoke exposure in public housing developments.](#) *Sci Total Environ.* 2016 July 1.
- [Comparison of indoor air quality in smoke-permitted and smoke-free multiunit housing: findings from the Boston Housing Authority.](#) *Nicotine Tob Res.* 2015 March.
- [Seasonal variability in environmental tobacco smoke exposure in public housing developments.](#) *Indoor Air.* 2015 February.
- [National and state estimates of secondhand smoke infiltration among U.S. multiunit housing residents.](#) *Nicotine Tob Res.* 2013 July.
- [Cost savings associated with prohibiting smoking in U.S. subsidized housing.](#) *Am J Prev Med.* 2013 June.
- [Secondhand Smoke Transfer in Multiunit Housing.](#) *Nicotine Tob Res.* 2010 November.
- [Implementation of a smoke-free policy in subsidized multiunit housing: effects on smoking cessation and secondhand smoke exposure.](#) *Nicotine Tob Res.* 2012 September.

References to publications, news sources, and non-Federal Websites are provided solely for informational purposes and do not necessarily represent the opinion, views or policies of the Centers for Disease Control and Prevention (CDC), the CDC Office on Smoking and Health (OSH) and the Department of Health and Human Services (DHHS); nor does mention of trade names, commercial practices, or organizations imply endorsement.

OSH, CDC and DHHS assume no responsibility for the factual accuracy of the content of the individual organization found at non-Federal links.

CDC Office on Smoking and Health

Free Secondhand Smoke/Smokefree Air Ads

February 15, 2018

Available through the [Media Campaign Resource Center \(MCRC\)](#). While there is no charge to order these ads, there may be costs to place the ads. The MCRC also has many ads available to order at a cost that are relevant to secondhand smoke and smokefree multi-unit housing (ordering cost is less costly than developing new ads).

California Department of Health

- [Apartment](#) (print) Spanish
- [Apartment](#) CA (TV) English
- [Baby in Playpen](#) (out of home)
- [Baby Mason](#) (print) Chinese (Cantonese & Mandarin), Korean, Vietnamese, Hmong
- [El Niño](#) (print) Spanish
- [Snake in Crib](#) (TV) Spanish
- [Woman](#) (print) Chinese (Cantonese & Mandarin), Korean, Vietnamese, Cambodian, Tagalog, Thai

[Cessation Flyer for Smokefree Housing](#) (print – can customize the tag with local logos and resources)

Cigarettes are Eating You Alive (Campaign) English and Spanish

- [Baby 15](#) (TV) and [Baby 30](#) (TV)

[It's Like They're Smoking](#) (TV)

[Keep Childhood Smokefree](#) (Campaign: wide variety of materials)

[Our Health is Sacred](#) (Print) and [Our Health is Sacred](#) (out of home) English, designed for Native American communities

[Make Your Life Smokefree](#) (Print) and [Make Your Life Smokefree](#) (Billboard) English and Spanish

[Secondhand Smoke Kids](#) (Campaign: print, out of home – TV ads are not free) English and Spanish

[We Made It Smokefree](#) (Campaign: Out of Home)

CDC Tips From Former Smokers® Campaign. The Tips® campaign has a variety of no and low-cost materials on cessation and secondhand smoke, including posters designed to support the smokefree public housing rule:

- [Tips® Web Site](#): free, downloadable materials (print, digital/social media, videos)
- [Tips® Download Center](#): free, downloadable materials available in a variety of formats and languages which are suitable for a variety of placements, see in particular the HUD tab.
- [Media Campaign Resource Center](#): free and low-cost Tips materials which can be custom tagged.
- Tips® Partners page for [Organizations Serving Public Housing Residents](#) has links to free materials, including [secondhand smoke posters](#) and printable cessation resources flyers in English and Spanish.

GOING SMOKEFREE MATTERS

MULTIUNIT HOUSING



There is no safe amount of secondhand smoke exposure.

The **home is the main place** many children and adults breathe in secondhand smoke.^{1,2}



- About **80 million (1 in 4) people** in the US live in **multiunit housing**, such as apartments, including about **7 million living in government-subsidized housing**.^{3,4}



What is government-subsidized housing?

When the government helps people pay their rent. Public housing is one type of subsidized housing.

- Each year, an estimated **28 million** multiunit housing residents are **exposed to secondhand smoke in their home or apartment** that came from somewhere else in their building like a nearby apartment.^{3,5}
- **Every person** living in multiunit housing **deserves to breathe smokefree air**.

Smokefree



Approximately **1 in 3** multiunit housing residents are covered by **smokefree building policies**.⁵



About **8 in 10** multiunit housing residents have chosen to make their own homes smokefree.⁵



A **majority** of multiunit housing residents want smoke-free building policies.⁵



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/tobacco

CS260251-F

Did You Know?

Secondhand smoke can travel into an apartment from other apartments and common areas through doorways, cracks in walls, electrical lines, ventilation systems and plumbing.¹

Opening **windows and using fans does not completely remove** secondhand smoke.¹

Heating, air conditioning and ventilation systems cannot eliminate exposure to secondhand smoke. In fact, these systems can distribute secondhand smoke throughout a building.¹



What is secondhand smoke?

It is the combination of smoke from the burning end of a cigarette and the smoke breathed out by a smoker.

When a person smokes near you, you can be exposed to secondhand smoke.



The Surgeon General concluded:



There is no safe level of secondhand smoke exposure.¹



Cleaning the air and ventilating buildings cannot get rid of secondhand smoke.¹



Secondhand smoke causes disease and early death in children and in adults who do not smoke.¹

In the United States:



Approximately **58 million** (1 in 4) nonsmokers are exposed to secondhand smoke.⁶



About **2 in 5** children (including 7 in 10 black children) are exposed to secondhand smoke.²



The **home is the main place** where **children** are exposed to secondhand smoke.^{1,2}



Secondhand smoke **exposure among babies and children can cause**¹⁷:

- Sudden Infant Death Syndrome (SIDS)
- Lung problems
- Ear infections
- Asthma attacks



Secondhand smoke **exposure among adults can cause**¹⁷:

- Heart disease
- Stroke
- Lung Cancer

Smokefree rules or policies:

- **Improve** Air Quality
- **Improve** Health
- **Reduce** Secondhand Smoke Exposure
- **Receive** Public Support
- **Reduce** Smoking in Youth, Young Adults, and Adults



Smokefree policies in multiunit housing can improve health and save money.

If all public housing in the United States was made smokefree, it would **save \$153 million each year**, including



\$43 million in costs from cleaning apartments where people have smoked



and **\$16 million in costs from fires** caused by smoking.⁸

Savings would be even greater if all multiunit housing across the country went smokefree.

To learn more about your state's smokefree policies, go to: www.cdc.gov/statesystem

To learn more about the health consequences of smoking and secondhand smoke exposure go to: www.cdc.gov/tobacco

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