



Support the Prevention Agenda by

Promoting Smoke-Free Policies in Multi-Unit Housing

You can support the Prevention Agenda goal of **Eliminating Exposure to Secondhand Smoke** by promoting smoke-free policies in multi-unit housing, including apartment complexes, condominiums and co-ops, especially those that house low-socioeconomic status (SES) residents.

AIM:

Increase the number of local housing authorities that adopt tobacco-free policies for all units.

Why address smoke-free multi-unit housing in your county's municipalities?

- Smoking is the number one cause of preventable disease and death in New York State (NYS) and in the United States.ⁱ Smoking kills more people than alcohol, AIDS, car crashes, fires, illegal drugs, murders and suicides combined.ⁱⁱ In NYS, 25,400 adults die each year from their own smoking.ⁱⁱⁱ
- There is no safe level of secondhand smoke.^{iv} Secondhand smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that cause cancer.^v
- In 2003, NYS's Clean Indoor Air Act (CIAA) expanded regulations of smoking in certain public areas to include smoking restrictions on indoor smoking in bars, restaurants and places of employment, and prohibited all uses of tobacco products on school grounds.^{vi} The CIAA protects workers on the job, shoppers at the mall and children at their schools. A generation of NYS children has grown up with smoke-free public areas, but this safeguard only exists at home if the adults with whom the children live choose to make their homes smoke free.
- In NYS in 2011, 1.12 million youth were exposed to secondhand smoke at home.^{xii} Secondhand smoke causes acute and chronic illnesses and death in children and nonsmoking adults. Infants exposed to secondhand smoke have a greater risk for sudden infant death syndrome (SIDS).^{xiii} In children, secondhand smoke exposure can cause ear infections and more frequent and severe asthma attacks and, nationally, is responsible for estimated 150,000–300,000 new cases of bronchitis and pneumonia and approximately 7,500–15,000 hospitalizations in children aged 18 months or younger every year.^{ix} In nonsmoking adult Americans, secondhand cigarette smoke is responsible for nearly 50,000 deaths annually and is linked to increases in cancer, heart disease and other lung diseases.^x Each year in NYS, secondhand smoke causes over 3,000 deaths in nonsmoking adults, most from heart disease and lung cancer.^{xi}
- Adults with low socioeconomic status or poor mental health smoke at higher rates.^{xii} In 2011, 41% of U.S. households with annual incomes of less than \$20,000 lived in multi-unit housing.^{xiii}
- In addition to the health and societal burdens, the financial toll of secondhand smoke exposure is significant—

secondhand smokes costs \$317 million in health care expenditures in NYS every year.^{xiv}

- Secondhand smoke in multi-unit housing cannot be contained. In some cases, up to 65% of air drifts from smokers’ apartments to those of non-smokers, forcing many multi-unit housing residents to breathe secondhand smoke.^{xv}
- Eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from secondhand smoke exposure, even when smoking is not allowed in their own unit. Separating smokers from nonsmokers, cleaning the air, opening windows and ventilating buildings do not eliminate secondhand smoke exposure.^{xvi}

ACTION:

Take these steps to help promote multi-unit housing smoke-free policies in your community:

Recommended Step	Brief Description
<p>Identify and collaborate with local key partners</p> <p>Partner with DOH-funded community partnership contractors working in counties across NYS to promote multi-unit housing smoke-free policies.</p>	<p>Potential partners and organizations to reach out to:</p> <ul style="list-style-type: none"> • DOH-funded tobacco control community contractors: <ul style="list-style-type: none"> ○ NYS Community Partnerships – www.tobaccofreenys.org • Local health departments • Local housing authorities, nonprofit community development corporations and market-rate apartment management companies • Faith-based organizations • Service and advocacy organizations: <ul style="list-style-type: none"> ○ American Cancer Society – www.cancer.org ○ American Heart Association – www.heart.org ○ American Lung Association – www.lung.org
<p>Educate community members and leaders</p>	<p>Work with DOH-funded community partnership contractors to increase public awareness of the benefits of smoke-free housing policies and the legal right to establish smoke-free policies for rental units. Successful community education encourages tenants to demand smoke-free housing policies and will help educate organizational policy makers about the issue.</p>

ACTION:

Take these steps to help promote multi-unit housing smoke-free policies in your community:

Recommended Step	Brief Description
Advocate with Organizational Decision-Makers	Work with DOH-funded community partnership contractors to advocate with landlords and property management companies for the adoption of smoke-free multi-unit housing policies. Work with the funded contractors to identify and empower organizational champions who are committed to smoke-free housing policies. Refer the organizational decision-makers to community partnership contractors for technical assistance related to the adoption and implementation of smoke-free policies.
Extend health communication efforts	Work with DOH-funded community partnership contractors to extend approved paid media activities focused on educating landlords and property management companies about the benefits of smoke-free policies. Activities may also include recognition of organizations that have established smoke-free policies.
Monitor implementation of your action steps	Identify and work with partners who can contribute to monitoring implementation: <ul data-bbox="581 1325 1446 1486" style="list-style-type: none">• Set a schedule for reporting milestones to partners and other stakeholders• Work with partners who can help you to set targets and milestones• Identify partners who can help obtain and track data

Achievement:

Promoting smoke-free multi-unit housing supports the following Prevention Agenda objectives:

Objective 2.3.1

By December 31, 2017, decrease the percentage of adults who report being exposed to secondhand smoke during the past seven days by 28% from 27.8% (2009) to 20%.

Objective 2.3.2

By December 31, 2017, increase the number of local housing authorities that adopt a tobacco-free policy for all housing units from 3 (2012) to 12.

Local Health Departments and their partners can include the above objectives in the Community Health Assessment (CHA), Community Health Improvement Plan (CHIP), and related initiatives.

Tracking performance/process measures can be important for reporting progress to stakeholders.

Short-Term Performance Measure

Number of public housing authorities, nonprofit community development corporations and market-rate apartment management companies educated about the dangers of secondhand smoke exposure and benefits of smoke-free multi-unit housing.

Long-Term Performance Measures

- Percentage of adults who report being exposed to secondhand smoke.
- Number of local public housing authorities, nonprofit community development corporations and market-rate apartment management companies that adopt a tobacco-free policy for all housing units.

RESOURCES:

Ready to get started? These resources can help:

The Center for Public Health and Tobacco Policy at New England Law | Boston at <http://tobaccopolICYcenter.org/tobacco-control/smoke-free-housing/>

Smoke-Free Housing NY at <http://www.smokefreehousingny.org/>

Guide to Community Preventive Services. Reducing tobacco use and secondhand smoke exposure. Centers for Disease Control and Prevention (CDC) and partners at www.thecommunityguide.org/tobacco/index.html

Healthy People 2020 – Tobacco. U.S. Department of Health and Human Services at <http://www.healthypeople.gov>

Winnable Battles – Tobacco. Centers for Disease Control and Prevention (CDC) at <http://www.cdc.gov/winnablebattles/tobacco/index.html>

NYS Minority Health Surveillance Report 2012. NYS Department of Health at <http://www.health.ny.gov/statistics/community/minority/>

CITATIONS:

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- iii. Centers for Disease Control and Prevention. Tobacco Control State Highlights 2012.
- iv. U.S. Department of Health and Human Services. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General, 2012.
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- ix. United States Environmental Protection Agency. Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders Exit Notification. (PDF–3.90 MB). Washington: U.S. Environmental Protection Agency, Office of Research and Development, Office of Health and Environmental Assessment, 1992.
- x. Centers for Disease Control and Prevention. Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 2000–2004. *Morbidity and Mortality Weekly Report* 2008;57(45):1226–8.
- xi. New York State Smokers' Quitline. "The Costs of Tobacco on NY State." <http://www.nysmokefree.com/EMP/EMPSubpage.aspx?P=60&P1=6020>. Accessed October 2013.
- xii. RTI, International. 2011 Independent Evaluation Report of the New York Tobacco Control Program. Research Triangle Park, NC: RTI International; 2011.
- xiii. National Multi Housing Council (NMHC). "Quick Facts: Resident Demographics." <http://www.nmhc.org/Content.cfm?ItemNumber=55508>. Accessed October 2013.
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- xv. American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE). 2012 Position Document on Environmental Tobacco Smoke. Available at http://www.no-smoke.org/pdf/ASHRAE_PositionStatementonETS.pdf.
- xvi. U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, 2006.